

# River City News



January 200

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## Upcoming Events

- ◆ QSA State Champs - nominations need to be in by Friday 21<sup>st</sup> November
- ◆ Seniors Sizzlers Brekky - Sun 23<sup>rd</sup> November
- ◆ BSA Novice Meet - excellent for the beginner racer! 17<sup>th</sup> & 18<sup>th</sup> January. Nominations close Wednesday 31<sup>st</sup> December.
- ◆ Club Night 21st November. This starts at 6:00pm for all members
- ◆ XMAS break-up: Saturday 20<sup>th</sup> December! All members warmly welcomed.

## Coach's News

Well, I could say how quickly the year is going - but of course you all know that! This will be the last newsletter for the year - so I will wish all the River City members and all of our squad swimmers a merry Xmas and I hope you get to make some good memories with your family and friends.

Swimming-wise, November is generally a quiet month for meets. We did have the CYMS meet for our juniors where Cath, James, Boo, Alice, Eloise, and Maria did the club proud by swimming extremely well. There was also a QSA meet, which is mostly used as practice for States (which is in only four weeks!).

Our last club night attracted a lot more swimmers (might have been the lolly bags?) which is great to see. I must apologise for not attending that one as I was in Port Macquarie competing myself. From what I hear everyone had a great time, ate lots of sausages... and got their lolly bags!

## Senior Squad News

November is a tough time for our seniors. The two hardest things in the world - training and exams collide in an explosion of pure stress. If you're finding it tough, then make sure you re-read my article in the last newsletter on Mental Toughness! And live in the knowledge that both will ease off very soon!

### Results QSA LC

A good meet to have a hit out before States and put into practice what you have been doing in training. Medal winners were:

Nick: Gold 200 Bst, Silver 100 Bst and Bronze 50 Bst.

Hannah: Gold 200 Bst, Silver 100 Bst. Special mention to Andja and Steph who pulled off some nice PB's. Andja is inching her way to a couple of National Qualifiers - I'll shout you an ice cream

The committee attempted to hold two meetings - unfortunately however we did not achieve a quorum. This is especially disappointing as our current executive is very keen to improve the club. I'm sure we have many parents who are keen to support their children's swimming. I also understand that many parents are busy, however our swimmers really do need our support. By attending these meetings you are ensuring the long-term health of the club. If you could find an hour or two a month to support our club this would be greatly appreciated.

**Junior Squad holidays will be from Monday 22<sup>nd</sup> December through to Friday 2<sup>nd</sup> January. Junior squad training will recommence on the 5<sup>th</sup> January.**

Seniors is another story... if you think you will be getting two weeks off then you're in fairy land....

when you get them!

### Results Rockhampton

Just in from Nick via SMS... Gold in the 200 Bst and Silvers in the 100 and 50 bst. All good solid times. This is a bit of a whirlwind tour by QSA... fly up Friday, race Sat/Sun and fly back Sunday evening. Good experience though for when you hit the international circuit Nick!

### Buffet Breakfast...

After the session that is. Anyone interested just write your name on the board. I will bring the van so can take 7 swimmers with me. The session will go from 6-8am. This gives you all 30mins to get dressed up and we eat 8.45-9.45ish. Price is \$18.00. Those swimmers that have averaged 80% or more of total sessions over the past 7 weeks can have Monday



Di Greene - she IS everywhere!



Maria 1<sup>st</sup>!



The swimmers...  
The bling!



Cath the breastroker!



Boo - ANOTHER 1<sup>st</sup>!

## Senior Squad contd.

off.

### Session attendance

I have gone through the past 8 weeks and summarized the data below. I have separated the sessions into gym and swim. Note that 'gym' includes one hour of swim.

While attendance is a good indication of how hard you are training, it is definitely not the whole picture. What you do when you turn up is just as (or more) significant when it comes to progressing in your swimming.

However, if you're putting in a good effort every time you train then sessions attended is a very good indication of how you are progressing. For example, if you were training 5 good sessions per week this time last season, and you are now doing 6 or 7 good sessions per week, then all else being equal, you should have a good chance of improving your swimming times.

However, if you were doing 9 bad sessions per week last season and you're now doing 10 bad sessions per week this year then your performances are unlikely to improve.

### States

With States less than four weeks away, many seniors should be starting

to focus their training on their events. You should have noticed we're doing a lot more race pace work in the pool. This is to give you as much practice as possible to perfect your swims for States.

For each quality training set you should have specific goals to achieve. These include Stroke Counts (probably the most important), times, distance off walls, skills (e.g. starts/turns/finishes), breathing patterns, and ratings.

Some other goals you can be striving to achieve are mental goals such as positive thinking and directed thinking. Directed thinking is being able to think about things that will positively affect your performance.

For example, when you are behind the block do you focus on one or two things that you have been working on training e.g. no breathing off the turns and relaxing the recovery? Or do you think about how hard the set is and how much homework you have tonight? Obviously, when you come to racing your thoughts will most likely turn to 'what ifs?' e.g. What if I stuff this turn up? What if I swim slow? What if I go out too fast/slow?

By practicing directed thinking every time you do a quality swim in training will help you to think about the right things when you race.

Some pictures from CYMS meet.

Swimmer	Gym	Swim	Total	Ave/week	% of total (63)
Jordie	24	37	61	8.7	97
Andja	23	37	60	8.6	95
Nick	20	34	54	7.7	86
Alex M	23	29	52	7.4	83
Hannah	21	27	48	6.9	76
Marty	21	27	48	6.9	76
Alendra	14	22	36	5.1	57
Alex S	21	15	36	5.1	57
Stephanie	4	30	34	4.9	54
Bonnie	5	28	33	4.7	52
Claire	20	4	24	3.4	38
Toby	1	13	14	2.0	22
Campbell	0	12	12	1.7	20

Notes:

Nick and Hannah included taper after Nat S.C.

Claire's solo swims in the afternoon not included.

Toby/Campbell's tri swim training not included.

## Senior Squad contd...

### Noosa Camp

I'm thinking of holding a 3-day camp from Sat 29<sup>th</sup> November to Monday 1<sup>st</sup> December. I have looked at accommodation and there are a couple of 3 bdm apartments which will cost about \$50 each. If you are keen then please put your name on the whiteboard ASAP and I will make the bookings. Regard transport - I can take a few swimmers down in the van. If need be we can book a 12 seater - this will mean about another \$30-40 per person.

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## **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](http://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!*

## Junior Squad

### CYMS Results

Well done to the juniors who traveled to Ipswich and competed at the CYMS meet. It was a great day - well run and was all over by lunch. I will definitely organize another (or two) for Jan/Feb/March - so keep an eye on the notice board.

The swimmers all did exceptionally well, with some great results. Medal winners were:

- ☺ Boo: Gold 25m Fly, Gold 25m Freestyle, Silver 25m Backstroke, Bronze 25m Breaststroke,
- ☺ Alice: Bronze 50m Fly, Bronze 50m Backstroke, Bronze 50m Freestyle,
- ☺ Maria: Gold 50m Fly, Silver 50m Backstroke, Silver 50m Freestyle, Bronze 50m Breaststroke.
- ☺ James: Bronze 50m Breaststroke.
- ☺ Catherine: 50m Breaststroke

Eloise managed to come up against three speedy swimmers. However she did several PB's and came in some close fourths!

A special mention to Di Greene who manages to fit into her busy schedule everything from World Champ meets to Local club meets - and puts in the same effort into all of them. Also, Cath and Kerri who time kept for the day. Thank you for your efforts on the day ladies. It's because of the volunteers that the swimmers can have such a great day.

### Club Nights

I hope that those swimmers who came and tried out the club night last Friday had an enjoyable time. The club nights are for the juniors and it's great to see numbers are increasing. No matter what the level swimmer, club nights can accommodate you. Once you have



James - another Mann breastroker!

a time (from your first club night) then you are seeded based on that time. So you are always racing against other swimmers who are doing about the same time as you. We also have 25 metres for all strokes so the younger swimmers can compete. Similarly, we start the night with a 200m choice and finish with a 100m choice. This gives the younger swimmers a great chance to practice over the longer distances.

You will need to be a member of River City to race at club nights, (you may do one night as a trial). The 'Recreational Swimmer' category of membership allows you to race club nights only. IF you would like to compete at other club events (or BSA) then you will need to register as a 'Competitive Swimmer'.

We would love to see parents of junior swimmers come out of the grandstand and take up a stopwatch, or even a pair of BBQ tongs. It's a great chance to support the junior swimmers. It also allows the parents of senior swimmers to take some much needed time off - many of these parents are part of the committee and are heavily involved in other aspects of the club.

**Club Xmas Party**

This will be held at the pool on Saturday 20<sup>th</sup> December starting at 12.00. All club members are welcome (and encouraged) to attend. The format will be bring a meal - Filia will have a list of yummy meals from which you can choose from on the notice board. You will just need to put your name next to the meal - just so we don't get 12 Red Rooster chickens on the day! We are hoping to get the big blow up toy which is always a huge hit with all ages (so you adults with child-like personalities bring your togs!).

**FUNKY TRUNKS AND FUNKITA SWIMWEAR** - see notice board for order forms.

**Club Meeting: 20<sup>th</sup> December**

This will take place prior to the Club Xmas Party. Starting time will be 11.00am. We would love to see a strong Junior Parent turn-up for the last one of the year. This is your chance to show your support for the club.

**Bunnings Sausage Sizzle**

Show your love for the club... volunteer for our fundraising BBQ. Email Filia ([papaman@optusnet.com.au](mailto:papaman@optusnet.com.au)) with a nominated time and I will put a roster together to spread the load. Date: Sunday 21 December Time: 7.30am - 4.30pm

**Pre-States Training Camp  
29<sup>th</sup> Nov to 1<sup>st</sup> Dec.**

Open to all Senior River City members. For those competing at States this will be your last chance to log some tough sessions before your taper. If you're not going to States it's a good chance to get some sessions in, get away from your parents and maybe get some beach time as well! At this stage I need numbers so I can organize transportation, pool hire, and accommodation. **I need to know numbers by Tuesday 18<sup>th</sup>.**

**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).

**New Fee Structure**

The following fees will apply from August 1<sup>st</sup>:

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

**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: Isabella Licht has been putting in heaps of sessions lately. Keep up the good work Isabella.

Lane 7: Maeve Rees-Murphy - always listens and does her best. A pleasure to train!

Lane 6: Riley Kelly: Excellent attitude and consistently big efforts! Great training Riley.

Senior Squad: Steph - it would be nice to see you a few more mornings Steph. However the effort you put in is excellent.

Well done swimmers.

