

Shark Tales



**Nyah Two Bays / Swan Hill
Amateur Swimming Club Inc.**
PO Box 1516 Swan Hill 3585

Swimming Season 2007/08

No.2

August 2007

Registration / Social Night

The registration night was really very enjoyable for all.

The swimmers were able to relax and socialise as a TEAM.

Having regular social events fosters team spirit within any group and the committee this year is hoping to promote team building early in the season.

The Nyah Two Bays/ Swan Hill Club has a long and honoured history as a very successful team, at both district carnivals and at the Country Championships.

Working together (Swimmers, Coaches, Committee Members and Parents), we can build a strong team for this years competition. Go Two Bay's Swimmers!!!!

Registration Packs

The registration forms and others are beginning to come in now. If you haven't done so yet please complete and return the pack to either me (Paula) or to Deanne or Shirley. We need to get the Family details form as soon as possible to make it easier to communicate.

Shirley, as Head Coach, is keen to get the swimmers to complete the goal setting form.

At the end of the month she will meet with swimmers and parents to discuss the goals.

Asthma

Just a note on the asthma management plans: We do need to have these back as part of our safety procedures. With regard to informing Swimming Authorities of the use of asthma medications, I have found an abbreviated form for submission to Swimming Victoria which seems a more simple process. If you have access to the internet log onto Swimming Victoria website: www.swimmingvictoria.org.au Click into Events and then scroll down to resources. You will find it listed as: FINA, Therapeutic Use Exemptions - Abbreviated Process.-Asthma.

This form can be completed and returned to Swimming Victoria so as to avoid the rigmarole of going through other pathways.

If you are not on the internet please see me for a copy of this form (Paula).

Fees!

Monthly training fees are still set at \$10 a month. This fee is payable irrespective of the training sessions attended.

If at all possible could you pay the fees at least in 3 monthly instalments so that Deanne doesn't have the embarrassing (and thankless job) of chasing!

Last year we had a wall chart for each month's training.

These charts will be up again this week, so remind the kids to tick off the attendance times.

This is also a valuable tool for Shirley to keep an eye on attendance at training.

Coaches Corner!

It is definitely hard to start any training program!

So it will not come as any surprise that getting back in the pool will require a bit of huff and puff the first week or two, (dreading it myself!).

Obviously for the kids who have been maintaining a good fitness routine over the winter it will be a bit easier.

Several kids have returned but have succumbed to the 'Flu- Like viral infection that has been achieving epidemic proportions in the local schools. Returning to training after a viral infection (or any illness) will require a progressive build up of training, at a lower intensity, over a week or two. It is important that the parents monitor the swimmers ability to recover from training sessions and discuss any concerns with the coach.

Children and youths have a great capacity to recover so don't overdo the cotton wool either!

The importance of regaining Core Strength must be stressed. For all strokes, a strong and flexible core is the basis to maintaining a streamline position in the water. We are hopeful that many swimmers will wish to train with Donna Salathiel at the Stadium on Wednesday's, with an emphasis on "Fit Ball" for flexibility and strength training. As stated in the registration letter, we need 14 people to attend weekly in order to book Donna. Could all interested swimmers (10 and over), and parents please put your name on the noticeboard sheet and a preferred time. We will then go with the majority for time purposes, once we have a commitment from enough people.

We are hoping to get the swimmers to record their times after training this season. This gives a clear and objective record of improvements. However sometimes an improvement in fitness (recording resting heart rate) may be apparent but the swim time has not reflected the change. This will be valuable information for the coach in assisting the swimmer with focusing on quality and technique. Having a record book (just an old jotter) is all that is required, and keeping the goals in view for the 6am starts may be helpful too!

Trevor is the coach designated to assist with time records within the club, so see Trevor if you have any questions.

News about the club!

This season I would like to include articles of interest from all members of the club. If you have any items for publication please email: ehession@bigpond.net.au.

Recent Gossip!

Poor Josh Wooding spent an awful 3 nights in hospital suffering complications of the recent virus. News around is that he was brave in the face of blood thirsty doctors!! Well Done Josh!

Debbie McDonald has recently received her **Green Licence** Coaching Certificate! Great news for the team and Well Done Debbie!!

Paula ha received the **Bronze Licence** Certificate, which is a blessed relief to her and all concerned!!!!!!!!!!

Don't forget to add Friday and Wednesday mornings to your training calendar! It's still dark in the morning but the bonus is a lovely quiet pool for training. Just a thought though for Shirley's sake, please if you are intending to come let Shirley know and if not let her know also! It is hard to get to the pool for training and find no one there!!

Website

We are going forward with the development of our website and hopefully should be operational in September!