

COACHING NEWS:

Western Sprint Meet

There will be 31 West Coast swimmers competing at Saturday's Western Sprint Tri-Club 'Long Course' Meet at Trinity College pool. A 5km OWS time trial will be held at 9am, which will be followed by a warm-up sessions from approximately 10.15am with racing from 11am to 2.30pm. All swimmers are to meet West Coast coaches (DJ & CJ) at Trinity College Pool by 10am to warm up. Good luck to all swimmers! [Click here](#) to check your entries

A time-keeping roster will be circulated later this week. West Coast parents will be responsible for providing volunteers to time-keep in three lanes (9 people per time slot). Also, we are looking for parent to help out as a marshal for West Coast swimmers only. If you are interested, please contact Steve Hill on 0418 877 277.

Seating is limited so spectators are encouraged to bring their own chair. Healthy food and drink options will be available during a 30-minute lunch break planned for around 12.30pm.

Swimming WA Club Relay Meet

Congratulations to the swimmers who have been chosen to represent West Coast Swim Club in the upcoming SWA Club Relay Day to be held on September 3, 2011. Please [CLICK HERE](#) or visit the website to see if you have been selected to swim in a relay team. These teams are subject to change. Any swimmer who is unable to compete at this meet must contact CJ at cj49@iinet.net.au as soon possible so that a replacement can be entered.

International Meet

Several months ago we sent out a request for interest from our club members in attending a meet in Singapore or Bangkok towards the end of this year. Whilst families indicated interest in both meets, the majority of families indicated a preference to travel to Singapore. Could all families interested in attending the Singapore All Nations meet please confirm their interest with Deb by email: hdtjones@bigpond.com

Squad Sessions

A couple of important notices about training for the upcoming week:

1. Dry-land training session - Next Tuesday August 16th will consist of a shorter dry-land component and a goal setting session. All swimmers in National Age Development, National Age and Age are encouraged to attend.
2. There has been an increase in the number of swimmers arriving at squad sessions without the necessary equipment to complete the sessions. All swimmers should have the following items in their kit bag:
 - Swim cap
 - Goggles
 - Fins
 - Kickboard
 - Pull buoy

In additional all swimmers in Junior Performance, Age Development, National Age Development and above must have the following:

- Snorkel
- Paddles
- Band

Swimmers are also reminded that they need to be at the pool at least **15 minutes prior to session** beginning to warm up and prepare their equipment for the session.

Weekly Round Up

Along with an increasing amount of kick sets, our current focus is on technique and relaxation in the water. Coaches have noticed a real improvement in our Junior skill swimmers and look forward to seeing many of them tackle their first swim meets this summer season. Competitive squads are looking smooth in the water as they continue to further improve their technique in preparation for some faster times this season. Congratulations to all swimmers who have achieved the goal of kicking 50m in under 45 seconds!

The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move. ~Aleksandr Popov

New Race Specific Session for Junior swimmers

Our Junior squads have been focusing on slowing down their strokes to concentrate on technique. Coaches are really pleased with the progress that swimmers have been making and have decided that our swimmers would also benefit from a regular race-specific session where swimmers will practise race starts, turns and finishes. Real race practise will occur and swimmers will be provided with plenty of feedback on how to improve their race speed. We will be incorporating this session into our weekly programmes on Fridays from 4pm to 5pm. The following groups are encouraged to attend:

Junior Performance, Junior and Junior skills 1, 2 & 3

In order to utilise start blocks, these sessions will generally be held in the outdoor 10 lane pool, at least until the indoor pool reverts back to Long Course configuration. In the event of bad weather, sessions will be conducted indoors with a focus on race pace speed and turns.

Those Junior Performance swimmers who are unable to attend the earlier 4pm session will still be able to attend a session at 5pm with Age Development swimmers.

Swimmers are encouraged to discuss their individual programmes with Steve Schmidt.

State 'Long Course' 2011-12 Qualifying Times

Swimming WA has released the Qualifying Times for State Open, Age & Junior Championships for the 2011-12 'Long Course' season. [Click Here](#) or visit the website to set your goals now.

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

STOP PRESS! MARK YOUR DIARIES...

2011 WEST COAST D'ORSOGNA CUP - SATURDAY 3 DECEMBER 2011

The D'Orsogna Cup is our Club's premier event of the year. A chance to show why we are the best Club in WA! It will be held this year on Saturday 3 December 2011. This is a hotly contested meet and we expect all junior and age swimmers to attend.

We are very grateful to the D'Orsogna family for agreeing to sponsor the Cup again this year.

There will be a full range of events for individual swimmers and team relays plus fun prizes and raffles. Visit the 'Events' page of the Club website to find out which events you want to swim.

Mark your diaries to ensure that West Coast retains the D'Orsogna Cup in 2011!

CAN YOU HELP US – MAKE THE D’ORSOGNA CUP A FANTASTIC EVENT?

We can’t run the D’Orsogna Cup without your support.

Tell us what you can do to help with preparations or how you might be able to help out on the day – a little goes a long way:

- **Provide “in-kind” support** eg your time
 - *Help us find sponsors*, liaise with other clubs, promote the event, help plan the details or the wind-up bbq, co-ordinate catering, organise entertainment such as a DJ or live music; or
 - *Help out on the day* – selling programmes, ‘dressing’ the venue, marshalling, timekeeping, medals/ceremonies, meeting VIPs, raffles, food/drinks for officials etc...

If you can help with in-kind support please contact Pippa Player on 0416 840 037 or email warrenplayer@bigpond.com

- **Donations** – of goodies/services for raffles and prizes eg
 - Gourmet prizes (wine, nuts, chocolates etc.)
 - Kids gourmet/toys
 - Easter (chocolate eggs, hot cross buns etc.)
 - Gadgets (DVD’s, CD’s, thumbdrives etc.)
 - Ladies luxuries (lotions, bath salts, candles etc.)
 - Smiggle bits and bobs.

Please hand goodies to any committee member or leave in West Coast office with your name and telephone number attached. If you can help provide any goodies then please contact Yolanda Carstens on 0424 923 886 or email at carstens.yolanda@yahoo.com .

- **Sponsorship**
 - Do you know a business/organisation that may like to become a bronze, silver or gold level sponsor and/or advertise in the meet programme
 - Check out our special sponsorship offer for members and families – *see below*

If you can help with sponsorship please contact Pippa Player on 0416 840 037 or email warrenplayer@bigpond.com.

SPECIAL SPONSORSHIP OFFER – ONLY FOR WEST COAST MEMBERS!

Sponsor a race

Before we go out to other sponsors, we are offering the opportunity for our members and their families (either individually or through a business) to sponsor a group of events at the D’Orsogna Cup. Get in early!

There are 14 groupings available for Bronze event sponsors. They include:

200IM;	50m Butterfly;	100m Breaststroke;	200m Backstroke;
50m Freestyle;	100m Freestyle;	100m Backstroke;	200m Breaststroke;
50m Backstroke;	100m Butterfly;	200m Freestyle;	50m Breaststroke;
200m Butterfly;	1500m Freestyle		

For \$200 you will have your special message/name/business printed in the programme listing for the group of events **plus** announcements at the time of the events.

If you are interested, please contact Pippa or Warren Player warrenplayer@bigpond.com **before 31 August 2011.**

AROUND THE CLUB:

CLUB OFFICE:

The West Coast Swimming Club administration office is open for business. Our senior coaches 'CJ' & 'DJ' now have a place to call home, and what better place for them to be than pool-side amongst all the action at Challenge Stadium! Our office equipment was delivered earlier this week and the administration presence will become more obvious on a day-to-day basis over the next few weeks.

It would be greatly appreciated if all members and parents could remember that the office is no longer available for storing swimming equipment and school bags. Please speak to a coach or one of the Club's leadership group if you require access to equipment (such as warm-up mats & medicine balls) out of the store room.

SQUAD ENROLMENTS:

Reminder notices will be going out shortly for any unpaid August squad fees. All squad fee are payable monthly in advance, due by the 1st of each month. If you have any queries regarding payment arrangements, please feel free to contact the Deb Jones on 0417 950 808 or via email at hdtjones@bigpond.com . Alternatively, visit the website to find out more about squad fees and payment options.

CAN YOU HELP US?

AGM & Committee roles :

The Club's Annual General Meeting is scheduled for Thursday the 25th of August at 7pm, immediately after the August Club Night and concurrent with a function (involving food) for the swimmers.

Volunteers are the lifeblood of our Club. If you have something to contribute to the future of the Club, please think about being involved in the Committee. We have some key vacancies that need to be filled as well as various, less time-consuming roles that can be juggled within the existing committee portfolio to suit your skills.

Two very important "Office Bearer" positions that need to be filled are those of the Treasurer and Secretary. Both roles require committed and organised individuals to manage some of the most important aspects of the Club's activities, including:

Visit the '**Latest news**' section of the website to find out more about the various committee roles or feel free to contact Steve Hill, Vanessa Farrell or Bec Glover to discuss committee opportunities.

Want to become an official? We need you!

Our Club needs more parents to help out as technical officials at our monthly Club Nights. The Club continues to rely on the unwavering support and commitment of Karen & Steven Hodgetts to satisfy our officiating duties. Their involvement has meant that every Club Night we hold gives our swimmers a chance of recording an official time. However, the compliance requirements to get our Club Night times sanctioned are becoming tougher than ever before. Future electronically timed Club Nights will require four (4) officials, although the big benefit is that all times swum will be available via the on-line entry system.

We really need more people from within our Club environment to become technical officials so that West Coast can continue to offer sanctioned Club Nights as a service to our members. Swimming WA will support training programs for technical officials and this is something we are willing to organise. So if you are interested in finding out more about what's involved, please contact Karen Hodgetts on 0433 261 055 or at kshodgetts@aapt.net.au .

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

STEVE HILL,
President

GO WEST COAST!