

Shark Tales December 2007



Nyah Two Bays / Swan Hill
Amateur Swimming Club Inc.

PO Box 1516 Swan Hill 3585

Issue 5 / Swimming Season 2007/08

Last Newsletter of this year!!!
Countdown to Country Championships (from a swimming perspective that is!) Most normal people are counting down to Christmas!!!!

The juniors all swam so well at their recent 7-10's Encouragement Meet (MSAC), with PB's "off the chain".

Melissa S. and Sophie Hird placed 3rd in the 9's and 8's respectively.

Fantastic girls and well done!

All the relay teams made the finals and times were slashed again as each swimmer gave their best for the team!

We had a fun day and thanks to all the parents who supported the swimmers. Special thanks to Georgie, Trish, and Amber who marshalled the kids for their events. Thanks Pete for the photos!



7-10 Encouragement Meet Team 2008

Website

Finally we are finished the build! The site is hosted by Ridgee Digital and is fully operational (al-be it with some minor additions yet to come!).

We have gone for a very clean look so it is easy to navigate and to source the information required.

The main area for members is the **Information** Bar .In this area we have put the Information Booklet, a sample of a completed Entry Form, an entry form as a **PDF** document for printing, and as a **Word** document for saving to a Computer file for use as an email entry. Several other forms are also filed in this section.

In the **Events** section we have included the NTB/SH carnivals, the list of carnivals we hope to attend as a club, and the all important **closing dates for entries** in its own section!

The **Newsletters** are archived (not that anyone would wish to read them twice! (Get a life!!) But then again **Wilde** started small too!!!!
What do you think Danny, in earnest?

The **links** area is handy as it has a hyperlink to Swimming Victoria .If anyone has any good sites to add to the links, just let me know.

The **history** of our club is well worth a read, from humble beginnings to a very successful club.

The **honours** Board will be added soon!

And finally the home page houses our **Mission Statement**.


It will take a few weeks for Google to **find** our site so in the meantime just use this hyperlink.

www.twobaysswimming.org.au

Southern Mallee Championships

Hopefully everyone has entries in for Southern Mallee Champs!
Certainly I know as a swimming family, **ENTRIES** are always a bug bear!
However with the closing dates for entries now listed on the website, there are no more excuses, **maybe!**

This weekend is our big one. We do need lots of help, and the dreaded **timekeeping** is as always beckoning for more volunteers (ok so forced

labour may be more apt!))  .Anyhow if we don't time keep, our

swimmers can't have times, and if we don't have three for each lane we can't record the time as an Official Swimming Vic Meet time! Unfortunately it's part of our sport and we need to do it so our kids can get the chance to compete.

So please, whether willingly or forced **Just Do it!** (I wonder would **Nike** sponsor us?)

Raffle prizes

The next thing we need is some prizes which we can raffle! Each year the carnival entry is \$10 and this includes 5 raffle tickets. However we don't actually have any raffle prizes! And this is where the club members come in! **Please Please** could **each family provide a prize**, however small so we can do the normal thing and have spot prizes and raffles throughout the day.

Afternoon Tea

Traditionally we nourish and hydrate the hard working officials and timekeepers. Ladies (or gentlemen!), get the baking stuff out and dust off as we need a few nice treats! We also need the savoury stuff so don't panic if you can't do the Nigella thing and just whip up a sponge! Make a few sandwiches!! Just let Kerry know which ones you are doing please. See notice board.

Sponsorship as per the last newsletter finding some sponsorship is not compulsory, but it would be really nice if you wanted to ask any shop or business where you feel they would be happy to sponsor a swim!

Each swim is dedicated to the sponsor on the program for \$10.

Sponsorship is from \$10 to whatever.

Club Staff!

Thanks for all the **training fees** received!



Keep it coming folks!!!!!!

Sponsors

Just a note to ask all club members to be mindful of our sponsors who have kindly donated to our club this season:

Quo- Vadis Restaurant, Tellers Restaurant, La Beaute, Savhoo Hair, Macchiaie Jewellery, Andrew Peace Wines, Amcal Chemist Swan Hill Brick and Paving, Elders, Finer Secrets, T&S Sands, North West AG, Dahlsens Building Supplies, Carpet Court, Bushman's Café, Date Brothers Wines, Swan Hill Jockey Club.

A special thanks to **Bushman's café** who continue to support our breakfast club with supplying bread and juice each Friday. It would be

nice for us all to try and have a coffee or lunch at their café (Shop 1 Beveridge St).Also make sure if you are giving patronage to any of our sponsors ,please do let them know you are a Two Bays member and thank them for their support!

Upcoming Events

Swimming Victoria and the District Swimming Committee are hosting a **Go Club day** at Kerang on Saturday 1st December.

There will be a variety of workshops and presentations for Swimmers, Parents, Officials Administrators and Coaches.

If you didn't get the Go Club Email please see the notice Board for Reg. forms and details.

These days are important both for education purposes as well as from the perspective of support. If we don't attend, the organisers will not bother with our region next time!

Then our kids miss out again!

Carnivals

Bar-rook Dec 2nd Entries Closed

Echuca Dec 2nd Entries Closed

Southern Mallee 8th and 9thDec Entries Closed

Kerang Meet Sat 15th Dec Entries Close sat 8th Dec

Bendigo Dec 16th Entries Closed

Sunraysia Mildura 29th and 30th Dec Entries Close Friday 3rd

Country Championships Entries Close Friday 4th
25th 26th 27th Jan. Jan.

For Carnivals in January please see Board at Leisure Centre or Website.

Coaches Corner

Working towards your goals!

When we are striving towards a goal it is often as we near the finish (but are still not quite in sight of it) that we give up!

Human nature!

It takes a lot of effort to see beyond this phase and push towards the goal.

Presently, most of the senior swimmers are very fit and swimming the sets with relative ease. This is the crucial point where the psychology of sport becomes especially important.

Pushing through the mental barrier is what separates the winners from the "Also Ran"!

Seniors, train each set with focus. **Focus** on your goal, **Focus** on your technique and **Focus** on the time!

You can do it!!!

A reminder about training times

Training begins at 5.30pm so it is important to be at the pool at 5.15pm for pool deck limbering exercises.

In the past we stretched pre swim-training; however sports physicians now recommend that we do not stretch prior to **swim**-training but instead "loosen our joints and muscles". Making circles with our arms and legs is a great way to limber up. Also rotating the ankles is helpful, especially for breast-strokers. Shrugging the shoulders and shaking the legs and arms can finish it off. It is difficult for some people to get to the pool early due to other commitments and after school stuff (people like us!). Just let Shirl know if you can't be there early.

I'm not saying anything about morning training!!!!!!!!!!!!!!!!!!!!!! Ask Shirl and Trevor!

Congratulations to Trevor on recently receiving his **Bronze**



Tee Shirts for Country Championships

Swimming Victoria has commemorative tee shirts available to order for this year's Country Champs.

Please see the board regarding these tee-shirts. If you wish to order a tee shirt you need to order it soon by post. If you are receiving this newsletter via email then order form is attached.

Club tee's for Countries

This year the Club will pay for 50% of the cost of the Countries Tee-Shirts.

The cost of the screen printing will also be paid by the club. We would love to "foot the whole bill" but it does run into a lot of money and so this seems to be a good compromise.

It was suggested that we change our Club Tee to one with greater cotton content as the polyester becomes very hot when screen printed.

We would love some input from parents and swimmers with choosing the new design and also a **parent volunteer** to **Co-ordinate the Tee Shirt ordering process.**

The **Junior Committee** haven't really got themselves together; perhaps this is a project to get them started after breakfast on Friday?

If you would like to be involved in the choosing please see a committee member (before or after training if coaching) to discuss your ideas. The club colours remain navy white and red. (The majority of opinion at present is for a mainly white shirt with navy and red as secondary colours.

Please email any suggestions for next newsletter to:
tarabele@bigpond.com (P.Hession)