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SWIMMING WA NOTIFICATIONS

In anticipation of next week's 2011-2012 Swimming WA State LC Championships, Swimming WA has compiled a range of important information to help prepare all clubs, swimmers, coaches and spectators for what will no doubt be an exciting State Championships.

Swimming WA hope that the information included in the attached **State LC Championships Pre-Event Information Booklet** will help ensure both the smooth running of the event, and a fun and enjoyable five days of swimming for all involved.

Also attached is a manual explaining the new **Swimming WA Accreditation System** which will be implemented at this event.

Please read the attached documents before attending this event.

Look forward to seeing you at the pool next week, and good luck to all competitors at the Championships!

UPCOMING FORUMS

The next few weeks will be very busy in terms of important swim meets and the return to school for most of our members. Once this period has settled down, the Club is planning to hold one or two forums in the lecture theatre at Challenge Stadium with the intention of providing our growing membership with more information about how the Club operates and some of the exciting developments that are in process as part of our expanded squad and coaching program at Challenge Stadium and elsewhere.

A priority in February will be an information session to provide many of our newer members and squad swimmers with a better understanding of how the Club operates and what needs to do to enter swim meets and club nights, etc.

In the meantime, all new squad swimmers and members should feel free to contact one of our committee members if there are any queries about club operations.

WEST COAST'S BAYSWATER CONNECTIONS

West Coast now has over 20 members training with Ray Utting's 'All Strokes Academy' at the Bayswater pool. The Club is pleased to confirm the following appointments to assist in the orderly transfer of information between our Bayswater academy and our home base at Challenge Stadium.

A "drop box" has been set-up at the Bayswater pool to deal with any club-related correspondence. Items deposited into the "drop-box" will be cleared regularly so that there is no delay in processing important items through to the Club's relevant committee representative.

The following arrangements have been implemented, effective immediately:

- 1 West Coast membership inquiries from the "All Strokes Academy" at Bayswater will be managed by Linda Pederson who can be contacted on 0400 677 089 or via email at Pedersen.m@inet.net.au. Linda will liaise directly with Club's "membership registrar" Carmelina Kyriakou to ensure that all membership applications, transfers and other related queries are dealt with as quickly as possible.

- 2 Meet entry requirements, including Club Nights, will be managed by Steve Davis who can be contacted on 0418 909 029 or via email at sgbacdavis@bigpond.com . Steve will liaise directly with the Club's 'meet entry registrar' and 'club night co-ordinator' to ensure that entries for competitions (other than on-line entry events) are processed through to the relevant committee representatives in a timely manner.

The Club is also looking to find one or two other Bayswater-based volunteers to assist with the Club's fund-raising and newsletter items. Please feel free to contact the President, Steve Hill, if you would like to be involved in either of these activities.

SWIMMING WA INVITATIONAL

A small group of West Coasters will be competing at tomorrow's 2012 Swimming WA Invitational Swim Meet. Members and their families should note that this event is not a 'targeted meet', which means there will be no coaches rostered to attend the meet to assist swimmers with pre & post race briefings.

A volunteer time-keepers roster is attached for those members who are attending the meet.

JANUARY CLUB NIGHT

There will be plenty of new faces amongst the 113 swimmers who have registered to swim in tonight's "January Club Night", a terrific response given there are so many families still away from the pool enjoying holidays.

Please remember that warm-ups start at 4.30pm and will finish promptly at 5pm. It would be appreciated if parents and supporters could help out with time-keeping on the night by being seated by 5pm so that the meet can start on time at 5.10pm.

Any queries should be directed to our 'Club Night Co-ordinator' Bobbi Pierson at clubnight@westcoastswimclub.com or via phone on 0423 197 894. Remember, no late entries will be accepted.

UNIFORM SHOP (High Performance Swim Caps & Track Suit orders)

Jane Robinson will have the Club's 'Uniform Shop' open for trading at Thursday's 'January Club Night' so if you need West Coast bathers, T-shirts, etc., then please visit Jane on pool-deck from 4.30pm onwards.

There are a couple of special items that need promoting:

1. The Club has ordered 50 Speedo "Aqua V Dome Caps", which will arrive in the uniform shop by the end of January. The Aqua V caps are only supplied from the UK and have been ordered in response to swimmer demand for the latest high performance swimming caps which the Club has customised to include our name and traditional colours. At least 30 of the high performance caps have already been pre-ordered, which means only 20 remain available for sale to Club members on a first-ordered, first-sold basis. If the demand for this type of swimming cap exceeds our current order, then the Club will consider placing an additional order although it should be noted that deliver can take several weeks as the caps are produced in the UK. Caps are expected to retail out of the West Coast Uniform Shop around \$35.
2. Our 'Uniform Co-ordinator' Jane Robinson is also about to place an order for West Coast track suits. Track suits can be ordered for \$100 each or by the jacket (\$75) or pants (\$35). Please let Jane know asap if you would like to place an order for a West Coast track suit.

All Uniform Shop queries should be directed to Jane Robinson on 0400 023 772 or via email at janerobinson67@yahoo.com.au.

WEST COAST BELL MEET

Every year West Coast hosts a special swim meet know as the "Bell Meet" to support the Club's national level swimmers. This year's Bell Meet will be held at Challenge Stadium from 4pm on Tuesday the 7th of February and is open to all swimmers (registered or otherwise).

This meet is particularly targeted at school swimming teams, but will also give our own squad swimmers an opportunity for quality competition.

The primary objective for hosting this annual event is to generate sufficient funds to provide a meaningful contribution to the funding requirements associated with sending our national level swimmers to their respective national championship events during 2012.

All National Age swimmers are expected to assist with the operation of the meet to ensure they remain eligible for the Club's National Team travel subsidies. One of our Meet Directors, either Warren or Pippa Player, will be contacting National Age group swimmers shortly to confirm their availability to volunteer as either an official or timekeeper on the night.

All other squad swimmers can enter the Bell Meet by completing the attached meet entry card and returning it to the Club's 'drop box' by no later than Friday the 3rd of February 2012. Warm-ups start at 4pm with racing from 4.30pm. The entry fee is \$6 per event.

THEME SONG & DRESS FOR 'CLUB PREMIERSHIP'

We need someone to come up with creative theme and song for this year's "A-Grade Premiership" march-past. A tradition of the A-Grade Premiership is where all competing Club's march through the stadium before racing commences. We want as many members as possible, regardless of whether they are swimming on the night, to join in on the march-past dressed to impress to our chosen theme. If you got any suggestions, please email your ideas through to info@westcoastswimclub.com.

Don't forget to mark Friday evening the 10th of February 2012 into your calendar because it's also the night that we take our annual Club photo so all swimmers have to be at the pool if they want to be in the 2012 Club photo.

Thank you on behalf of the Committee of the West Coast Swimming Club.

**STEVE HILL,
President.**

COACHING NEWS:

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1. Updated Training Times;
2. Open Water Swimming;
3. Welcome New Squad Members; &
4. January Squad Fees reminder.

UPDATED TRAINING TIMES

There will be several changes to our training times over the remainder of January due to a number of events that will be being held at Challenge Stadium, in particular the SWA Club Relay Day and the State Championships which will be held from January 16-21. Please note that the revised schedule now has training sessions in outdoor pools from 4-5pm for Junior Skills and Junior squad swimmers and 5-7pm for all other squad swimmers (Junior Performance, National Age Development, National Age, etc). These sessions will run throughout the week (excluding Wednesday) for all swimmers who are not competing at the State Championships.

OPEN WATER SWIMMING

Congratulations to Andrew Warnock and Vienna Schnell on qualifying for the 2012 Australian Open water Swimming Championships, which will be held at Champion Lakes from February 17-19. This will be a fabulous opportunity to witness Australia's best Open Water swimmers. Don't forget to mark the date in your diaries and come along to support the West Coast Swimmers.

Andrew and Vienna will be hard at work over the next month preparing for this event with additional training sessions on a Tuesday and Thursday afternoon. Any other swimmers who are interested in giving Distance or Open Water Swimming a go are encouraged to speak with their coach about joining these groups. For further information please contact Deb Jones at deb.jones@westcoastswimclub.com.

In conjunction with the Australian Open Water Swimming Championships, Swimming Australia is running a development clinic as part of the Australian Junior Excellence (JX) Program. This is open to JX qualifiers who are 11 - 13 years of age and have an interest in Open Water Swimming. Entrants will take part in an Open Water clinic followed by a 2.5km swim. It is recommended that swimmers attending enter the 2.5km swim in Round 6 of the Open Water Swim Series to be held at Sorrento on Sunday 29th January.

Round 5 of the Open Water Swim Series at Leighton Beach was a lively West Coast affair with National Age swimmers choosing to meet at Leighton for a beach running session during the event. Congratulations to Open Water Swimmers Vienna, Andrew, Glenn and Taj who were spurred on by the encouragement of West Coast team members.

WELCOME NEW SQUAD MEMBERS

The start of 2012 has seen many new faces in the West Coast squads. The coaching team would like to welcome new members and remind **all swimmers** (new and old) that they should bring the following items to each training session:

Kit Bag – fins, pull buoy, kick board. Paddles & Snorkel required for all swimmers in Junior Performance groups and above. All swimmers must have a drink bottle.

It would be appreciated if parents could refrain from sitting on pool-deck during training and leave the timing of any discussions with coaches for either prior to or after sessions.

Please do not hesitate to contact the coaching staff at squads@westcoastswimclub.com if you have any questions relating to training sessions or squad payments. Club-related queries (membership, meet entries, club nights, fund-raising, etc) should be directed to the relevant committee representatives.

JANUARY SQUAD FEES

Many families still have not paid their January fees., which were due on the 1st of the month. Could all squad members please make their payments straight away as we do not wish to exclude any swimmers from being able to participate in squad sessions. Future squad fees must be paid by the 1st of each month into the Club's Swimming Squad account, which is:

West Coast Swim Club

BSB: 016484

Account: 259708286

All other club fees including membership & transfers, meet entries, club night and uniform purchases should be paid into the West Coast Club account.

**Thanks on behalf of the West Coast Coaching Team,
DEB JONES & CHRIS 'CJ' JONGSMA**

GO WEST COAST!