

LAOSC Website Quiz

Name: _____

Please return to your coach by May 6th for a prize!

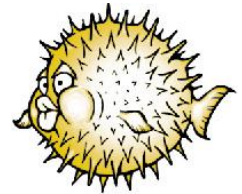
The LAOSC website has tones of stuff on it, but it is sometimes very scary. Knowing where stuff is will help you get the information that you're looking for.

Goto www.olympiansswimming.com to get to the first page. From there select either Langley or Abbotsford. This site has questions from both web pages so remember how to switch back and forth. On some pages you will require ADOBE ACROBAT READER in order to view the files.

1. Which Langley swimmer qualified for the 2009 Canada Games? _____
2. Name one of the Abbotsford swimmers who attended this year's LOSC Long Course Invitational.

3. How old do you have to be in order to participate in Masters Swimming? (Hint: it's on the Langley Site under ADULT SWIMMING) _____
4. What university does Melanie Dodds attend? (Under Alumni LOSC) _____
5. What 5 items of equipment should swimmers have in order to swim in Olympic Way? (Hint: It's under Equipment Order Form)
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
6. What is your next swim meet? It will tell you on the Meet Schedule. _____
7. When you go to the Langley PHOTO ALBUM, who are the 2 swimmers in the picture who have won their running Race... they are wearing shorts and have medals around their necks.
 1. _____
 2. _____
8. What section of the website would your Club Records be under? _____
9. If you goto that section, LOSC or AOSC, who is 3rd in the 8 & under girls Short Course All time Top 5/10?

10. SwimBC Provincial Standards are under the Swimmer's Page. Click the AAA Standards link. What is the 11 & under boys 50 freestyle AAA standard (Winter) _____
11. How long has coach Rhonda MacKay been coaching? _____ Hint: it's under Contact Us.
12. Who is our club sponsor? _____



Hopefully you've learned how to use the website a little.

If you're having difficulties please ask your coach or your mom and dad.

