

LAST CHANCE FOR 'Long Course' MEET:

Long Course Interclub Challenge – Entry Deadline extended

The closing deadline for the "Long Course Interclub Challenge" between Western Sprint, West Coast & Breakers swim clubs has been extended until this Sunday the 7th of August.

There are still plenty of spots available for West Coast swimmers wanting to secure valuable pre-season Long Course times. Swimming WA has sanctioned the meet so times swum will be official. The meet will be held at the Trinity College outdoor heated 50m pool, with warm-ups starting around 10am and racing from 11am. Swimmers can enter up to 5 events for a flat fee of \$20. All ages are welcome with 'no entry' times necessary.

A copy of the Meet program can be [downloaded here](#) or on the club website and members should use the standard Swimming WA entry [card here](#). Hurry and get your entry cards and payment into the 'Black Box' at the Club office and/or email the entry card to Vanessa Farrell at farrellclan@optusnet.com.au.

Western Sprint is aiming to have a 30-minute lunchbreak with healthy food options available for sale at the venue.

COACHING NEWS:

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.

Dry-land Sessions

Now that our preparations have begun for the Long Course season, Tuesday and Thursday "dry-land" sessions (5pm to 6:30pm) are underway. These sessions are open to all swimmers 10 years and above. However, coaches strongly suggest that swimmers attending the recommended number of "in-water" sessions before attending dry-land sessions. It is important to note that swimmers are able to choose between dry-land sessions and in-water sessions on Tuesdays and Thursdays. Dry-land sessions will be conducted by Deb Jones (DJ) and Chris Jongsma (CJ) and in-water sessions by Diane Shepherd and Steve Schmidt (5pm to 7pm).

Our morning sessions are growing in popularity and are a great way to get in those additional swim sessions, freeing up afternoons for dry-land, homework, other sports or just relaxing. Morning sessions are conducted on Monday, Tuesday, Thursday, Friday and Saturday mornings at 6am.

Recommended Swim sessions

To achieve competitive goals and expectations, swimmers in the following squads should consider the recommendations below.

- National Age & Age Squads (14 to 18 year olds): 5 to 6 sessions weekly plus a minimum of 1 dry-land session;
- National Age Development & Age Development squads (11 to 14 year olds): 4 to 5 sessions weekly, plus a minimum of 1 dry-land session;
- Junior Performance Squads: 3 to 4 sessions weekly, including one dry-land session

Please feel free to contact DJ or CJ if you require further explanation on morning sessions or dry-land training, or if you wish to discuss your/your child's personal requirements.

SWA Short Course Club Relay Day

Over the next few weeks, the West Coast coaching team looks forward to selecting as many teams as possible to represent the Club at the "Swimming WA Short Course Relay Day". This event is to be held at Challenge Stadium on Saturday the 3rd of September and will give our Club's swimmers another great "team-building experience" competing against some of the strongest clubs in the State. Invitations will be sent out shortly to all swimmers selected to be part of our freestyle and medley relay teams in Open, 18/U, 15/U, 12/U & 9/U divisions as well as 10 x 50m Freestyle Relay team with a male and female from each division swum in order of youngest to oldest.

Coach/Parent Interaction

If you need to discuss the individual needs of your child's swimming program with your coach, then parents are encouraged to follow some fairly straight forward guidelines.

The right time to contact Coaches is either before or after training sessions. Our new coaching structure has been designed to encourage parents to make appointments with coaches to discuss any concerns or to receive feedback on your child's needs.

Parents are asked to avoid approaching coaches while they are on pool-deck during training sessions. This is when their priority is on providing feedback to swimmers and remaining focussed on the swimmers at all times.

**Thanks on behalf of the West Coast Coaching Team,
DEB JONES**

AROUND THE CLUB:

July Club Night Results

Results from last week's successful July Club Night can be found on the West Coast [website](#) and any PB's swum are now registered on the Swimming WA website. It was terrific to see 65 swimmers participating in the meet, especially now that the Short course season is in wind-down mode.

Thanks very much to all of the West Coast mums for putting on a delicious "Soup & Roll" session immediately after Club Night. Nearly 100 people comprising swimmers, volunteer timekeepers, siblings and parents enjoyed a wide range of delicious home-made soups. Our thanks go to:

Yolanda Carstens, Michelle Kriening, Michelle Chin, Melissa Papantoniou, Jane Robinson, Julie Verley, Pippa Player, Natalee Hamilton, Jennifer Sadek, Bobbie Pearson, Julie Chan (Tay) and Carmelina Kyriakou.

Leadership Group Announcement:

The 2011-12 West Coast 'Swimmer Leadership Group' was announced at the July Club Night. Well done to Madi Hopkins, Alisha Hodgetts, Vienna Schnell, Mark Ferguson, Jack Gangemi and Glenn Oliviero for accepting leadership roles at The Club. The 'Leadership Group' will be responsible for representing the interests of all West Coast swimmers and provide the committee with important feedback about the needs and aspirations of the Club's most important assets, our swimmers. We encourage all swimmers to give them your support and respond to them if you are asked to help out with any tasks around the pool.

Free Membership Winner:

Congratulations to Talia Papantoniou who was the lucky winner of a year's free membership. The prize was drawn at last week's July Club Night. The prize draw was open to all members who got their membership applications in before the 15th of July.

Squad Enrolments:

Squad fees for August should have been paid by now. As per previous newsletters, all squad fees are payable (at least) 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:

[Click here](#) 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!