

MANDURAH SWIMMING CLUB

NEWSLETTER

NOVEMBER 2002

CHRISTMAS WINDUP

Last time trials - Friday 13th December. Lollies and an icecream for all swimmers. Santa Claus to visit. All timekeepers and/or officials to wear a Christmas hat or reindeer ears. Swimmers to bring a \$2 novelty present to go into a basket. Everyone who brings a gift takes one out of the basket at the end of the night.

FROM THE COACHING COORDINATOR Caroline Nilson

The Country Championships will be held at Challenge Stadium 24th, 25th, 26th January 2003. This is a country event with competition against other country swimmers. Those who have made themselves available for Country Pennants in Geraldton should be making these January championships a priority event unless their family is away on holiday. If you are unable to attend then another WASA event should be entered to compensate.

The team for Country Pennants will be chosen on recent times, from the Narrogin Open onwards. All event details are listed in your almanac.

NEWSLETTER BY EMAIL

This month's newsletter is being sent by email as a trial, to reduce the amount of work involved in preparing the newsletter and provide a quicker means of communication to club members. Thank you to those who have given me their email address. If you would like to receive your newsletter by email but have not yet given your address to me, please forward your email address to: mk@southwest.com.au Club members without access to email your news will be delivered via the mail box system.

FROM THE TREASURER TRACEY HARRIS

Many thanks for your support of the fundraising effort during 2002.

CONGRATULATIONS

to Gabby Workman for her wonderful achievement at the World Triathlon championships.

WANTED ! person or persons to take on the role of looking after club property and general maintenance. For example - cleaning the clubroom gutters on a monthly basis. Greg and Russell have carried out this task over a long period of time and they would like a break. Please volunteer to any committee member. Remember, "Many hands make light work".

FROM THE PURCHASING OFFICER Diana Flintoff

We have just received a new supply of CLUB POLOS. Be quick while stocks last.

Polos Sizes 12, 14 & 16	\$32.50	All other sizes	\$35.00
Bathers BOYS & MENS	\$25.00	GIRLS & LADIES	\$45.00
Jackets from	\$72.50	Caps	\$13.00
Gear Bags	\$10.00		

Please see DIANA at the pool - Mondays, Wednesdays and Friday Timetrial nights.

CHANGES TO STARTING PROCEDURES

Article from the WASA website.

It has been a number of years since Fina introduced the one start rule. WA Swimming has allowed a lengthy leniency period for younger swimmers to learn this rule. However, the Board of WA Swimming has recently amended the Policies with regard to Starting procedures.

The following **New Policy** comes into effect as from **1 May 2003**

- One start will be adopted for all WA Swimming meets conducted in the Metropolitan area from 01 May 2003.
- One or two starts at country meets shall be at the discretion of the Meet Organisers. Country coaches are to train their swimmers in starting techniques to allow progression to eventual adoption of the one start rule at Country meets.
- Clubs/swimmers/coaches are to be advised immediately this has occurred so that all members have had ample notice of application of the rule.

The **Current Policy** remains in force for the balance of this season, and covers all swim meets conducted **until the end of April 2003**.

The Current Policy states:

The one start rule will apply at the following meets:

- State Open Championships (All Open events only)
- State Age (13-18) Championships
- Winter Championships
- Distance Meet

The one start rule may apply at other meets at the discretion of the organising committee. This section of the Policy is only current **until 30 April 2003**.

Clubs and coaches have been requested to ensure all swimmers have ample notice of the introduction of the above new "One Start" rule, and have been coached in its application.

Splash N Dash

Results Friday 22/11/02

1km run

<i>Name</i>	<i>Number</i>	<i>Swim</i>	<i>Total</i>	<i>Placing</i>
<i>Zana Nilson</i>	<i>800</i>	<i>6.31</i>	<i>12.32</i>	<i>13th</i>
<i>Bianca Snyman</i>	<i>801</i>	<i>6.30</i>	<i>12.26</i>	<i>11th</i>
<i>Carley Snyman</i>	<i>802</i>	<i>4.48</i>	<i>SWIM</i>	<i>ONLY</i>
<i>Tahlia A Harris</i>	<i>803</i>	<i>5.24</i>	<i>12.55</i>	<i>14th</i>
<i>Kirsty Anne Reynolds</i>	<i>804</i>	<i>5.03</i>	<i>11.00</i>	<i>8th</i>
<i>Liam OConnor</i>	<i>805</i>	<i>4.54</i>	<i>10.10</i>	<i>3rd</i>
<i>Tahlia B Harris</i>	<i>806</i>	<i>6.53</i>	<i>14.07</i>	<i>17th</i>
<i>Jake Flintoff</i>	<i>807</i>	<i>4.58</i>	<i>10.43</i>	<i>6th</i>
<i>Tom Bailey</i>	<i>808</i>	<i>4.41</i>	<i>9.42</i>	<i>1st</i>
<i>Jaimee Andrews</i>	<i>809</i>	<i>6.54</i>	<i>14.07</i>	<i>17th</i>
<i>Morgan Eales</i>	<i>810</i>	<i>4.59</i>	<i>10.49</i>	<i>7th</i>
<i>Zoe Coles</i>	<i>811</i>	<i>5.20</i>	<i>12.00</i>	<i>9th</i>
<i>Emily Coles</i>	<i>812</i>	<i>7.05</i>	<i>13.34</i>	<i>16th</i>
<i>Hayley Kennedy</i>	<i>414</i>		<i>13.36</i>	<i>15th</i>
<i>Nicholas Luff</i>	<i>813</i>	<i>6.07</i>	<i>12.02</i>	<i>10th</i>
<i>Chris Luff</i>	<i>814</i>	<i>5.10</i>	<i>10.20</i>	<i>5th</i>
<i>Daniel Coles</i>	<i>815</i>	<i>4.53</i>	<i>10.13</i>	<i>4th</i>
<i>Yanni Williamson</i>	<i>816</i>	<i>7.03</i>	<i>14.07</i>	<i>17th</i>
<i>Thomas Atanasovski</i>	<i>817</i>	<i>6.11</i>	<i>12.29</i>	<i>12th</i>
<i>Nathan Smith</i>	<i>818</i>	<i>4.52</i>	<i>9.45</i>	<i>2nd</i>

2km Run

Brett 3.42swim, 13.20 total
Matt 4.28 swim, 13.42 total
Nadia 4.44 swim, 14.29 total

Next "Splash N Dash"-Friday 6th December