

# GOSFORD STINGRAYS SWIMMING CLUB INC.



## Newsletter July 2010

### Up Coming Events:

NSW State Short Course  
Homebush 13<sup>th</sup>-15<sup>th</sup> August

Kincumber Long Course Meet  
11<sup>th</sup> – 12<sup>th</sup> September 2010

Toukley Swim Club Long  
Course Meet – Mingara  
19<sup>th</sup> September 2010

### Next club night

7<sup>th</sup> August 2010  
Freestyle, Backstroke  
IM

14<sup>th</sup> August 2010  
Freestyle, Backstroke,  
Breaststroke, Butterfly

For all information to be included  
in the newsletter please send an  
email to Damian at  
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### Club News

It's great to be back writing a newsletter for the first time in a number of months and there has been a significant amount of activity both in and out of the pool. Recently the club has been involved in a number of issues, which you may or may not be aware of. This has somewhat affected the club's ability to operate and continue to support our young swimmers at all levels. The club wishes to make it clear that each and every family and especially each and every child are most welcome and encouraged to participate in all aspects of the club's operations. This includes club nights, fundraising, general meetings and carnivals. The club has in the past been described as being a family club, and I hope that this title can again be achieved. However it all starts at the grass roots, which begins with club nights. Thankyou to those members who turned up to our General Meeting on Wednesday. The number of members who attended the meeting showed their commitment to getting the club on track and moving forward. A big thankyou must also go to the families who have continued to support the club by attending our Saturday Club races.

### Short Course Season

As most of you are aware, Gosford Council has enforced a no dive policy in the 25m pool. This policy is for the safety of all our athletes and although most of our kids have been diving in this pool for a number of years, if an accident does occur and we have not adhered to this rule there would be legal ramifications. All races will therefore commence in the pool. This will obviously affect our Short Course Club Championships in September and at this stage it will be utilised as a fun day and more information will be provided in the coming weeks.

### Australian Age Short Course Championships

Rachel Horler and Annabel Hopkins travelled to Brisbane for the Aust. Short Course Championships 14-18<sup>th</sup> July. Rachel competed in the Women's Open Multiclass 50m Free, 100m Free, 400m Free and 100m Back. Her best result was coming 8th in the 400m Freestyle, breaking her own Aust Short Course record for the 200m Freestyle using her split from that race as well as a PB in her 100m Freestyle. Annabel competed in the 50m Backstroke, 100m Backstroke and 200m Backstroke. Best performance was a PB in the 100m Backstroke. Well done to both girls.

### Country Short Course Championships

On the 10<sup>th</sup>- 11<sup>th</sup> July 12 Stingrays athletes attended the Country Championships at Homebush. The team included Sienna Inglis, Conor Storey, James Cochrane, Annabel Hopkins, Rebecca Stone, Stephanie Harper, Rachel Horler, Hayley Vane-Tempest, Lachlan Vane-Tempest and Ed Gourley. The club had an outstanding carnival and finished 12<sup>th</sup> Overall in the pointscore and 5<sup>th</sup> best placed Central Coast club. Congratulations to the following swimmers who won medals especially James Cochrane who won his first Country medal: Sienna Inglis – 2<sup>nd</sup> 100m Breaststroke, 3<sup>rd</sup> 50m Breaststroke.

James Cochrane – 2<sup>nd</sup> 100m Backstroke, 3<sup>rd</sup> 100m Free  
Annabel Hopkins – 2<sup>nd</sup> 100m Backstroke, 2<sup>nd</sup> 400m Freestyle  
Lachlan Vane-Tempest – 1<sup>st</sup> 200m Backstroke, 1<sup>st</sup> 100m Backstroke, 1<sup>st</sup> 200m IM, 2<sup>nd</sup> 200m Backstroke, 2<sup>nd</sup> 100m Breaststroke.

### **Country Championships Top Ten Finalist**

Sienna Inglis (5), James Cochrane (2), Annabel Hopkins (3), Rebecca Stone (6), Rachel Horler (2), Hayley Vane-Tempest (1), Lachlan Vane-Tempest (3) and Ed Gourley (2)

Congratulations also to Connor Storey and Steph Harper for competing.

Congratulations must also go to our Council Coaches Kim Taylor and John Young, Ross Tait and Ian Cooper for preparing our young swimmers for Country.

### **Congratulations Ashley Emerson**

Young Special Olympics Swimmer Ashley Emerson attended the Nationals in April this year and achieved yet again some outstanding results. Ashley competed in the 50m Backstroke where he received a Silver medal and a Bronze medal in the 100m Freestyle. Ashley then teamed up with other NSW competitors to place 2<sup>nd</sup> in the Relay. Pip and Lal Emerson are always very proud of Ashley's achievements and we are very fortunate to have Ashley representing our club. Congratulations must also go to Ross Tait for his consistent efforts with the Special Olympic Swimmers.

### **Club Captains**

It is with great pleasure that the club has been able to finalise its Club Captains for the 2010-2011 season. The Female club captain is Rebecca Stone and the Male club Captain is Liam Cooper. Both members deserve these positions and I have no doubt they will represent the club exceptionally well. Being a club captain is not about being the best swimmer, it's about leading in all aspects of the club and most importantly at club nights. Congratulations to both members for the selection.

### **Gosford Stingrays Long Course Carnival**

The club has just confirmed that our Long Course Carnival will be held on the 16<sup>th</sup> October 2010 at the PLC Woy Woy. This is always a busy period preparing for a carnival so it's really important that we get behind the club and help wherever possible.

### **Stingrays Club Meetings**

It has come to light that there is some confusion surrounding the clubs monthly meetings. Just to clarify this, all meetings held by the club are to be called General Meetings unless otherwise specified. Therefore all monthly meetings are available to all members of the club to attend. The Committee apologise to any member who may have been confused by the title 'Committee Meeting' and wish to clarify that no member will be turned away from a General Meeting. The next meeting is to be held on **Wednesday 25<sup>th</sup> August 2010 5.30pm.**

### **Luna Park**

The club is currently planning a fun day for all members to Luna Park. This is expected to take place in October 2010 and more information will be provided in the next few weeks.

### **Gosford Council**

The Gosford Council will be holding a Squad Parent and Swimmer Information night on Wednesday 18<sup>th</sup> August between 5.15pm and 6.15pm. It is important that as many parents as possible attend this meeting to discuss the future structure of the swimming program.

### **Coaches**

I just want to bring to your attention that the club has a number of members who coach at the Gosford Pool. They include Ross Tait and Ian Cooper who coach our Junior and Senior Squads at Gosford Pool, and Jo Bock and Nerida Uljan who coach our Learn to Swim and transition programs at Gosford. Thanks to there continued efforts in the Pool.