FALL RECAP

THE THUNDERBIRDS closed out another exciting few months with a double win at the Canada West Championships! This added up to the 10th consecutive win for the women’s team, and the 6th for the men. As well, there were some outstanding performances earlier in November at the Odlum Brown Colleges Cup meet here at UBC, in the third consecutive weekend of racing for the ‘Birds. As well, Hau-Li Fan competed in the final stop of the Open Water World Cup in Abu Dhabi, showing his T-Bird spirit and ranking the highest of all of the Canadians in the competition.

ODLUM BROWN COLLEGES CUP

ODLUM BROWN ended up being a record-breaking weekend of racing, with two new Canadian national records made out of our very own pool. The men’s 4x50 medley relay team, consisting of Markus Thormeyer, Jaren LeFranc, Josiah Binnema, and Alex Loginov, surpassed the previous record by .56 to finish in a time 1:37.24. Thormeyer carried the momentum into the next day, going on to set a new Canadian record in the 200 backstroke, touching the wall in 1:52.12, beating out the former record tome of 1:52.15. Both the men’s and women’s teams ranked the highest in points, setting them up for success at Canada West.

CANADA WEST HIGHLIGHTS

The Thunderbirds once again proved to be the best in the West, with both teams finishing with commanding leads over the rest of the competition. The women won for the 10th consecutive year with 969 points, which was 274 points more than the second-place team, the Dinos. The men won for the 6th year in a row, scoring 800 points and beating the runner-up Dinos by 98.5 points. It was a very tough weekend of racing at altitude in Calgary, but the T-Birds never once let up!

Sixteen ‘Birds reached 1st Team All-Star status by winning a gold medal, including three rookies. As well, there were three silver medallists achieving 2nd Team All-Stars, and five bronze medallists. We’d like to give a few special shout-outs for our swimmers who shone.

2019 ZLC Millennium Scholarship Breakfast

The 2019 ZLC Millennium Scholarship Breakfast will be held on Tuesday, February 26th, 2019. This year, as in the past, the University has committed to matching seat sale. This year, as in the past, the University is committed to matching donations from the ticket sales dollar for dollar. This matching creates a powerful fundraising opportunity for varsity teams; more importantly, your support better enables student athletes to complete their degree while competing for one of the most decorated varsity programs in the country.

Visit the site at: gothunderbirds.ca/breakfast
especially bright at the meet. Markus Thormeyer set a new Canada West record in the 50 back, while also winning the 400 IM and the 200 freestyle and being a part of the winning 4x200 freestyle and 4x100 freestyle relay teams. As well, Thormeyer captured the Male Swimmer of the Meet award, for his performances in the 50 backstroke and 400 IM. First-year Alex Pratt also showed his strength, touching second in both the 100 and 200 freestyle, and winning the Male Rookie of Meet. As well, third-year Karen Tam had an outstanding meet, setting two new Canada West records in the 50 free and 100 free. Her 50 was also a new UBC Thunderbirds Varsity Record of 25.12 seconds. To top it all off, the UBC and HPC-Van Coaching staff won both the Women’s and Men’s Team Coaches of the Meet.

We’d also like to recognize our graduating fifth years who competed at their final Canada West Championships. Congratulations to Maia Brundage and Jacomie Strydom from the women’s team, and Connor Wilkins, Josiah Binnema and Alex Loginov from the men’s team!

U.S. NATIONALS

Coming off a successful weekend at Canada West in Calgary, four current T-Birds and two alumni headed down to Greensboro, North Carolina, to show their strength at the U.S. Nationals. On the first night of racing, alumni Carson Olafson won his first international medal, capturing the bronze in the 200 freestyle. In the 100 backstroke, Thormeyer also won the bronze, carrying forward his momentum from the prior weekend of outstanding racing. As well, Josiah Binnema finished fifth in the 100 butterfly. The next day, alumni Erika Seltenreich-Hodgson showed her T-Bird spirit, winning bronze in the 200 IM. On the final night of the competition, Thormeyer graced the podium two more times, touching third in both the 200 backstroke and the 100 freestyle.

ACADEMIC ALL-CANADIANS RECOGNIZED

On top of their performances in the pool, last year’s Academic All-Canadians – athletes who achieved an average over 80% – were honored at the Academic

Academic Alumni Event at the 2019 Odlum Brown U SPORTS Swimming Championships

UBC Athletics and Recreation is proud to play host to the 2019 Odlum Brown U SPORTS Swimming Championships at the UBC Aquatic Centre from February 21st to 23rd, 2019.

Join fellow alumni and supporters of the program on Saturday, February 23rd for ‘UBC Swimming: Legends Live Forever presented by Odlum Brown’. Your $20.00 ticket includes a complimentary drink, light food, a UBC Swimming Alumni t-shirt and admission to the last night of finals to cheer on the ‘Birds.

To RSVP, visit: UBC Swimming: Legends Live Forever

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: Lane 4 Club

**ZLC MILLENNIUM SCHOLARSHIP BREAKFAST**

The 20th Millennium Breakfast will be on February 26th, 2019 at the Vancouver Convention Centre West. Early bird tickets are $225 each, and will become $250 after January 1, 2019. Each ticket purchased will contribute $300 directly to the UBC Swimming Scholarship fund, with $150 coming from the ticket price and $150 being matched by UBC. With your ticket, you will also receive a $150 tax receipt. This is a great way to support your current and future Thunderbirds.

We are very excited to have Dr. Greg Wells as the 20th Anniversary Millennium Breakfast speaker. As a scientist, broadcaster, author, coach, and athlete, Dr. Greg Wells has dedicated his career to understanding human performance and how the human body responds to extreme conditions. He has coached, trained and inspired dozens of elite athletes, and has studied athletic performance in some of the most severe conditions on the planet, like the Andes Mountains and the Sahara Desert.

In this presentation, Dr. Greg Wells uses both science and experience to draw parallels between elite athletes and top executives to help business leaders perform at the highest level, even when under the most extreme circumstances. Olympic athletes train and compete at the highest levels on a consistent basis over many years, facing the pressures and stresses of setbacks, change, travel, competition, and performance on demand. These are the same challenges that are faced by business people, and the tools and techniques that Olympians use can be applied by anyone at any time to ensure success.

**ALUMNI MEET AND SOCIAL**

We’d like to thank everyone who came to our annual Thunderbirds Alumni Meet and social. We hope to see everyone again at the event next year! If you missed it, we will be having plenty of other opportunities for you to catch up with your teammates as well as the current team, so stay tuned!

**UPCOMING EVENTS:**

**TRI MEET v. UVIC VIKES AND SFU CLAN**

The ‘Birds take on the Clan and Vikes in a tri meet on top of Burnaby Mountain.

- **Dates:** January 18th
- **Location:** Margaret & Paul Savage Pool @ SFU

**WESTERN COLLEGIATE INVITATIONAL**

The Western Collegiate Invitational is the final tune up for the ‘Birds before hosting university nationals two weeks later.

- **Dates:** February 9th
- **Location:** Saanich Commonwealth Place @ Victoria

**2019 ODLUM BROWN 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