THE THUNDERBIRDS are looking forward to a very exciting year as we prepare to defend our second consecutive USPORT championship title in our new Aquatic Centre. Coming off of an outstanding 2017-18 season, as well as an exciting summer, this year’s ‘Birds are ready to carry on our tradition of excellence!

Over the summer, we had quite a few stand-out performances in the program. We’d like to recognise all of our swimmers who competed for Team Canada at the Pan-Pacific Games in Tokyo, including Markus Thormeyer, Josiah Binnema, Emily Overholt, and Alex Pratt, as well as recent alumni Yuri Kisil and Erika Seltenreich-Hodgson. Kisil stole the show in Tokyo, winning a bronze medal in the 50-freestyle in his first ever individual international podium finish. Overholt also stood out, earning fifth place in both the 400 free and 400 IM, after sitting out most of the 2017 season due to injury. Other highlights include Seltenreich-Hodgson’s sixth-place finish in 400 IM and Thormeyer’s sixth place in 100 backstroke. Current first-year Pratt showed that he had the Thunderbird spirit, touching eight in the 800 freestyle. Hau Li Fan also took part in the event, competing in the 10k open water swim, and finishing seventh. Additionally, third-year Karen Tam showed her strength in the international field, representing Team Hong Kong at the Asian Games in Jakarta. She earned a bronze medal in the 4x100 freestyle relay, as well as a silver medal in the 4x100 medley relay.

FALL 2018

AFTER SUCH an outstanding summer, the ‘Birds were ready work hard upon returning to UBC after their break. On September 14th, the team headed out to the Zajac Ranch for some bonding in the beautiful forests of Fraser Valley. The rest of September was spent getting prepared for the competition season, and coming together as a team to get ready for another successful year!

Coming up in October, the Thunderbirds will prepare for Canada West Championships with three consecutive weekends of racing. On October 20, they’ll head over to Victoria for BC Senior Circuit, as a chance to get off the
blocks for the first time. The following weekend, the team is headed to Calgary for a dual meet against U of C, as well as Cascade’s Rocky Mountain Cup. For the last of the three weekends, the ‘Birds will race in their home pool at UBC for Odlum Brown Colleges Cup.

UPCOMING EVENTS:

ODLUM BROWN LIMITED COLLEGES CUP

The Thunderbirds will be hosting an exciting weekend of racing with the best varsity swimmers from across western Canada diving in at the new UBC Aquatic Centre. Come cheer on the ‘Birds from the stands or help us on deck by volunteering!

- Dates: Saturday, Nov 3rd & Sunday, Nov 4th
- Location: the new UBC Aquatic Centre
- Time: Finals start at 5:30pm Saturday & 3:00pm Sunday

If you are interested in volunteering and supporting the ‘Birds, please e-mail Jon Brown (jonathan.brown@hotmail.ca).

ANNUAL ALUMNI MEET

Join the current team for an evening of racing, followed by a social event to catch up with past teammates and get to know this year’s ‘Birds on November 16th!

- Date: Friday, November 16th
- Location: Alumni Meet at the new UBC Aquatic Centre, Social at Mahony & Sons UBC
- Time: 5:00pm warm ups & 7:00pm social

Please RSVP by Wednesday, November 14th by emailing athl.alumni@ubc.ca.

2019 U SPORTS SWIMMING CHAMPIONSHIPS

The U SPORTS Swimming Championships return to the University of British Columbia February 21st - 23rd for the first time since 2009.

- Dates: February 21st - 23rd
- Location: the new UBC Aquatic Centre

There will be an alumni night on Saturday, February 23rd as we look to pack the new UBC Aquatic Centre on the final night of the meet. Stay tuned for more information in the coming months.

UBC Athletics Introduces New Student-Athlete Mental Health Website

UBC Athletics and Recreation is proud to launch UBC Athletes Hub a ground-breaking mental health and performance portal. Inspired by and modeled on the Athletes Connected program at the University of Michigan, UBC Athletes Hub was developed by the UBC Psychotherapy Program in collaboration with the department of Athletics and UBC Counselling Services to increase awareness of mental health issues, reduce the stigma of seeking help, and to promote general health and wellness among varsity athletes.

Visit the site at: ubcathleteshub.ca

The Lane 4 Club

If you would like to further support Thunderbirds Swimming, become a member of the Lane 4 Club and make an impact through monthly giving to elevate student-athlete experiences.

Visit the site at: https://support.ubc.ca/projects/lane-4-club/