

Second edition

July - 2008

Special points of interest:

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- President's Point
- Coaches Corner Senior s & Juniors
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West Coast Swimming Club is proudly sponsored by



THE STINGER



OFFICIAL NEWSLETTER OF THE WEST COAST SWIMMING CLUB

EAMON`S BIG DAY



What a fantastic day and a great turn out. Many thanks to all who came out to support our Eamon. Special thanks to all the volunteers for making it such a fun day. Quite a lot of behind the scene work goes on to make days like Saturday so successful, so on behalf of all the members thank you to all concerned. Many thanks to Dorsogna, John McShane, Golden Eggs and the Leone Family for providing free of charge the food and drinks.

As much as we love our Eamon and the Olympics please make yourself available when ever possible, support as many events and



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functions as you can. The club has quite a few exciting idea's and events coming up in the near future, also don't forget to get behind all our swimmers with State and National comp's coming up.

FROM THE LARGE EXPANSE OF WATER

Open Water Swimming 2008/09

Open water swimming provides an opportunity for swimmers to test their endurance and tenacity without a black line and lane ropes. It is an exciting time for Open Water with the 10km event being included in the 2008 Olympics for the first time ever.

West Coast actively supports Open Water Swimming and has targeted the following swims this season. All swimmers are encouraged to participate and have a go in the following meets:

Date	Venue	Distance	Online entry	Coach Note:
2 November 2008	OWS#1 Champion Lakes Rowing Course, Armadale	1.25km, 2.5km, 5km and 10km events	Yes - SWA	This is the only full club targeted meet and all swimmers (11+yrs) are expected to participate. It's your best chance to qualify for Nationals (5km and 10km). Swim on a rowing course, with lane ropes to guide you. No stingers!
15 November 2008	OWS#2 Rockingham Foreshore	1.25km, 2.5km, and 5km	Yes - SWA	Flat, sheltered water.
14 December 2008	OWS#3 Mullaloo Beach	1.25km, 2.5km, and 5km	Yes - SWA	Flat water. Stingers may be an issue?
4 January 2009	OWS#4 Leighton Beach	1.25km, 2.5km, and 5km	Yes - SWA	Flat water. Stingers may be an issue?
24 January 2009	OWS#5 Sorrento Beach	1.25km and 5km *WA State OWS Championships	Yes - SWA	Flat water. Stingers may be an issue? State OWS Championships medals up for grabs. Selection event for TAG funding for Nationals (5km).
25 January 2009	OWS#5 Sorrento Beach	2.5km and 10km *WA State OWS Championships	Yes - SWA	Flat water. Stingers may be an issue? State OWS Championships medals up for grabs. Selection event for TAG funding for Nationals (10km).
8 February 2009	Busselton Jetty Swim, Busselton	3.8km (Solo, Duos and Teams of 4)	Yes	Online entries at www.busseltonjettyswim.org.au . Last year, we had a fantastic family road trip and we'll be expecting the same this year. Full on festival with bands and activities.
21 February 2009	Rottneet Channel Swim	19.2km (Solo, Duos and Teams of 4)	Yes 3/11/08	Excellent event. Encourage all to participate in solo, duos or teams of 4.
28 February - 1 March 2009	Sydney International Regatta Centre, Penrith	5km, 10km and 25km National Open Water Championships (Age and Open)	No	Must have achieved qualifying times for this event (see www.swimming.org.au). Includes the National Age and Open Water Championships. The best event to achieve qualifying times will be the Champion Lakes Rowing Course event on 2 November.



FROM THE FAST LANE

2008 Beijing Paralympics Games

Swimming Schedule for Katrina Porter and Jeremy McClure

Heats in the morning Finals at night, Televised live on ABC2, 2 hour summary each night on ABC

Day 1 – Sunday 7 September	Women's 200 IM SM7 – Katrina Porter
Day 2 – Monday 8 September	Men's 100 breast S12 – Jeremy McClure
Day 4 – Wednesday 10 September	Women's 100 back S7 – Katrina Porter
Day 5 – Thursday 11 September	Women's 400 free S7 – Katrina Porter
Day 6 – Friday 12 September	Women's 100 breast SB6 – Katrina Porter
Day 7 – Saturday 13 September	Men's 100 back S12 - Jeremy McClure Women's 50 fly S7 – Katrina Porter
Day 8 – Sunday 14 September	Men's 50 free S12 – Jeremy McClure

The club wishes Katrina and Jeremy all the best at the games

MEET OUR NATIONAL OPEN

AUSTRALIAN SHORT COURSE TEAM

Congratulations on making the team . I know some of you are not going, but to all of you a job well done .

Our champions are :

THE GIRLS

Rebecca Blevins (16)	50 Breast 100 Free 50 Fly 100 Breast 50 Free 200IM 200 Breast
Sofie Frichot (18)	100 Free 50 Fly 100 Fly 50 Free
Brielle Jarrett (14)	50 Breast 100 Breast 200 Breast
Gianna Leone (16)	200 Fly 100 Free 50 Fly 100IM 50 Back 100 Fly 50 Free 200IM 200 Free
Amy Lucas (18)	50 Breast 100 Back 100 Free 50 Fly 100IM 200 Back 400 Free 50 Back 100 Fly 50 Free 200 Free
Jessie Mitchell (16)	800 Free 400 Free 200 Free
Kellie Rivers–Malet (19)	100 Breast 200 Breast
Katrina Porter (19)	200 IM 100 Back 400 Free 100 Breast 50 Fly

THE BOYS

Tommaso D`Orogna (17)	100 Back 400IM 100 Breast 200 Free 50 Free 100 Fly 100 Free 200 IM 50 Back 50 Fly 100IM
Adrian Davini	100 Breast 50 Free 50 Fly 50 Breast
Konrad Herewini (16)	100 Back 100 Fly 200 Back 50 Fly 50 Back
Bobby Jovanovich (18)	200 Free 100 Back 50 Back 50 Fly 200IM 100 Free 200 Back
Harry Jovanovich (16)	200 Free 100 Back 800 Free 50 Back 200 Back
Garth Kates (18)	100 Fly 50 Free 50 Back 50 Fly
Jeremy McClure (21)	100 Back 100 Breast 50 Free
Nat Ruback (17)	200 Breast
Jim Piper (27)	100 Breast 100 Free 200IM 200 Breast 50 Breast 50 Free 100IM 100 Breast
Mathew Smith (19)	100 Breast 50 Breast
Jamie Sturgeon (16)	100 Back 50 Back
Greg Tidboald (18)	200 Free 100 Breast 400 IM 400 Free 200 IM 200 Breast 100 IM 50 Breast 200 Fly

The team will be Managed by the very capable Rozanne Lucas

MEET OUR NATIONAL & AGE NATIONAL SWIMMERS

Congratulations on making the required times that make you eligible to go to the nationals and the age nationals. Good luck in all upcoming events. through out the year and next year.

8 x GIRLS

Rebecca Blevins (16)	200IM 100 Free 100 Breast
Sofie Frichot (18)	200 Free 50 Free 100 Fly 100 Free 200 Fly
Kelsey Gill (15)	200 Back 100 Back
Brielle Jarrett (14)	200 Breast 50 Free 100 Breast 200IM 100 Free
Gianna Leone (16)	400 Free 100 Back 200 Free 100 Fly 200IM 100 Free 400 IM 200 Fly 50 Free
Amy Lucas (18)	100 Back 400 Free 200 Back 200 Free 50 Free 100 Free 200 IM
Jessie Mitchell (16)	400 Free 200 Free 100 Free 800 Free
Katrina Porter (19)	200IM 400 Free 100 Back 100 Breast 50 Fly

18 x BOYS

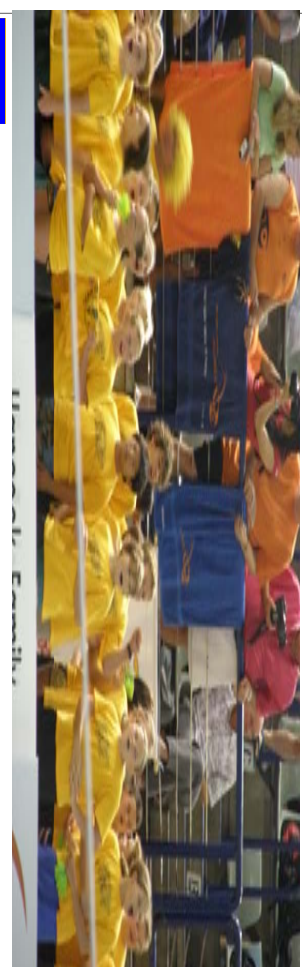
Adrian Davini (23)	100 Breast 50 Free 50 Fly 50 Breast
Luke Benoit–Spargo (16)	200 Back 50 Free
Kieran Clancy–Lowe (16)	50 Free
Tommaso D`Orsogna (17)	100 Back 400 IM 200 Free 50 Free 100 Fly 100 Free 200 IM
Konrad Herewini (16)	100 Back 200 Back 100 Fly
Patrick Hoey (16)	100 Free 50 Free
Nicholas Hutt (13)	100 Free 50 Free
Bobby Jovanovich (18)	100 Back 200 Back 200 Free 50 Free 100 Free 200 IM
Harry Jovanovich (16)	400 Free 100 Back 200 Free 200 Back 100 Free 50 Free
Garth Kates (18)	200 Free 50 Free 100 Fly 100 Free
James Macfarlan (15)	1500 Free
Jeremy McClure (21)	100 Back 100 Breast 50 Free
Dario Pervan (16)	50 Free
Jim Piper (27)	100 Breast 100 Free 200 IM 200 Breast 50 Breast 50 Free 100 IM
Nat Ruback (17)	100 Breast 200 Breast
Mathew Smith (19)	100 Breast 50 Breast
Jamie Sturgeon (16)	100 Back 50 Back
Gregg Tidboald (18)	200 Free 100 Breast 400 IM 400 Free 200 IM 200 Breast 100 IM 50 Breast 200 Fly

BEHIND THE " J " BLOCKS

Carine West Coast Club Day,

Congratulations to all the swimmers who competed at the Carine West Coast Club Day held on Sunday 17/8/08. There were just under 60 swimmers and the day was full of fun and excitement. The 29 younger Carine swimmers were thrilled to be able to compete, most for the first time in a "Meet" environment, and this was complimented by the West Coast swimmers who provided some excitement in the day. An example of this was Kieran Clancy-Lowe giving the Carine kids 15 metres start in a 25mfreestyle race. Thank you Kieran, this added to the fun of the day. Also a special thanks to the 8 visiting South African school girls who provided good competition for the older swimmers. The "Meet" was finished with an "all in" relay between the boys and girls. The girls took line honours although a check of the tape may reveal some "breaks" in changeovers and falling slightly short of the wall in the last tumble turn (what's 5m between friends), but it would have to be one of the funniest relays of all time. Well done to all swimmers and a big thanks to all the Carine staff & coaches and the West Coast members for their help on the day.

And a big thanks to Tina Strack for all her help through out this project.



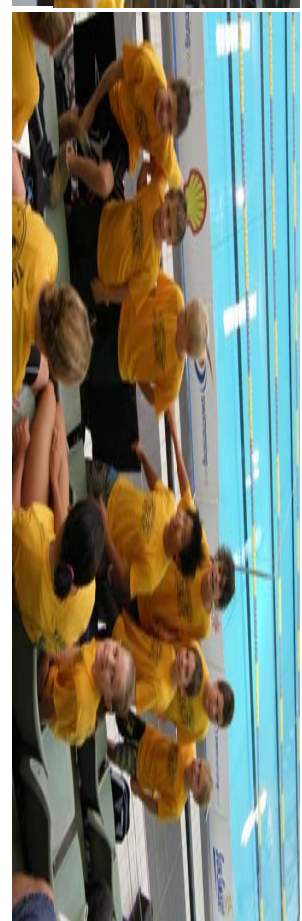
IT'S YOUR BIRTHDAY

Amy Crawford 06/09/1995

Max Contessi 25/09/1999

Jacinta Fraser Gillard 05/09/1998

From the whole club have a great birthday and best wishes



In the coming months ahead The Stinger would like to introduce some of the clubs elite swimmers to you.

We are hoping to have a section on (swimmers profile) where we will run a brief summary on the swimmers career to date, eg: when did you realize swimming was for you, how did you get there, highlights so far, training schedules, tips for juniors, what motivates you etc.

We hope this will inspire and educate the juniors, lift the profile of our elite swimmers.

And also make the juniors aware of what is required to swim at a high level.

TARGETED MEETS

SOME GREAT RESULTS AT THE

2008 SWA Short Course Qualifying Meet 02-Aug-08 to 03-Aug-08 SC Meters

Here is a list of good P.Bs, notable swims and records..

I have listed all P.B'S over 3 seconds .

Ashworth, Cameron (14) M : 2:43.30S F # 34 Male Open 200 Breast 4 **-5.38** Huge P.B.

Atkin, Thomas (14) M : 1:02.05S F # 32 Male Open 100 Free 21 **-3.82**

Contessi, Max (8)M: Great swimming for some first up events .

Downing, Sacha (11) F : 1:32.56S F # 7 Female Open 100 IM 68 **-5.85**

Guy, Niamh (13)F: 5:23.02S F # 25 Female Open 400 Free 27 **-3.13** 2:55.28S F # 41 Female Open 200 IM 25 **-4.03**
42.40S F# 45 Female Open 50 Back 37 **-4.42**

Herbert, Abbey (14) F: 1:14.88S F # 13 Female Open 100 Fly 12 **-5.45** Gone to a whole new level.

Hewitt, Louise (10) F : 2:49.59S F # 17 Female Open 200 Free 55 **-8.59** That is real fast for someone who has just turned 10,

Hewitt, Thurston (12) M 2:50.16S F # 8 Male Open 200 Back 19 **-7.53** 2:35.08S F # 16 Male Open 200 Free 34 **-5.03** 5:24.53S F # 24 Male Open 400 Free 20 **-32.80** Thurston burning up the lanes and gaining confidents. Yes a 32.80 PB

Hodgetts, Alisha (12) F 1:25.29S F # 13 Female Open 100 Fly 34 **-8.36** 2:30.43S F # 17 Female Open 200 Free 20 **-7.58**

Alisha back from injury and looking good.

Hodgetts, Ryan (7) M Produced two great first up 100M swim's

Macfarlan, James (15) M 1:04.91S F # 12 Male Open 100 Fly 6 **-16.42** No bad for an open swimmer

Marshall, Sidney (12) F : Four great swim's

McClure, Jeremy 12 (21) M Beijing bound 'good luck'

Norton, Jessie (13) F 1:24.64S F # 7 Female Open 100 IM 51 **-3.39**

Norton, Joel (10) M **2:40.23S** F # 8 Male Open 200 Back 11 **3:06.95S** F # 34 Male Open 200 Breast 13

Both first up swims broke the 10/U WA All Comers Short Course State Record held by Cooper Rogers at 2.43.07S and Sandon Block at 3.11.41S

Robinson, Kyle (11) M 2:28.12S F # 16 Male Open 200 Free 25 **-5.59** 3:14.30S F # 34 Male Open 200 Breast 15 **-10.10** 2:56.34S F # 40 Male Open 200 IM 25 **-6.13** Three great PB's including a 10.10 PB after playing soccer all weekend. Love your work Kyle.

Warnock, Andrew (11) M 2.54.43S F # 8 Male Open 200 Back 23 **-3.85** 2:37.87S F # 16 Male Open 200 Free 35 **-3.01** Big improver, keeps climbing up the rankings

TARGETED MEETS

West Coast was very well represented at the Rockingham Winter Distance Carnival with 21 swimmer going down.

Thanks to everyone for representing the club so well.

Below is a list of medal winners

Special note to the girls relay team that won gold, well done,

Max Contessi : 8 year old Max had a great meet winning in style picking up two gold and a silver.

Nat Ruback : Winning all his races and setting some good PBs in the process. 4 races 4 gold.

Andrew Warnock : 3 silver, emerging as one of the best male junior butterflyers at the club with 1.25.10s in 100m, 4.73 PB.

Alisha Hodgetts : A whopping 23.56 PB in her 400 Free well done Alisha.

Name	Gold	Silver	Bronze
Nat Ruback (17)	4		
Max Contessi (8)	2	1	
Amy Crawford (12)	1		2
Amy Lucas (18)	1		
Andrew Warnock (11)		3	
Arwen Vernon (10)		2	2
Thomas Atkin (14)		1	2
Alisha Hodgetts (12)		1	
Abbey Herbert (14)			2
Total	8	8	8



Out Of My Lane Now !!!

NUTRITION AND EXERCISES FOR SPORT

Preventing Injury with Dryland Exercises

Your shoulders rotate a lot in the sport of swimming. If you took only 10 strokes per length, you would rotate your shoulders 1200 times in just 3,000 yards. That's a lot of work for the rotator cuff muscles, which act to help stabilize your shoulder joints. It also requires a lot of effort on the part of your upper core muscles to maintain good posture so that all of your shoulder muscles and joints can work efficiently and avoid overuse injuries. Rotator cuff exercises with elastic tubing or small dumbbells are important. Also, core exercises such as superman, planks, scapular retraction (where you lie face down on the floor with your arms out to the side like a "T", and raise your arms off the floor, squeezing your shoulder blades down and together) are key exercises. Add some "lat" pull downs or pull-ups, front and lateral raises, and reverse flies, and you will have rock solid shoulders that are ready to swim forever. Remember, do these exercises with supervision to make sure you use proper technique.

A BREAKFAST of champions is more than just a bowl of Weet-Bix for US swimming superstar Michael Phelps.

The 23-year-old is swimming his way into the record books fuelled by 12,000 calories a day.

That's six times the average calorie intake for a 23-year-old man.

NBC America revealed Phelps starts the day at 5am with three fried egg sandwiches topped with cheese, lettuce, tomatoes, fried onions, and mayonnaise.

That's followed by a five-egg omelet, a bowl of grits (porridge), three slices of French toast with powdered sugar, and three chocolate-chip pancakes, all washed down with two cups of coffee.

By lunchtime though Phelps, who is contesting eight events in Beijing, needs refuelling.

That comes in the form of half a kilo of enriched pasta, two large ham and cheese sandwiches on white bread with mayonnaise, and nearly 1,000 calories worth of energy drinks.

Phelps told NBC his competition regime was all about getting "some calories into my system and try to recover the best I can".

After a hard day's slog at the pool Phelps ends his day with another round calorie and carbohydrate loading.

Dinner consists of another half a kilo of pasta followed by an entire pizza and another 1,000 calories of energy drinks.

The massive menu is needed every day to fuel Phelps' five-hour long pool sessions six days a week.

"Eat, sleep and swim. That's all I do," Phelps told NBC.

Phelps, who holds the world records in the 200m freestyle, 200m butterfly and the 200m and 400m individual medleys, will go for gold in the 200m individual medley today.

TAKING CARE OF BUSINESS

Code	Member Category	Club Fees	Swimming WA Fees	Member Fee Total
C1	Competitive 1st Child	155	80	235
C2	Competitive 2nd Child	130	80	210
C3	Competitive 3rd Child	105	80	185
RS	Recreational Swimmer	81	54	135
NC	Non Competitive	13.50	26.50	40

The above fees have been endorsed by the West Coast Committee for the oncoming season.

There are two main reasons for the increase in fees

- 1: Swimming WA has increased their fees
- 2: To ensure our swimmers have the benefit of coaches at targeted meets

The first **Club Night** for the new season will be Thursday, 3 July. And every club night .

Entries need to be in the day before. Entry forms are available at the pool or you can download one [here](#). You may enter a maximum of **four events**. Any distance event plus the four 50m and 100m strokes are available. You may enter by emailing Karen Hodgetts at kshodgetts@aapt.net.au or by placing your completed entry form in the club letterbox at Challenge.

This season there is no need for a gold coin payment to enter Club Nights.

Most of you will have received registration forms for the new season which begins on 1 July. If not, these are available on our website www.westcoast.asn.au.

UNIFORMS

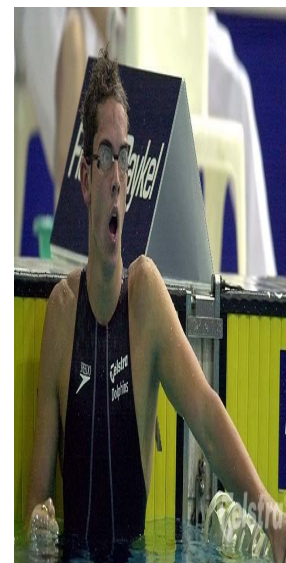
Jane Robinson will be opening the **"Uniform Shop"** every Monday from 4.30pm to 5.30pm. If anyone has any queries they can contact Jane on 0400023772 or via email janerobinson67@yahoo.com.au

The club currently has a small stock of old style bathers. These would be excellent to use as training bathers. Old caps to be priced at same price as new ones.

New Polo Shirts, Towels and Hoodies are available to purchase. In the next few weeks T-Shirts and Winter Jackets will also be available. For more information speak to Jane Robinson who will be available for Uniform Purchases every Monday from 4.30pm-5.30pm and on club nights.

A few people have asked us to get some Beanies with the club emblem on them. Is this something people would be interested in? If so send an email to Jane, janerobinson67@yahoo.com.au, and let her know. If we get enough interest then we will arrange for this to happen.

SWIM MEET	VENUE	SQUAD	COACHES
June 2008			
5-8 Oceania Championships	Christchurch, New Zealand	B. Jovanovich Australian Team	Australian Team
7 Southlake Dolphins SC Sprint Carnival	Challenge	All swimmers	Mel, Chris
14-15 SWA SC Qualifying Meet	Challenge	All swimmers	Chris
22 Central Midlands Region 3 Open SC	Challenge	Optional	-
28 Breakers Pentathlon	Challenge	Optional	-
29 Mandurah Club Challenge	Mandurah	All swimmers	Chris
July 2008			
World Youth Championships	Monterrey, Mexico	T. D'Orsogna Australian Team	Australian Team
4-7 Telstra Grand Prix 2	Sydney	Olympic & Paralympics Team	Grant, Mel
5-6 Albany Short Course	Albany	All swimmers	Chris, CJ
10-13 Hancock FMF State Open & Junior SC Championships	Challenge	Open & Junior (+ Age who qualify for open)	Mel, Chris, Jim (Roster)
August 2008			
2-3 SWA SC Qualifying Meet	Challenge	All swimmers	Chris
8-24 Olympic Games	Beijing, China	E. Sullivan Olympic Team	Grant
9-10 Rockingham SC Distance Carnival	Rockingham	Optional	-
30-31 Hancock FMF State Age SC Championships (Weekend 1)	Challenge	Age	Jim, Chris
September 2008			
6-7 Hancock FMF State Age SC Championships (Weekend 2)	Challenge	Age	Jim, Chris
6-17 Paralympics Games	Beijing, China	K. Porter J. McClure Paralympics Team	Mel
13-14 SWA LC Qualifying Meet	Challenge	All swimmers	Chris
20-24 Australian SC Championships	Melbourne	Open/Age	Mel, Jim
21 Peel Aquatic Sprint Carnival	Rockingham	Optional	-
28 Mandurah Junior Short Course	Mandurah	Optional	-
October 2008			
4 Fremantle Port LC Meet	Challenge	All swimmers	Mel, Chris
4-5 Kimberley Open SC Championships	Broome	Optional	-
5 Thornlie Spring Carnival	Riverton	Optional	-
12 Central Midlands Region 3 Open LC	Challenge	Optional	-
18-19 Hancock FMF Distance Meet	Challenge	All swimmers	Mel, Chris
25-26 FINA World Cup	Sydney	Open	-
26 City of Perth Classic	Challenge	All swimmers	Chris
November 2008			
1-2 All Nations Cup	Singapore	All swimmers	Chris
29 Nov-7 Dec Pacific School Games (Team selected by School Sport WA in May 2008)	Canberra	Age	SSWA
29 D'Orsogna Christmas Cup	Challenge	All swimmers	All coaches
December 2008			





Address :
Challenge Stadium
Stephenson Avenue
Mount Claremont
West Australia 6010

Postal Address :
Challenge Stadium
PO Box 302
Claremont
Western Australia 6010

Website of note:

www.westcoast.asn.au
West Coast Swimming Club

www.wasa.asn.au
Swimming WA
(all club and state events)

www.swimming.org.au
Swimming Australia
(National Events)

Complete entry card including meet, events, event numbers and times. (See website below). If you are unsure of your current official times then complete this section in pencil.

Please place completed cards together with a cheque or correct money, include a \$2.00 entry card fee in a envelope in the West Coast letterbox situated on the wall near the club door, by the club's due date (see Targeted Meets) .

Payment by cheque or money order is preferred and cash will only be accepted up to the amount of \$20.00 per swimmer per meet.

Cheques for all meet entries need to be made out to West Coast Swimming Club.

Cheques for coaching fees are made out to Mel Tantrum Coaching.

CLUB NIGHT

Club Night are usually scheduled MONTHLY on the 1st Thursday of each month at

Challenge Stadium commencing at 5.00pm. Check the Calendar on our website for dates.

Entries must be submitted by 5.00pm on Wednesday the day before Club Night by placing entries into the mail box outside the club rooms or entries maybe e-mailed:

Club Night Co-Coordinator

Karen Hodgetts : kshodgetts@aapt.net.au Phone: 9306 2813

Recreational and Competitive swimmers must attend three or more Club Nights to be eligible for a trophy at Club Championships, normally held near the end of March.

All swimmers may enter 50M in all strokes every club night . (Maximum 4 events per swimmer)

Club Night Championship _ Boy & Girl Overall Trophies - is achieved through a point system by attending Club Nights and Targeted Meets. Points are accrued by,

1 point – for each event swam at club night

2 points – for each Club Night PB (not WA Swimming PB's)

1 point – for attending a Targeted Meet.