

# River City News



November 2009

## Coach's News

### The Summer Season is upon us!

I know this for sure because 1) I have been to six meets over the past five weekends 2) State noms are due in this week and 3) I'm wishing we had aircon as it's 35°C at the moment!

Results for most meets are included in this newsletter and I must say how impressive the Juniors have been! We have a good core of swimmers from Junior Blue to Intermediates that have been training and racing really well and as a result their times are coming down fast! Fantastic to see!

We have also had some of our Year 12's take home plenty of Bling from their Speech Nights. Marty received 7 (!) awards at the recent St Lauries Gala night - this included Dux. Who would have thought Marty was this smart! Alex also took home the Sportsman award. Well done boys. We are very proud of you! I imagine now that school is over swimming will be your number priority over the holidays...

The committee has also been busy organising a few past and upcoming events. Our annual River City meet was by far the biggest we have ever had. And it went down as smooth as a very smooth banana smoothie. This was only due to the hard working people who put in a lot of effort prior to the day... Aaron once again

did all our nominations (nearly 1300 of them), while Filia did a lot of the people and food organising. Dianne managed to grab every available BSA/QSA official for the day to ensure that things ran the way they should.

On the day the Food Stall was put to the test with the lollies and cakes a huge hit, the BBQ was smoking with activity, and raffle tickets were selling faster than the girls could rip them out of the books!

I know I've sent out thank you messages but to run a meet that size, in such a quick time with no hitches was no mean feat! So once again - THANK YOU too all those people who made it run soooo well... we can rest up for another 12 months.

And then in the next paragraph he is asking for help again! We do have a Bunning's BBQ on this weekend and we will be running a raffle alongside it. So we are asking for Xmassy-type donations to fill a hamper that is being held by Bill Schafer. So please, in your shopping this week can you buy something extra and leave it at the kiosk. The more goodies we have the easier it is to sell tickets.

(That's it for the begging...for now!)

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## Upcoming Events

- ◆ Club Night Friday 20th November 6:00 - 7:30pm
- ◆ Bunning's BBQ Sunday 22nd Nov
- ◆ Club Night Friday 4th December 6:00 - 7:30pm
- ◆ Swimathon Saturday 5th December
- ◆ State Champs 12th - 18th Dec. Noms in by Thursday 19th November.
- ◆ Bunning's BBQ Sat. 19th Dec.
- ◆ Xmas Breakup Sat 19th Dec

For all meets information please refer to the notice board or to the appropriate website



I'm not sure who the tiger was but I do know the girls...Eloise, Chloe, Alice & Maria do some posing... Peace Chloe.



Some serious discussions going on here...Nice to see such sibling love - how do you do that Filia?

## Results

Due to the large number of meets we've had lately, I'm going to put all results in together. My apologies if I have missed anyone (let me know if I have and I will put you in **BOLD** next month!).

### River City Meet

Well done to the following swimmers who took home medals:

- Taylor Green - Gold in the 100IM, 100m Fst, 50m all strokes - 6 out of 6!
- Jack Speedy - Loves to race and came away with Gold in the Fly and Silvers in the other three strokes.
- Tait Williams: Two golds for the 100IM & 50m Fly
- James Galvin - Silver in the 100m Fst
- Ashleigh Johnson - Silver in the 50m Bst.
- Catherine Mann - Silver in the 50m Bst
- Katrina Ng - Silver in the 25m Bst
- Boo Williams -Bronze in the 25m Bk

Well done to the above swimmers. It was great to also see so many swimmers try the 100IM - Alice Williams, Andrea Ng, Chloe Ryan, Jack Speedy, James Mann, Eloise Williams, Catherine Mann, & Ashleigh Johnson were some of the 12yrs & under swimmers to do the swim.

Only a small number of swimmers are 'made' for the 50m events - so if you ever get the chance to race longer events make sure you do! You will more than likely find that as you get older 50m events becomes less important!

### Skills Meet

This was the first time we have attempted a meet like this, where swimmers are awarded on their level of skill rather than their time. In fact this was the first time a meet had been run in Brisbane like this (as far as I know). Tim Taylor from Darling Downs has run this format for the last two years - so he helped us out with the organising of the meet.

Personally I thought the idea is terrific! While the actual running of the meet will need to be modified for our pool, it went (fairly) well. We did have the printer break down mid-way through and the software program threw out some strange marshalling sheets - but apart from that we did OK!

I think the standouts at this meet were:

- Alice Williams for her big scores - I know there was a 20 out of 21 for the Bk and 19 for Bst. 20 was the highest score of the day for any River City swimmers. Excellent skills Alice!
- Cath Mann received a 19 (Bst) and two 18's - which shows great consistency across several strokes.

- James received a 17 for Bst, which shows his skills are definitely improving for that stroke, Great to see James.
- Jack's highest of the day was 15 for Fly. Pretty good Jack. Keep working on those skills and there will be some more big PB's to made in all your strokes.

The results cards the swimmers received were an excellent idea - this is what is important at this age - not time. While everyone likes to post a PB (including coaches) it is always more important how the event is swum - not how fast. Even my seniors will practice skills every session - in fact some sessions are devoted entirely to skills. You can NEVER get too good at skills!

### Yeronga Park Meet

I haven't received results from Yeronga yet. Though I do know of two swimmers who did very well in their age groups... Well done to Katherine Withers (6) and James Galvin (14) who were their respective Age Group Champions.

### Intradivisional Meet

First of all - my apologies for all the changes that were made to the team leading up to this event. I thought I had it all under control when I received an email from BSA to the effect that there was a mistake in the information flyer and we were allowed only one swimmer per event not two. So thank you to all parents and swimmers for their understanding in this.

Since this was a Team Event I'm not going to list place-getters, however I will mention all those swimmers who put in a big effort and came up with some PB's (all are 50m):

- 👉 Anastasia Kondos: Fly & Fst - BIG effort
- 👉 Isabella Licht - Fly & Fst - Getting faster and less stressed every meet
- 👉 Jack Speedy - Living up to his name in the Fly, Bk & Fst
- 👉 Alice Williams - Fly & Bk Both good swims
- 👉 Eloise Williams - Fly and an equal PB (I think) in the Bk
- 👉 Tait Williams - Fly and Fst. Great racing Tait.
- 👉 Daniela Heller - Bk & Bst - Great skills and stroke Daniela.
- 👉 Alex Kondos - Bk & Bst (Thanks for the Bst - great swim!)
- 👉 James Mann - Bk (much better with the head!) & Bst
- 👉 Ashleigh Johnson - A good Bk - tough after been at camp all week!
- 👉 Maria Papamanolis- Bk and Bst - a very nice Bst in the end Maria - well done.
- 👉 George Withers - GREAT Bst and also great breathing in the Fst... well done.
- 👉 Chloe Ryan - Bst looking good in that now

Chloe.

- 👉 Cath Mann - Bst (I think very close to your best - got to crack that 40 now!)
- 👉 Meghan Davies - Great Fst - 35 is a very nice time! Now to get to 34....
- 👉 Bonnie Cheng - Great Fly (you'll go faster with morning training though Bon)
- 👉 Matt Ryan - Fly, Bk & Fst. Starting to get Faster Matt - though I think that Fst has come done to 31 since.
- 👉 Taylor Green - Great Fly!
- 👉 Marty Papamanolis - Superb Bst. Going to be hard to beat that time now! Fly was close to PB also I think.
- 👉 Alex Moore - Nice Fst - Besides school meets it was your fastest at a comp I'm pretty sure.

Well done to all swimmers - you made up a great team! We finished fourth for the day. A great effort considering we had quite a few events with no swimmers.

Thanks to all those parents who helped out on the day - it was great to see everyone so organised and ready to pitch in. From BBQers to timekeepers (and as always Di Greene doing her big part) we had them everywhere - a great effort and I hope everyone enjoyed the day.

## Senior Squad

### Consistent Training

It's been a bit of a 'funny' season so far, with most of the seniors having very different goals and programs up to date. Normally I would be training quite hard over the past month or so, however for most of the seniors this hasn't happened for various reasons.

For example, it has been difficult to complete full training weeks for those swimmers finishing up Yr 11 & 12. However, it has been good to see these swimmers still doing enough to at least maintain their performances through this time.

School and swimming are often seen as opposing forces battling head-on for the available time and energy of the crazy teenager who attempts to do both.

Personally, I see swimming and senior school being very compatible activities. Often the skills developed from years of discipline in the water are used to great advantage when it comes to school work. The good news is that most swimmers do not reach their swimming peak until after school. Once the stress and time demands of school are over, and as long as the motivation is still there, post-school is an opportune time to commit to swimming.

The important thing for all swimmers is to match their goals with their training. For example, if you're unable to train full sessions does this mean that you will be racing at your best? Not likely. Have you been able to put in consistently full weeks of good training for the past 6-8 weeks? If not then there is a good chance that you're not able to swim PB's at this time.

If other areas of your training or life are taking precedence over swimming, then that's fine. You (and I and/or your parents) will only get frustrated when you think that you can still achieve when you're not putting in 100% into your swimming.

Swimming is tough - it's not like an exam/assignment where you can cram and study and stay up late the last three nights going into it. If you want to do well at a specific meet, then you have to train from months out consistently and well to develop all your skills (e.g. fitness, speed, power, strength). If injury or school or holidays or sickness interrupts your training then it will have an effect on your racing... even if it happens 6 weeks out!

To stay happy and motivated make sure your goals match your training effort. If you want to achieve PB's then you need to train better than you ever have before - and not just for the week or two before the meet!

Number three relates often to the level of meet. Most swimmers don't do their best until they have the pressure of a big meet. A big meet is different for different swimmers - it may be a school meet, state meet, national or international meet. Similarly, some meets are too big - and the swimmer will be too 'psyched'!

Number four relates strongly to confidence. Race two swimmers of equal ability and the one who believes they will win - will! Self belief is developed from achieving goals in training and previous racing. Generally, the more goals you achieve the higher your belief. If you have no goals then it is difficult to develop belief!

So if the swimmer has all four factors, (and is healthy) then there is a good chance that they will PB. At an elite level this may happen only once every year or less. Even at the Olympics, only about 50% of the swimmers will do a PB! However, the more you apply yourself the greater the chance of doing your best.

## Junior Squads.

Well done to all those swimmers who have achieved such great results over the past few weeks. I've been very impressed and proud at the level of skill shown at these meets.

A great example was Meghan Davies who managed well over 10m on her start (and super-streamlined) at the Somerville meet last weekend. More impressive was her streamlining and distance under off the turn. This level of skill I don't normally see until Senior level!

I was also extremely proud of our younger juniors doing their bit for the club and swimming 50m races at our Intradivision meet. Special mention must go to Anastasia Kondos (8 yrs) who I had put down for the 50m Fly. Stace tried everything in her books to get out of the race including tears... unfortunately her coach is immune to tears (having a young daughter of his own) and after she realised there was no way out she settled down and really focused on the race. This showed as she did everything I asked of her in the marshalling tent -

### 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:** I think Katherine Withers can get this month's for her great results at Yeronga Park. Keep up the good work Kath!

**Lane 7:** Meghan Davies - showing great leadership and skills in her sessions. Well done Meghan.

**Lane 6:** I'm going to skip a lane and hand this one to Matt Ryan who has been training mornings and afternoons - and training very well too Matt. Your PB's at recent meets are well-deserved.

### Junior Squads contd.

great streamline, out at a steady (but not fast) pace and breathing every two strokes. She held this to the end and finished nice and strong - great stuff Anastasia!

There were many examples like this and for a coach it's very exciting to have such a great group of young swimmers who listen so well and try so hard.

### Training over the holidays

Training will continue over the holidays with the exception of two weeks over Xmas. The dates we will be closed are: closed Monday 21st December, reopening on Monday 4th January. I will be having the Senior Squad in the water during this time so if there are swimmers who really want to keep their swimming going then please come and see me - I'm sure we can get you some sessions in there to keep you happy.

### Huge Events to watch out for...

#### Bunning's BBQ's: 22nd Nov & 19th Dec

We have two of these booked. One is on this weekend. While we have most spots filled for the BBQ, we are desperate for items to put in the Xmas Hamper Raffle. These can be left at the kiosk.

We do have another one on December 19th - which should be BIG this close to Xmas. If you have a spare couple of hours on this day to help out please let Filia or myself know.

#### Swimathon: Saturday 5th Dec

I'm hoping to get forms out this week for our Swimathon. This could be a huge fundraiser for the club - in fact I'm thinking of putting a big percentage of the money raised by this into lollies for the Xmas break-up! Well... some of it anyway. This should be a fun event and will be on the morning of Saturday 5th so please keep this date spare.

#### Club Xmas Breakup: 19th Dec

Definitely keep this night free. Apparently Santa is making a show (I'm still trying to confirm but as you can understand he is pretty busy making toys at this time of year - might be easier getting Tiger Woods!).

I imagine it will be 'bring a plate' - so keep an eye on the info board for any lists which involve you putting your name down for a plate! I'm sure I can arrange adult drinks for the adults and soft drinks for those not of age.



Clockwise from bottom Left

- Photo bombing at its best.
- Looks like Race Day at Clem Jones...casual dress
- Serious stuff - should I be worried?
- Eloise howling at the moon - funny hey Maria and Chloe!!