

# NORTH SHORE WINTER CLUB

## Summer 2019 Program Guide



### SUMMER REGISTRATION

**Members** May 14 @ 10am

**Non Members** May 28 @ 10am

Sign up at [www.nswc.ca](http://www.nswc.ca) or [nsw.gametime.net](http://nsw.gametime.net)



# DON'T MISS OUT

SATURDAY, JULY 27 & SUNDAY, JULY 28



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ALL AGES | MEMBERS & NON-MEMBERS  
REGISTER TODAY AT [NSW.GAMETIME.NET](http://NSW.GAMETIME.NET)

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## 2018/19 Board Members

### **EXECUTIVE**

**JAY FREZELL** – PRESIDENT

**JAMES CRONK** – VICE PRESIDENT

**CAULINDA BARTOK** – TREASURER

### **DIRECTORS**

**DOUG BELL**

**CHRIS BENSON**

**MICHAEL KORBIN**

**MALCOLM MACKILLOP**

**GRAHAM WILSON**

board@nswc.ca

# Senior Management Team



**JOANNA HAYES**  
General Manager  
jhayes@nswc.ca



**RUSSELL RITCHIE**  
Controller  
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**KRISTEEN DEGOBBI**  
Director of Member  
Accounts & Employee  
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**SHANE HAYES**  
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Manager  
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**GARTH PROUSE**  
Director of Fitness  
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**KIM HIRJI**  
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Coordinator  
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**AARON WILBUR**  
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**BOB MCCUAIG**  
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**JOE WOOD**  
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**JENN MCDONALD**  
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**EMILY ALLEN**  
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eallen@nswc.ca

604.985.4135  
NORTH SHORE WINTER CLUB  
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3



# Program Registration



**Member Services  
Manager**  
Barb Hufsmith  
bhufsmith@nswc.ca

## Program Registration Information

### Member Registration opens at

10:00am on May 14, 2019

### Non Member Registration opens at

10:00am on May 28, 2019

### There are three ways to register for programs:

1. Online registration at [www.nswc.ca](http://www.nswc.ca)
2. Phone registration:
3. **604-985-4135 ext 0**
4. In person registration at Member Services.

- All programs will have a minimum and maximum enrollment.
- A waiting list will be formed after a particular program is filled.
- No credits or pro – rating will be provided for missed sessions.

### PAYMENT

- Payment must be made in full at the time of registration.
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

### CANCELLATION POLICY

Cancellation requests need to be in writing.

Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca) and include the following:

- The name of the participant
- The name of the program
- The start date & time of the program



### REFUNDS AS FOLLOWS:

- 100% refund: up to 72 hours before program start time.
- 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time.
- No Refund: more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

### CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit [www.gametime.net](http://www.gametime.net) for details.

### FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to [mindbodyonline.com](http://mindbodyonline.com) to view Fitness Class schedule, pricing and register for classes up to 30 days in advance.
2. Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

### LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)

### SKATE SHARPENING AVAILABLE

Drop off and pick up your skates at Member Services.

- 24 hour turnaround to have your skates sharpened.
- Single, 5 pack or 10 pack available.

### GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness class, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

### Follow us for info, updates and more!

 [facebook.com/myNSWC](https://www.facebook.com/myNSWC)

 [Instagram.com/myNSWC](https://www.instagram.com/myNSWC)

 [twitter.com/myNSWC](https://twitter.com/myNSWC)

# General Club Information

## Clubhouse Rules

### Junior Members – R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.
2. Pre – school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.
3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.
4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).
5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.
6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

### Guest Rules – R21

1. Adult Members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, Guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
2. Adult Members may introduce Guests to participate in certain activities of the Club upon payment of a Guest charge. The activities for which a charge is levied are as follows:
  - a) *Swimming*
  - b) *General Skating or Ice Hockey*
  - c) *Tennis, Squash, Racquetball*
  - d) *Sauna, Steam, Whirlpool*
  - e) *Fitness Centre*
3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.
4. Junior Members are permitted a maximum of two social Guests at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior of their Guests in the Club.
5. All Rules applying to Members will apply to Guests.
6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.
7. Guest privileges are available on a weekly basis for out – of – town visitors (available through Member Services). There are per person or per Family rates per week up to a maximum period of eight weeks in any year. Guest cards must be shown when using the Club.
8. The names of all Guests must be entered in the Guest Register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their Member sponsor who is responsible for their department while in the Club. Guests not signed in may lose Guest privileges indefinitely.



- Each Member is allowed a maximum of four participating Guests per month, none of whom may be introduced more frequently than twice per month in total – to clarify, no Non – Member individual may be granted Guest Privileges more than two times in any given 30 day period, whether by a single Member or multiple Members. In cases where a Guest has not been registered or a Guest Fee paid, there will be an unregistered guest charge of \$50.00 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
- Guests of a Member will not be permitted to find another Member to sign for him/her to prolong the visit. The Guest has to leave at the same time as the Member who initially accompanied him/her.
- Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.
- Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

## Facility Rentals – R59

- Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.
- Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non – Member rental rates would prevail.
- Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

For room bookings and catering inquiries, please contact [booking@nswc.ca](mailto:booking@nswc.ca) .

## Guests visiting the North Shore Winter Club

### Welcome to the North Shore Winter Club!

As a visiting guest to our Club, we want you to enjoy your experience during your visit. You have been granted temporary access to the privileges of our Club for playing and spectating purposes. We have plenty of amenities to make your visit enjoyable. The NSWC is a Private Members Club, and the members of this Club have carefully drafted Rules & Regulations that govern the club, for the benefit and the safety of its members, and to protect the privileges that membership brings. We hope that this information will help you and your team during your visit.

We have plenty of underground and street parking at our Club for our guests. The upper parking lot is reserved for member parking only; all vehicles must display a member decal. Once parked on the street or in our underground guest parking, individuals and teams may access the Club through the front entrance doors, and we require that all guests sign in at the front desk. The ice, hockey dressing room, tennis and pool schedule is posted just inside the lobby. If you need any assistance, our front desk staff will be happy to direct you.

We ask all teams, members and guests, to ensure that the hockey dressing room is left in the same condition as it was before the game. In the unfortunate event of abuse or damage to the dressing room or Club property, the team's coach and manager will be held liable for any repair costs.

Teams may warm – up in the Hockey Training Centre (HTC) or outdoors. Visitors/Guests are not permitted to warm – up in hallways or in the Members Only Fitness areas.

As with most Private Clubs, the NSWC does have designated areas that are restricted to members only, and in some cases, Adults Only. We ask that you please respect these limitations. Areas that are accessible to visiting guests for games/matches/events/swim meets include: Café, Bar/Lounge, Tiki Deck, Lower Indoor Arena Viewing gallery, Rink Arena Viewing area, HTC Viewing Lounge, Tennis Viewing areas, Pool Viewing & Child Minding.

Please note the Upper Viewing gallery is designated for Members Only. Guests are not permitted to use the Upper Viewing gallery unless accompanied by an Adult Member.

The following areas permit the consumption of alcohol: Bar/Lounge, Café, Jim Graham Room, Lower Viewing gallery, HTC Viewing Lounge, & Tiki Deck. Visitors/Guests are permitted to dine in the Café, Bar/Lounge and Tiki Deck, as well as purchase items to go to viewing areas. Liquor, for visitors/guests who are 19 years of age and older, may not be consumed or carried through areas that are not under the license. If in doubt, our staff will be more than happy to assist you. Welcome again, and if you have any questions at anytime before or during your visit please contact the front desk staff at 604-985-4135.

Sincerely,

**Joanna Hayes | NSWC General Manager**  
[jhayes@nswc.ca](mailto:jhayes@nswc.ca)

## MAY 2019

| SUNDAY                 | MONDAY           | TUESDAY                            | WEDNESDAY  | THURSDAY   | FRIDAY                    | SATURDAY                           |
|------------------------|------------------|------------------------------------|--|--|---------------------------|------------------------------------|
|                        |                  |                                    | 1<br>Marlins<br>Practices Begin                  | 2  | 3<br>Friday<br>Fun Night  | 4<br><br>Midget Tryouts            |
| 5<br>Midget<br>Tryouts | 6<br>Ice Removal | 7                                  | 8  | 9  | 10<br>Friday Fun<br>Night | 11<br>60th<br>Anniversary<br>Party |
| 12                     | 13               | 14                                 | 15<br>Grand Slam #2<br>Tennis Men<br>French Open | 16<br>Grand Slam #2<br>Tennis Women<br>French Open | 17<br>Pool Opens          | 18                                 |
| 19                     | 20               | 21<br>Marlins Red<br>and Blue Meet | 22   | 23   | 24<br>Friday Fun<br>Night | 25                                 |
| 26                     | 27               | 28                                 | 29   | 30   | 31<br>Friday Fun<br>Night |                                    |

## JUNE 2019

| SUNDAY                   | MONDAY | TUESDAY | WEDNESDAY                                      | THURSDAY   | FRIDAY                                    | SATURDAY              |
|--------------------------|--------|---------|--|--|---|-----------------------|
|                          |        |         |  |  |   | 1                     |
| 2                        | 3      | 4       | 5  | 6  | 7<br>Friday Fun<br>Night                  | 8                     |
| 9                        | 10     | 11      | 12<br>Marlins<br>Development<br>Meet           | 13   | 14<br>Golf Classic<br>Friday Fun<br>Night | 15                    |
| 16                       | 17     | 18      | 19<br>Grand Slam #3<br>Tennis Men<br>Wimbledon | 20<br>Grand Slam #3<br>Tennis Women<br>Wimbledon | 21<br>Friday Fun<br>Night<br>Marlins AGM  | 22<br>Marlins AB Meet |
| 23<br>Marlins<br>AB Meet | 24     | 25      | 26   | 27   | 28  | 29                    |
| 30                       |        |         |  |  |   |                       |



# JULY 2019

| SUNDAY   | MONDAY          | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY  |
|--|-----------------|---------|-----------|----------|--|---|
|  | 1<br>Canada Day | 2       | 3         | 4        | 5<br>Friday Fun Nights,<br>Tiki Deck BBQ<br>Tennis Social  | 6   |
| 7  | 8               | 9       | 10        | 11       | 12<br>Friday Fun Nights,<br>Tiki Deck BBQ<br>Tennis Social | 13  |
| 14   | 15              | 16      | 17        | 18       | 19<br>Friday Fun Nights,<br>Tiki Deck BBQ<br>Tennis Social | 20  |
| 21   | 22              | 23      | 24        | 25       | 26<br>Friday Fun Nights,<br>Tiki Deck BBQ                  | 27<br>Alumni<br>Hockey Game<br>Stefan Elliott Road<br>Hockey Tournament |
| 28<br>Stefan Elliott Road<br>Hockey Tournament<br>Marlins<br>Internal Fun Meet | 29              | 30      | 31        |          |  |   |

# AUGUST 2019

| SUNDAY                                | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY                  | SATURDAY                              |
|---------------------------------------|---|---------|-----------|----------|-------------------------|---------------------------------------|
|                                       |   |         |           | 1        | 2                       | 3<br>Marlins<br>Regional Swim<br>Meet |
| 4<br>Marlins<br>Regional Swim<br>Meet | 5<br>BC DAY<br>Regional Awards<br>Banquet – Marlins | 6       | 7         | 8        | 9                       | 10                                    |
| 11                                    | 12  | 13      | 14        | 15       | 16                      | 17                                    |
| Summer Smash Tournament – Tennis      |   |         |           |          |                         |                                       |
| 18                                    | 19  | 20      | 21        | 22       | 23<br>New Member<br>BBQ | 24                                    |
| 25                                    | 26  | 27      | 28        | 29       | 30                      | 31                                    |

# Member Moments

## TENNIS

### 2019 Club Championships Winners

We had a fantastic turn out to the club Championships in February, with Singles, doubles and Mixed doubles tournaments spreading out over 3 weeks of competition. Below is a list of all the winners and finalists in each category. Congrats to everyone who came out and played, and supported throughout the championships!

#### SINGLES

|          |              |               |                   |                  |                  |
|----------|--------------|---------------|-------------------|------------------|------------------|
| <b>C</b> | <b>Women</b> | <b>Winner</b> | Janine Carpino    | <b>Runner Up</b> | Sarah Mullen     |
|          | <b>Men</b>   | <b>Winner</b> | Tom Hawkins       | <b>Runner Up</b> | Dave Hanna       |
| <b>B</b> | <b>Women</b> | <b>Winner</b> | Natalie Pelletier | <b>Finalist</b>  | Mandy Gratton    |
|          | <b>Men</b>   | <b>Winner</b> | Rob Cronk         | <b>Finalist</b>  | Dan Robertson    |
| <b>A</b> | <b>Women</b> | <b>Winner</b> | Katerina Limanova | <b>Finalist</b>  | Stephanie Fraser |
|          | <b>Men</b>   | <b>Winner</b> | Matt Stiles       | <b>Finalist</b>  | Chris Radloff    |

#### DOUBLES

|          |              |                  |                                   |
|----------|--------------|------------------|-----------------------------------|
| <b>C</b> | <b>Women</b> | <b>Winners</b>   | Denise Hughes & Shannon Sigurdson |
|          |              | <b>Finalists</b> | Susan Kaine & Theresa Shaughnessy |
| <b>B</b> | <b>Women</b> | <b>Winners</b>   | Suzan Fairfield & Avgi Holman     |
|          |              | <b>Finalists</b> | Kim Aelicks & Kym Milroy          |
| <b>B</b> | <b>Men</b>   | <b>Winners</b>   | John Herbert & James Hill         |
|          |              | <b>Finalist</b>  | Paul Fenney & James Sullivan      |
| <b>A</b> | <b>Women</b> | <b>Winners</b>   | Anne Marsh & Jenn Donnelly        |
|          |              | <b>Finalists</b> | Paula Evans & Katerina Limanova   |
| <b>A</b> | <b>Men</b>   | <b>Winners</b>   | Matt Stiles & Rami Kadi           |
|          |              | <b>Finalists</b> | Jeff Herman & Tim McMorran        |

#### MIXED DOUBLES

|          |                  |                                  |
|----------|------------------|----------------------------------|
| <b>B</b> | <b>Winners</b>   | Sandra Riml & Mike Riml          |
|          | <b>Finalists</b> | Tessie Wong & Ed Dolan           |
| <b>A</b> | <b>Winners</b>   | Monica Johns & Louie Dapavo      |
|          | <b>Finalists</b> | Jennifer Donnelly & Greg Johnson |

## 2019 Doubles in the Desert

The 2019 Doubles in the Desert tennis tournament at Woodhaven Country Club in Palm Desert was a great success! 86 players in total participated in the tournament and 19 of them were from the North Shore Winter Club. From the opening day “meet and greet” tennis social to the final dinner/dance with more than 200 people in attendance, and all the tournament play in between, a great time was had by all. We are already looking forward to Doubles in the Desert 2020!



## DANCE

### Dance Competition Success for our Dancers

This year was the first year we had a competitive dance program at the club. In February our dancers attended their first ever dance competition, Shine Dance Festival, where we competed in Jazz and Lyrical. We picked up a silver and a gold medal and received a special achievement award in Lyrical for our beautiful smiles. The dancers also performed at a charity event for the Heart and Stroke Foundation in March in Vancouver. The Dance with Christie competitive group dances from September to June and is required to attend classes a minimum of twice a week.

We couldn't be prouder of them for their first ever competition. They had so much fun! Thanks to everyone who came out and supported! The competitive program will be expanding next year. If it is something that may interest your dancer please contact [dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com)  
**Instructor: Dance with Christie**



### Thank you from Bryn

For five and a half years, NSWC Dance Teacher Bryn Rasmussen has been building relationships in the dance studio with members from the tiniest of tots to the sassiest of seniors.

I would like to acknowledge every single member who has danced in the studio in the past, and those who continue to dance with me whether on a weekly basis, or every once in a while for various events at the club.

There is something so special about the energy in the NSWC studio and I have loved, and continue to love building unique and personal relationships with each and every one of my students. From stepping into the studio five and a half ago, to continuing to step in each week, my excitement and love of teaching at NSWC just keeps growing stronger! I would like to send out an extra big thank you to some of my longest standing dance students and their families at the club...you know who you are!

See you on the dance floor!

**Bryn Rasmussen**





## NSWC Rink Closure for Ice Chiller Replacement

As planned, on May 6th, the Club will begin the ice chiller replacement and repairs of the large and small ice arena. Both rinks will be closed for approximately 10 weeks to complete the work (the Hockey Training Centre, HTC, will remain open). During this time, we will be doing a full assessment of the boards and glass to ascertain required repairs and replacement of any failing equipment. We will also be doing a full rink assessment to ensure there are no unknown issues that could be repaired while shut down. The sand base and associated piping will also be assessed and re-leveled, (include removal of all ice paint and any foreign or unsuitable base material). We have added a short contingency period to allow for any unexpected delays to the installation. Our goal is to have the ice in and the rinks usable by mid July. We look forward to getting this project underway and to getting our ice surface in the best condition possible for the 2019/2020 season.

# The Inspiring Kaiden Gray & His Recovery From a Stroke at Age 11



In the summer of 2015, Kaiden Gray's parents Shoko and Rod received a phone call from their son's school about a strange sensation affecting their son's right hand. They looked for answers and found none. Rod Gray describes the beginning of the family's journey below, and an interview with Kai himself follows.

Up until Kai's stroke in 2015 when he was 11 years old, he was really physically active and pretty athletic. His main sport was soccer which he was playing at the gold level. He had also just finished his first season of hockey which he was doing mostly to just play with his friends.

Towards the end of the Grade 5 school year Kai made it onto the Track and Field team, and his team made it to the final event at Swan Guard. We figure that during that event he got pretty dehydrated because he was really pushing himself and he wasn't feeling that well

afterwards. The following day we got a call from school. He was complaining that his whole arm was numb, and he could barely use his hand. We didn't know what to make of it and thought that maybe he had just hurt his shoulder or something. He improved quickly, although some of the symptoms persisted. In particular, we noticed some strange cognitive things such as he was having a harder time reading and his math was off a lot.

So, we decided to take him to Children's Hospital. They kept him overnight and did an MRI the following day where they found that he had had a stroke, which is very unusual for someone his age. They suspected, and were able to later confirm via an angiogram, that he had a rare condition called Moyamoya where the carotid arteries start to occlude, thereby limiting blood supply to the brain.



After getting over the shock of what had happened we learned that the condition is treatable but requires vascular surgery to the brain to introduce a new source of blood supply. We made arrangements for him to have surgery by one of the world's leading surgeons for treating the condition in Stanford, CA. By the time of his surgery, in August 2015, he had almost 100% recovered from the initial stroke, but several days before the surgery he was starting to have frequent TIAs (mini strokes). The first surgery was on August 6th and when he woke up from it he was unable to move anything on his right side. It eventually became apparent that he had had another major stroke during the surgery. We were led to believe that his symptoms were likely temporary and that he'd likely make a quick recovery, so it was a slow moving shock to realize over the course of the next several weeks and months that it was not something that would be over quickly.

Since then we have been working on Kai's recovery more or less continuously. Initially he was an inpatient in Sunny Hill rehabilitation centre (for kids), then was an outpatient, then by the end of October 2015 was no longer going to Sunny Hill. It wasn't until spring of 2016 that he was back at school full – time, and even then he had an assistant with him most of the time (to help with writing, etc.). Over the past few years he has improved cognitively, although he still does not have 100% stamina and can lose focus easily. His math/reading/writing have improved a lot, but he's still not at baseline and we continue to work at it. Against his wishes, we got him back to playing soccer in the fall of 2016, but he had quite a hard time controlling the ball and he did not enjoy himself for the whole season.

After the soccer season, we tried some other sports like basketball, but he was having a hard time being "good" at it, so we weren't able to get him playing on a team. The one thing that he really liked that he wanted to pursue was hockey because he really enjoyed it when he played the one season in 2014/2015. I didn't have high expectations given how much coordination it takes just to skate and shoot the puck, but Shoko really wanted to pursue it. So we started with one – on – one skating lessons at the community centre. The progress was really slow. It was then that I realized that the only way that he'd ever be able to get good enough to actually play hockey was if we were to join a club where he'd be able to get really good and consistent one – on – one training and then actually play hockey. We contacted the NSWC and they've been accommodating way beyond our expectations. Kaiden has worked with a number of instructors and they've all been really great.

Playing on the Bantam team this year has been an amazing experience for Kai, not just for the obvious reasons of being able to be part of a team, making new friends, etc., but also because it has been great therapy for him and has really helped him with his confidence and self esteem. The coaching staff has been beyond amazing and we can't thank them enough.

## *On dealing with unexpected, difficult health issues in the family...*

It has been really hard navigating through this ordeal, especially because there were so many things happening at the same time: low energy, physical challenges, cognitive challenges, puberty, becoming a teenager, video games, electronics, etc. Kaiden is now in Grade 9 with an almost normal workload, has an active social life, playing on a hockey team. I don't know how the hell we made it this far to be honest. Support from family, friends, and the community have helped a lot.

## *What's next for Kaiden?*

The re – vascularization he had in 2015 went well, the grafts are good, and the new blood supply is good, so the Moyamoya seems to be more or less taken care of. Now we are just dealing with rehabilitation from the stroke. Due to neuroplasticity the brain has the ability to rewire to some degree, and the way to get the most out of that is to exercise the brain as much as possible. Playing sports really helps with the physical side. Kai is (fortunately and amazingly) into weight training and he really wants to get "buff", so he is now training with weights at least twice per week. He had a great time playing hockey, and we are now planning on having him play next season, but have him stay back and continue in Bantam even though he is of the age to progress to Midget. He made a lot of new friends that were first year players last season, so he'll have fun playing with them for another year. He also really liked his coaches, so that helps a lot. It's nice to see that Kai likes hockey even more now, and he has some motivation to work hard in the off season so that he can contribute more to his team next year.

He continues to improve on the cognitive side too, and all we can do is keep working at it and hope that by the time he graduates from high school that he'll be ready and able to focus on university or college.

Rod Gray

**Kai, I'm sure you realize your stroke wasn't a normal injury. You see kids around you who might crash into the boards or fall off their bike and break a bone and you know what's going on. Your situation was quite different. When this first happened to you when you were 11, did you know something was wrong?**

I was right handed back then and one day I was writing and my pen suddenly fell out of my hand and I tried to pick it up with my right hand. But I couldn't grab it properly. I got super scared. I went to the office and they called my parents and they said I was complaining about a tingling feeling in my right hand. My mom picked me up after that and we went to the doctor but the lines were huge.

So we went to our family doctor and she said you should go to a real hospital. We were told it was probably just a clogged nerve or a blood clot in my right arm. She eventually said you should go to a doctor, a proper doctor like at Lionsgate so we went there.

Still they said it's probably nothing so we were released. I think I went back to school after that and I think everything was normal except my right hand was still a bit fuzzy, but I thought I could get it back just a bit. Just writing a little bit, but it is much harder than it should have been if there was actually nothing going on.

**So you still had this going on with your hand, did you believe them when they said there was nothing wrong or did you suspect something was still up?**

I thought something was wrong because it was a really weird feeling and it never happened to me before. I thought it was still super weird and, yeah, I thought something was still wrong.



**You've overcome a lot. But you're back playing hockey, you're back at school, and you're trying to get on with your life. Is it scary to think back on what happened? Or does it make you feel strong knowing that you overcame it?**

Well, one thing is that I wish we would have pushed the doctor a bit more to figure it out. I would have rather spent more time figuring it out, but it felt like the doctor's day was over or something. You can go now, I remember him saying. We should have pushed for something like an MRI. Because it was pretty weird.

**With all the tests and the stress, I'm sure you're very careful because it's been so difficult on you and your parents. These days do you find you're paranoid if you feel something funny or you feel a certain way? You might feel really tired one day or down or you don't want to get out of bed or you just feel exhausted. Do you get worried or do you know what to look for?**

I get pretty worried sometimes. I'll just be doing something and then something will feel weird and I get pretty scared that it might happen again. But yeah, other than that I think I'm fine.

**Do you feel like a normal fifteen – year – old?**

Yeah, basically I can do everything other people can do. I don't see myself differently than everyone else. It's basically like, it's not going to stop you, right? You're not thinking about it 24/7.

**Awesome. So let's talk about hockey little bit. Why has hockey been so important for you?**

Well, I already did soccer before my stroke and I didn't really enjoy it that much. I wanted to try a new sport. So I tried hockey, but it's pretty hard.

**Is that a good thing or a bad thing?**

I think it's good.

**It gives you something to focus on, maybe? Like when you do a crossover or just turn tightly, that might have never been possible. You can feel good about yourself. What's your favourite part about the game?**

Well, I'm playing YHL right now so it's just for fun, but we do a shootout at the end of the game and I guess that's my favourite part of the game.

**Every league is supposed to be just for fun, right?**

Yeah.

**Do you see kids around you who maybe complain about ice time or making certain teams and you're kind of like, hey man, you're just lucky we get to play.**

Yeah, I see a lot of that. But I would never say anything, I just let them figure it out on their own.

**You played bantam hockey this year, give me a sense of what your teammates were like and what your coaches were like.**

My coaches were really good, they were pushing me in a really good way. They wanted me to get as much ice time as everyone else and my teammates, well, it was kind of hard to get along with them in the beginning but by the end we were really good like friends. At the year end party a lot of the people said that the team was pushed to work hard and do well, they tried their best because I was on the team, and I motivated them a lot.

**Why do you think it was tough to get along at the beginning of the year?**

I think it was because I was compared to everyone else and I was pretty bad. I couldn't really get along with them, I couldn't really start a conversation I with them.

**Do you think it's because straight up hockey skill – wise you felt like you were behind so you were intimidated?**

It was kind of the other way around, I think it was because they thought I was gonna be super good and way better than them. That's what a lot of them said at the end. They said that they thought I'd be one of the best players on the team when I first walked in but, yeah, that didn't happen. They were all much better than me, their skills and stuff.

**It's kind of ironic that at the beginning of the year when they thought you were going to be the best they were the ones who were intimidated but by the end of the year, nobody cares how good anyone else is and everyone's friends anyways.**

Yeah, that's basically it. Funny how that works. Everyone's just had a lot of fun this year.

**Unreal. What were your coaches like and how did they help bring everybody together?**

I think they just wanted to have a really... I don't think they really cared that much about, well, they still cared about winning but I think that their main goal was to have fun. Like, a lot of fun. They just wanted to make our players more like a real team every day.

**What are you up to this summer and what are you going to do for sports next year?**

I'm just going to train a lot for hockey and have as much fun as possible. And then next year

I'm playing Bantam again to be more the same skill level and I'll play in the same league that I played this year.

**What happened to you had an effect on the people around you. It sounds like you've been really inspirational and a motivator not just for your teammates but everyone around North Shore Winter Club. And unfortunately these kind of difficult medical situations can happen to anybody at any time without warning. So what's your advice to other kids and their parents who might be facing tough times on or off the ice? How did you and your family get through it?**

I think we just pushed through. In the beginning it was really hard. I think everyone was kind of depressed in the beginning but now our lives are kind of normal. We're kind of a normal family now. I'd tell people to just stick stick together no matter what and you'll get through it.

## 7th Annual Spring Classic



The Spring Classic is Minor Hockey's premier annual fundraising event that brings to life NSWC's culture of fun and healthy competition, while raising funds to augment young hockey player's experience and development. Our goal for 2019 is to upgrade our HTC with off-ice shooting lanes, as well as upgrading our video software for viewing large ice games/practices.

This year's Spring Golf Classic will be hosted at Furry Creek on June 14th. Your registration will include the following:

- 8:00am:** Optional Breakfast, Two Lions Pub (\$10 – optional)
- 10:00am:** Bus departure from Two Lions Pub
- 11:30am:** Shotgun start
- 6:00pm:** Buffet Dinner
- 9:00pm:** Bus returns to Two Lions Pub

This year, 25% of funds raised will go to HEROS Hockey. Hockey Education Reaching Out Society (HEROS) is a volunteer – driven charity that uses the game of ice hockey to teach life – skills and empower marginalized youth. HEROS was founded on the downtown Eastside in Vancouver and provides free programs to youth of all backgrounds from a grade four level, right up to post – secondary.

Register TODAY by contacting our front desk at 604.985.4135 ext 0 or online at [nsw.gametime.net](http://nsw.gametime.net)

## Stefan Elliott Road Hockey Tournament / Alumni Game

This July 27/28th weekend marks the second annual Stefan Elliott Invitational Road Hockey Tournament, hosted at the North Shore Winter Club! Stefan Elliott is a NSWC Alumni who participated in the 2018 PyeongChang Olympic Winter Games as a Member of Team Canada Men's Hockey. Growing up in North Vancouver, Stefan learned to skate at the Club, playing Cookie Monsters, and eventually for the Northwest Giants of the BC Major Midget League. Stefan currently plays for the Ottawa/Bellville Senators.

All Members and Non – Members, adults and kids, are welcome and encouraged to participate. There will be live music (DJ), an emcee, food and drinks, and of course plenty of entertaining road hockey games! Expect to see NSWC Minor Hockey players, NSWC Alumni, parents, staff, coaches, and some celebrity guests. Everyone is invited to celebrate the sport we all love! A portion of tournament proceeds will go directly to HEROS Hockey.

### TEAM REGISTRATION FEES:

- Early Bird Price:** \$300/team (May 2 – May 27)
- Regular Price:** \$350/team (May 28 – June 22)
- Late Price:** \$400/team (June 23 – July 1)

*Every team will be provided team t-shirts to wear for the tournament.*

Once you have registered a team for the tournament you will be contacted by Emily Allen ([eallen@nswc.ca](mailto:eallen@nswc.ca)) to fill out a team info sheet and waiver forms.



### CANCELLATION POLICY

Teams will receive a 50% refund if they cancel prior to June 23rd at 11:55pm. No refunds will be issued after this time. Teams must contact Emily Allen ([eallen@nswc.ca](mailto:eallen@nswc.ca)) if they wish to cancel.

Only those wishing to participate in the road hockey games need to register. Anyone is welcome to come down and enjoy the atmosphere!

## Food & Beverage

The North Shore Winter Club offers several dining options to please those that need quick nutrition after their practice or workout, or those that want to enjoy some time socializing with snacks and beverages.

### Café

The North Shore Winter Club Café fits delicious and nutritious meals into your busy schedule. Stop by for a variety of snacks, healthy salads and sandwiches, or rice and noodle bowls.

#### HOURS OF OPERATION

|           |                 |
|-----------|-----------------|
| Monday    | 7:00am – 8:00pm |
| Tuesday   | 7:00am – 8:00pm |
| Wednesday | 7:00am – 8:00pm |
| Thursday  | 7:00am – 8:00pm |
| Friday    | 7:00am – 8:00pm |
| Saturday  | 8:00am – 8:00pm |
| Sunday    | 8:00am – 8:00pm |

*\*Hours are subject to change.*

### Lounge

The Lounge is a perfect location to meet friends for dinner, catch up with a colleague over a drink, or watch the game on our large screen TVs. Whatever the reason, treat yourself to great food and beverage selections.

#### HOURS OF OPERATION

|           |                   |
|-----------|-------------------|
| Monday    | 3:00pm – 1:00am   |
| Tuesday   | 3:00pm – 1:00am   |
| Wednesday | 3:00pm – 1:00am   |
| Thursday  | 3:00pm – 1:00am   |
| Friday    | 11:30am – 1:00am  |
| Saturday  | 11:30am – 1:00am  |
| Sunday    | 11:30am – 12:00am |

*\*Hours are subject to change.*

### Tiki Deck

In the summer months, the Tiki Deck is located on our patio overlooking the pool and is a great place to relax after a busy day as the sun sets over the North Shore Mountains. The full Lounge menu is available to order.

## Catering

The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 220 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The social lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre-dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

**For more information and to book you event contact [bookings@nswc.ca](mailto:bookings@nswc.ca)**

Members booking catering events will receive 15% off their food and liquor bill by billing to your NSWC account.





# Summer Berry Salad

## FEATURE RECIPE

### INGREDIENTS

- 6 cups mixed baby greens and spinach
- 6 ounces blueberries
- 1 pint strawberries, sliced
- 1/2 cup chopped walnuts
- 4 oz. goat cheese, crumbled

### VINAIGRETTE

- 4 tbs white wine vinaigrette
- 2 tbs olive oil
- 2 tbs sugar
- Juice of one orange

Preheat the oven to 350 degrees. Place walnuts on an aluminum pan. Bake in the preheated oven until fragrant, or about 10 minutes, tossing halfway through. Remove and allow to cool.

Toss greens, sliced strawberries, blueberries, walnuts, and goat cheese in a large bowl.

In a mason jar, combine all the vinaigrette ingredients and shake them up until well combined. Store in the fridge until ready to serve or pour directly over the salad. Give it a good shake before pouring.



# Aquatics

## SUMMER 2019 PROGRAMS

### Pool Rules and Information

The safety of our Members and their guests using the pool is of utmost importance to the NSWC. Please review these important rules regarding those using our pool area.

- Children under the age of 8 years must be accompanied and within arm's reach of an adult over the age of 16 at all times, with the exceptions of those who have passed the NSWC swim test.
- Those under 8 years of age that have taken and passed the NSWC swim test still require adult supervision at all times and must be wearing wrist bands.
- Children are not allowed to wear flotation devices on the diving board.
- When the NO LIFEGUARD ON DUTY sign is up, only adults over the age of 19 are allowed to use the pool.

### Red Cross Swimming Lessons

Summer at the NSWC is spent outside. Swimming lessons run all summer long, so if you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons. NSWC offers swim sets for those 3 years and older. Contact [aquatics@nswc.ca](mailto:aquatics@nswc.ca) with any questions

### Swimming Sets & Dates

#### MEMBERS & NON MEMBERS

**SET 1: May 21 – 24 & May 27 – 31**

*(No lesson May 20)*

**SET 2: Jun 3 – 7 & Jun 10 – 14**

**SET 3: Jun 17 – 21 & Jun 24 – 28**

#### MEMBERS ONLY

**SET 4: Jul 2 – 5 & Jul 8 – 12**

*(No lesson Jul 1)*

**SET 5: Jul 15 – 19 & Jul 22 – 26**

**SET 6: Jul 29 – Aug 2 & Aug 6 – 9**

*(No lessons Aug 5th)*

**SET 7: Aug 12 – 16 & Aug 19 – 23**

#### Price Per Set

**Member: \$65 (30 min class)**

**\$90 (45 min class)**

**Non Member: \$90 (30 min class)**

**\$115 (45 min class)**

**Non Member lesson sets available sets 1 – 3 only (May & June).**

### Red Cross Swim Program

**Ages: 3 yrs to 6 yrs**

Red Cross Swim Preschool & Tiny Tots is a program for 3 to 6 years of age, designed for different ages and abilities. Each level is represented by an animal mascot that is incorporated in to the content, and makes the lesson engaging and fun through lesson plans and activities.

#### Sea Otter

**Ages: 3 yrs to 6 yrs**

This is a transitional level that transfers the preschooler from the care of the parent to the instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats, glides, and swim 1m. \*This is a parent participation class.\*

**Sets 1 – 3: 3:30pm – 4pm**

**Sets 4 – 7: 10:30am – 11am**

**(Members Only)**

#### Salamander

**Ages: 3 yrs to 6 yrs**

Children learn new swimming skills including assisted floats and glides through games and songs. The level includes independent front and back floats, and learning to jump into chest – deep water. This level is primarily an orientation to the water for those who have minimal experience in water.

**Sets 1 – 3: 3:30pm – 4pm**

**Sets 4 – 7: 10am – 10:30am**

**or 2pm – 2:30pm (Members Only)**

#### Sunfish

**Ages: 3 yrs to 6 yrs**

Assisted by an instructor, children work on stroke and skill progression. The students begin independent front and back glides. This class will also focus on good judgment in, on and around the water as well as entries and floats in deep water.

**Sets 1 – 3: 3:30pm – 4pm**

**Sets 4 – 7: 10:30am – 11am**

**or 2pm – 2:30pm (Members Only)**

#### Crocodile

**Ages: 3 yrs to 6 yrs**

Children continue independent glides and kicking in deep water. Endurance is built by increasing the distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

**Sets 1 – 3: 4pm – 4:30pm**

**Sets 4 – 7: 10:30am – 11am**

**or 2pm – 2:30pm (Members Only)**

#### Whale

**Ages: 3 yrs to 6 yrs**

Children will learn to swim independently and participate in team games. They will increase their distance and improve skills in front and back swims.

**Sets 1 – 3: 4pm – 4:30pm**

**Sets 4 – 7: 10:30am – 11am**

**or 2pm – 2:30pm (Members Only)**



## Red Cross Swim Kids

### 5 yrs to 12 yrs

Red Cross Swim Kids is a 10 – level program for children 5 – 12 years of age. Children learn to swim, be fit, and stay in a safe environment that promotes achieving personal success. The program teaches competitive and survival strokes, and allows for a solid progression of skills and knowledge.

### Red Cross Swim Kids (Level 1)

Entry level for those who did not take the Red Cross Swim Preschool lessons. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks.

**Sets 1 – 3: 4:30pm – 5pm**

**Sets 4 – 7: 10am – 10:30am**

**or 2:30pm – 3pm (Members Only)**

### Red Cross Swim Kids (Level 2)

A second orientation level which helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD).

**Sets 1 – 3: 4:30pm – 5pm**

**Sets 4 – 7: 10am – 10:30am**

**or 2:30pm – 3pm (Members Only)**

### Red Cross Swim Kids (Level 3)

This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction.

**Sets 1 – 3: 4:30pm – 5pm**

**Sets 4 – 7: 10am – 10:30am**

**or 2:30pm – 3pm (Members Only)**

### Red Cross Swim Kids (Level 4)

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self – safety by understanding their own limits.

**Sets 4 – 7: 11am – 11:45am**

**or 3pm – 3:45pm (Members Only)**

### Red Cross Swim Kids (Level 5)

Back crawl is introduced, along with sculling skills and whip kick on back. Children try stride dives and receive an introduction to safe boating skills.

**Sets 4 – 7: 11am – 11:45am**

**or 3pm – 3:45pm (Members Only)**

### Red Cross Swim Kids (Level 6)

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive.

**Sets 4 – 7: 11am – 11:45am**

**or 3pm – 3:45pm (Members Only)**

### Red Cross Swim Kids (Level 7)

Continue to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance.

**Sets 4 – 7: 11:45am – 12:30pm**

**(Members Only)**

### Red Cross Swim Kids (Level 8)

Introduces the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults.

**Sets 4 – 7: 11:45am – 12:30pm**

**(Members Only)**

### Red Cross Swim Kids (Level 9)

Front Crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on the head – first shallow dives and standing dives and learn about wise choices, peer influences and self – rescue from ice.

**Sets 4 – 7: 11:45am – 12:30pm**

**(Members Only)**

### Red Cross Swim Kids (Level 10)

Further refinement of strokes with an introduction to butterfly and scissor kick as a warm – up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice and head – first and feet – first shallow dives.

**Sets 4 – 7: 11:45am – 12:30pm**

**(Members Only)**

## Private Swim Lessons

Private Swim Lessons are taught by qualified Canadian Red Cross Water Safety instructors. You will increase your comfort level in the water, improve your stroke efficiency, and create a more effective swim workout. Private lessons provide the greatest flexibility and one – on – one attention for swimmers of any age. To learn more, contact [aquatics@nswc.ca](mailto:aquatics@nswc.ca)

### Rates:

**30 minutes:**

**Member \$30 | Non Member \$45**

**Package of 5 (30 minutes):**

**Member \$140 | Non Member \$215**

**45 minutes:**

**Member \$45 | Non Member \$65**

**Package of 5 (45 minutes):**

**Member \$215 | Non Member \$315**

**\* Non member private swim lessons are available May and June only.**

**\* Packages expire September 1, 2019**



# Lifesaving Courses

## Bronze Medallion

**Prerequisites:** *Bronze Star, recommended or / 13 years old by last day of course if candidate does not have Bronze Star.*

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn self – rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPRA certification.

## Bronze Cross

**Prerequisites:** *Bronze Medallion, must show proof of certification*

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR – C certification and is one of the pre – requisite awards for all advanced Lifeguarding and Leadership training programs. Bronze Cross is also worth 2 Grade 11 high school credits.

## Adult Swimming (Masters)

The NSWC Masters program is for people who enjoy swimming for fitness and recreation and who wish to improve their swimming ability. We offer regular, structured training sessions under the watchful eye of a swim coach. Practices emphasize stroke improvement, cardiovascular activity, and progressive fitness training.

**Jun 3 – Aug 29**

**Mon & Wed | 8pm – 9pm**

**Member Drop In: \$15 / class**

**Non Member Drop in: \$18 / class**


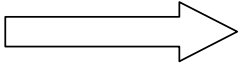

**Member 5 Pack: \$60**

**Non Member 5 Pack: \$80**






\*Classes must have a minimum number of participants to run



The North Shore swim program, being only three stages in length, serves to cover our entire ten step swim program. With this in mind, once you’ve found out what stage the child is in, clarify how far along the given stage the child is. Eg. If they are in I CAN SWIM Stage two but only just passed into it and are still not quite able to swim ten meters of front crawl but can kick on their front, back and side for 10m then they would move into Swim Kids 4 as they wouldn’t meet the skills required for Swim Kids 5. If the parent truly has no idea but knows the child has been in the stage for a decent amount of time, simply put them into the intermediate level of the Swim Stage there in.

| If They Were in This Program<br>In North Vancouver<br> |    | Then They Can Register In This<br>Program In Red Cross<br>(NSWC/West Vancouver)<br> |
|---|---|--|
| I CAN SWIM – Stage One  | Beginner stage One: still not comfortable in the water, trouble submerging head or going horizontal in the water (eg. floating on their front or back)        | Swim Kids 1  |
| I CAN SWIM – Stage One  | Intermediate Stage One: Able to submerge head, can do horizontal glides through the water   | Swim Kids 2  |
| I CAN SWIM – Stage One  | Advanced Stage: Able to kick for five meters or more without stopping on front or back glides   | Swim Kids 3  |
| I CAN SWIM- Stage Two   | Beginner Stage Two: Able to kick on front, back and side without stopping for up to 10 meters   | Swim Kids 4  |
| I CAN SWIM – Stage Two  | Intermediate Stage Two: Able to swim front crawl for 10m and kick on their back for 15m   | Swim Kids 5  |
| I CAN SWIM –Stage Two   | Advanced Stage Two: Able to do front and back crawl for 15m at a time, <b>comfortable in deep water (our level 6 occurs in the deep end of the main pool)</b> | Swim Kids 6  |
| I CAN SWIM – Stage Three  | Beginner Stage Two: Able to do front and back crawl for 25m, knows whip kick and how to do Elementary back crawl  | Swim Kids 7  |
| I CAN SWIM- Stage Three   | Intermediate Stage Two: Able to do proficient front and back crawl for 50m. Capable of doing whip kick on their front and back                                | Swim Kids 8  |
| I CAN SWIM – Stage Three  | Advanced Stage Three: Able to swim front and back crawl well for 100m. Knows how to do Breast Stroke and Elementary Back stroke                               | Swim Kids 9  |
| I CAN SWIM – Stage Three  | Advanced Stage Three: A very good swimmer, able to do front, back, elementary backstroke, and breaststroke very well and can swim 500m at a time.             | Swim Kids 10   |



| <br><b>North Vancouver Recreation Commission</b><br><i>Sears I Can Swim Program</i><br><b>*If in this program at NVRC</b> |   <br><b>NSWC</b><br><i>Red Cross Swim Kids Preschool</i><br><b>*They can register in this program</b> | <br><b>West Vancouver Aquatic Centre</b><br><i>Preschool Learn to Swim Program</i><br><b>*If in this program at WVAC</b> |
|--|---|---|
| Tiny Tot 1- Turtles (2 years old)  | → Starfish (2-6 years old)  | ← Ducks (2 years old)   |
| Tiny Tot 1- Tadpoles (3-6 years old)   | → Duck (2-6 years old)  | ← Jellyfish (2 years old)   |
| Tiny Tot 2- Jellyfish (3-6 years old)  | → Sea Turtle (3-6 years old)  | ← Minnows (3 years old)   |
|  | → Sea Otter (3-6 years old)   | ← Guppies (3 years old)   |
| Tiny Tot 3 - Seahorses (3-6 years old)   | → Salamander (3-6 years old)  | ← Seahorses (3 years old)   |
| Tiny Tot 4 - Seals (3-6 years old)   | → Sunfish (3-6 years old)   | ← Seals (4-5 years old)   |
|  |   | ← Dolphins (4-5 years old)  |
| Tiny Tot 5 - Sting Rays (3-6 years old)  | → Crocodile (3-6 years old)   | ← Killer Whales (4-5 years old)   |
| Tiny Tot 6 - Orcas (3-6 years old)   | → Whale (3-6 years old)   | ← Sharks (4-5 years old)  |
|  |   | ← Ogopogos (4-5 years old)  |
|  |   | ← Barracudas (4-5 years old)  |
|  |   | ← Marlins (4-5 years old)   |



# Sportball

## SUMMER 2019 PROGRAMS



We believe there's a sports experience for every kid, at every stage. Ball, racquet or net: our expertly coached, skill – based programs are designed to promote physical literacy and build self – confidence, so every kid can get in the game – and stay in the game. We know that kids learn best when they're having fun, and kids have fun when they're at the top of their own game. That's why we're passionate about keeping the play in ball!

### Sportball Jr.

**Ages: 16 mos – 2 yrs**

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

**Jul 6 – Aug 24**

**Sat: 7 sessions** (No session Aug 3)

**9:15am – 10am**

**Member: \$105 | Non Member: \$133**

### Sportball Parent & Child

**Ages: 2 yrs – 3 yrs**

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one – parent – per – child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

**Jul 6 – Aug 24**

**Sat: 7 sessions** (No session Aug 3)

**10am – 10:45am**

**Member: \$105 | Non Member: \$133**



### Sportball Multi – Sport

**Ages: 3 yrs – 5 yrs**

Refine, rehearse, repeat. Multi – Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non – competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

**Jul 6 – Aug 24**

**Sat: 7 sessions** (No session Aug 3)

**11am – 12pm**

**Member: \$105 | Non Member: \$133**



# Dance

## SUMMER 2019 PROGRAMS

### Summer Dance Classes with Bryn

**Bryn Rasmussen**

**[brynasmussen@shaw.ca](mailto:brynasmussen@shaw.ca)**

Bryn is extremely excited to be in her sixth year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class! Bryn proudly holds her I.S.T.D. (Imperial Society Of Teachers Of Dancing) certification and looks forward to sharing her love, passion and knowledge of dance with her students!

Bryn will be teaching dance classes in our Multi Sport camps throughout the summer. She looks forward to dancing with all the Multisport kids each week! If you have a group of four or more kids looking for a dance camp with Bryn, please contact her directly and she will look into her personal schedule as well as studio availability.

Please contact Bryn directly for private lessons, solo/duo/trio choreography, special event choreography, dance birthday parties, or any other special dance requests you may have at [brynasmussen@shaw.ca](mailto:brynasmussen@shaw.ca).



# How to Fuel an Athlete's Competitive Machine



## The psychology of chowing down before sport events.

Many questions about what athletes should eat typically arise in the minds of youth sport coaches and parents. These adults know very well that the diet of “little superstars” has something to do with their athletic performance. And, of course, that includes what’s consumed in the pregame meal.

An important point about planning the pregame meal should be kept in mind: It should be planned. A well – planned eating experience tells athletes that their energy level is being adequately fortified to handle the upcoming event. This serves to enhance athletes’ confidence and ultimately contributes to their sense of gaining a competitive edge – at least in nutrition.

## What are some guidelines for planning the pregame meal?

- The meal should be eaten 2.5 – to – 3 hours before the game.
- Locate a suitable place where the team or athletes can be together and can concentrate on the upcoming competition.
- The meal is best if it is low in fat, modest in protein, and high in carbohydrates (bread, spaghetti, macaroni, potatoes, pancakes, cereals, fruits, vegetables).
- The meal should be modest in amount.
- The menu should avoid those foods that carry a greater – than – usual risk of food poisoning, such as cream gravies, turkey, and cream pastries.
- Fatty foods are slower and more difficult to digest. Thus, they should be eaten 5 or more hours before a game.

Coaches, parents, and athletes should learn the old rule: Saturday’s game is played on Wednesday, Thursday, and Friday’s food intake. The pregame meal is not the time to try to provide all of the energy for some high – energy – expending competition.

## What’s a simple, inexpensive pregame menu?

- Lean beef or chicken sandwiches.
- Fruit punch or fruit juice.
- A large Jell – O salad.
- Nutrition bars or generous servings of sherbet.

A big steak dinner is a poor choice for a pregame meal. It’s a fine postgame meal for the affluent athlete or team – either to celebrate or to forget and get ready for the next game.

Special attention also should be given to the food needs of young athletes when they are away from home and spending an evening in a motel.

- On the road” athletes are at considerable risk for gastronomical disasters and compromised performance the following day.
- It is as important to plan evening eating as it is to plan pregame food intake.
- Nutrition bars and sherbet make good evening snacks.
- By providing such refreshments, athletes can be kept away from vending machines and fast – food establishments and make a positive contribution to the energy taken into the next day’s game.

*Source: Ford Video/Mastery Approach to Parenting in Sports*

# Youth Camps & Child Minding

## SUMMER 2019 PROGRAMS

### Child Minding

#### Kids Corner

**Ages: 1 yr to 9 yrs**

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.



#### HOURS OF OPERATION

**Mon-Fri: 3:30pm – 8pm**

**Sat: 10am – 5pm**

**Sun: Closed**

#### MEMBER PACKAGE

**\$68 mos per child**

*(\$25 for each additional child)*

#### MEMBERS DROP IN

**\$10 hr** *(\$6 hr for additional child)*

#### GUEST DROP IN

**\$12 hr** *(\$8 hr for additional child)*

#### RESTRICTIONS

1. 2 hrs maximum per child per day.
2. Parents required to stay on site.

#### Multi Sport Day Camps

**Ages: 6 yrs – 11 yrs**

Each week offers multi sport activities to keep kids active and doing lots of different things. We end the week with a field trip to a local hang out! Day camps are supervised in the safe environment of the Club. Snacks and lunch are included. Additional fees may be required for some field trips.

#### Activities Included:

Swimming, tennis, dance, bouncy castles, sportball, hikes to the park, games, arts and crafts and of course an off site field trip every Friday.

#### What to Pack Each Day:

- swim suit
- towel
- sunhat
- sunscreen
- runners
- water bottle

**Drop Off: 9am | Pick Up: 4pm**

**Members: \$265 /week | \$215 /weeks 1 & 6**

**Non Members: \$375 /week | \$300 /weeks 1 & 6**

Camps fill up quick! If the camp is not full, we will allow for 1 day drop ins. Please phone ahead to ensure there is space. No Drop in on Fridays.

| WEEK | DATES            | THEME                           | FIELD TRIP                |
|------|------------------|---------------------------------|---------------------------|
| 1    | Jul 2 – Jul 5    | Under the Sea & Sportball       | Ambleside Park            |
| 2    | Jul 8 – Jul 12   | Choo Choo Train                 | Stanley Park Train        |
| 3    | Jul 15 – Jul 19  | Mad Science & Sportball         | Laser Dome                |
| 4    | Jul 22 – July 26 | Animal Planet                   | Maplewood Farms           |
| 5    | Jul 29 – Aug 2   | Pirates of the Club & Sportball | Science World             |
| 6    | Aug 6 – Aug 9    | Jungle Kids                     | Go Bananas                |
| 7    | Aug 12 – Aug 16  | Off to Space                    | HR MacMillan Space Centre |
| 8    | Aug 19 – Aug 23  | Sea Life & Sportball            | Vancouver Aquarium        |



## Birthday Party Packages

Up to 16 guests / extra charges for additional guests / MAX 30 children

### HTC Package

2 hour private rental of the HTC  
Includes small ice, goalie training ice and dryland area

### Bouncy Castle Package

2 hour private rental of the HTC  
Includes dryland area with Bouncy Castle, 1 Party Host for 2 hours, 2 hour private rental of the HTC Lounge

### Dance Party Package

1 hour of dance with certified dance instructor Bryn Rasmussen  
2 hour private rental of one of the NSWC's rooms

### Sportball Package

Sportball will customize your child's birthday party to the sports you desire in an action packed party. This one – hour, coach – led active and fun celebration is sure to be a hit. Coaches provide all equipment, and parents assist. 2 – hour NSWC party room rental is also included (food is not included). Saturdays: 1 – 3pm.

### Pool Party Package

1 hour of fun in NSWC's outdoor pool and reserved area of our grass tiki deck for lunch.

### Meal Plan Options

- 2 slices of pizza per person and veggie platter with dip
- Chicken strips and fries
- Mac & Cheese and veggie platter with dip

*\*All meal plans include 3 jugs of pop.*

*Other Add – Ons Available.*

*Please inform us of any dietary restrictions in advance.*

### All Parties

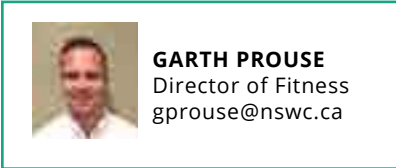
Must be booked 2 weeks in advance  
Price includes tables, chairs, utensils & plates  
No outside food or drink is permitted in the Club with the exception of Birthday Cake.

**For Party bookings and inquiries,  
contact [bookings@nswc.ca](mailto:bookings@nswc.ca)**



# Fitness

## SUMMER 2019 PROGRAMS



**GARTH PROUSE**  
 Director of Fitness  
 gprouse@nswc.ca

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. Provided on site are private and group training and fitness classes. Classes and programs for beginners to elite athletes, the Fitness Centre facilitates the ultimate personalized training program.

### Personal Training

#### Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

**Member: \$75 | Non Member: \$85**

#### Group Training: 2 – 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

- 2 – Member: \$50 | Non Member: \$60**
- 3 – Member: \$40 | Non Member: \$50**
- 4 – Member: \$35 | Non Member: \$45**
- 5 – Member: \$30 | Non Member: \$40**

#### Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

**Member Team: \$150**  
**Non Member Team: \$200**

### Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

#### One session & Program

**Member: \$100 | Non Member: \$125**

### Fitness Centre Hours

**Monday – Sunday 6am – 10pm**

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under – age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.





## Fitness Classes

Fitness enthusiasts have the flexibility of attending a variety of fitness classes throughout the week. Drop – in or 10 – 20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

## Prices

**Drop – in: Member \$18 | \$22 Non – Member**  
**10 Pass: Member \$160 | \$190 Non – Member**  
**20 Pass: Member \$280 | \$340 Non – Member**  
**Intro Pack: 3 classes Member \$35 | Non Member \$42**

## CLASS DESCRIPTIONS

### Strength and Circuit

Fitness is coming!! This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

### Cardio & Core

The cardio section of this class incorporates high intensity, interval training using Treadmills, Rowing Machines, Spin Bikes and Air Bikes. Every session begins with a dynamic warm – up ensuring your body is prepared for the workout ahead. The latter portion of the session we focus on Core Strengthening and Midline Stabilization using TRX, Med Balls, Stability Balls, Bands and Mats. Workouts are constantly varied with the goal of continuous improvement.

### Pilates

This class will improve flexibility, balance, coordination and agility. Pilates makes the body stronger and leaner through targeting specific muscle groups through body weight and strength. With focus on flexibility, you will see improved balance, coordination, agility, and also prevent injury. You can also expect a heightened sense of mind – body connection, as breath work is an integral part of this training – not only as a method to clear the mind and bring about focus, but also as a tool to engage the core more effectively.

### Hatha Yoga

Focusing on alignment and the basic shapes of yoga asana, this class integrates the importance of breathing and movement to create balance. Ideal for those just starting a yoga practice as there is time and space to receive personal attention and clarification on the postures. There is also opportunity to deepen your existing practice and as such, each class is structured around the needs of those students. If you are looking to open your hips, strengthen your arms/ shoulders and stretch out that lower back, this class is for you.

## Gentle Hatha / Yin Yoga

A midweek break to restore and relax. Join us for an evening of heart opening and hip/back stretching. Sitting at a desk, walking/hiking/skating/running – all tighten up the fronts of your legs and round you through the back. After this class you will feel taller and more open; more supple and calm – relaxed from the inside – out. essential oils, blankets...ahhh.

## Powerflow Hatha

Get a jump on your weekend with this energizing, yet balancing class. Based in alignment and contingent on student's levels we begin with a full body stretch and warm up. Poses deepen, quicken and build both in intensity as well as pace as we approach the vinyasa series. Sun Salutations often represent the peak of the class ensuring increased heart rate and the sense of accomplishment. The class winds down with poses geared to continue the process of opening/lengthening but also to connect and slow down. Based on who attends, time will be allotted for "Play" so that those interested can practice more challenging balance poses if desired. A fun, social class open to all, geared to those willing to "try".



## PERSONAL TRAINERS



### GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physical

potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high-level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.



### SAM HUSTON

Sam played Minor hockey here at the Club as the number one goalie on several dominant teams. With playing experience in the WHL and BCHL, Sam understands the hard work, commitment and dedication it takes to make it to the next level. The primary

focus of Sam's training is assessing and addressing his clients strengths and weaknesses in order to find ways to challenge them to get stronger each and every day. Sam creates a demanding and engaging training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relate to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, speed, agility, quickness, power, flexibility, and body maintenance.



### NICK RICCARDI

Nick has been working at the NSWC since 2013, training a variety of clients including those returning from injuries to various groups of dry land hockey players. He has spent many years rehabbing his own serious injuries and has always come back stronger and

smarter. Because of this, Nick focuses on prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!





### OISÍN REYNOLDS

Born in Dublin, Ireland, Oisín has followed his passion as a personal trainer and a group exercise leader for over twelve years, specializing in rehabilitation and postural re – alignment.

Wanting to challenge himself both mentally and physically, Oisín joined the Canadian BC Wildfire Service in 2016 and fell in love with Canada. Oisín found his niche on the North Shore and opened two companies 2017 and 2018. Currently, Oisín is collaborating with the BC Dental Association to better educate dentists on correct posture, aiming to minimize work related injuries and provide practical solutions for dental professionals. Oisín is also works with seniors in various senior centers in the Lower Mainland, focusing on minimizing slips, trips, and falls among the elderly demographic.

Oisín believes that through education and awareness, people of all ages and professions can learn to live pain free. His philosophy emphasizes that physical structure will ultimately dictate its function and with corrective strength training in conjunction to light rehabilitation, results can be outstanding.



## FITNESS INSTRUCTORS



### JOANNE ROG

Joanne is a Certified Stott Pilates Instructor in Matwork, Barrels, Barre, and Reformer. In order to gain more experience, Joanne attained certifications in Yoga (200 hours) and YIN Yoga and has an in –

depth knowledge of equipment, modifications, and props. Joanne is passionate about teaching and helping clients to become strong, balanced, and flexible. She's been teaching since 2006 and has been working with students at YYoga, ICBC, Equinox Integrative Wellness Center, and at the NSWC since she moved to Vancouver eight years ago. She hopes to see you in one of her classes soon!

### ALANA TAYLOR

Alana Taylor is a yoga teacher, musician, and ocean lover. She has taught yoga for several years and loves seeing people transform, range of motion increasing and energy becoming more calm, focused, and consistent. Alana is so grateful to be a part of each of her students' journeys.

In addition to yoga, Alana sings because if feels good and paints because she loves to express herself without talking! Long hikes in the forest with her dog and husband or a paddle on the ocean are equally as restorative for her. Alana strives to bring that balance into her life every day in some way. Breathe in, let go, and lean in. Namaste!





# Minor Hockey

## SUMMER 2019 PROGRAMS



**AARON WILBUR**  
Director of Hockey  
awilbur@nswc.ca



**BOB MCCUAIG**  
Manager of  
Hockey Admin  
bmccuaig@nswc.ca



**EMILY ALLEN**  
Hockey Program &  
Events Coordinator  
eallen@nswc.ca

### Learn to Skate (For Hockey)

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

**Instructor: Janelle Iglesias | Rink: HTC**

**Jul 2 – Aug 22**

**Tue & Thu: 16 sessions**

**Tue: 4:30pm – 5:15pm**

**Thu: 4:30pm – 5:15pm**

**Member: \$240 | Non Member: \$288**

### Cookie Monsters

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host two skill levels over the summer to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required. Players must be able to fall and get up without assistance to be eligible for the program.

**Instructors: Cole Todd & Janelle Iglesias**

**Rink: HTC**

**Jul 2 – Aug 22**

**Tue & Thu: 16 sessions**

### INTERMEDIATE

**Tue: 5:15pm – 6pm**

**Thu: 5:15pm – 6pm**

### ADVANCED

**Tue: 6pm – 6:45pm**

**Thu: 6pm – 6:45pm**

**Member: \$240**

**Non Member: \$288**

### Power Skating

High performance explosive speed and power training, power skating with NSWC's Karen Kos. Quick feet, dynamic agility and stride perfection in and up – tempo, educational environment. Full hockey equipment required.

**Instructor: Karen Kos**

**Rink: Small Ice**

**Aug 19 – Aug 23**

**Mon – Fri: 5 sessions**

**8:30am – 9:15am Atom**

**9:15am – 10am H4**

**10:15am – 11am H2/H3**

**11:30am – 12:15pm Pee wee**

**12:45pm – 1:30pm Bantam/Midget**

**Member: \$150 | Non Member: \$200**

**Aug 26 – Aug 30 | Mon – Fri: 5 sessions**

**8am – 8:45am Female Novice**

**9am – 9:45am H3/H4**

**10am – 10:45am Female Atom**

**11am – 11:45am Atom**

**12pm – 12:45pm Female Pee wee**

**1pm – 1:45pm Pee wee**

**Member: \$150 | Non Member: \$200**





### Hitting Clinic

Body Contact will be introduced to many 2006 players when they enter Bantam hockey next winter. Learning to use the proper strategies and techniques is necessary to avoid any injuries or challenges in a full contact league. Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain control of the puck. Just like skating, puck control, passing and shooting there are key progressions to the skill of checking when taught effectively, can greatly enhance a player's enjoyment of the great game of hockey. Our NSWC program is designed to give players the ability and confidence to play to their potential while minimizing the risk of injury for the upcoming season. The clinic is open to **2006 & 2007** birth years.

**Instructor: Bob McCuaig | Rink: Small Ice**

**Aug 19 – Aug 23**

**Mon – Fri: 5 sessions | 2pm – 3pm**

**Member: \$110 | Non Member: \$165**

### Prep Skills Camp

These camps will be run by our High – Performance instructors and run as a high tempo skate to help athletes get back in shape, improve timing and be better prepared for the start of tryouts and the regular season.

**Rink: Large & Small Ice**

**Aug 26 – Aug 30 | Mon – Fri: 10 sessions**

**2:45pm – 3:45pm & 3:45pm – 4:45pm** Atom

**4pm – 5pm & 5pm – 6pm** Pee wee

**5:15pm – 6:15pm & 6:15pm – 7:15pm** Bantam

**6:30pm – 7:30pm & 7:30pm – 8:30pm** Midget

**Member: \$300 | Non Member: \$400**

### Goalie Development Camp

NSWC is offering a 5 – day development camp, which aims to improve individual skills, techniques, confidence and consistency among goaltenders. The camp will cover the building blocks of fundamental goaltending skills, save technique and rebound control, body position, angles and crease depth and much more.

**Instructor: Sam Huston | Rink: Small Ice**

**Aug 6 – Aug 9 | Tue – Fri: 4 sessions**

**8:30am – 9:30am** Initiation

**9:30am – 10:30am** Atom

**10:45am – 11:45am** Pee wee

**12pm – 1pm** Bantam/Midget

**Member: \$120 | Non Member: \$160**

### NSWC Shooters & Scorers

The shooting and scoring camps provides students with a comprehensive understanding of shot selection and mechanics involved with executing each one. Offence comes in various forms and providing players an explanation of where goals come from will enhance their production. Scoring and the ability to create offence is the most valued skill in our game today. Take advantage of this opportunity to isolate the required skills sets and take your game to the next level.

**Instructor: Tyson Mulock | Rink: Large Ice**

**Aug 6 – Aug 9 | Tue – Fri: 4 sessions**

**1pm – 2pm** H3 & H4

**2:15pm – 3:15pm** Atom

**3:30pm – 4:30pm** Pee wee

**4:45pm – 5:45pm** Bantam/Midget

**Member: \$120 | Non Member: \$160**

### NSWC Battle and Compete with SAGs

These sessions will focus on one of the most overlooked skills in hockey, the compete part of the game. The ability to get win pucks and positioning will be enhanced through checking skills, body positioning, angling and different game type scenarios (1v1, 2v2...). We will focus on both the offensive and defensive side on the puck with competitive drills and small area games. These sessions are run by the NSWC Development Team and its professional coaching roster and as such players will be exposed to some of the top skill coaches in the industry.

**Rink: Small Ice**

**Aug 26 – Aug 30 | Mon – Fri: 5 sessions**

**3:45pm – 4:45pm** Atom

**5pm – 6pm** Pee wee

**6:15pm – 7:15pm** Bantam

**7:30pm – 8:30pm** Midget

**Member: \$150 | Non Member: \$200**

### NSWC Defense Skills

The defense camp provides students a thorough review of the fundamental skills required to play defense, while also expanding tool box with a better understanding of the position. Skills and tactics covered include defense at and away from the puck, transitional play, offensive zone play and 1/1's. The North Shore Winter Club's Hockey Director, Aaron Wilbur, runs the program. Aaron has a successful background of working with defenseman from the amateur ranks to the pros.

**Instructor: Aaron Wilbur | Ice: Large Ice**

**Aug 6 – Aug 9 | Tue – Fri: 4 sessions**

**8am – 9am** H3/H4

**9:15am – 10:15am** Atom

**10:30am – 11:30am** Pee wee

**11:45am – 12:45pm** Bantam/Midget

**Member: \$120 | Non Member: \$160**

**Power Edge Pro (PEP)**

Power Edge Pro is an on – ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player’s small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill based practices, leading to faster development of elite skills.

**Instructor: Luke Kasteel**

**Rink: Large Ice**

**Aug 19 – Aug 23 | Mon – Fri: 5 sessions**

- 8am – 9am** H3/H4
- 9:15am – 10:15am** Atom
- 10:30am – 11:30am** Pee wee
- 11:45am – 12:45pm** Bantam/Midget
- 1pm – 2pm** Female Atom/Pee wee

**Member: \$200 | Non Member: \$250**

**Passing + Puck Handling Camp (Puck Skills)**

The ability to handle the puck in games and make good plays is what separates players and these sessions will give participants the opportunity to vastly improve their skill set. From puck protection to handling the puck along the wall under pressure to the ever – important passing and receiving players will see the payoff in their everyday games. Building the proper habits taught by the professional coaching staff will really give players the confidence with the puck to take their development to the next level.

**Instructor: Jon Woodyard | Rink: Large Ice**

**Aug 26 – Aug 30 | Mon – Fri: 5 sessions**

- 8:45am – 9:30am** Female Novice
- 9:45am – 10:30am** H3/H4
- 10:45am – 11:30am** Female Novice
- 11:45am – 12:30pm** Atom
- 12:45pm – 1:30pm** Female Pee wee
- 1:45pm – 2:30pm** Pee wee

**Member: \$150 | Non Member: \$200**



**Playmakers Camp**

Hockey has quickly become a puck possession game and introduced a new set of skills, which require players to use their edges and hands to protect pucks and make plays. The Playmakers camp introduces players to the foundational skills and mechanics that will enable them to contribute and thrive in today’s modern game by connecting their feet, hands and hockey IQ. Includes 1 hour focused on edges and puck protection, and another hour focused on making plays in small areas.

**Instructor: Luke Kasteel & Jon Woodyard**

**Rink: Small Ice**

**Aug 12 – Aug 16 | Mon – Fri: 10 sessions**

- 9:15am – 10am & 10:15am – 11am** H4
- 10:15am – 11am & 11:15am – 12pm** Atom
- 11:15am – 12pm & 12:15pm – 1pm** Pee wee
- 12:15pm – 1pm & 1:15pm – 2pm** Bantam/Midget

**Member: \$300 | Non Member: \$400**



**Cammi Granato Female Hockey School Camp**

Cammi Granato, was a member of the US Women’s hockey team from its first season in 1990 until just before the 2006 Winter Olympics. She is one of the most well known American female hockey

players and will bring her knowledge to NSWC’s summer female hockey camp for one week in August. The 5 days will include 2 hours on ice, 1 hour dryland training, leadership and team building. Lunch is included.

**Aug 12 – Aug 16**

**Mon – Fri: 5 sessions | Times: 6 hours per day**

**Members: \$600 / week | Non Members: \$690 / week**

**Divisions: Novice, Atom & Pee wee**



# Sr. Men's Hockey

## SUMMER 2019 PROGRAMS

### PHILOSOPHY

The North Shore Winter Club takes great pride in providing a world – class hockey experience at all ages. The Senior Men's Hockey League is designed to provide a safe, fun, social and competitive hockey environment that's accessible to players of all skill levels. Senior Men's Hockey is a recreational league that's as rewarding on and off the ice. Senior Men's is governed by the Hockey Committee, who's mission it is to maintain a league comprised of balanced and equitable teams, to foster a spirit of competitiveness among members and to welcome new members into a friendly and enjoyable hockey focused organization.



### DIVISION 1

Sr Men's Div 1 is a fast competitive league with lots of young players. They enjoy the quick competition with a friendly rivalry between teams. There is a draft for new teams each year to try and mix up the players and it creates a more social atmosphere.

### DIVISION 2

Sr men's Div 2 is the same format as division one with the same friendly rivalries and a draft each year, but the pace is a little slower. So if you do not want to chase players fresh out of minor hockey, this is where you want to be! Div 2 also welcomes all new players to come out and play. The league averages 6 games a month every Sunday and usually two Wednesdays per month.

The chance to spare allows you to play when you don't have a game scheduled or if you can't make your ice time. There is an Allstar game the Friday night of Super Bowl weekend every year where there's an opportunity to showcase some of the top players, and it is a fun night for all involved.

Playoffs begin right after spring break, and the competition ramps up while teams try and go on a run to win the championship! (your name is on the trophy for all to see.) The year finishes in April with the Championship games with both Div 1 & 2 followed by a wrap up banquet.

### REGISTRATION & FEES

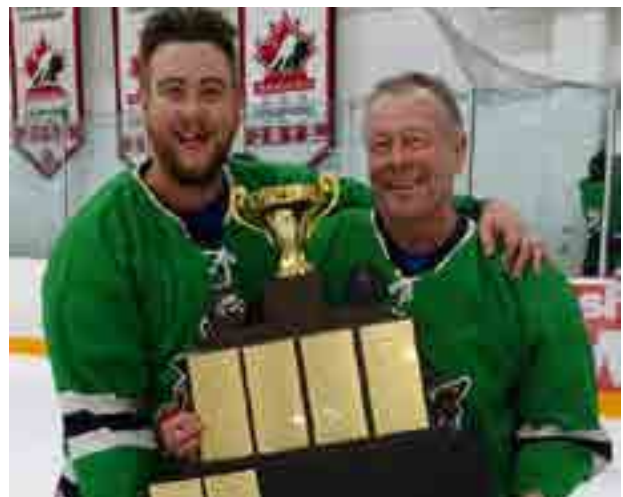
All registrations are done online at: [mens.nswchockey.com](http://mens.nswchockey.com)  
Register early for early bird discount!

**Before July 31:** Early Bird (TBD)\*

**August 1:** Regular Price (TBD)\*

**After August 15:** Waiting List

*\*Final pricing will be determined June 2019.*



## NSWC TENNIS PROFESSIONALS



**FABIO WALKER**  
*DIRECTOR OF TENNIS*

Fabio Walker was born and raised in North Vancouver. In the years 1984 to 1988, Fabio reached seven Canadian National Championship finals, winning four times – three singles and one doubles. From 1986 to 1988, Fabio was the number one ranked junior in the country and represented Canada in many international tennis events including Jr. Wimbledon, the US Open, and the French Open. He also won a gold medal for British Columbia at the 1989 Canada Games. In 1988, Fabio received a full tennis scholarship to Texas Tech University, a NCAA Division 1 school located in Lubbock, Texas where he played position one in singles and doubles. After graduating in 1993, Fabio decided on a career coaching tennis and competed in the local Tennis BC Men's Open tennis circuit. Again, he achieved a number one ranking in both singles and doubles. Fabio worked as an assistant tennis pro at the Nautilus Racket and Fitness Club in Lubbock, Texas (1992 – 1993), at the New Westminster Tennis Club (1994 – 1995), and at the West Vancouver Tennis Club (1996). Fabio was the Head Tennis Professional at the Richmond Country Club from 1997 to 2012 and has been the NSWC Tennis Director since 2012.



**JOE WOOD**  
*ASSISTANT DIRECTOR OF TENNIS*

Growing up in the UK, Joe won the U14, U16, and U18 Yorkshire Championships and competed in the U15 and 18 National Championships. He ended his junior career as the number eight player in the UK. At 16 years old, Joe moved to Somerset to play at Milfield School where his team won the National Schools Title in both his years. In 2007, Joe achieved a junior world ranking in both singles and doubles, earning a scholarship to play at the University of New Mexico. There, he made two NCAA appearances and won two Mountain West Conferences Championships. Upon graduating, Joe started coaching at the Lob Performance Tennis Academy in Albuquerque, New Mexico, where he focused on high performance players between the age of 12 and 18. After coaching, he moved back to London to work for the tennis department at IMG and eventually to Canada. Joe has been with the NSWC since 2014.



**NICOLE MCLENNAN**  
*HEAD OF PLAYER DEVELOPMENT*

Nicole McLennan is Tennis Canada High Performance Coach 3 Certified and was selected to enter the Tennis Canada High Performance Mentorship Program, which she completed in 2017. Along with NSWC Coach Sarah Kadi, Nicole created a girl's group initiative that aims to provide an environment that matches the needs of young girls in sport. Nicole has also spent time working with the CAC/CAAWS Female Coach Mentorship Program. Currently, Nicole is working in U14 development at the NSWC and travelling with players as a Tennis Canada U12 National Tour Coach and Tennis BC Provincial Coach. Nicole was the 2014 Tennis BC High Performance Coach of the Year and has a BA in Psychology from the University of British Columbia.



**AMY WALKER**

As a junior, Amy Walker was a top ranked player in Texas and was ranked nationally in the US, her highest national ranking being number four in doubles. Amy earned a full tennis scholarship to Texas Tech University and played on the women's tennis team for four years. After graduating with a BBA and MBA, she moved to British Columbia. Amy played in the local Tennis BC Women's Open tennis circuit for 10 years, won the Senior BC Doubles Provincials in 2005, and was undefeated in the Division 1 league in 2017. Amy was the assistant tennis pro at the Nautilus Racquet and Fitness Club in Lubbock, Texas (1993 – 1994), the New Westminster Tennis Club (1994 – 1995), and the Richmond Country Club from (1997 – 2012). She has been with the NSWC since 2012.



**CHRIS STEAD**

Before joining the NSWC as the High Performance Coach, Chris was the Director of Tennis at the West Vancouver Tennis Club for twenty years. He served as a Tennis BC Provincial Team Coach for more than twenty years and as a Tennis Canada Touring Coach working and travelling with some of Canada's top junior teams and players. In 2016, Chris was the recipient of the Tennis Canada Coaching Excellence Award. He has coached numerous National and Provincial Champions, Jr. ITF Champions, and players on the ATP Challenger and Futures Tours. Chris is Tennis Canada Coach 3 Certified and the highlight of his career was coaching Fabio Walker to the Gold Medal in the 1989 Canada Games!





**ALEX CHERMAN**

Alex Cherman is the former captain of the University of Missouri St. Louis NCAA men’s tennis team. He has extensive coaching experience working in country clubs and high performance junior academies in his native Australia, as well as in Canada and the United States. Alex is USPTA and Tennis Canada certified and has personally coached many top

players, including ATP tour players Marinko Matosevic and Vasko Mladenov.



**DAVID ANDERTON**

David Anderton was born in Cambridge Ontario. David’s love for tennis started early in life and he played College tennis at Bowling Green State University until 1998. Between 1999 and 2007, David was the assistant coach at the University of Alabama and University of Miami, winning National Coach of the Year in 2007. From 2007 through 2009,

David was the Head Men’s Tennis Coach at the University of San Diego and went on to become the Director of Junior Development at the Jack Kramer Club in Palos Verdes, California from 2009 through 2016.



**ANGIE WALKER**

**INSTRUCTOR**

Angie Walker was born and raised in North Vancouver and graduated from Carson Graham High School where she was named athlete of the year for 4 consecutive years. She is a Division 1 NCAA College Tennis player and going into her senior year at Idaho State University.



**ALEX WALKER**

**INSTRUCTOR**

Alex was a former #1 ranked junior in BC and a national doubles finalist. She is a Division 1 NCAA College Tennis player and going into her sophomore year at the University of Montana.

**TENNIS EVENTS 2019**

**MAY**

**Grand Slam #2 – French Open – Men** May 15  
**Grand Slam #2 – French Open – Women** May 16

**JUNE**

**Grand Slam #3 – Wimbledon – Men** June 19  
**Grand Slam #3 – Wimbledon – Women** June 20

**JULY**

**Friday Night Socials** July 5, 12, 19, & 26

**AUGUST**

**Summer Smash** August 11 – 17

**SEPTEMBER**

**Grand Slam #4 – US Open – Men** Sept 11  
**Grand Slam #4 – US Open – Women** Sept 12

**OCTOBER**

**Paul Shellard Fall Classic Mixed Doubles** Oct 13 – 19

**NOVEMBER**

**Triple Threat Team Tennis Auction Night** Nov 15  
**Triple Threat Team Tennis Matches** Nov 16 – 17 (9 – 6pm)

**DECEMBER**

**Christmas Mixer** Dec 8



# Adult Tennis

## SUMMER 2019 PROGRAMS



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca



**JOE WOOD**  
Assistant Tennis Director  
jwood@nswc.ca

### Hell Week

**ADVANCED  
(Level 3.5 +)**

BACK FOR SUMMER 2019!  
Are you ready to work hard on the tennis court?! If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all! WEATHER PERMITTING, OUTDOOR ONLY. (there will be refunds for rainouts)

#### WEEK 1

Jul 2 – Jul 5  
Tue – Fri: 4 sessions  
9am – 10:30am  
Member: \$95  
Non Member: \$145

#### WEEK 2

Jul 8 – Jul 12  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 3

Jul 15 – Jul 19  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 4

Jul 22 – Jul 26  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 5

Jul 29 – Aug 2  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 6

Aug 6 – Aug 9  
Tue – Fri 4 sessions  
9am – 10:30am  
Member: \$95  
Non Member: \$145

#### WEEK 7

Aug 12 – Aug 16  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 8

Aug 19 – Aug 23  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 9

Aug 26 – Aug 30  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

### Hell Week

**NOVICE/INTERMEDIATE  
(Level 2.5 – 3.0)**

#### WEEK 1

Jul 2 – Jul 5  
Tue – Fri: 4 sessions  
9am – 10:30am  
Member: \$95  
Non Member: \$145

#### WEEK 2

Jul 8 – Jul 12  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 3

Jul 15 – Jul 19  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 4

Jul 22 – Jul 26  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 5

Jul 29 – Aug 2  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 6

Aug 6 – Aug 9  
Tue – Fri: 4 sessions  
9am – 10:30am  
Member: \$95  
Non Member: \$145

#### WEEK 7

Aug 12 – Aug 16  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 8

Aug 19 – Aug 23  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

#### WEEK 9

Aug 26 – Aug 30  
Mon – Fri: 5 sessions  
9am – 10:30am  
Member: \$120  
Non Member: \$180

## Adult Drills

### Division 3 & 4

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jul 3 – Aug 28**

**Wed: 8 sessions | 7pm – 8pm**

*(no session Aug 14 due to Summer Smash)*

**Member: \$184 | Non Member: \$272**

## Adult Drills

### Division 4 & 5

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jul 4 – Aug 29**

**Thu: 8 sessions | 7pm – 8pm**

*(no session Aug 15 due to Summer Smash)*

**Member: \$184 | Non Member: \$272**

## Adult Drills

### Beginner – (Level 1.0 – 1.5)

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

**Jul 3 – Aug 28**

**Wed: 8 sessions | 6pm – 7pm**

*(no session Aug 14 due to Summer Smash)*

**Member: \$184 | Non Member: \$272**

## Adult Drills

### Intermediate – (Level 2.0 – 2.5)

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

**July 4 – Aug 29**

**Thu: – 8 sessions | 6pm – 7pm**

*(no session Aug 15 due to Summer Smash)*

**Member: \$184 | Non Member: \$272**

## Ladies Doubles Day League

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re – set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

**Jul 2 – Aug 27**

**Tue: 8 sessions | 12pm – 1:30pm**

*(no session Aug 13 due to Summer Smash)*

**Member: \$128 | Non Member: \$160**

## Ladies Doubles Night League & Drills

### Novice – Intermediate – (Level 1.5 – 2.5)

For the novice/Intermediate level tennis player. This program is designed to increase your knowledge of doubles and to have fun!

**Jul 2 – Aug 27**

**Tue: 8 sessions | 6pm – 7:30pm**

*(no session Aug 13 due to Summer Smash)*

**Member: \$192 | Non Member: \$272**



# Junior Tennis

## SUMMER 2019 PROGRAMS

From 2012, the ITF (International Tennis Federation) Rules of Tennis state that competition for players aged 10-and-under must be played with slower Red, Orange and Green balls on the appropriately sized courts. The traditional Yellow ball will not be permitted. All NSWC 10 and under tennis programs will be using this "Progressive Tennis" format. Progressive Tennis is a recognized international format that teaches tennis in a fun and interactive way by using tennis balls, racquets, nets, and courts that are scaled to match the size and age of the players. This format provides young players with optimal challenge and success: skills can be learned faster, rallies can be enjoyed sooner, tactical practice is well facilitated, and the transition to full court can be made easier! RED, ORANGE, AND GREEN programs have been split into two pathways: a PERFORMANCE pathway and a HIGH PERFORMANCE pathway.

### Red Ball

#### Ages: 6 yrs to 7 yrs

Red Ball Tennis provides a great way to get the younger player started in a "lifetime sport". Develop the ABC's (agility, balance, coordination) of fundamental movement skills and basic tennis skills (technical and tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for 1/2 court (RED court).

- Week 1:** Jul 2 – Jul 5  
11am – 12:30pm 4 sessions
- Week 2:** Jul 8 – Jul 12  
11am – 12:30pm 5 sessions
- Week 3:** Jul 15 – Jul 19  
11am – 12:30pm 5 sessions
- Week 4:** Jul 22 – Jul 26  
11am – 12:30pm 5 sessions
- Week 5:** Jul 29 – Aug 2  
11am – 12:30pm 5 sessions
- Week 6:** Aug 6 – Aug 9  
11am – 12:30pm 4 sessions
- Week 7:** Aug 12 – Aug 16  
11am – 12:30pm 5 sessions
- Week 8:** Aug 19 – Aug 23  
11am – 12:30pm 5 sessions
- Week 9:** Aug 26 – Aug 30  
11am – 12:30pm 5 sessions

Members: \$97.50 / week \$78 / weeks 1 & 6

Non Members: \$146.25 / week

\$117 / weeks 1 & 6

### Orange Ball Tennis and Swimming

#### Ages: 7 yrs to 9 yrs

Orange Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 3/4 court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified 3/4 court (ORANGE COURT). 2 hours of tennis and 1 hour of swimming each day!

- Week 1:** Jul 2 – Jul 5  
9am – 12pm 4 sessions
- Week 2:** Jul 8 – Jul 12  
9am – 12pm 5 sessions
- Week 3:** Jul 15 – Jul 19  
9am – 12pm 5 sessions
- Week 4:** Jul 22 – Jul 26  
9am – 12pm 5 sessions
- Week 5:** Jul 29 – Aug 2  
9am – 12pm 5 sessions
- Week 6:** Aug 6 – Aug 9  
9am – 12pm 4 sessions
- Week 7:** Aug 12 – Aug 16  
9am – 12pm 5 sessions
- Week 8:** Aug 19 – Aug 23  
9am – 12pm 5 sessions
- Week 9:** Aug 26 – Aug 30  
9am – 12pm 5 sessions

Members: \$195 / week \$156 / weeks 1 & 6

Non Members: \$292.50 / week  
\$234 / weeks 1 & 6

### Green Ball Tennis and Swimming

#### Ages: 9 yrs to 11 yrs

Green Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations on a full court. Green dot tennis balls and regular tennis balls will be used depending on skill level of the players in the group. 2 hours of tennis and 1 hour of swimming each day!

- Week 1:** Jul 2 – Jul 5  
12pm – 3pm 4 sessions
- Week 2:** Jul 8 – Jul 12  
12pm – 3pm 5 sessions
- Week 3:** Jul 15 – Jul 19  
12pm – 3pm 5 sessions

- Week 4:** Jul 22 – Jul 26  
12pm – 3pm 5 sessions
- Week 5:** Jul 29 – Aug 2  
12pm – 3pm 5 sessions
- Week 6:** Aug 6 – Aug 9  
12pm – 3pm 4 sessions
- Week 7:** Aug 12 – Aug 16  
12pm – 3pm 5 sessions
- Week 8:** Aug 19 – Aug 23  
12pm – 3pm 5 sessions
- Week 9:** Aug 26 – Aug 30  
12pm – 3pm 5 sessions

Members: \$195 / week \$156 / weeks 1 & 6

Non Members: \$292.50 / week  
\$234 / weeks 1 & 6

### Teen Tennis Training

#### Ages: 12 yrs +

This group is for the novice/intermediate teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills (technical/tactical/physical) to learn the game.

- Week 1:** Jul 2 – Jul 5  
12:30pm – 2pm 4 sessions
- Week 2:** Jul 8 – Jul 12  
12:30pm – 2pm 5 sessions
- Week 3:** Jul 15 – Jul 19  
12:30pm – 2pm 5 sessions
- Week 4:** Jul 22 – Jul 26  
12:30pm – 2pm 5 sessions
- Week 5:** Jul 29 – Aug 2  
12:30pm – 2pm 5 sessions
- Week 6:** Aug 6 – Aug 9  
12:30pm – 2pm 4 sessions
- Week 7:** Aug 12 – Aug 16  
12:30pm – 2pm 5 sessions
- Week 8:** Aug 19 – Aug 23  
12:30pm – 2pm 5 sessions
- Week 9:** Aug 26 – Aug 30  
12:30pm – 2pm 5 sessions

Members: \$112.50 / week \$90 / weeks 1 & 6

Non Members: \$168.75 / week  
\$135 / weeks 1 & 6



# Tennis Policies and Procedures

## General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

## Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 – September 30). Tennis Court operating hours are 6am – 11pm, Monday through Sunday.

### PRIME TIME HOURS

6pm – 9pm      Monday – Thursday

### NON PRIME TIME HOURS

6am – 6pm      Monday – Thursday  
 9pm – 11pm    Monday – Thursday  
 6am – 11pm    Friday, Saturday & Sunday

### JUNIOR COURT TIMES

3, 4, & 5pm      Monday – Friday

## Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through Gametime: ([nsw.gametime.net](http://nsw.gametime.net)) or at [www.nswc.ca](http://www.nswc.ca), made in person or at the Front Desk Reception. Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

## Reservations – Adult Tennis Members

- May book courts 1 – 4 and the outdoor courts 8 – 11 after 9:30 p.m. up to 6 days in advance with the exception of Junior Court Time hours
- May book courts 5 & 6 after 12:00p.m. (noon), up to 5 days in advance, with the exception of Junior Court Time hours.
- May have a maximum of two (2) court bookings within a 6 – day period during Prime Time.
- May also book available courts within a 24 – hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and all playing partners at the Front Desk Reception.

## RESERVATIONS – Junior Tennis Members

- *May book courts during Junior Court Time or Non Prime time, a maximum of six (6) days in advance. May play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24 – hour advance booking).*
- *Junior Members may also book available courts within a 24 – hour period.*

## CANCELLATIONS

- Court bookings must be cancelled no less than six (6) hours before the booked time or a late cancel/no-show fee of \$25 + GST per court will be charged. To avoid being deemed a no-show, at least one player for a given court booking must check in with the Front Desk Reception upon arrival.

## WALK – ON FOR VACANT COURTS

- If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.

**NO SHOWS**

- A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception.
- If you know you will be late, please call the Front Desk Reception to avoid your court being released.

**GUESTS PRIVILEGES**

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member’s name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 – each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month.
- A Guest fee of \$8 + GST for juniors and \$12 + GST for adults must be paid before the guest is permitted to enter the Club to play.

**BALL MACHINE**

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking, no pro – rates.
- The Ball Machine may be used ONLY between 7am – 9pm. Ball machines cannot be used during Prime Time.
- It is the user’s responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use
- Use of the Club’s (or privately owned) ball machine, is restricted to the upstairs Court 5, 6 or Court 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

**PLAYSIGHT**

NSWC offers a state – of – the – art tennis analytics technology system equipped with six fully automated cameras and an interactive touch – screen kiosk. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in – depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on – court kiosk or at PlaySight.com. Train smarter. Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

**COURT RENTAL**

Requests for court rentals must be approved by the Tennis Director.

**Tennis Private Lessons**

| <b>Lesson Type</b> | <b>Members</b> |
|--------------------|----------------|
| Adult Private      | \$75           |
| Jr. Private        | \$65           |
| Adult Semi Private | \$45 each      |
| Jr. Semi Private   | \$40 each      |
| Adult Group of 3   | \$35 each      |
| Jr. Group of 3     | \$30 each      |
| Adult Group of 4   | \$30 each      |
| Jr. Group of 4     | \$25 each      |



# Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

| LEVEL | GROUNDSTROKES  | RETURN OF SERVE   | NET PLAY  | SERVE  |
|-------|--|---|---|--|
| 1.0   | I'm just starting to play tennis   |   |   |  |
| 1.5   | I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.   |   |   |  |
| 2.0   | I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.   | I have inconsistent returns and tend to position myself to protect my weaknesses  | In singles, I'm reluctant to come to the net.<br>In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).   | My toss is inconsistent and my service motion incomplete. Double faults common.  |
| 2.5   | I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).  | In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.   | I'm at ease at the net during practice, but still uncomfortable during a game.  | I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.   |
| 3.0   | I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.  | I can control the direction of the ball when receiving moderately paced serves.   | I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.   | I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.   |
| 3.5   | I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.   | I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.  | I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.   | I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.   |
| 4.0   | I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.  | I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.  | I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.   | I can vary the speed and direction of the first serve and I can use spin.  |
| 4.5   | I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.                | I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer. | When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns. | I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency. |
| 5.0   | I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations. | I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.  | In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.  | My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.  |



# Build Confidence and Paths to Success

## So, how does a coach help a struggling young player find his or her path to success?

Provide the right opportunities  
Learning to succeed in team sports is a process that depends on a child understanding a few fundamental individual skills, how to connect and apply these to team play, and then having the opportunity to do so in a game situations that do not overwhelm the child. Opportunity does not necessarily lead to success. Giving a beginning athlete the opportunity to play quarterback in a football game, when he has not demonstrated the necessary skills in practice, will usually result in the player failing at the task. Worse, it may reinforce the child's negative feelings toward playing the sport. Instead, you should look to provide a more realistic opportunity for the child to apply his or her existing abilities in a meaningful and successful way.

Several years ago, I coached a team that included a sixth grade girl named Becky. She was a shy, quiet girl who was reluctant to shoot the ball and generally unsure of herself and her basketball abilities. However, she moved well and was clearly athletic.

My approach with Becky was to first build her confidence by having her perform tasks that were well within her abilities. I also initially avoided placing her in game situations requiring extensive ball handling or the need for her to shoot the ball. Becky quickly learned how to play great defense, set screens and make good passes.

As the season progressed, her confidence grew and she naturally began taking some shots and dribbling when required. By the end of our season, Becky was a key player on our team, confidently playing the game of basketball with a smile on her face.

Sometimes the reward for a coach is not only seeing a player develop and find themselves, but also the proud look in a parent's eye. Becky's dad, who played basketball in high school (and obviously hoped that his child would also enjoy the sport), gratefully thanked me and my assistant coach after our last game.

## Grow the playing experience

Although you should generally fit opportunities and team roles to a child's ability to handle them, don't necessarily eliminate opportunity because the child may be less likely to succeed. Even if a child is less talented or inexperienced, providing them with a chance for their big moment (one that may last a lifetime) is sometimes the right choice.

Your goal is to always provide each of your players with a sports experience that results in a real, positive sense of individual success. Tailor their practice and game opportunities, progressing from comfortable responsibilities and skills to more challenging ones. Let the child's abilities and confidence naturally unfold. Occasionally throw the child into a more difficult situation that both tests them and provides them with their opportunity to enjoy a heroic moment. Pick your spots. A good coach can see ideal opportunities for lesser skilled kids to succeed.

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A child typically views his or her sports experience through the lens of personal success. Each child's sense of athletic worth is based on his or her performance relative to others and, in team sports, the perceived contributions made to his or her team.

Most kids naturally discover their talent as they mature. They gradually learn how to apply their abilities in a way that leads to both individual and team success. But problems can arise both in the way a child internally defines success and his or her understanding of how to achieve it.

Some young athletes erroneously view success in more selfish terms – am I dribbling the ball, scoring a goal, or am I otherwise the center of attention? They fail to connect the individual act to the overall goal. Still others struggle to find any path to success. They feel they can't keep up and have no idea how to contribute.

Parents can also contribute to the problem when they push their child into situations for which they are not yet prepared to succeed. Parents may expect their child to play primary team roles and receive equal playing time – regardless of the situation. They fail to understand that there are times when equal playing time in a game does not provide the best developmental experience for a young child.





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sales@timeoutsports.ca

www.timeoutsports.ca

235 Mountain Highway, North  
Vancouver BC, V7J 3P2

*Retailer of hockey, baseball, and soccer equipment; full service pro shop; team and association sales.*

## SALES & MARKETING, INTERIOR DESIGN

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**BRET CONKIN,**

**OWNER & HEAD OF CLIENT GROWTH**

**CrowdfundSuite**

432 Gordon Avenue,

West Vancouver BC, V7T 1P3

778.323.7297

bret@crowdfundsuite.com

www.crowdfundsuite.com

*CrowdfundSuite helps companies raise capital and grow community using crowdfunding. CrowdfundSuite also assists established stakeholders profit from alternative finance strategies. Whether you require our capital raising, campaign management or strategic consulting we are here to accelerate your ventures's growth. Have you optimized your potential? Don't let capital access stand in your way.*

**DAVID MOULTON, PARTNER**

**Moulton Toft Inc.**

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Westminster, BC, V3L 1B7

604 – 522 – 8182

dmoulton@telus.net

*Bringing Opportunities Together*

**RJ PARRY,**

**PRESIDENT/OWNER**

**J Beverly Hills Canada**

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Burnaby BC, V5C 6R3

Phone: 604 – 569 – 0404

Fax: 604 – 569 – 1141

rj@jbeverlyhills.ca

www.jbeverlyhills.com

*Locally owned and operated.*

*Distribution and sales of professional  
haicare*

## SERVICES

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**CHRIS FREDERICK, PRESIDENT**

**North Shore Pest Detective**

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North Vancouver BC, V7P 1A2

Phone: 604 – 988 – 3330

Fax: 604 – 987 – 2014

northshore@pestdetective.com

www.pestdetective.com

*Professional Pest Control Management  
Services – Residential, Commercial, and  
Industrial*

**MIKE MCANDREW, OWNER**

**Core Electric Services Ltd.**

2nd Floor – 1415 Crown Street, North

Vancouver BC, V7J 1G4

778 – 833 – 4100

mmcandrew@core – electric.com

www.core – electric.com

**KELLY WRIGHT, OWNER**

**Vancouver/Burnaby**

**Pest Detective**

2856 Eton Street,

Vancouver BC, V5K 1K5

604 – 685 – 3377

greatervancouver@pestdetective.com

www.pestdetective.com

*Professional Pest Control Management  
Services – Residential, Commercial, and  
Industrial*

## VIDEO PRODUCTION

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**NICHOLAS SHEPARD, OWNER**

**Blue Chip Productions Inc.**

604 – 263 – 2434

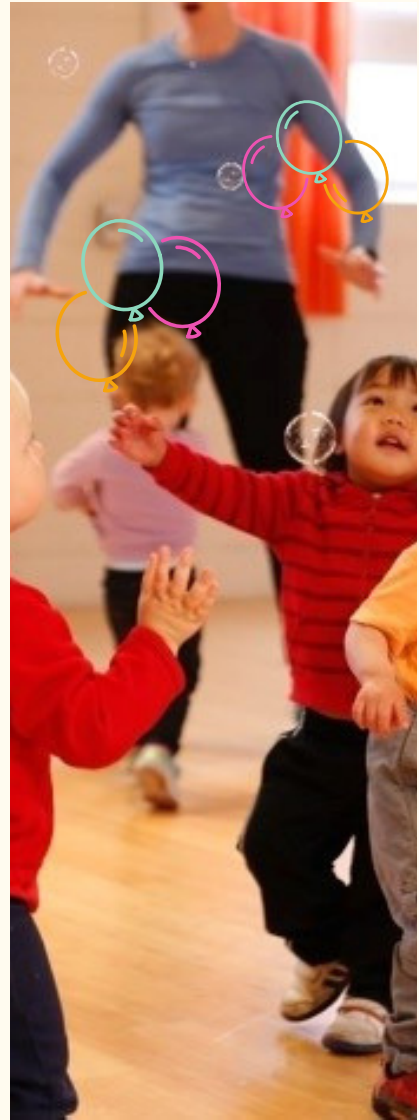
343 Railway St, Vancouver, BC V6A 1A4

info@bluechipproductions.ca

www.bluechipproductions.ca

*A leading Vancouver video production  
agency with a team of experts  
with extensive experience in video  
production, digital marketing, SEO,  
and advertising combined with a cost  
effective production methodology.*

*To add your business to the  
NSWC directory, please  
contact Mairi MacDonald at  
mmaacdonald@nswc.ca*



EVERY FRIDAY 5:00PM · ALL AGES

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# FRIDAY FUN NIGHTS

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FUN GAMES · BUBBLE HOCKEY  
FOOSBALL · PING PONG  
BOUNCY CASTLE · MOVIE NIGHT



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WINTER CLUB



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