

# MANDURAH SWIMMING CLUB

## Newsletter December 2002

### THANK YOU RHONDA

for organising the day at Adventure World and our Christmas time trials which were both thoroughly enjoyed by all the families participating.

### AWARD PRESENTATIONS

The committee requests that swimmers wear a club shirt over their bathers for all medal presentations at swimming meets. Please do not go for medal presentations wearing bathers only.

### MEET ENTRIES

Don't forget entries for meets close approximately one week prior to the date advertised on the WASA site. Please check noticeboard above pigeon holes for closing dates. Entries for Harvey Open to be held **SATURDAY** 1 February 2003 close early in January 2003 - get your entries in as soon as possible.

### LOST PROPERTY

Diana Flintoff has volunteered to be the lost property officer for the club. All lost property should be handed to Diana who will attempt to find the owner. As far as possible please have equipment and clothing with names on.

### COUNTRY PENNANTS

More news coming from the President in the near future.

### CLUB UNIFORMS

All swimmers selected for the Country Pennants Team will need a full uniform. Please get your order into Diana Flintoff as soon as possible. Hats now available. Suppliers have a break over the Christmas period and she will need to know if she needs to order extra clothing.

### CLUBROOM COMPUTER

The computer in the clubroom office is for the use of committee members and coaches **ONLY**. Other parents and children are **not permitted** to use the computer to access any information.

### TIMEKEEPING

Thankyou to the many parents who willingly timekeep at time trials and swim meets. Please note that it is an **obligation** as parents of club members to do your turn. The club is allocated certain lanes at meets and these positions have to be filled continuously for the duration of the meet.

### TIME TRIALS TIMEKEEPING

The recorder has requested that at time trials the sheet allocated to each lane should be fully completed with the number of each event, stroke etc. At least two times should be recorded for each event, preferably three.

### HINTS FOR TIMEKEEPERS

(repeat from an earlier newsletter - courtesy of Russell)

1. ensure your watch is zeroed and functions are working.
2. always operate with a clear line of sight to the starter's light. Stand if necessary for the start.
3. some referees will not allow the race to start unless they are satisfied all timekeepers are watching the starter's light.
4. use of the index finger is preferred and is apparently capable of a quicker response than the thumb.
5. if you miss a start, gain the attention of the chief timekeeper and let this official know. He or she may give you one of their watches.
6. **timekeepers with no swimmer in their lane are still expected to start their watches in the normal fashion.** These watches may assist others with gear malfunction or those who may have missed the start.
7. aim for perfection with your fellow timekeepers....try for hundreds of a second difference rather than tenths of a second.
8. watch closely for the hand or hands below the water at the end of a race....ie you must be directly above the end of the pool when the swimmer touches (yes you will probably get wet, it's almost unavoidable - dress appropriately!)

## CLUBROOM MAINTENANCE

Sincere thanks to the one volunteer so far.....if anyone else can spare some time please let Greg or Russell know.

## DISCO

In the planning stages as a Country Pennants fundraiser - date tentatively set for 14<sup>th</sup> February 2003.

## Birchies Beef

Congratulations to all the Dolphins who competed in Narrogin and Bunbury over the last month. The huge number of PB's is an indication of how hard you are working. Mark and I are very proud. Looking at the results it's also great to see so many swimmers achieving **AA** times. You now can set your goals at a higher level because you have achieved state qualifying times. The following have now achieved **AA** times:

**Thomas Atanasovski, Lyle Campbell, Catherine Kouw, Liam O'Connor, Zoe Coles Zana Nilson, Morgan Eales, Christopher Luff, Andrew Tilt, Jake Flintoff, Nathan Smith, Caleb Kouw, Tom Bailey, Jemma Hawkins, Hayley Hogen-Esch**

A number of swimmers are very close and I haven't checked your 100m times (sorry). Keep working towards your goals and your hard work will pay off.

## 2003 SUNSMART JUNIOR SWIM CAMP

For: 9-12 year old registered club members

When: Monday 20<sup>th</sup> January 2003 2.30pm - Tuesday 21<sup>st</sup> January 2003 11.30am,

Where: Challenge Stadium for swimming, AQWA for Sleepover

Cost: \$72.50

More Info: Attached Documents - also on Club Noticeboard.

Registration: WA Swimming - 93284599

## CLUB RECORD BREAKERS - TIME TRIALS

DATE	NAME	STROKE	TIME	PREVIOUS
4/10/02	John Niessl	16YRS 50M BACKSTROKE	29.65	DAVID REDFERN 2/2/90
18/10/02	Brett Jenkinson	15YRS 100M I.M	1.06.66	BRETT JENKINSON 6/9/02
4/10/02	Amy Kouwenhoven	OPEN 50M BREASTSTROKE	37.69	AMY KOUWENHOVEN 24/7/98
15/11/02	Tyler Clews	16YRS 50M BACKSTROKE	29.43	JOHN NIESSL 4/10/02
15/11/02	Tyler Clews	16YRS 50M FREESTYLE	25.27	TYLER CLEWS 1/2/02
15/11/02	Brett Jenkinson	15YRS 100M BREASTSTROKE	1.13.76	TRAVIS KELLY 22/3/98
29/11/02	Yanni Williamson	11YRS 100M I.M.	1.34.75	INAUGURAL
29/11/02	Tyler Clews	15YRS 100M I.M.	1.05.33	INAUGURAL
29/11/02	Lyle Campbell	10YRS 100M I.M.	1.24.01	LYLE CAMPBELL 6/9/02
13/12/02	John Niessl	16YRS 50M BACKSTROKE	29.00	TYLER CLEWS 15/11/02
13/12/02	Jemma Hawkins	9YRS 100M BREASTSTROKE	1.43.56	JESSICA KERSTEN 3/11/00

## IMPROVED PERSONAL BESTS

### 2002 REGION 1 CARNIVAL Held at Bunbury 15/12/02

Mandurah had 135 entries with a total of 62 improved personal best times.

Some to note are:

50m FREESTYLE	IMPROVEMENT		IMPROVEMENT
Sheldyn Garnaut	06.84		
50M BUTTERFLY		50m BACKSTROKE	
Catherine Kouw	05.75	Ross Stevens	09.37
Talia Harris	05.71	Sheldyn Garnaut	06.68
Caleb Kouw	04.66	Sasha Reynolds	03.95
200m MEDLEY		Rebecca Bailey	03.52
Nadia Atanasovski	03.09	Rochelle Luppino	03.28
200M FREESTYLE		Megan Coles	03.28
Thomas Atanasovski	06.32	Hayley Hogen-Esch	03.26
Amy Branson	03.59		

2002 NARROGIN OPEN - Mandurah had 254 entries and a total of 90 personal bests for the meet. The full stats can be obtained from the WA Swimming site - some to note are

50m Freestyle	Improvement	200m Freestyle	Improvement
Kerry-jayne Reynolds	06.44	Dolan Nilson	04.74
Jasynta Isle	06.11	50m Backstroke	
Nicholas Luff	05.09	Kieran Richards	08.20
Tristan Richards	04.76	Talia Harris	06.81
Kieran Richards	04.59	50m Breaststroke	
Christopher Luff	04.14	Talia Harris	07.26
100m Freestyle		Kieran Richards	06.97
Talia Harris	06.30	Rebecca Bailey	04.60
Louise Tilt	05.30	Megan Birch	04.39
100m BREASTSTROKE		Nicholas Luff	04.25
Louise Tilt	04.04	Kerry-jayne Reynolds	04.21
50m BUTTERFLY			
Tristan Richards	05.07		

### EMAIL ADDRESSES

Needed for the following please: Doyle, Gilchrist, McRobert, Meyers, Seton, Barrett, Buckley, Holleyman, Lawler, Reeves, Brabazon, Hogen-Esch.

Let me know at: [mk@southwest.com.au](mailto:mk@southwest.com.au)

***Merry Christmas and a Happy New Year***

***From the President and MSC Committee***