

River City News



February 2009

Contents

Coach's News	1
Senior Squad	1
Upcoming Events	1
Senior Squad contd.	3
Junior Squad	3
Swimmer of the Month	4
Fee Structure	4
Swim Meets and Other Stuff	4

Upcoming Events

- ◆ River City Novice Meet - Sunday 22nd Feb. Warm-up at 8am start at 9.00am.
- ◆ Junior Metropolitans 13th - 15th March. Noms in by Thursday 19th Feb.
- ◆ Committee meeting Sat 7th March 8:00am at the pool
- ◆ Bunnings BBQ fundraiser: 29th March at Rocklea

Coach's News

I must apologise for not doing a January newsletter... even though January is a bit of slow month swimming-wise, it was quite a busy month for me. Unfortunately things haven't slowed down since - but this time of year you expect that. School swimming tends to takeover quite a bit 1st term - as is evident by all the school and District meets going on the last few weeks. Somerville has it's own swimming - the QGSSSA. Quite a few of our female Seniors are involved in that, plus the boys have their own competitions, of which many of our senior boys are in the AIC.

Apart from school swimming, we have had two major meets since the last December newsletter. They were the State Championships and the Senior Metropolitan Championships. River City had swimmers in both with Nick and Hannah medaling at States along with our 16 & under boys Medley relay team of Marty, Nick, Alendra and Alex - which

Senior Squad News

Youth

Congratulations to Nick for his success at the Youth Olympics. This meet is fast becoming a stepping stone for swimmers heading to the Big 4! So it was impressive to see Nick up there mixing it with the best and coming up successful! Nick placed 3rd in the 100m and 200m Bst and Gold in the 4x100IM relay. Both individual swims were nice PB's. Good to see that extra training over Xmas paid off!

State Champs

With about 1x10⁶ swimmers competing (or pretty close I reckon!), this is one of the largest meets in Australia. River City swimmers swam their little hearts to come away with several medals, a few finals and a lot of PB's.

Nick and Hannah won medals in the

placed third in that event.

The committee hasn't been resting either with a Xmas break-up, a Bunnings BBQ fundraiser and currently, getting ready for our second meet of the season - the River City novice meet. Which is of course this weekend! (*Just quietly, there is more on this meet later - however Junior River City members can nominate free for this meet!*).

What else? We have another BBQ fundraiser on the 29th March - I'm giving everyone plenty of time to put their names forward to help here...Junior Mets are also coming up. This is a great meet for our better 12 years and under swimmers and I encourage all our Junior and Intermediate members to nominate for this one! There are qualifying times (on the notice board) - so check to see if you make them.

So find a comfy chair, sit back and prepare to read all the gory details...

100m & 200m Bst events with Nick placing 2nd in both events and Hannah placing 3rd for both. Well done also to Marty, Nick, Alendra and Alex for their 3rd place in the boys Medley Relay - up against some very good teams.

Other finalists were Andja and Marty both in the 100 & 200 Bk.

There were a quite a few PB's, the most noticeable was Alendra who did one every time he swam - which was about 6 times I believe. His 100 BK on the first day was a major surprise when he came ranked nowhere to jump to first reserve in a massive PB! Alex M also did a nice PB in the 100m Fst - I know he would have liked to go faster but considering you were still over 60s last season a 57.80 is pretty good I reckon. On that, a few

Senior Squad contd.

swimmers who did small PB's have made some very significant drops since last year. Andja was in this boat - I think her 200m State time was a small PB and her 100m was close to her best. However, since last States Andja has dropped over 3 sec in the 100m and over 5 sec in the 200m - a great improvement in 12months. A testament to the hard work she has put in over the last year.

River City as a club placed 32nd this year - a far cry from our glory years when we placed 8. However, things are looking up as last year we placed only 45th! I'm sure next season we can make some more big improvements as a club.

Senior

Mets

This is always a tough meet for swimmers as they are generally in full training. We had a few medalists with Nick winning the 100m & 200m Bst; Hannah placing 2nd in the 100m & 200m Bst (I can't remember who won those...); Marty placing 2nd in the 200m Bk and 200 IM; Andja placed 3rd in the 100m & 200m Bk. Well done to those swimmers.

Other finalists were Alex S in the 200m Bst, Claire in the 100m Bst, and Nick in the 200m IM.

Congratulations to all swimmers - and well done to those parents who had to sit through what were some long sessions!

Sizzlers

Brekky

Well I must say we certainly ate our moneys worth on this outing! In fact I think Alex M managed to eat his money on mousse alone! Little did I know that Sizzlers puts on such a great Brekky - now I do! If anyone wants to organise another - I'm in!

River City Meet - this Sunday! This is a novice meet with warmup starting at 8am. I am expecting all seniors to be involved - as helpers, not competitors! There will be a list on the whiteboard where you can put your name and your job that you'd like to do. We need everything from timekeepers, to marshallers, to starters. So please keep this morning free and help your club out.

Goals

I have spoken with several of the Seniors about their goals. Unfortunately not all! It's not too late to have a chat with your friendly coach and determine your goals for the

remainder of this season. It's hard for me to peak you for a race if I don't know when/what that race is.

Recovery

Once again, this rears its ugly head. When you introduce school to 8-10 sessions/week training you seem to get a lot of run-down swimmers. You really have to ask yourself - Am I doing everything I can to recover?

As I was saying to Hannah recently, as soon as you finish a session, you need to start on working on your recovery for the next one. Obviously, fluids and nutrition are very important. However I would also list stretching and self-massage as just as important. You can easily start this in the shower and continue it in the car. I would strongly encourage for those that have sore muscles often to get yourselves a pair of skins and wear them straight after swimming. They really do work wonders (I'm wearing mine right now!).

If you can afford it, get yourself a massage weekly or fortnightly. Enjoy a power nap (15mins of sleep) as often as you can - English is good or even in the stands prior to training. Tash was having hers during our swim camp on the floor of Aarons office!

I have recovery sheets for those who are serious about their recovery to fill in every day. Several swimmers are using these to good effect. It lets you know how fatigued you are - if you are feeling tired across the five areas for 3 days or more then you get an easy session or two...

Positive thinking is definitely one of the best ways to keeping the right attitude. Throw in lots of smiles and cheery greetings and you can generally fool your body into thinking it's feeling good. I see this in swimmers all the time when they come to training. Those that have a positive outlook train better! Those that walk in dragging their feet very rarely train anywhere near their best.

So make sure you work on that recovery... Remember, your body doesn't get faster, stronger, fitter during training! It adapts between training sessions - as long as you give it what it needs to recover.

Good boy
Marty -
getting in a
quick power
nap!



Junior Squad

River City Novice Meet

As we have been having trouble fitting club nights in, there will be free nominations for all Junior River City members for this meet. You will need to nominate by Wednesday afternoon. The nomination envelopes are at the kiosk and the program is on the notice board. This will be an excellent meet to practice all your skills.

If you are not a member but would like to compete then you still use the envelopes, however each event costs \$2.00 - which is still a bargain!

Even though we have the senior swimmers (and their parents) helping out with some of the jobs, we would love to have some of our junior parents come down to pool deck and help out. We expect the meet to finish around lunch time.

Tash's Squad

Tash has been so popular lately, that we will be splitting her squad into two! The first squad will start at 2:45pm and go to 3:30pm. The 2nd squad will run as normal i.e. 3:30pm to 4:15pm. If you are able to bring your child to the first squad could you please let Tash know so that she can arrange her sessions. We would like to keep these squads to a maximum of 8.

School Swimming

I know we have had quite a few of our squad competing in their school meets and also in their District meets. I would love to hear about your results - and to print them in our next newsletter!

I know Brandon Ng came 2nd in his district meet and is now on his way to the regionals. Well done Brendan.

DON'T

If you are still to race your school meets - don't forget to put into practice what you have been doing in training.

I make sure we do dives and sprints every session so that swimmers can keep improving their race skills as well as learn how to swim fast.

Most swimmers have one or two things that they need to work on - the things that I or Tash tell you during training. These are what you should be thinking about when you race.

One thing NOT to think about when you race is how you are doing (i.e. looking at other swimmers). You can't race well if you are looking around - not only does this upset your stroke but it also means you are not thinking about you!

Think of each race as a time-trial. You need to challenge yourself to go faster every time you race. Where you come is not as important as how well you have raced. Even my seniors have to go into each race thinking this.

So next time you race - allow yourself to look at your competitors only twice - once before you get on the blocks and once after you have finished.

LOOK!



A group of unruly kids heading to Southv.



Bronze At States!



Hannah - and I think that is Montana on the left.



Yes... that is a 57.80 Alex. C'mon - it's not that bad!



The Boys...

**FEED THE FUNKYS
CASHBACK**

**SHOP FOR FUNKY TRUNKS AND
FUNKITA SWIMWEAR AND RAISE
MONEY FOR
RIVER CITY RAPIDS SWIM CLUB**

Funky Trunks and Funkita swimwear is for all ages in bright and bold prints and great fitting styles. Made from C-Infinity, a colour intense, chlorine resistant fabric exclusive to Funkita and Funky Trunks, its swimwear designed to look great and last.

For online shoppers, simply go to www.funkydirect.com. You can view and purchase from the entire range of Funky Trunks and Funkita swimwear - just select the items you would like to purchase, add them to your shopping cart and proceed to the checkout. As you proceed through the checkout you will be asked to provide your **Club ID** which is: **rapids**

If you sign up for Feed The Funkys loyalty program on your way through the checkout, you will be credited with 500 introductory points, which will enable you to receive \$5.00 off your first purchase!

Bunnings Sausage Sizzle

Show your love for the club... volunteer for our fundraising BBQ.

Email: papaman@optusnet.com.au Filia with a nominated time and a roster will be put together. The more volunteers the less we all do.

Date: Sunday March 29th December
Time: 7.30am - 3.30pm

Next Club Meeting...

The next committee meeting will be held on Saturday 7th March at 8:00am. They are held at the pool and we would love more input from parents.

AGM

River City AGM will be held on the 4th April, 8:00am at the pool. All committee positions will be open. I know this is scary stuff, however the club will need volunteers to fill positions.

Swimmer of the Month

Each month we will pick out three swimmers - one from Lane 6, 7 and 8, plus the Senior Squad for 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: Eva Pavia is a great listener, who gives a big effort every time. Well done Eva.

Lane 7: Alice Williams is definitely moving up through the lane! Good training Alice.

Lane 6: Jude Denham always puts in 100%. Every session is a good one for Jude.

Senior Squad: Hannah - talking about positive attitude, Hannah is always in the right frame of mind. From first thing Monday morning to last session Saturday. Keep smiling Mullen!

Well done swimmers.



Payment of fees.

It's great to see everyone taking the time to fill out our payment envelopes properly. A few people have paid for squad fees as 'Member R.C.S.C.'. You only get this reduced rate if you are actually a member of the club.

Quite a few people are also taking advantage of our direct credit option - which means you don't have to fill out envelopes at all! If you would like to do this but have no idea how then just contact one of our committee (also in the last newsletter).

Fee Structure

Squad/Lane	Casual		Weekly		Monthly		Somerville Month	
	Non-member	Member R.C.S.C.	Non-member	Member R.C.S.C.	Non-member	Member R.C.S.C.	Non-member	Member R.C.S.C.
Nippers/Mini Lane 8	\$10.00	\$8.00	\$25.00	\$22.00	\$90.00	\$70.00	\$65.00	\$60.00
Junior Blue/Gold Lane 7	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00	\$70.00	\$65.00
Intermediate Lane 6	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00	\$70.00	\$65.00
Seniors Lane 4/5	\$12.00	\$10.00	\$40.00	\$35.00	\$110.00	\$100.00	\$100.00	\$90.00