

River City News



July 2009

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Upcoming Events

- ◆ Senior Squad Brekky & Movie Thursday 2nd July
- ◆ Musculoskeletal Screenings Saturday 4th - see me.
- ◆ Friday 3rd July - Senior Squad fundraising BBQ breakfast
- ◆ SQ SC Qualifying meet 25th/26th July. Noms in by Monday 6th July.
- ◆ BSA SC Champs August 8th/9th August.
- ◆ Club Committee meeting - 1st August

Coach's News

Man I'm excited... just got my new computer (before EOFYS ends of course) and I'm using Vista and Word 2007. So be prepared for random formatting errors.

Man I'm also excited about the new season! There are so many new things happening that I may have to reduce the font size just to fit them all in!

First up - Marty is currently upgrading our website. You can find it at <http://www.rivercityrapids.org.au/>. Make sure you have a look as it contains a heap of information about what's happening and what's happened. If you would like anything on the site (including pictures or links - we're only to pleased to advertise our member's businesses) then just contact me.

Don't forget all squads (except those in Lane 8) will now need to be members to train at Somerville. My last letter mentioned several benefits to being a member (see it on our website if you missed it!). Just ask at the canteen for the membership form.

River City History

Normally I'd start off with Senior Squad news but since this newsletter is starting off a new season I thought I'd put in a bit of River City history - as recalled by me.

River City Club is currently in its 13th Year - it was born just after Somerville pool was completed. Joe King and Steve Clarke were the original coaches. This is my 12th year as club coach, and during that time the club has gone through some big ups and also some big downs. I'd say at the moment we're in a Bull market - heading back to the top!

The club used to be very strong in the Junior ranks - this was demonstrated by it's rise through the BSA Premiership from 5th Division in its first year to

New Club information booklet: This will have all the information you need right at your fingertips. It will also include the 2009-10 calendar which will show all meets that we will be targeting as well as holidays, confirmed social events, coaches birthdays etc.

We had some nice performances from our swimmers at the recent BSA meet. Special mention to Catherine Mann who swam some massive PB's - a result of her consistent training efforts no doubt!

School holiday training will be the same as normal for all squads with the exception of the Seniors morning sessions which will start at 6:00am and go through to 8:00am (or longer if need be!).

First up though is a short section on the club's history - a must read for all history fans...

Premiership division by 2002-3 when it was awarded 3rd in that division. We backed that up again two years later and have stayed in that division until two years ago when we slipped to First Division.

At a National level, the club has been as high as 11th at the Australian Age National, with over 25 medals won by over 8 swimmers.

The club has had several swimmers make it into the Top 10 at an Open National Level with several swimmers making multiple National Youth teams such as The Junior Pan Pacs, Youth Commonwealth Games, Youth Olympics and Trans Tasman teams.

Unfortunately, the club was badly affected by the pool closure (of 13 weeks), with many Juniors leaving

Club History contd.

the club at that time. A spate of very short-lived Junior coaches around that time didn't help with the end result being we started that year with very few Juniors.

This has improved dramatically over the past season, with high expectations of the club once again being strong in the Junior ranks this coming season.

Finally, some (hopefully) interesting facts:

- Marieke Guehrer was a member of the club way back. Marieke went on to make the 2004 Olympics (and has made a great comeback recently to make this year's World Champs).
- Aaron Clarke (who you see behind the counter and is now Complex Manager) has been President and Junior Coach of the club at various times. Aaron is still a strong supporter of the club.
- National medal winners have come from all strokes and all events from 50m to the 10km.
- The club sent a group of 16 swimmers to New Zealand for swimming and skiing in 2003. There are current plans to do another major overseas trip...
- The club has had over 10 Junior Coaches in the past 10 years. We are hoping Tash will stay with us for a while!
- Scott Volkens and Stefan Widmer used to coach over in Lanes 1 and 2 with several big name swimmers such as Susie O'Neil and Sam Riley.
- We have one Life Member - Dianne Greene, who was awarded Brisbane's Official of the Year in 2005. Di has officiated at just about every major meet in Australia (and overseas) and has been on TV more times than most of our top swimmers!

So now everyone is up with the history - we can focus on creating the future. This season looks very promising - we have a very strong young Senior Squad and our Junior ranks continue to grow in size and in quality. We have everything in place now to improve our standings at the Regional, State and National level.

Senior Squad

The Seniors are putting in some hard km's these holidays - I almost feel sorry for them (almost!). Don't worry guys - not long before you're back at school and you can all relax.

We welcome a few new swimmers into the Senior squads. Taylor Green and Matt Ryan have joined us from other squads and have both proven to have great work ethics and skills. Both swimmers show a lot of potential and I'm really looking forward to seeing them reach it this season. Catherine Mann is slowly creeping into the Seniors from the Intermediate squad. Go on Cath... take the plunge and commit! I know you'll handle it!

BSA S.C. Meet.

We didn't have many at this meet on the Sunday, with a few swimmers away. Nick managed a Silver in the 100 Bst and a Bronze in the 200Bst, while Hannah won a Silver in the 100 Bst. She also raced a great 200m...oh, except she got DQ'd. Alex S and Alex M also put in an appearance and swam solid times, but I think may have been affected by a lack of training in recent days...?

Breakfast and Movies

Thanks to Geoff Moore, the seniors are off to breakfast and Transformers this Thursday. Obviously you still have to get through Pilates and an hour of swimming beforehand! If you have any suggestions on breakfast around the Southbank area then please let me know! Otherwise we might just go Bakery pigout!

Musculoskeletal Screening

Rob is coming this Saturday 4th to conduct full screenings on swimmers. These are great value and I think are very beneficial for all swimmers in the Intermediate and Senior squads. IF you would like a screening please let me know. Rob said he would be here a few hours, however each screening takes about 20 - 25 minutes so there is a possibility that some swimmers will need to be done at a later date. From memory the cost was \$35 per swimmer.

A Tough Week

This week will be super-tough! Which means you will need to focus on your recovery! Nutrition and fluids top the list however stretching, sleeping, massage, hot baths, a positive attitude and a big smile will also lower the risk of colds, flu's, injuries, and general fatigue. *Too late for Alex!!*

Senior Squad contd.

Compression Garments

We will be stopping off at 2xU on Thursday to purchase some compressions garments. These are excellent for recovery - I have been using the calves and full legs for over a year now and they still have full compression. I'm pretty sure we can bargain them down if we go in with the numbers so if you've been thinking about getting some of these let me know.

Junior Squads

It's good to see a few brave and hardy juniors going up against the elements in these cold winter afternoons. Lane 8 is really showing the way with great numbers still - well done!

Those swimmers that have been coming since Winter have really shown some big improvements. In fact we have two swimmers making the jump to Lane 7 recently. Ainslee Togia and Isabella Licht have both moved up and I'm sure, (even though it will be hard work to begin with), that it won't be long before it all becomes easy again!

Tash has been in and out of late and I've been really enjoying taking her swimmers. I think we can organise something special for these lanes before the holidays finish to show how impressed we are with all your efforts.

Competing at Meets

This isn't really as scary as it sounds - in fact it's very painless! Most swimmers are up to a Brisbane level - in fact the first BSA Premiership meet is coming up and this will be a great meet to start with.

Nominating:

Some meets will have qualifying times (most BSA's ones do) so you just need to make sure you have swum these times at recent meets. Then you just need to follow these steps:

1. Grab a nomination envelope from the canteen
2. Fill in all your personal details.
3. Check with the program (usually stuck on the notice board) for your events
4. Write down:
 - a. Your event number
 - b. The stroke and distance
 - c. Your time
 - d. Where you swam that time (this is important as we cannot put your nomination in without this).

- e. Put your money in the envelope
- f. Place the envelope into the wooden box.

If you are in doubt at which meets to go to just ask Tash or myself and we can help out. Again, I strongly recommend that everyone who qualifies competes at the BSA S.C. meet on August 8th/9th.

BSA S.C.

It was encouraging to see a few Juniors at this meet; in fact I think our Juniors even outnumbered our Seniors!

Well done to Catherine and James Mann who swam PB's in their events. James had one goal of not looking around and managed to do that nicely - even though his goggles did come off in his dive. Eloise Williams did a PB in her 100 Back and equaled her Fst time. I know there is a lot more to come Eloise in the way of improvements - just keep working on that kick and cut down those rest stops!

Swimming Australia Junior Excellence Program

Every season, from April 1st to 31st March Aust Swimming put out a set of qualifying times for Junior swimmers. Swimmers aged 9 to 13 yrs are eligible if they are members of clubs. There are four levels - Green, Bronze, Silver and Gold. If you achieve a qualifying time you will receive special recognition by way of:

- A distinctive JX cap (9 and 10 year olds) or JX shirt (11 to 13 year olds)
- A JX certificate of achievement, signed by the National Youth Coach and members of the Australian Swim Team!
- A JX motivational poster, featuring elite Australian swimmers
- Publication of their name on this website

The qualifying times will be attached to the club information booklet.

Fundraising Volunteer Levy

The club will be asking for a fundraising levy of \$50 to be paid with all memberships (one per family). In recent years the committee has had to rely on only four to six adults for all fundraising. We understand that many people are too busy to help out with club fundraising events, however as money from this fundraising goes to all members, we felt that this responsibility should be spread out across all members.

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: Ainslee Iopu who has improved so much she is now in Lane 7! Well done Ainslee

Lane 7: Ashleigh Johnson for her excellent consistency and her great effort in training

Lane 6: Catherine Mann for her very nice PB's. Great results due to her great training!

Junior Squad contd.

Once you have assisted in three fundraising events your levy will be reimbursed at the end of the season.

Our past efforts in fundraising have meant that our squad fees remain one of the cheapest in Brisbane.

Squad Fee Subsidies

River City will continue to offer squad fee subsidies to encourage our Juniors and families.

The following subsidies will apply for eligible members:

- Family discounts: See below for family discounts
- Primary School Age Champions (first or second in your age) receive a 50% discount of their fees. To be eligible for this you must bring in a note from the PE department stating you have achieved this level.
- Somerville Students from Year 1 to Year 7 will receive an approximate discount of 20% in Terms 2, 3 & 4.
- Somerville Students RC members from Year 1 to Year 7 will not be charged squad fees



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 or more children
Competitive	\$80.00	\$130.00	\$150.00
Recreational	\$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
Nippers/Mini Lane 8	\$10.00	\$8.00	\$25.00	\$22.00	\$90.00	\$70.00
Junior Blue/Gold Lane 7	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00
Intermediate Lane 6	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00
Seniors Lane 4/5	\$12.00	\$10.00	\$40.00	\$35.00	\$100.00	\$90.00