



Shark Tales

Issue 3 2007

September

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Notice Board

Please check out the noticeboard at the pool for news of new seasons bathers!

Petey Wooding is the person to see regarding orders of swimwear.

Orders will be going in soon!

Breakfast Club

Breakfast club has now been running for the past 2 weeks on a Friday morning and has been a great success with the early morning swimmers.

A healthy breakfast is provided ,with juice , fruit packs, cereal , low GI toast ,baked beans and ,Milo, tea and coffee. On occasions we may have bacon or pancakes too!!

The feedback from the swimmers has been : “easy to get ready for school”, “feeling good after eating”(replenishing glycogen stores straight after training is essential for wellbeing and concentration throughout the day),and also a “good time to socialize and chat to swimmers that you may not otherwise get to know”.

The cost per swimmer is \$1 ,with the club subsidising the breakfast.

Upcomming Events with Two Bays

With training now back for the past 7-8 weeks the time has come to test the squad for racing times.! All the swimmers have made significant improvements over the early preparation phase as evidenced by the 20 minute swim last week.

The juniors are so enthusiastic and are recording their times after each session, which allows them to celebrate their improvements. We are also having fun with our sessions ,incorporating a game towards the end of the session. The children have also been concentrating on good starts and dive technique. Over the next few weeks we will be focusing a bit more on strong finish and turns.

We are preparing the junior team for **7-10's** which is on this year on **Saturday 17th November at Melbourne State Aquatic Centre (MSAC)**.

The club usually attends district carnivals throughout the season to practice race technique and to promote team spirit. The list of carnivals was attached to last months newsletter.

The clubs own events for this season are as follows:

- **Time Trials September 7th .Registration at 5.30pm and 6pm start.
Club tea after the swim.**
- NTB/SH Carnival at The Leisure Centre on 10th November.
Start time:5pm
- NTB/SH Southern Mallee Championships
8th and 9th December
Start time 12Noon Nyah Saturday/ 10 am Swan Hill Pool Sunday.
- NTB/SH All Schools Competition
Friday 22nd February

Plantar Warts

We are experiencing a large number of people with warts at the Swan Hill Medical Group.

Public swimming pools are a source of the viral infection which causes the warts. By wearing thongs when showering at the pool, and while walking around the pool deck, the risk of contracting the virus is significantly reduced.

Warts are the most common infection of the skin caused by a virus. Plantar warts grow on the plantar, or bottom surface of the foot. They tend to be found in areas of pressure such as the heel and ball of the foot. Plantar warts often grow into the deeper layers of skin because of the pressure they receive because of their location.

Generally, warts go away on their own with time, but plantar warts should be treated to lessen symptoms, especially pain, to decrease duration of symptoms, and to **reduce transmission to others**. Because the incubation period for warts is from 1-20 months, it is difficult to tell exactly when the virus was introduced into the body.

Plantar warts may cause pain, particularly when walking. They may spread to other sites. They do not, however, usually spread to areas that are a different kind of skin. In other words, plantar warts do not spread to the genitalia.

- 7-10% of people have warts.
- Plantar warts are seen in all age groups, but they are most common among children aged 12-16 years.

Risks

1. Use of Public Showers
2. Skin trauma
3. Weakened immune system because of certain drugs used or illness



The human papilloma virus (HPV) causes plantar warts. The virus attacks the skin through direct contact. Normally, antibodies in the blood kill the virus. Some people are more susceptible to the human papilloma virus than others.

The HPV takes refuge in the skin. This occurs through breaks in the surface of the outer layer of skin called the epidermis. Such exposure is frequently associated with public shower rooms or walking barefoot on dirty surfaces or littered ground where the virus is lurking.

Ref: emedicinehealth.com/plantar_warts

Coaches Corner

The importance of **adequate hydration** during sport cannot be stressed enough. Many children are still not bringing a drink to swim training. Swimming is just like other sports where the body loses fluid through sweat, however because of being in the water this is not so obvious.

Prolonged training sessions such as swimming for 1 hour will require **Pre hydration** (200-250 mls 1-2 hours before training), **Hydration during training**(200-300mls each 20 minute period), and **Post exercise hydration**, depending on fluid loss which can be determined through weighing before and after,(usually at least 500mls and often much more).

Kids remember to pack your drink with your towel and goggles!!

NTB/SH Committee Meetings

The club committee meets each month to organise seasonal planning and general running of the club .

Any member parent is most welcome to attend these meetings .If you would like to contribute to the running of the club or to propose a new idea etc. please see one of the present committee members to arrange a suitable time at which to address the meeting.

Next meeting is scheduled for Tuesday 18th September at 7.30 pm ,Swan Hill Club, Curlewis St.

(Many hands make light work!)

If anyone has anything to be included in the next newsletter please email Debbie McDonald on: deb_chrismed@hotmail.com.