

Shark Tales November 2007



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

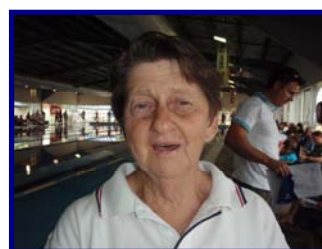
Issue 4 / Swimming Season 2007/08

Time for another newsletter!!

How quickly the early part of our swim season has passed.

Welcome Back Shirley!

Fantastic to see Shirl back pacing the pool deck, and in top form!!



The swimmers are now into week 13 of the training program and Shirley as Head Coach is very pleased with the progress and commitment from all the team. Trevor and Shirl are busy preparing the training program for the next cycle towards Country Championships in Portland, Jan 25th 26th 27th '08. Some of our swimmers have already achieved their Qualifying Times for individual entries, including: Aidan Wilson, Vaughan Wilson, Jake Schroeder and Brock Henderson! Well done guys! I'm sure many more will soon follow this lead.

The junior squad is also working hard. Both Danny and Trevor have done a great job with this little band while I was overseas. The kids are now honing in on starts, relay starts and strong finishes in preparation for the 7-10's Encouragement meet in MSAC 17th November'07.

The 20 minute test swim showed good improvement in fitness levels during last thursday night's training session, for all swimmers.

Club Business!

Thank you to those people who returned the survey, registration forms and who have paid the training fees.

As a small club we rely heavily on the \$10 per month training fee, however many of our swimmers have not paid training fees to date.

The committee is aware that our community is struggling with the effects of the continued drought, so please speak with Shirley or Deanne if you have difficulty with this fee.

Club monies raised through fees go towards: Lane Ropes, Fins and Pull Buoys etc., BBQ's, Stationary etc.

Last season we were able to purchase a new Club Banner and Shade cover for travelling to carnivals and a new BBQ, Medals, Trophies and Medals among other items. This

year we will have funds directed towards the establishment and running costs of our website.

Thank you to our voluntary coaches and members of our busy committee who give freely of their time to support our swimmers efforts! This helps to greatly reduce the running costs of the club. Thanks also to all the parents who help with training!

Please could you give your completed **Asthma Forms** to either Paula or Shirley .It is important that the coaches know who has asthma and the individual asthma management plan for each swimmer.

Also if you haven't given you **contact details** please give to Deanne or Paula or email to: tarabele@bigpond.com

From the 5 responses to our survey:

Broken Hill Bus Trip: 3 yes, 2 no

District Carnivals by Bus: 3 yes, 2 no

Team Trip to Thredbo: All 5 responses positive (hope the fundraising can Stretch a bit!).

Raise Fees or Fundraise: Fees up 2

Fundraise 3 (The I's have it!)

Dry-Land Training: We need 14 people to commit on a Wednesday evening. This includes parents as well as swimmers. To date we have only 9 names on the board so are unable to go ahead. If you think you may be interested please speak to Shirley.

Victorian Junior Development Squad Weekend.

The weekend of the 20th and 21st of Sep was a very successful one for "Two Bays".



As a club we hosted the Vic. Junior Development Squad training Camp. Shirley is the Head Coach of this squad and as such she was able to bring these athletes to Swan Hill to train with our squad. The time trials went well during this weekend, however it must be stated that several of our senior swimmers missed out on the chance to race the Vic Squad because they didn't supply their times when entering!

Don't forget next time please!

Many thanks to all the families who supplied food over the weekend: Gilberts, Verbeeks, Wilkins, Woodings, Gurnetts, Swans, Brutons, Rose Bruton, and Hessions.

Thanks also to our Motivational Speaker: Neville Brady who entertained and informed the kids wonderfully. The relay pair was a great wind up for time trials and saw the little kids come out on top!

1st place Sophie and Patrick, 2nd Kyle and Noah Jones and 3rd Brianna and Peter!!

Fundraising with Trivia!

It's amazing the "useless knowledge" that some people carry around in their head!!! That's the excuse from "The Celts" anyhow not to mention team members not turning up!

On a serious note though, the Trivia Night was a great success. With approx 90 people in attendance (11 Tables) the atmosphere was great, the supper yummy and the crack was 90!!! (Fun in Gaelic).



Kent Wooding will surely be approached to take the time slot for "Who want's to be a millionaire"? "Eddy Everywhere" look over your shoulder 'cause Kent's got his act together!

Congratulations to Bernie McNamara for winning the Elders Esky prize. A great Old Tosser!!

The real winner of the night (to use Kent's phrase) was the club.

We raised over \$1000 which will significantly swell the not so swollen coffers.

Firstly, thank you to The Jockey Club for donating the room free of charge and to all of our sponsors (list attached) for generous donations of prizes.

Thanks to: Kent for stepping in to the Quiz Masters shoes so well, Deanne, Merv Trevor and Petey for assisting with quiz games, Danny, Kent and Merv for table set up and organising questions and flow of evening, Deanne, Kerry, Laura, Peter and Will and Paula for decorating the Jockey Club, Georgie for designing advertising flyer and tickets, to the many club members for supplying a lovely supper and to everyone who came and joined in making the evening a great success!

A great team effort from "Two Bays".

Southern Mallee Championships!

Our next fundraiser will be during our forthcoming Carnival: Southern Mallee Championships to be held on 8th and 9th December. Traditionally this has been a great fundraiser for the club but due to rising costs of medals and trophies we struggle to make a profit.

In the past the practice has been for each family to be responsible for \$40 worth of sponsorship towards this event. However with the drought affecting our community we are hoping that families will instead donate a small (or big if you like!) gift towards spot prizes and raffle prizes over this weekend. We hope that this will ease the burden

placed on club families and that the funds from the quiz night will assist towards the cost of running the carnival.
If anyone **is** able to get the normal \$10 sponsorship, this would be greatly appreciated.

This is a great carnival and we have swimmers travel from clubs all around the state. We also have clubs from Broken Hill and Adelaide attend.
Make sure you get your entries in on time, with your **TIMES!!**

Recognition of a local swimming institution!

Congratulation to Quita Burke from Nyah Two Bays / Swan Hill Club on recently being awarded: Life Membership of the Royal Life Saving Victoria. Quita was recognised for her lifelong efforts in swim teaching. A fantastic achievement Quita and congratulations from your club members.

Web Site!

Just an update on the website.

Shirley and I have spent a considerable amount of time in developing the data and design for the site.

All files were sent to Ridgee Digital for the site to be built in early September.

However Roger at Ridgee Digital has located new site navigational software, which allows for easier adjustments .In other words less time spent learning to update the files for any committee member doing so!!!

Because of this he has delayed with the build of our site.

He has assured me that he will load the names of the present committee and coaching team onto the site with linked email addresses this week.

You should be able to log onto: twobaysswimming.org.au early in the week and soon he will put files which will not require any change onto the site too.

I am hoping that Roger will soon feel competent with the new navigational program and will be able to build our site.

From my perspective it will make communication within the club much easier (and hence life easier for me!), however I feel that anything worth doing is worth doing well! The newer software will make navigation as easy as using Microsoft Word and so being cognizant of succession planning and the people who may take over this role, I feel the wait to be worth while.

Breakfast Club!

The breakfast club is now a Two Bays institution! Many members of the Leisure Centre Gym are impressed with the morning dedication of both swimmers and breakfast makers!

This has been a great promotional event for our club as well as being a team building event.

Last Friday the swimmers were happy to tuck into freshly cooked pancakes after a hard session.

The continued support of many club families allows the breakfast to continue. The donation of the \$1 (going directly to club monies) would not go very far if it wasn't for the food and utensil donations of member families.

If your family would like to donate towards the breakfast please put your name on the list which is on the board and see Kerry or Paula.

Many thanks to **Kerry** who does a fantastic job in cooking, **providing food** and rushing back from Curves to cook!

Thanks also to the Gurnetts for continued help. Thanks to Helen Wilkins for donations of bacon and to the Verbeeks and Swans for fresh free range eggs. (My mouth is watering as I type!) Thanks to Sue Dickenson for help with pancake brekkie!

Upcoming Events!

This weekend many of our swimmers competed at Echuca in the Kyabram Long Course Meet. Well done to all who placed or swam PB's!

Congratulations to Angus Verbeek on winning in the 8 yr Breast and to Emma Shippen on coming 3rd in the Backstroke, and to Emma Pay who came 2nd in Breaststroke! Also congrats to the 8's relay team on winning first place, and to the 10's relays on coming 2nd.

Next weekend is free of competition.

Saturday 10th November we have an NTB/SH meet at the Leisure Centre.

We are expecting entries from other clubs including Horsham Swim Club.

Warm up and registration from 4pm. Start time 5pm. **Don't forget your times for correct seeding of events!!!!**

On **Sunday 11th November Bendigo East Swimming** will host a meet.

Swimmers needing times for Countries, and those needing to maintain competition skills will benefit from attending the meet. Entries will need to be in by this Wednesday 31st October.

7-10's Encouragement Meet at Melbourne State and Aquatic Centre, will be held on November 17th. Good luck to all our juniors who will get the chance to swim in a spectacular venue and experience the thrill of Names in lights!!!!

NTB/SH Team, for 7-10's:

8years: Angus Verbeek, Josh Wooding, Patrick Hession, Nicky McMahon, Sophie Hird. Georgia Bibby, Emma Shippen, Emma Pay.

9 years:

Logan Dyer, Josh McMahon, Melissa Sambrooks, Kelsie Rowe.

10 Years:

Will Shippen, Bradley Williamson, Paige Borchard, Jessica Pay, and Jordan Hogg Kerang.

A total of 16 swimmers!

Go Two Bays Juniors!!!!

Keep an eye on the Board for more events in November: **17th Nov. Horsham,**
24th Nov Donald.

25th Nov Barook.

Go Club Day -Kerang 1st December-

This is an educational and swimming development day funded and organised through **Swimming Victoria and the /District Swimming organisation**. This year we will have input from a visiting Melbourne Coach and a nutritionist .We will also have some information on timekeeping, refereeing and compiling results.

Coaches Corner!

Attention all swimmers!

Remember to do your **push ups and sit ups**. The strength factor in swimming cannot be stressed enough, strength proportional to body size. Greater strength will move more water.

Also, developing a strong core (trunk) is the key to maintaining streamline and lift in the water.

The higher your position in the water the faster the speed!

Try pulling an obstacle of a determined weight which doesn't float through the water.

Hard work because of the water needing to be displaced!

Now try pulling an obstacle of the same weight that floats. That's much easier!! Why?

Because there's much less water being pulled! (Task here is to find the obstacles!

Beyond me!!)

Same goes for your body.

So build up your **core** and swim on the top!!

Get doing the push ups every night: 3 sets of 10 (*or more*) and mix up the pattern.

Try **3x10**, or **Descending** from 10, 9, 8, 7, 6, 5, 4, 3, or **15x2** or **10 fast 10 slow 10 fast**.

The sky's the limit to the combinations.

Happy training!

From: Shirley Swan -Head Coach!

Swimmers please remember that during training there is to be **NO TALKING TO EACH OTHER**.

You all need to work on the skills of each stroke and this can only be achieved with total concentration, every lap that **YOU** do.

The coaches spend time letting **YOU** know your stroke faults, **YOU** are the only one that can correct them and they must be done at training, what **YOU** do at training **YOU** will do in a race.

Congratulations to those swimmers that did their best times made Countries qualifying times or got placing at Echuca.(see pics over leaf!)

Sponsors for Trivia night!

Quo- Vadis Restaurant, Tellers Restaurant, La Beaute, Savhoo Hair, Macchiaie Jewellery, Verebeek Family, Gilbert Family, Hession Medical Services, Dickenson Family, Andrew Peace Wines, Amcal Chemist Brick and Paving, Elders, Finer Secrets, T&S Sands, North West AG., Dahlsens Building Supplies, Carpet Court, Bushman's Café, Date Brothers Wines.

Please email any items for next newsletter to: tarabele@bigpond.com (Paula Hession)
before end of November.