

COACHING NEWS:

Swimming WA Club Relay Meet

Can all competitive swimmers please check the latest [RELAY TEAM LIST](#) to see if you have been chosen to represent West Coast Swim Club in the Swimming WA Club Relay Day, which is to be held at Challenge on September 3. **We need to know NOW if you are not available to swim.** Entries close at Swimming WA this Monday so please contact CJ straight away on 0438 810 166 or cj49@inet.net.au if you are unable to swim.

Western Sprint Meet :

Congratulations to all of the swimmers who competed at the Western Sprint Tri-Club Long course meet at Trinity College last weekend. According to the CJ's calculations there were 39 new PB's swum and some impressive new long course times. Check out the [RESULTS](#).

Goal-setting & Kick-set challenge:

Monday saw us back at the pool determined to better our times at the next meet. Kick sets continued again this week, followed by an important goal-setting session for National and Age swimmers on Tuesday. Swimmers in the Junior squads are continuing to try to complete their target kick sets (5 x 50m kick on a particular time) in order to make our '80', '70' or '60' clubs. Well done to Peter Carstens and Talia Papantoniou who are the first to make the '60' club!

International Meet – Singapore:

So far we have four families who have confirmed their interest in travelling to the Singapore Meet on November 19th or 20th. Melissa Papantoniou has agreed to be the team co-ordinator for this event and has already sourced quotes on flights and accommodation. For further information, please contact Melissa at melissapap@bigpond.com

Special Clinic - National Age, Age, National Age Development and Age Development:

Sports Physiotherapist Jeremy Hunter will be giving a short presentation to all age swimmers (11/12years +) next Wednesday, the 14th of August. His presentation will focus on the importance of dry-land training in injury prevention for developing swimmers. All swimmers will need a medium strength (red/orange) 'Theraband' to participate in this session. If you have your own, please bring it along. For those swimmers who do not have a 'Theraband', these will be provided for the cost of \$3. Diane will be running a squad session as normal for those swimmers not wishing to participate.

Session 1, 4:30-5:00pm: National Age & Age swimmers (14 years & over)

Session 2, 5:00-5:30pm: National Age Development & Age Development (11 years & over)

Swim session with Paul Bruce will commence at 5:45pm

Junior Performance swimmers will commence swimming at 5pm with turns, starts and finishes from 5:00 to 5:45pm. They will join in the main group session from 5:45 to 7pm.

Breaststroke Session:

This Saturday, August 20th, all Junior and Junior Performance swimmers are invited to a special Breaststroke session from 6am to 8am with Deb Jones. This two hour session will focus on breaststroke drills, starts, turns and finishes, as well as race technique for 50, 100 and 200m events. National Age Development and Age Development may also choose to join the Breaststroke session, or opt join CJ's sprint group.

Private Lessons:

Coaches are available for private sessions during the week. Please see the [attached timetable](#) showing availability in August and email Deb Jones at hdtjones@bigpond.com if you would like to arrange a lesson at one of these times. 30 minute lessons cost \$30 and one hour lessons \$60.

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

AROUND THE CLUB:

CLUB OFFICE PHONE NUMBER:

The Club now has a business phone number, which is 08-9287 1805. Please enter this number in your contact list and use it during normal business hours if you need to communicate with our senior coaching & administration team, CJ & DJ. Please note that staff will be unlikely to answer this number during scheduled squad session times, in which case you should be able to leave a message so that they can return your call at a more convenient time.

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.

AUGUST CLUB NIGHT – Relay & Pasta Club Night:

To all West Coast squad swimmers and members, get your entries in now for next week's August Club Night with a difference. This meet will consist of a number of fun and competitive relays. Swimmers will need to nominate attendance only as teams will be selected by the coaches. Swimmers will swim in a minimum of two relay events.

A **\$5 entry fee** applies for this meet, which will include a pasta meal after the event. Additional family members can purchase a pasta meal for \$5, so please indicate on the [ENTRY FORM](#) how many additional meals you require. Entries close next Monday, the 22nd of August. Fill out your forms and get them in now.

\$5,000 STINGRAYS SPONSORSHIP ANNOUNCEMENT

Our Stingrays Squad has received a terrific boost with the announcement that Parker, Black & Forrest Pty Ltd has very generously donated \$5,000 towards the ongoing funding requirements of our Saturday morning squads. Parker, Black & Forrest are based in Osborne Park and are a wholesale building and hardware supply company. We look forward to telling you more about what this donation means to the Stingrays Squad in the coming weeks. A special thanks to Stingrays dad Paul Rossen for creating the donation opportunity.

DEPARTMENT OF SPORT & RECREATION GRANT

West Coast swimming Club greatly appreciates the support of the Department of Sport & Recreation, which recently allocated a \$1,820 grant to the Club. Well done to committee member Adrian Fowler for securing the grant via DSR's 'Professional Development – Volunteer Learning & Development Program'.

The committee will be looking to allocate this Grant wisely, particularly as we are looking to develop and train more volunteer officials from within our own ranks. Remember if you are keen to learn what it takes to be a swimming official, please contact Karen Hodgetts on 0433 261 055 or kshodgetts@aapt.net.au.

AGM & Committee roles:

The Club's Annual General Meeting is scheduled for next Thursday the 25th of August at 7pm, immediately after 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 still 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:

Find out more about the various [COMMITTEE ROLES](#) or feel free to contact Steve Hill, Vanessa Farrell or Bec Glover to discuss specific committee opportunities.

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.

There will be a full range of events for individual swimmers and team relays plus fun prizes and raffles. [Click Here](#) to find out which events you want to swim.

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

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. 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**.

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

STEVE HILL,
President

GO WEST COAST!