

Gosford Stingrays



Newsletter
August/September 2010

**Gosford Stingrays Swim
Club Fun Day - 18th
September 2010
Gosford Pool**

**Kincumber AAA & AA
Meet 11th / 12th September
2010 Kincumber and PLC
Pools**

**Toukley AA Meet
19th September 2010
Mingara Pool**

**Luna Park Fun Day
Wednesday 6th October**

**Gosford Stingrays AA Meet
16th October 2010
PLC Pool**

**Mingara Aquatic AA Meet
23rd/24th October 2010
Mingara Pool**

For all information to be included in the newsletter please send an email to Damian Vane-Tempest
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Club Report

The Month of August sees the end of the Short Course competition season for 2010, which culminated with the NSW State Age Short Course Championships at Homebush on the 13th - 15th August 2010.

It also reminds us all that there is only a few weeks of September before our Club Swimmers finalise their competition on the 18th of that month.

Despite the end of one season there is little rest for our swimmers as the Summer Long Course carnivals commence this weekend with KPD holding their meet at PLC (12/9/10). This also tells us that it won't be long before we will be outside in the 50m Pool where diving is permitted and racing can recommence. Thanks to all those families that have continued to support the club over the past number of months.

NSW Swimming Stage Age Short Course Championships

A team of 6 swimmers attended the NSW Short Course Championships at Homebush 13th - 15th August 2010. The team comprised of Sienna Inglis, Annabel Hopkins, Rebecca Stone, Lachlan Vane-Tempest, Hayley Vane-Tempest and James Cochrane. I firstly want to say that I cannot speak highly enough of the efforts of each of competitors at the meet and way they handled the good and not so good results in the Pool. Overall the club finished a fantastic 31st and when we compare point score and the size of the team our results were nothing but outstanding. Highlight of the meet for me was Club Captain Rebecca Stone claiming a bronze in the 200m Butterfly – Well done Bec.

Medallist:

Lachlan Vane-Tempest (12years): 1st 200m Back, 2nd 200m Freestyle, 200m IM, 100m Back, and 3rd 100m Freestyle, 200m Breaststroke.

Rebecca Stone (15 years): 3rd 200m Butterfly.

Top 10:

Rebecca Stone: 6th 400 IM, 8th 200 IM, 100m Butterfly, 9th 100m Breaststroke, James Cochrane: 8th 200m Backstroke

Sienna Inglis: 7th 50m Breaststroke, 5th 100m Breaststroke,

Annabel Hopkins: 5th 100m Backstroke,

Lachlan Vane-Tempest: 5th 100m Breaststroke, 6th 50m Freestyle, 6th 200m Breaststroke, and 6th 100m Butterfly.

Thanks to the athlete's coaches for there continued support of these children.

Multi-Classification News

Congratulations must go to Rachel Horler has been selected to represent Macquarie University at the University Games in Perth later this year. I know that Rachel is pretty proud of the selection and yet another interstate trip. Well done Rachel I know mum is happy as she gets another trip as well.

Luna Park - Wednesday 6th October 2010

The club has organised a day to Luna Park on the 6th October 2010. The trip is open to all members of the club who are 10 years or older and the club will contribute \$10 towards the entry price for the day and the cost of hiring a bus. In the case of there being a cancellation on the day due to poor weather we will be looking at other options including attending a movie at Erina, Imax theatre in Sydney or any other suggestions that may be suitable.

Gosford Pool

I have had the pleasure of attending a few sessions at Gosford Pool over the past couple of weeks and it's great to see our swimmers continuing to work hard with the guidance of Ross, Ian and Nerida. We need to continue to support our coaches at Gosford as best we can as they continue to work with a large number of kids coming through the target squads.

Gosford Stingrays AA Long Course Meet - 16th October 2010 PLC Woy Woy

Preparations for our annual club qualifying carnival are well under way, with the Pool and timing equipment booked. Pat Troy from NSW Swimming will be in attendance to run the timing equipment. It is so important that all members of the club be involved in the running of the day including, time keepers, catering, announcer and marshals etc. This is usually a very busy day but the more help we get the easier it will run. This is our major fundraising day of the year so please help where you can. A list for timekeepers, marshalling, starters, check starters, chief timekeepers etc will be published very soon.

Registrations

The month of September sees the end of the swimming registrations for 2009/2010. A reminder to all members that registration needs to be completed via the NSW Swimming Website and this will be available towards the end of September. We are also working on offering family memberships through NSW swimming to ease the financial burden on larger families. This year sees the increase of the registrations for the first time in almost 4 years. Individual swimming members will now be \$85 for the season and non-swimmers has remained at \$20. It is a club policy that each family must have a parent join as either a competitor or non-competitor. This provides those parents to attend our general meetings, hold positions on the executive committee and also vote at AGM's. More information about registrations will hopefully be sent out this week.

Club Champs – Fun Day September 18th 2.00pm – 4.00pm

Due to the 'No Diving' rule implemented in the 25m Pool at Gosford it is not possible to hold a club championship to close the end of the Winter Season. Therefore our proposed Club Champs date of the 18th September has been replaced with a fun day program. This will involve novelty races for teams and individuals and there will also be some great prizes including a scooter, goggles, caps etc. Following the program there will be Pizza in the park for all the competitors and their families.

Keeping our Kids in Swimming

I want to draw your attention in maintaining your children's continued interest in swimming. As your child grows and develops over the next couple of years they are going to go through periods where their times will improve dramatically. There is also the down side that their times will stall. These will be the tough times when kids will feel frustrated despite all the hard work they are doing. A number of things that we need to keep in mind especially when things aren't going so well in the pool:

- Am I enjoying my swimming? What can I change to make this happen?
- Consider how much work I'm doing compared to other competitors. What do I have in reserve?
- Are my results indicative of the effort I'm putting into my training?
- Do I get so nervous before competition that it effect's my performance?
- Have I grown much in the last 12 months?
- Do I listen to my coach? Do I talk to my coach about my stroke and where I can improve?

Inspiration:

Our Club Captain Rebecca Stone has been stuck on her times for what seemed like forever and it must have been very frustrating. At the recent Country and State Age Short Course Champs Rebecca has managed to reduce her times and was rewarded with a Bronze Medal at State in the 200m Butterfly. She has now qualified for Open Nationals.

Parents

Try not to focus on your child's not so good performances. We don't get our kids involved in swimming to make the Olympic Team. We are trying to teach our kids to develop into healthy, positive, confident young men and women. Sometimes our kids win and that's great. Winning is easy to deal with. It's when our kids don't perform to their expectation does the test begin for parents and their kids.

Craig Alexander

Finally, one of Australia's finest Ironman Competitors, Craig Alexander, is competing in the Hawaii Ironman on the 9th October. A good friend of mine manages Craig in Australia and he is hoping to become the first Australian to win 3 titles in a row. His current training program per week is 900km on the bike, 300km running and 45km in the pool. Not bad for a guy who is 37. Lucky I'm 39. Craig was kind enough to write Lachlan Vane-Tempest a good luck letter recently, and we wish him the same in return in Hawaii.