

Newman Churchlands Swimming Club

January 2017 Newsletter

SUMMER SEASON

President's Message

Well our 40th summer season is flying along, and is already half way through. It's been great to see the kids enjoying their swimming with good numbers attending training regularly and numbers slowly increasing at our swim meets.

Coming events

The second half of the year is where we get busy!

On Saturday 21st January we will be hosting the Barracudas Swimming Club for the first of our evening meets. This will be a fun night with the kids seeded by their times so they are swimming against kids of similar ability.

Next will be our McGowan Relay on the 4th Feb. This is the club's big night of the year, and will be an extra special one with our 40th anniversary celebrations! Warm-up will kick off earlier than usual — 2:00pm for a 2:30pm start, so the celebrations can begin with the final heat of the Relay at approximately 5:30pm. Make sure you come down and join us for a fantastic evening, even if you aren't swimming in the McGowan, and please spread the word to as many past and present members as possible. Check out our Facebook page for the event — Newman Churchlands Swimming Club 40th anniversary.

Once we have come down from the McGowan Relay, we will head straight into our NCSC Evening Dash. The Evening Dash is where we invite swimmers from all around Perth to swim at our pool. This was a great night last year, and is part of our fund raising activities for the pool heating project, so get your entries in via myswimresults.com.au

I would like to thank everyone who has helped out at the swim meets held so far — many hands make light work. With the busy schedule we have coming up please assist the committee where you can.

See you at the pool, Dave Creed

Calendar

Dates for your diary

Saturday, 21 January 2017 — Club Meet 4, 5:30pm warm-up for a 6:00pm start.

Saturday, 4 February 2017 — Club Meet 5, McGowan Relay, 2pm warm-up for a 2:30pm start. 40th anniversary celebrations kick off at 5:30pm.

Saturday, 11 February 2017 — Sausage sizzle fundraiser at Bunnings Innaloo.

Sunday, 12 February 2017 — NCSC Evening Dash.

Saturday, 25 February 2017 — Club Meet 6, 4:00pm warm-up for a 4:30pm start.

Saturday, 4 March 2017 — SunSmart Club Premierships C Division.



FROM THE COACH

After a very cool start to the season, we are now in full swing with more than 140 members in the pool at various times during the week.

Coaching staff:

Welcome to Jason Evans, our new coach. Jason is a swimmer himself and you will see him following the black lines down at Newman pool after he has finished coaching the Silver squad (4 to 5pm). Jason comes to us with a wealth of swimming knowledge — not only was he highly rated as a National swimmer but he has been runner up on two occasions in the Rottneest swim, and is currently the Men's Captain at City Beach Surf Club.



Megan is back again, and is currently studying for her Bronze coaching licence, and Laura is also back.

Junior coaches:

During the last two seasons the club has been fostering the development of our young swimmers as coaches, and we welcome Rebecca Sagers (National swimmer and Girls Captain 2016-17) and Jaxon Creed (Boys Captain 2016-17) to the coaching team.



Squads:

This year we have changed the structure of our squads, so below is a description of each squad, plus training times for this season.

GREEN is our introductory squad. Members are introduced to the 3 main strokes, as well as turns, finishes and starts. Less emphasis on butterfly. Squad members will swim approximately 1.5km per session.

BRONZE Squad members are introduced to reading sets from the white board. Generally this squad will swim about 2km a session.

SILVER Squad members will concentrate on turns, stream lining and race techniques. The 4pm squad will swim approximately 2.5km while the older squad members in the later session will swim 3 to 3.5 km.

GOLD Squad is about strength and endurance and is positioned for those swimmers wanting to do open water swimming and take their swimming to the next level.

Squad training times:

Monday — 4-5pm then 5-6:30pm

Tuesday — 4-5pm then 5-6:30pm

Wednesday — 4-5pm then 5-6:30pm

Friday — 4-5pm then 5-6:30pm

Bec has taught and coached many hours in gymnastics and swimming, and is part way through her Swim Australia – Teacher of Competitive Swimming course. Jaxon has taught and coached swimming, football and water polo. He has his AustSwim and is currently teaching lots of our younger swimmers during our VacSwim program.

Swimming for parents:

Following on from last year's trial, we hope to offer parents one lane each day to have a swim. I am a big fan of this idea as I believe if children see mum and dad swimming they will want to come to training as a family activity. This process helps develop a family and club bond that I hope will be advantageous to the community. So come on mums and dads — come down and have a swim.

FROM THE COACH

Swimming WA meets

Rookie meet

We had 13 swimmers swim in 42 events at the Rookie Meet at HBF Stadium at the start of January.

This was a really pleasing turn-out. 48 clubs were represented at the meet, and we were the 10th largest club by number of competitors. We were the 5th highest by number of swims so a big thank you to everyone who participated. We love your team spirit!

Everyone put in a huge effort and we achieved 13 PBs from the girls, which was 56% of all their swims, and 5 PBs from the boys, which was 26% of their swims. As a combined total, this meant we had 18PBs, which equated to PBs in 42% of all races. Well done kids! You should be very proud of yourselves.

Club Premierships

The next Swimming WA meet we will target is the Club Premierships at HBF Stadium, Mt Claremont on Saturday, 4th March, and we will begin selecting the team for this during coming weeks.

There are five Club Premiership Divisions (A to E) with up to eight clubs in each division. Newman Churchlands Swimming Club is in C Division.

One swimmer from each club competes in each event and swimmers are limited to a maximum of 2 swims each (not including the relays). Points are awarded to swimmers for their places in each event.

Team selection

Because all NCSC members are now members of Swimming WA, all members are eligible to compete at this event.

We are looking to select about 40—50 swimmers for the team, and the coaches will select swimmers based on demonstrated swim times, attendance at training and Club Swim Meets, and availability.

So get along to training and our coming club meets! Invitations to participate will be sent out shortly.

Swimming Australia JX Awards



The Australian Junior Excellence Program (JX) recognises, rewards and encourages junior swimmers who achieve a high standard of swimming excellence. Under the program, swimmers aged from 9 to 16 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season.

The 2015-2016 program recognised performances from 1 April 2015 to 31 March 2016.

We congratulate the following swimmers on their dedication and fantastic performances throughout the season.

Green

Emily Andrews, Samantha Johnson, Finn Tanham, Jasmine Terry

Bronze

Leah McDonnell, Rebecca Saggars

Silver

Brody Andrews, Ben Johnson,, Benjamin Nowrojee, Britney Parker

Gold

Summer Houston, Patrick Jamieson, Tatenda Makova, James Watson

Congratulations everyone. Come up to the marshalling table at the next Club Meet to collect your JX packs!

NEWS

VacSwim

During the January 2017 school holidays, we run the **Royal Life Saving Society Swim & Survive** lessons program, catering for swimmers from 4 years of age.

Dates:

Our first series of lessons has just about wrapped up — you can check out some of the action in our photo pages below.

Our second series will commence on Monday 16th January and run until Friday 27th January, excluding Australia Day. The series consists of 9 x 40 minute lessons, and we offer all Royal Lifesaving levels from Level 1—15. Registrations close on Friday 13th January, so make sure you enrol now so you don't miss out.

Advantages:

These are a fantastic opportunity for your children to continue to develop their swimming skills in small classes, with excellent facilities in a quiet, shady location and no pool entry fees.



PHOTO GALLERY



Photos from our Newman College in-term swimming program, November 21st—December 1st, 2016

PHOTO GALLERY



Photos from our Series One Vacation Swimming program, January 3rd—January 13th 2017



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