

Up Coming Events:

Club Night 23/10/10
Freestyle, Backstroke,
Butterfly, Relays.

Central Coast Academy of
Sport Swim Carnival
29th & 30th October
Mingara Pool

Kingswim Carnival
13th November 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

Welcome to all our members for the start of the 2010/2011 season we hope that everyone has a great year swimming whether it be at club or at carnivals. The club will continue to offer swimmers of all ages and abilities the opportunity to participate at all levels of the club's activities. The last couple of weeks has also seen the opportunity to watch the Commonwealth Games and in particular the swimming team and I hope that their success has inspired all the clubs athletes to become the best swimmer they can be.

Again I want to thank on behalf of the club the efforts of the Gosford Pool's coaching staff, including Ross Tait, Ian Cooper and Nerida Uljan.

The club officially finished it's short course season on the 18th September 2010 with a fun day in place of what would normally be our Club Championships. This was the first time something like this was done and it seemed to have been well received by all competitors. With various flotation devices on hand the kids negotiated a number of races that required somewhat different techniques to normally relays. I must admit some of the kids adjusted well, and some, well, need a little practice, but overall everyone had a good time. Thanks must go to Jane Hopkins and Michelle Vane-Tempest for organising the fun day, and I'm sure that we will have another one during the year.

September 12th saw the return of the long course season for some of our competitors with the KPD carnival at PLC Woy Woy. It was fantastic to see a large contingent of Stingrays swimmers attend this carnival and tackle some of the bigger events. I think that the swim of the day was Kirsten McIntosh who swam the 400m freestyle for the first time. Not only did Kirsten tackle one of the challenging races of the meet, not to mention one of the longest, Kirsten came close to going under 6.00minutes for the race. Other notable swims included Patrick Uljan 200m Freestyle, Sienna Inglis 50m Fly, Tasman Lillioja 4th 50m Backstroke, Georgina Robertson 50m Backstroke, Danielle Parkes 100m Freestyle, Connor Story 2nd 50m Breaststroke, Jame Cochrane 200m Backstroke, Nathan Boler 50m Freestyle, Lachlan Boler 100m Backstroke and Chelsea Jones 200m Breaststroke.

Gosford Stingrays Carnival 16th October 2010

Last weekend saw the club hold it's annual qualifying carnival for 2010 at PLC Woy Woy. In what can only be described as challenging weather, cold windy westerlies, the club managed and worked well to provide an extremely proficient and professionally event. Thanks to all those parents who attended and helped with Marshalling, Time Keeping, Recording, Check Starting and the BBQ. I must also make mention to Neil Keele and John Hart who Refereed and Judged the carnival. Mr Hart commented on the teamwork between the marshal's and recorder's room with combining heats. I must also give special mention to Janet McKinney and Donnette Parkes who both worked well under pressure in their first carnival as Officials. Thanks to Pip Emerson for the chairs used in Marshalling.

Central Coast Academy of Sport Carnvial

This weekend sees some of our swimmers enter the CCAS Monaco Skins event. Stephanie Harper and Danielle Parkes swim on Friday Night whilst Connor Story, Lachlan Vane-Tempest, Sienna Inglis, Hayley Vane-Tempest, Melissa Parkes, Patrick Uljan, Theo, Peter and Terry Mihellis will compete on Saturday. Good Luck to all our competitors in this event.

Luna Park Fun Day 6th October 2010

During the last school holidays the club sponsored about 20 Club members with a day at Luna Park. We had great weather for the majority of the day with the rain holding off and the sun shining. It was great to see all the kids enjoying themselves on the rides especially the Tango Train. I saw a number of kids being squashed against the side of the train as it went round and round at high speed. At one stage I thought Melissa Parkes was going to be ejected from the train if it not for some of the other girls who grabbed her in time. It was a great day and we hope to do another adventure tour in the future.

Up-Coming Carnivals

The next important carnival for the club will be the Coast and Valleys AA carnival to be held at Mingara on the weekend 4th-5th November and Coast & Valley Encouragement AAA carnival to be held at the Lakeside Leisre Centre. Raymond Terrace on the 12th December. The carnival is a AAA meet and is meant for young swimmers that are just starting as competitive swimming. I would like to take a team to this carnival so that we can start to develop our young swimmers and enter some relays on the day.

Telstra/Swimming Australia Grant

In September the club received a grant from Swimming Australia and Telstra in the form of a very big tent. The Tent has already come in handy for the club when it was used for Marshalling at our Carnival at KPD.

Carnival Entries

Please be aware that all entries for carnivals need to be placed in the carnival entry box, with entry card and correct money. Please check our website for closing dates of carnivals. Please click on the Carnival Information tab. If you are unsure of your child's times, please go to Swimming NSW website and click on the Search Results page on the right and side of the home page.