

# River City News



August 2009

## Contents

Coach's News	1
Nominating for Meets	1
Upcoming events	1
Senior Squad	2
Junior Squad	3
Swimmer of the Month	4
Fee Structure	4
Other Stuff	4

## Upcoming Events

- ◆ BSA Champs this weekend!
- ◆ Nat S.C. 8th - 12th August
- ◆ BSA Sprint 12th & 13th September. Noms close Friday 14th August.
- ◆ Inter club meet September 5th. Team to be announced 22nd August.
- ◆ Club Committee meeting 5th September 8.00am at pool.

## Coach's News

There are two groups of swimmers training at the moment... those that have been training during the Winter Season and those that have just started training for the upcoming Summer Season.

If you belong to the former then August is a busy time! We have three meets culminating in the State S.C. meet during the last weekend. They start this weekend with the first BSA points meet of the season.

We also wish Nick Schafer all the best as he represents the club at the National S.C. in Hobart this week. I will also be in Hobart (working on my tan) so Tash will be (wo)manning the stopwatches at Chandler this weekend.

We had one meet during July - the QSA qualifying meet where those that have been training swam extremely well. In fact just about all PB's (except Nick who is saving his best...) from everyone. River City members achieved 13 medals - Noice!!

For those that have been encouraged back by the warm weather, will find everything in place ready to start the new season.

The club web site is fully loaded (Thanks Marty) with all the latest info.

## Nominating for Meets

With so many meets coming up it is essential that all swimmers nominate correctly. With my wife Kym being the Race Secretary this is especially important (as I often bear the brunt of her frustration over incorrectly-filled-out envelopes).

So the process is:

- Grab a nomination envelope from the kiosk.
- Grab the meet flyer from the notice board (or go on-line to get it).
- Fill out ALL the information on the envelope accurately. This means

You can view it at:

<http://www.rivercityrapids.org.au/>

We have the club flyer and booklet on it which has all the information new members will need.

The booklet is being published this week and will be given out to all new members (so you don't need to download it).

The 2009/10 calendar is also on the website with all meets and club nights as well as fundraising events. This will be continually updated as new events come to our attention.

Remember, all squad swimmers need to now be members of River City S.C. (except Lane 8). There are membership forms at the kiosk. We have just been informed by SQ that our membership prices are one of the lowest, if not the lowest in Queensland.

There are plenty of smaller meets coming up for our members - we have a three meet inter club series in September plus our Club Nights are starting in October. So make sure you sign up early so that you can take part!

you need to make sure you have swum the qualifying times (if applicable) and you need to write down where & when you achieved these. If this is not done accurately BSA/QS/SAL will not process your nominations.

- Put the correct money in the envelope and stick it in the brown box.
- Make sure you do all this by the date written down on the program sheet.

If you have any queries regarding qualifying times etc please don't hesitate to come and see me on pool deck or send me an email.

## Senior Squad

### QSA Qualifying Meet

There have been a hard core squad training over Winter, and many of these swimmers achieved some nice PB's at this meet.

Medal winners were:

- Marty: Nice haul with six medals (1G, 1S & 4B) in total with three of those PB's and the others equal PB's. Well done Marty - you the man!
- Taylor: Showing some early season form with five medals (3G & 2B). Some huge PB's with six all up - you the woman!
- Nick: Two silvers and one PB for the 100m - the one he wanted...
- Alex M: Two PB's - not a sub 50 which is what he wanted but it's getting closer!
- Catherine: Every swim is a new PB! Consistent training paying off!

Well done also to Larry Green who volunteered for timekeeping and ended up placing medals around swimmer's necks!

### Meets Coming Up

- BSA SC Champs: A test for State S.C and a chance for a big hit out. Some swimmers have a fully loaded program... This is our first points meet so no pulling out! Tash will be there so make use of her with splits etc. This is a great chance to try some different strategies out! We have a few Junior swimmers there so if you see them be friendly and help them out where you can - I know you will anyway!
- State S.C. - This is the one we want to peak at - and should be with everyone fully tapered. Make sure you get your noms in by Thursday. If you want to use your weekend times then email to me on Monday - no later!
- Nat S.C. - Good luck to Nick. Going for a trip to NZ if he PB's. Not sure how this will fit in with his already packed schedule though! Make sure you bring your warm gear!
- BSA Sprint - Another points meet (Sept 12/13th) so load up again! Watch for when noms are due as I will be away a lot this month and won't be there to remind you!

## Senior Squad

### Brekky and Movie Success

Once again, thanks to Geoff for this event. The swimmers thoroughly enjoyed themselves and ate Rydges out of all their sausages. They then proceeded to Transformers where they managed to down even more food! What more could a person want...good food, a good movie and good company?

### Pancakes

A fundraising failure but a culinary success! Well done to the seniors for putting on pancakes! Unfortunately we made just enough to cover expenses - which means we all got free pancakes but no money! And we discovered that metal spatula's are much better than plastic ones!

### Tapering

The scariest part of the season but a necessity for any big meet. A taper should allow you to totally recover. So by the end of your 2 to 4 weeks taper you should be feeling no soreness, fatigue or tiredness. You should be feeling fresh, fast and motivated to perform.

Everyone responds differently during tapers. Some swimmers will feel good straight away while others will fall into a big performance hole and not come out until only days before their event.

Normally the body adapts fairly quickly and you will perform badly for a week or two. The main thing here is (from the words of Douglas Adams) **DON'T PANIC.**

If you have done the work then you will come good! Be patient and have confidence in your training. I find that swimmers who perform badly after a taper will tend to blame the taper when it is either the way they have raced their event or their negative thoughts that have led to their bad performance.

Some things you can do to ensure an effective taper:

- Ensure you are recovering after every session i.e. Stay on top of your diet, fluids, stretching, massage, sleep etc.
- Visualise your perfect race and practice that race every session. Whether it be the start, the finish, the turn, or the first lap - train your race efforts as you would race them. Use them as practice!
- Reduce your calorie intake - since your training distance is dramatically reduced so should the amount you eat.
- Stay Positive!!

## Junior Squads.

Well the weather must be getting warmer because we have been seeing our juniors returning over the past few weeks.

If you have had a break (welcome back) you have no doubt felt the effects of being out of the water for a long time (i.e. over 2-4 weeks). You need to be a little patient here and give yourself a few weeks before you start to feel good again. So this might mean the lane you were in before was quite easy - now it has become hard work! Just move to the back of the squad and keep working on your stroke technique and your skills. You'll soon be finding it easy again!

### Membership

We have quite a few meets coming up for our Junior swimmers. All our squad swimmers are required to be members for 2009-10 except Lane 8. However to be able to race at these meets you will need to be a member - this includes Lane 8. Lane 8 also receive a reduced squad fee when they become members.

When you register as a member you have two options. The first is as a recreational swimmer. You can swim all club nights with this membership and receive squad discounts but you cannot race against other clubs or at other club meets. To do this you need to become a competitive swimmer. This allows you to race anywhere, against anyone (as long as you meet the qualifying times).

### Meets Coming Up

- We have three inter-club meets on the 5th, 12th and 19th September (all Saturdays). Each meet is divided into three age groups. The 11 and unders compete from 5pm to 6pm. The 12/13 race 6pm to 7pm and the older kids 7pm to 8pm. These meets are a great way to race longer distances (50m to 400m available) and to get QT's for all distances. More information will come out to members soon.
- BSA Sprint: This is on the 12th and 13th of September and is on the board now. There are no qualifying times and is open to all 8 years and over registered swimmers. This will be a great introductory meet at Chandler!
- Club nights start on October Wednesday 7th and then run fortnightly after that.
- We have a big meet at Bundaberg on Nov 20-22nd. This a great weekend away. We will need numbers early to book accommodation for the club so keep this weekend free!

### Moving Up In the Lane World

With more swimmers starting to return and new swimmers joining the squad, the lanes may look a little chaotic for a while until swimmers know their drills and place for that lane.

If you feel your child needs to move please come and talk to either Tash or myself. As coaches we look at many things before moving swimmers up. These include:

- Level of skill: This is the most important. If a swimmer moves up too soon then their technique and skills will suffer and their progress will falter. This normally means they then have to stay in that lane for a lot longer than normal to re-establish good skills.
- Endurance levels: Moving up lanes require swimmers to swim longer distances without rests. Technique may suffer if they are not ready to swim these distances.
- Mental maturity: Higher squads mean that swimmers will have more responsibility placed on them. Similarly, as swimmers move up the coach needs to be able to focus on technique and skills more and behaviour control less. Swimmers need to be able to focus for longer periods and process information more effectively.

If you have any questions regarding our squad structures or where your swimmer fits in please come and talk to us before or after squads.



*Eating brekky at Ridges.*



*Cooking pancakes - and mighty good ones at that!*

**Swimmer of the Month**

If your name appears here then come up to us next session and you will receive a free ice cream!

**Lane 8: George Withers** is really working hard on his freestyle kick. It looks great George!

**Lane 7: Chloe Ryan** is getting better and better every week! Great training Chloe.

**Lane 6: I'm going to miss Lane 6** and give it to Clea from the Seniors. A big effort the other day Clea - and she loved it!

**My Apologies for being away some of August & Sept.**

I will be away for a few weeks during August and September. I have arranged for Tash and Andja to look after the squads during these times. Where am I going...

- Hobart with Nick for SC nationals (1 week)
- I also do a number of regional presentations with Dept of Sport and Rec.
- A National Bst camp at AIS with Nick (1week).
- A weeks holiday - my dad has cancer so I'm taking my son and dad away for a week,



*This may have been after Hannah's Formal when she stayed up all night! Such a sweet photo!*



**John J. Dixon Pty. Ltd. Chartered Accountants**

Joe is well known throughout the swimming community having been chosen to represent Australia at the 1978 Commonwealth Games in the 200m Butterfly. Joe also spent four years studying Accountancy in America as a result of winning a full sporting scholarship for swimming.

The firm is located at Suite 23 Coronation Place, 10 Benson St Toowong. Joe is the sole practitioner employing three other qualified accountants. The firm provides accounting and taxation services to small and medium sized business as well as the preparation of income tax returns for individuals.

Contact: 38703840

**Club Membership Fees 2009/10**

	1 child	2 children	3 children
<b>Competitive</b>	\$80.00	\$130.00	\$150.00
<b>Recreational</b>	\$50.00	\$100.00	\$130.00

**Squad Fees 2009/10**

Note that Lane 8 club members, Somerville House students Year 1 to 7 & 2nd/3rd family members receive the reduced fee.

	Casual	Reduced Fee	Weekly	Reduced Fee	Monthly	Reduced Fee
<b>Nippers/Mini Lane 8</b>	\$10.00	\$8.00	\$25.00	\$22.00	\$90.00	\$70.00
<b>Junior Blue/Gold Lane 7</b>	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00
<b>Intermediate Lane 6</b>	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00
<b>Seniors Lane 4/5</b>	\$12.00	\$10.00	\$40.00	\$35.00	\$100.00	\$90.00