

River City News



September 2009

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Upcoming Events

- ◆ Final Points meet Sat 19th Sept
- ◆ First Club Night Friday 9th October 5:30 - 7:00pm
- ◆ SQ LC Qualifier meet 10/11th October
- ◆ River City SC Meet 18th Oct
- ◆ River City Points Meet 25th October
- ◆ Second Club Night Friday 23rd October
- ◆ Junior Yeronga Meet 31st October

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

Coach's News

What a busy time! In fact, I would have to say that this month is easily the busiest September since records began! I'm sitting here writing this newsletter at Chandler during the BSA Open Spring Sprint! And in between races (Taylor and Eloise just swam great PB's in the 50 Fly!) I'm putting the finishing touches to tonight's points meet at Somerville.

There seems to be a swim meet on every weekend at the moment! Besides the two today there is next weeks Points meet at Somerville, Marty is in Perth for the Secondary National School Champs, Nick is away at the AIS this week then off to NZ for a meet the week after, while Hannah is off to Mackay with a team on the 24th.

This means that Tash will be in charge again while I'm away with Nick. Tash is doing a great job, along with Andja, with the squad. With Alex, Hannah and Nick also stepping in to take a lane on the Tuesday/ Wednesday's, it's nice to know the squad is in such good hands.

Last weeks points meet didn't go as planned (or so I heard). Poor Tim from Fairholme had spent a lot of effort to get this meet going so it would have been very disappointing for him and his club. A big thank you to the River City

Racing at Meets

With a lot of new members racing at meets for the first time I thought I would just give a few tips...

- Make sure you get to the pool with plenty of time to get comfortable e.g. find a seat, go to the toilet, have a drink etc.
- Find your coach (normally Tash or myself). Make sure you know what you're racing and check the program with your coach to make sure you are entered in those events.
- Ask your coach when you should warm-up. I suggest warming up

team for turning up and racing so well. There was not a lot of rests between races, but everyone coped very well and did some very good times. Results for this meet will be put on the notice board very soon. Thank you also to those parents who helped out with the running of the meet - we always appreciate your efforts.

It's very exciting to see so many juniors training. Many of you have registered as members. Remember for those that haven't it is a requirement for all lane 6 and 7's to be members. With club nights starting on Friday Oct 9th, it would be great to see a whole heap of excited, screaming, children there. We would also like to send a big team of Juniors to the Yeronga Park meet on 31st October. So if you haven't completed your registration, you will need to do that to take part in these events.

Congratulations to Nick who finished 6th for the 200 Bst at the National SC Champs. The times he swam at this meet easily qualified him for the NZ trip. Well done Nick - first trip overseas but definitely not the last!

about 45 minutes before your event. For the seniors who warm-up up for longer this is normally one hour before the event.

- Tell your coach when you are warming up - they will want to watch you!
- After your warm up get dry, have a drink and relax.
- When your event comes up on the marshalling board go to your coach - they will give you some words of wisdom. Listen to them!
- After your race go and see your coach STRAIGHT AWAY. They will let you know how you did.

A bad time doesn't mean you did badly, while a good time doesn't mean you went well. Much more important than your time is how you raced. That is, how good were your starts, turns, breathing, strokes, pacing etc. If you keep improving in these skills then you will keep getting better.

Good luck and we look forward to seeing you at the races.

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

Plenty of frequent flyers been earned this month. As well as those mentioned in the intro we also have Alex heading to China for a volleyball competition. This will mean that squads may be quite small some sessions. It is important that you maintain your high standard of training. The discipline is excellent amongst the senior squad, however it is hard for anyone to train when their friends are off elsewhere. I never forget Stefan saying how Liesel wanted to have some easy sessions because the rest of the squad was out of the water sick. Coming from a swimmer so experienced and motivated was very surprising. So keep focused and it won't be long before everyone is back and training together again.

Good Lucks...

Good luck to Marty who is racing at Perth in the State Sec Nat school comps. Marty has been a very busy boy lately with his music and school, and it takes a very dedicated person to keep up their training when there are so many demands.

Nick leaves Monday for AIS - this will be a great learning opportunity in his lead-up to the Olympics. (it's a 2012 Olympic target camp so I'm assuming he will go in 2012). Then it's off to NZ - very exciting. Good luck Nick and enjoy your rewards!

Hannah is off to Mackay in a few weeks - first (non-club) team trip I think? This is a very competitive meet with plenty of prize cash on offer - unfortunately the breaststroke is not getting a lot of that, but I'm still expecting my coach's share when you get back!

And to Alex, who is taking on the Chinese Men's team in volleyball...make sure you keep up your swim training at the Cube while you're there! Volleyball is a nice bit of fun...but swimming is serious!

Results

National S.C.: Great swims from Nick in the 100 Bst (PB/9th), 200 Bst (PB/6th) & the 100 IM (PB). The Bst was very competitive this year - the time needed to make to 100m final was faster than the Bronze medalist from last year! I believe this meet was a difficult one in that Nick was the sole swimmer from River City and therefore didn't have the peer support - both at the pool and away - that normally occurs at these meets. Although with the amount of time that he spent on the phone, it was almost as if Hannah was there!

BSA S.C.

While I was away in Hobart the rest of the team were competing at this BSA meet. Plenty of good swims, with many doing PB's and medaling:

- Taylor - building up a big collection of medals already! Golds for the 50 & 100 Fst, 100 Bst (!!), 100 7 200 Fly and 200 IM and silver for 50 Fly. Great racing Taylor - I think all of those were also PB's!
- Hannah - Good solid swims! Silvers in the 50, 100 & 200 Age Bst, 50 Open Bst, Bronze in the 100 Age Bst and Open 100 Bst
- Claire - Nice to see you on the dais Claire with Bronze in the Age and Open 50 Fly.
- Marty - scored a Bronze in the 50 Bk and Silver in the 100. Also a nice PB for the 100 Fst.
- Alex - No medals but once again PB's across the board - 100 Fst, 50 Bk and 100 Bk.

QS State SC

Again there were some very good results at this meet, with 17 medals won by River City members.

- Taylor was once again our most prolific medal winner with a total of 7 medals. And this was after a week away on school camp! Medals were Silvers in the 100 Fst, 50 and 100 Fly, 100 Bst and 100 IM. A huge effort Taylor.
- Nick backed up after Nationals with Golds in the 100 and 200 Bst and Bronze in the 100M and 50 Bst.
- Marty had some great races - especially over the shorter distances with some very big PB's. His medals came with Silvers in the 50 and 200 Bk and Bronze in the 100 Bk.
- Hannah kept her consistency up with three Bronzes in the 50, 100 and 200 Bst.

Senior Squad Contd.

Well done to those other River City swimmers who did PB's here - Alex has been nudging his times down. Unfortunately just two minutes ago (how up-to-date is this?) he missed out on PBing for the 100 Fst. I'm certain you will get the QT's you need Alex - keep positive and keep swimming!

Thanks to Larry Green for timekeeping for these two meets - this is a position that will always need to be filled! Similarly, Di Green was there for the entire two meets (and always is) with her various officiating roles. Make sure when you see her you say a big hello - she likes that!

Junior Squads.

A lot of Juniors have been returning to training - and why wouldn't you with the weather as it has been. There will be big differences in fitness as 'new' swimmers join 'old' swimmers, however we have been splitting up lane 8 and lane 7 recently to accommodate for this.

It is important to try to keep some consistency up in your swimming. While fitness is easy to develop, it is also easy to lose - with only a week or two out of the water making a big difference. The other major loss is more neural - swimming is very technique orientated so to keep your technique efficient you need to train regularly. Most senior swimmers will notice a difference to their stroke after only a few days out of the water.

The more training sessions you can fit in a week the better off you will be, however I realize there are many demands on swimmers and their parents which makes regular training difficult. For those swimmers that are training four or five times a week there have been some major improvements - examples of this are Ainsley Togia, Isabella Licht, and Chloe Ryan who have progressed very fast over the last term.

So if you are going away for your holidays, try and jump in with a local squad to maintain your swimming. Most pools have Junior squads and it's a lot easier to train with other swimmers than it is by yourself. If you can get in one or two sessions while you're away you should be able to start off your training just where you left it when you return!

Results

Several Juniors have started the season off very well with some huge PB's in recent meets. At the BSA meet we had four swimmers make QT's and competed. Isabella Licht had her first big race (in fact her first race ever) and did very well, especially in the 50 fst where she finished 6th in a time of 41 seconds. Great swim! Brandon NG did three swims with two PB's (and one DQ - watch your starts Brandon!). His 50 Bk and 100 Bst were both good

PB's. The backstroke is looking great Brandon and I'm sure that the times will keep coming down!

James Mann also did a nice PB in the 50 Bst. James is starting to get some good racing experience under his belt and this is showing in his skills - he has even (nearly) stopped looking around during his races!.

Points Meets

Unfortunately I don't have results for the first of these. I know we had a good team of Junior swimmers involved and I will make sure I put the results up as soon as I receive them. I was there last night for the second one and we had some great swims from Brandon (doing the 100 and 200 Bst and 100 Bk all one after the other with no rest!); Jack Speedy had some very fast swims; Ainsley Togia swam a 1:36 for her 100 Fst - very good for an 8 year old!; Alice and Eloise both had great swims (even after their races at Chandler that day!); Chloe had a big program starting with the 100 Fly! Well done Chloe - it was a big day with your races at Chandler as well. There were quite a few other great swims by other junior swimmers, and I'll have a full report on all three meets in the next newsletter (times will also be posted on the board as soon as we receive them).

Club Nights

Club nights will be starting on Friday 9th October at 5:30pm. They will run for approximately 1 to 1.5 hours, depending on the number of swimmers we have.

There is no need to nominate for club nights. When you get there you just need to listen to what events are been called and when you hear an event called that you wish to swim in then you head to the starting blocks. Once there the check marshal will call everyone's name and put them into lanes.

It will all seem a little disorganised on the first night as we will have to write down everyone's name - however once you have raced the event once your name will be on our records. This means that from then on you will race other swimmers who are close to you in ability (not age).

Trophies and awards that will be given out at the end of season based on club night performances will however be in age groups.

Club nights are a great way to practice skills under low-pressure race conditions. They are also a big social event for Junior swimmers! We will be having regular relays and fun events across club nights, as well BBQ's and kiosk give-aways.

If you have any queries regarding club nights please don't hesitate to contact either myself or Tash. We look forward to seeing you (and everyone else) there.

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: Anna Davies has only recently returned to training but has already tried Lane 7 out! A huge effort Anna - keep it up and you will be leading it soon!

Lane 7: Jack Speedy - still have to focus on your skills and technique but the effort is always there.

Lane 6: I'm going to let Tash pick one over the next week while I'm away - so be good!

Meets Coming Up

River City SC Meet

18th October - the biggie for the season. Make sure you nominate for this meet! A great meet for all Junior and Intermediate swimmers!

River City Points Meet

On the 25th October we are following a program designed by the Fairholme swim club. Swimmers are judged on skill level rather than time. This meet will reward all those swimmers who are not as fast as others but who have great skills and technique. I encourage all our swimmers to go to this one!

Yeronga Swim Meet

This one is our targeted away meet for the Juniors. Not too far to travel but this is a great meet for ALL Juniors and Intermediates. Tash and myself will be encouraging swimmers to compete at this one over the next few weeks.

Club Nights

These will be starting Friday 9th October at 5:30pm. See article on page 3.



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
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