

Fourth edition

Sept - 2008

**Special points of interest:**

- The new looking Stinger
- President's Point
- Coaches Corner Senior s & Juniors
- Feature Story
- Behind the 'J' Block
- Junior Swimmer of the month
- Birthdays
- Targeted Meets

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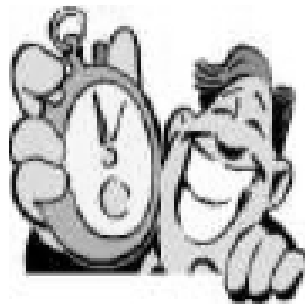
# THE STINGER WEST COAST SWIMMING CLUB

OFFICAL NEWSLETTER OF THE WEST COAST SWIMMING CLUB



## TIME KEEPING

I am sorry to start the newsletter on a low point, but this situation is getting out of hand. All swimming meets require timekeepers.



As part of your commitment at West Coast Swimming Club it is your responsibility to make yourself available for the

### TIME KEEPING ROSTER.

The Club will email a roster to all members prior to a swim meet and post a copy on the notice board. The roster is designed around parents/carers who will have swimmers competing on that day, session or time.

It is your responsibility to find out when you are time keeping , not knowing is not an excuse, find out, ask someone. If your child or children are swimming, you're time keeping, simple as that. If you are performing another duty on behalf of the club like announcing, officiating, selling programs etc, obviously the club will do its best to spread the load around. We will try not to put you on the roster, but this may be difficult if you have multiple kids with multiple swims. A common sense approach will apply.

If you don't want to time keep don't enter your children in the meet.

As one of the larger clubs West Coast will generally have to supply a minimum of three (3) timekeepers. We ask you to do your bit and not go missing in action.

REMEMBER if you can't make your rostered commitment, be responsible and make arrangements with other club members to take your place.

This includes covering your spot even if your child is unwell or cannot swim for any reason.

Make an effort because at the moment some parents are doing two or three hours of time keeping per day covering for others.

Instituting fines and removing kids from swim meets is not the way the club wants to go. We don't want to regulate responsibility that surely comes willingly .

Lets all join in, help out, and have fun, its that easy.

### Parental Responsibilities

To assist your children in enjoying their Swimming & Club experience.

Attend Club Nights and Swim meets to support and encourage.

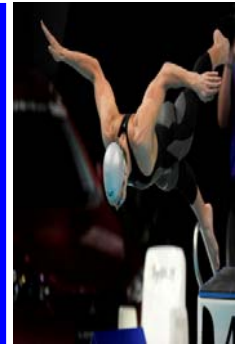
Offer to assist with Club activities

Participate in fund raising

Read Club Notice Board & West Coast Stinger (newsletter).

Come along to a Committee meeting (check with Secretary).

Fulfil duties asked of you i.e. Timekeeping. Cheer and support ALL swimmers.



## FROM THE FAST LANE

### West Coast Swimming Club was back to its sizzling best at the WA Age Short Course Championships.

We literally smashed the competition, winning by 268.5 points

West Coast Swimming Club 1st on 862.50 points City of Perth Swimming Club 2nd on 594 points

Applecross Swimming Club 3rd on 564 points Southside Wesley Swimming Club 4th on 480.5 points

Aqua Attack Swimming Club 5th on 441 points

Dismissing all rumours and doomsday critics, West Coast powered to a fantastic win under the auspices of Mel Tantrum, with the help of Chris, Roger and Adrian the team lead from day one, right through to the last event of day four.

The meet was of a very high standard with 4 individual state records broken and nine relay records broken.

Lead by our seniors, with the likes of Tommaso winning twelve gold and swimming in great form to smash the WA All Time Record for the 17/18 Years in the 100m freestyle in a time of 49.58s and the 200m freestyle in a time of 1.47.91s

We never looked back, Gianna Leone dominated her age group winning 10 gold. Jessie Mitchell with 5 gold, and Brielle Jarrett were in great form, ably supported by the emergence of some younger talent, Olivia Benoit-Spargo, Renee Wood and Abbey Herbert had a great meet. Olivia pumped out some great Pbs, watch out for this girl in the future.

The boys were simply fantastic Patrick Hoey has come of age and looked great, Alex Schubach had a great tussle with Ross Briggs all meet. Konrad with 4 gold was on fire, Gregg Tidboald with 3 gold, Luke, Harry, Nat, Tommaso, Dario, Kieran, James, Glen and Jamie Sturgeon were on top of their game. It's the dream team of swimming that most clubs would drool over.

Special note to Nicholas Hutt, man this boy is on fire, someone put him out, burnt up the lane in his 100M Free in a time of 56.81 seconds and in the 50M free in a time of 25.96 seconds for a 13 year old.

The emergence of Cameron Ashworth is pleasing to see, dogged by injury and mishaps has found a new vein of consistent form.

Jack you little beauty Spencer dug deep to produce one of his best swims in months pulling out a 9.94 PB, in his 200M butterfly in a time of 3.02.66s. Love your work Jack keep it up.

Some people have dismissed our younger juniors as not being up to scratch, but think again.

Benjamin Tapley, Yean Ng, Joel Norton, Olivia Benoit-Spargo, Alisha Hodgetts, Amy Crawford and Louise Hewitt showed enough to suggest that they will be around for a long time to come, winning at all levels.

To all that competed and helped West Coast Swimming Club rack up the points, and to all that swam some amazing PBs, (some over 10 seconds), I know I have not mentioned everyone but on behalf of the club thank you for a fantastic meet.

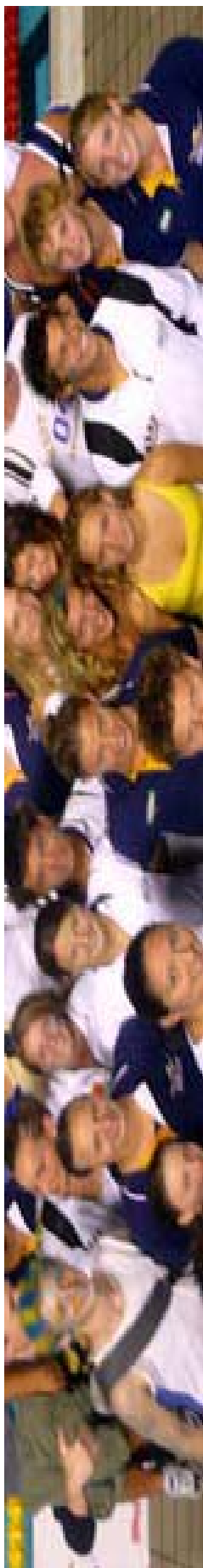
### Records: Tommaso's big swims in the 100m freestyle and the 200m free

The 13 & Under Boys 200 SC Metre Freestyle Relay Team of Nicholas Hutt, Benjamin Tapley, Joel Norton and Yean Ng winning gold and breaking the WA All-Comers State Record in a time of 1.53.92 seconds

The 18 & Under Boys 200 SC Metre Freestyle Relay Team winning gold and breaking the WA All-Comers Record in a time of 1.34.95 seconds

### Big P.B's

Cameron Ashworth 100M Back 1.06.23s	-6.01s
Tom Atkins 400 Free 4.37.39s and 100 Fly 1.09.23s	-6.35s & -5.08s
Olivia Benoit - Spargo 200 Back 2.27.60s	-11.41s
Amy Crawford 200 Free 2.24.97s	-7.56s
Tommaso D'Orogha 200 Fly 2.06.78s and 200 Free 1.47.91s	-8.79s & -7.29s
Abbey Herbert 200 Breast 2.52.25s	-5.25s
Alisha Hodgetts 200 Breast 3.09.96s 200 Back 2.48.09s 200IM 2.47.81s	-9.36s,-6.24s & -12.19s
Jessie Mitchell 800 Free 8.41.77s 200 Back 2.22.95s	-7.19s & -7.52s
Jessica Murray 1500 Free	-26.19s



## FROM THE FAST LANE

*Please find below the medal count for the 2008 Hancock Family Medical Foundation State Age Short Course Swimming Championships*

Name	Gold	Silver	Bronze
Tommaso D` Orsogna	12		
Gianna Leone	10		
Jessie Mitchell	5	3	1
Konrad Herewini	4	1	
Alex Schubach	3	4	1
Gregg Tidboald	3	4	
Patrick Hoey	2	1	
Harry Jovanovich	1	3	2
Nicholas Hutt	1	2	2
Brielle Jarrett	1	1	1
Luke Benoit–Spargo	1		
Jamie Sturgeon		3	
Nat Ruback		2	
Cameron Ashworth		1	2
Olivia Benoit–Spargo		1	2
Abbey Herbert		1	1
James Macfarlan		1	
Total	43	28	12

**TELSTRA AUSTRALIAN SHORT COURSE SWIMMING CHAMPIONSHIPS**

The competition concluded last night at the Telstra Australian Short Course Swimming Championships.

Blair Evans has been the stand out West Australian swimmer of the meet, and last night won her fourth individual medal by placing third in the 200m freestyle. Evans finished the swim in 1:58.38, while fellow West Australian Merindah Dingjan finished fourth in 1:58.46.

Dingjan also competed in the final of the 50m freestyle last night, placing seventh in the event which she finished in 25.60 seconds.

[Tommaso D'Orsogna](#) won a silver medal in the final of the 100m individual medley in a time of 54.81 seconds (ninth Australian all time); while in the final of the 100m freestyle he finished fifth in 48.27.

Madeleine Scott competed in two finals events last night. The 100m butterfly and the 50m backstroke in which she placed fifth and seventh respectively.

[The West Coast 'A' team \(Harry Jovanovich, Gregg Tidboald, Garth Kates and Tommaso D'Orsogna\)](#) missed out on a bronze medal in the 4 x 100m medley relay by 0.05 of a second, finishing the race in 3:44.17. The City of Perth 'A' team ([Simon Le Couilliard, Craig Tucker, Jason Evans and Chris Timms](#)) finished in fifteenth place in 3:49.56.

Swimming Australia today announced the team for the 2009 Junior Pan Pacific Championships to be held in Guam from January 8<sup>th</sup>-12<sup>th</sup>. Making the team of 29 swimmers were stand out performers Blair Evans (City of Perth) and [Tommaso D'Orsogna \(West Coast\)](#).



2007 WA SWD Swimmer of the Year Katrina Porter and WAIS Director Steve Lawrence at the 2007 Vorgee WA Swimmer of the Year Awards.

Congratulation on this award Katrina and all the success that you had at the Olympics

Your world record and the way you swam, has inspired so many young kids to reach for the stars.

It takes courage to push yourself places that you have never been before .... To test your limits .... To break through barriers . Well done.

## TELSTRA AUSTRALIAN SHORT COURSE CHAMPIONSHIPS

### Individual Meet Results

2008 Telstra Australian Short Course 20-Sep-08 to 24-Sep-08 SC Meters Location: MSAC, Melbourne

West Coast Swimming Club [WES] Group: 9

Time	Final/Prelim/		Event	Place	Points	Improvement
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**D'Orsogna, Tommaso (17) M**

1:46.42S	F #	1	Male Open 200 Free	9	8	-1.49
1:47.96S	P #	1	Male Open 200 Free	9	---	0.05
54.74S	P #	7	Male Open 100 Fly	17	---	-1.37
22.88S	P #	19	Male Open 50 Free	14	7	-0.29
1:48.42S	F #	24	800 Free Relay Lead Off	---	---	0.51
25.43S	P #	25	Male Open 50 Back	5	---	-0.72
2:03.50S	P #	32	Male Open 200 IM	12	8	-0.66
48.27S	F #	41	Male Open 100 Free	5	20	-1.31
49.07S	P #	41	Male Open 100 Free	6	---	-0.51
54.81S	F #	43	Male Open 100 IM	<b>Silver</b>	30	-2.05
55.90S	P #	43	Male Open 100 IM	2	---	-0.96

**Hoey, Patrick (16) M**

52.33S	F #	12	400 Free Relay Lead Off	---	---	-0.19
24.01S	P #	19	Male Open 50 Free	59	---	-0.06

**Jarrett, Brielle (15) F**

34.05S	P #	2	Female Open 50 Breast	25	---	-0.25
1:13.86S	P #	30	Female Open 100 Breast	25	---	0.61
58.35S	F #	49	400 Free Relay Lead Off	---	---	-2.14
2:39.76S	P #	51	Female Open 200 Breast	26	---	3.01

**Jovanovich, Harry (17) M**

1:55.15S	P #	1	Male Open 200 Free	55	---	1.00
57.44S	P #	3	Male Open 100 Back	32	---	0.06
26.87S	P #	25	Male Open 50 Back	37	---	-0.07
53.35S	P #	41	Male Open 100 Free	72	---	1.07
2:03.92S	P #	50	Male Open 200 Back	23	---	0.39
56.73S	F #	60	400 Medley Relay Lead Off	---	---	-0.65

**Kates, Garth (19) M**

53.86S	F #	7	Male Open 100 Fly	8	11	0.20
53.93S	P #	7	Male Open 100 Fly	6	---	0.27
23.85S	F #	29	Male Open 50 Fly	4	23	-0.22
24.14S	P #	29	Male Open 50 Fly	4	---	0.07

**Leone, Gianna (17) F**

2:17.92S	P #	4	Female Open 200 Fly	23	---	3.69
58.10S	P #	16	Female Open 100 Free	42	---	-0.54
28.42S	P #	18	Female Open 50 Fly	13	7	0.06
1:02.27S	P #	42	Female Open 100 Fly	17	1	-0.12
2:05.87S	P #	55	Female Open 200 Free	41	---	0.80
1:02.23S	S #	100	Female Open 100 Fly	---	---	-0.16

## TELSTRA AUSTRALIAN SHORT COURSE CHAMPIONSHIPS

### Individual Meet Results

2008 Telstra Australian Short Course 20-Sep-08 to 24-Sep-08 SC Meters Location: MSAC, Melbourne

West Coast Swimming Club [WES] Group: 9

Time	Final/Prelim		Event	Place	Points	Improvement
<b>Lucas, Amy (19) F</b>						
1:01.74S	P #	6	Female Open 100 Back	6	8	-0.20
57.38S	P #	16	Female Open 100 Free	27	---	0.17
1:04.63S	P #	20	Female Open 100 IM	13	4	0.18
2:10.85S	F #	26	Female Open 200 Back	<b>Bronze</b>	26	-0.82
2:11.96S	P #	26	Female Open 200 Back	3	---	0.29
1:02.75S	F #	37	400 Medley Relay Lead Off	---	---	0.81
29.47S	P #	40	Female Open 50 Back	11	4	0.24
26.78S	P #	44	Female Open 50 Free	27	---	0.28
2:01.88S	P #	55	Female Open 200 Free	12	---	0.22
2:03.61S	F #	55	Female Open 200 Free	16	1	1.95
<b>Mitchell, Jessie (16) F</b>						
2:03.67S	F #	13	800 Free Relay Lead Off	---	---	-0.46
59.23S	P#	16	Female Open 100 Free	60	---	0.43
8:50.90S	F #	23	Female Open 800 Free	10	7	9.13
4:18.07S	P #	33	Female Open 400 Free	11	6	0.95
2:04.54S	P #	55	Female Open 200 Free	27	---	0.41
<b>Sturgeon, Jamie (16) M</b>						
58.99S	P #	3	Male Open 100 Back	54	---	-0.14
24.18S	P #	19	Male Open 50 Free	69	---	0.02
27.45S	P #	25	Male Open 50 Back	48	---	0.03
<b>Tidboald, Gregg (18) M</b>						
1:52.76S	P #	1	Male Open 200 Free	41	---	-0.47
4:26.04S	P #	17	Male Open 400 IM	14	---	0.72
2:05.18S	P #	32	Male Open 200 IM	21	---	0.74
58.70S	P #	43	Male Open 100 IM	28	---	-0.65

Congratulations to all West Coast Swimmers that competed

Looks like it was a very tough meet.

We are talking Australian Short Course Open

Great to see so many PB's

Congratulations to all

## KATRINA, BEIJING, SWEET GOLD

Katrina Porter has broken the *World Record* for the 100m backstroke in the heats of the event. Porter knocked 1.10 seconds off the old World Record to set a new mark of 1:24.44.

Katrina Porter goes on to win gold in the final of the 100m backstroke.

Blitzing the field in the final Katrina was unbeatable winning comfortably and claiming Olympic gold.

Jeremy Tidy has competed in three of his five event schedule. In his heat swims Tidy placed third in the S10 100m freestyle, fourth in the 100m butterfly and fifth in the 100m breaststroke.

Jeremy McClure is WA's final Paralympic swimmer competing at the Games. Jeremy placed fifth in his SB12 100m breaststroke.



## LONG COURSE QUALIFIER #1

A large number of swimmers from West Coast Swimming Club turn out for the LC Qualifier.

Thirty in total with some new faces and some old ones competing for the first time, in a long time.

It good to see so many members doing this meet, which is designed to get some good times under your belt, so you are set up for the summer season.

I hope we will have lots of members competing through out the year, with plenty of parental support.

Those to have recorded large PBs are listed below. (over 4 seconds)

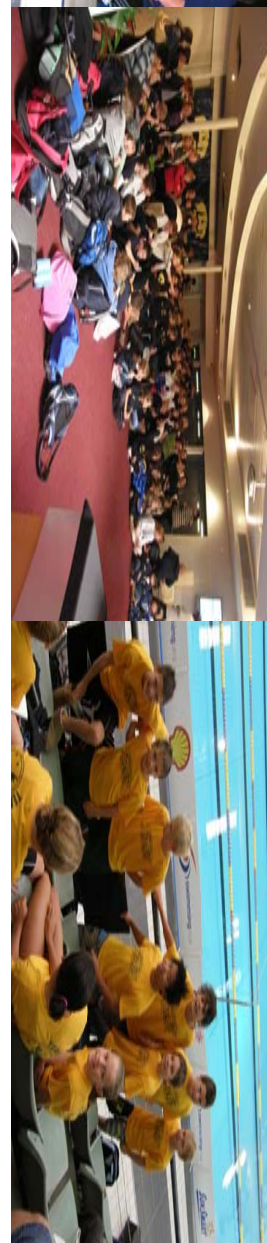
For those competing with no times and have done well, I apologise to you and hopefully you will continue to improve through out the year. And end up on numerous lists.

Special Note: to *Jason Strack* for a great meet.

Jason swam in 7 races and got 7 PBs , most over 4 seconds.

Great to see your persistence is paying off, keep up the good work .

James Maclean (13)	200m Backstroke	2.29.60	-14.74S
Harlan Mullins (16)	100m Freestyle	1.07.64	-5.34S
	100m Breaststroke	1.24.70	-17.40S
	50m Breaststroke	36.93	-4.43S
Jennifer Mullins (14)	100m Breaststroke	1.37.60	-13.72S
	200m Freestyle	2.28.01	-10.03S
Jessie Norton (13)	100m Backstroke	1.24.91	-11.31S
Joel Norton (11)	100m Freestyle	1.07.00	-5.59S
Elizabeth Skotsch (10)	200m Breaststroke	3.54.07	-13.31S
Jason Strack (13)	100m Freestyle	1.16.37	-6.38S
	100m Breaststroke	1.43.17	-4.58S
	200m Breaststroke	3.38.20	-5.91S
	100m Backstroke	1.30.22	-4.38S
Andrew Warnock (12)	50m Breaststroke	46.74	-4.22S



## THE OLYMPIC STAT`S

The Olympic Games in Beijing provided countless highlights and memories for everyone and from a meet so grand comes plenty of interesting statistics and facts that sometimes get lost in the pandemonium that surround the Olympics.

E Swimmer commissioned former Commonwealth Games 100 metre freestyle champion **MARK MORGAN**, a brilliant swimming statistician, to provide this detailed, exclusive wrap of the most amazing swim meet in history.

The 2008 Olympic Games was far and away the fastest swim meet ever the times to make semi finals, finals and to win medals were significantly faster than ever before in every event.

There were many examples of this remarkable standard, some of which are below:

It required a time of **48.07** to qualify for the men's **100m freestyle final**, when this time would have won every previous Olympic and World Championship final.

A time only **1.89** seconds slower than **Ian Thorpe's** winning 400m freestyle time from Athens in 2004 earned that swimmer second reserve for the final (10th) in 2008.

In 2004 one swimmer broke **15 minutes** in the men's 1500m freestyle heats (14.57.03).

In 2008 this time would have placed 13th in the heats, 7.5 seconds away from qualifying for the final.

The world record for the women's **200m freestyle** was broken in the heats.

In the final the three medal winners all broke it again, with even the third placegetter going nearly half a second faster than the record set in the heats.

The most dramatic example of just how swimming has leapt ahead this year was the men's **4x100m freestyle relay**:

In the heats, the **USA** team broke the world record with a team that did not include their fastest three swimmers.

**Australia** was also under the old world record without their fastest two swimmers.

It required a time only 1.23 slower than the old world record to qualify for the final.

In the final the USA broke the world record set in the heats by 3.99 seconds.

Four other teams went faster than this heats record: France (by 3.91), Australia (2.32), Italy (0.75) and Sweden (0.31). The eighth placed team was only 0.64 slower than the world record set in the heats.

The 2008 Olympic Games swim meet was truly the most amazing swimming event any of us have ever seen.

Here is a break down of how the medals were won and who won them...the records and some interesting trends.

**MEDALS • TWENTY-ONE** countries won medals; with 13 countries winning medals in men's events, and 13 countries winning medals in women's events.

- USA won the most medals (31), and the most gold medals (12). USA won 10 of the 16 men's events.

- **AUSTRALIA** won the second most medals (20), and the second most gold medals (6). All of Australia's gold medals were won in women's events.

The next highest medals total was 6 (China and France) and the next highest gold medals total was 2 (Japan, Great Britain and Germany – all with double winners of events).

**USA** and Australia combined won 51 (52%) of the 98 medals awarded, and 18 (56%) of the 32 events.

USA (3 gold, 2 silver and 1 bronze) and Australia (2 gold, 1 silver and 3 bronze) won medals in all 6 relays.

- Of the other countries, only China won 2 relay medals, and only the Netherlands won a gold relay medal.

### FINAL SWIMS

**THIRTY-FOUR** countries were represented in finals; with 28 countries represented in men's finals, and 24 countries represented in women's finals.

- USA had the most final swims (46); with Australia second (35). Great Britain (21) and Japan (20) followed, with five other countries having 10 or more final swims.

- USA and Australia combined had 69 (33%) of the 208 individual final swims, with 50% being the maximum.

## THE OLYMPIC STAT`S

- USA and Australia contested (and won medals in) all 6 relay finals. Great Britain contested 5; with Japan, Italy and Canada swimming in 4, and five other countries competing in 3.
- **RECORDS - WORLD**
- **TWENTY-FIVE** world records were set in 21 of the 32 events. 19 were set in 16 of the 26 individual events; and 6 were set in 5 of the 6 relay events.
- **FOURTEEN** men's world records were set in 11 of the 16 men's events. 10 were set in 8 of the 13 individual events; and 4 were set in the 3 relay events.
- **ELEVEN** women's world records were set in 10 of the 16 women's events. 9 were set in 8 of the 13 individual events; and 2 were set in 2 of the 3 relay events.
- **TWELVE** swimmers (6 men and 6 women) set the 19 individual world records as follows: Michael Phelps (4), Kirsty Coventry (2), Federica Pellegrini (2), Stephanie Rice (2), Eamon Sullivan (2), Rebecca Adlington, Alain Bernard, Kosuke Kitajima, Zige Liu, Ryan Lochte, Aaron Peirsol and Rebecca Soni (1).
- **SWIMMERS** from 8 countries set the 25 world records as follows: USA (11, including 4 relay records); Australia (6, including 2 relay records), Italy (2), Zimbabwe (2), China, France, Great Britain and Japan.
- **COMMONWEALTH**
- **TWENTY-SIX** Commonwealth records were set in 21 of the 32 events. 19 were set in 16 of the 26 individual events; and 7 were set in 5 of the 6 relay events.
- **FOURTEEN** men's Commonwealth records were set in 10 of the 16 men's events. 10 were set in 8 of the 13 individual events; and 4 were set in 2 of the 3 relay events.
- **TWELVE** women's Commonwealth records were set in 11 of the 16 women's events. 9 were set in 8 of the 13 individual events; and 3 were set in the 3 relay events.
- **FOURTEEN** swimmers (8 men and 6 women) set the 19 individual Commonwealth records as follows: Rebecca Adlington (3), Stephanie Rice (3), Hayden Stoeckel (2), Eamon Sullivan (2), Mike Brown, Moss Burmester, Jason Dunford, Brian Johns, Andrew Lauterstein, Meagan Nay, Brenton Rickard, Gemma Spofforth and Lisbeth Trickett.
- **SWIMMERS** from 5 countries set the 26 Commonwealth records as follows: Australia (18, including 7 relay records), Great Britain (4), Canada (2), Kenya and New Zealand.

On behalf of all the parents and swimmers who went to Arena LC Sprints on the 28/09/2008.

We would like to thank *Adrian Davini* for taking the time to come along and coach the kids.

We weren't expecting a coach on the day, but were pleasantly surprised.

Congratulations to all who did so well especially to Ashleigh Glover, winning gold in the Girls 9 Year Old 50 metre breaststroke in a time of 50.65 seconds. The club is breeding so many breaststrokers its unreal.

Great job Adrian.

Thank you for all your help and support.

## IT'S YOUR BIRTHDAY

Kellie Strack - 20/10/92  
Jack Gangemi - 04/10/95  
Sarah Mitchell - 05/10/90  
Benjamin Tapley - 29/10/94  
Brandon Tay - 28/10/94  
Ashley Telfer - 27/10/94  
Adam Lucas - 27/10/83  
James MacFarlan - 15/10/92  
Maximillian Prinz - 23/10/98  
Shaun Millett - 08/10/99

*"The Future depends on what we do in the present"*

## FROM THE LARGE EXPANSE OF WATER

Swimming WA's Open Water Swim Series continues to grow- I encourage all WA clubs to get behind this series and help support these exciting events.

Only 38 days to go until we reach the first Open Water Swim on the 2008/09 Open Water Swim Calendar.

2nd November 2008- Champion Lakes (Armadale)

I encourage you all to come and swim in the new Champion Lakes Venue to explore WA's newest aquatic facility- ideal for Open Water Swimming in WA. Make history and be one of the first to take part in this new venue.

The event is catered for all levels with 1.25km, 2.5km, 5km and 10km distances on offer for the first round.

Swimming WA is pleased to announce that \$1000.00 worth of prizes will be on offer for the first event. This includes: A solo entry to the Rottnest Channel Swim, Rottnest Island Travel Vouchers, SunSmart packs, Accomodation Vouchers and swimming equipment packs.

For event information click here:

<http://www.wa.swimming.org.au/articles/article.asp?TopicID=89&ArticleID=3685>

To enter the series on-line or to download an entry form click here: <http://www.wa.swimming.org.au/articles/topic.asp?TopicID=91>

Venue information for all events will be available at [www.wa.swimming.org.au](http://www.wa.swimming.org.au) very soon.

Don't forget our other rounds:

Rd 2) 15 September- Rockingham

Rd 3) 14 December- Mullaloo Beach

Rd 4) 4 January- Leighton Beach

Rd 5) 24-25 January- Sorrento Beach

You can also save \$\$\$ by entering for the series online at <https://www.registernow.com.au/secure/Register.aspx?ID=1255>

Swimming WA is also looking for volunteers at all events across the series, if you can help please contact Andrew on 9328 4599 or email [andrew@wa.swimming.org.au](mailto:andrew@wa.swimming.org.au)

See you in the water,

Andrew Ridley

Events, Sponsorship & Marketing

SWIMMING WA

## 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 <a href="http://www.busseltonjettyswim.org.au">www.busseltonjettyswim.org.au</a> . 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	Rottneest 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 <a href="http://www.swimming.org.au">www.swimming.org.au</a> ). 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.

## 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

## FUNDRAISING SAUSAGE SIZZLE

Bunning's Joondalup have kindly allowed West Coast to run the Sausage Sizzle at their store over the weekend of 18-19 October. Primarily the offer is to assist community groups in the area fundraise. We are still waiting on final details; however, we need to arrange a suitable roster to "man" the bbq. We are looking at probably 2-3 people per shift of 2-3 hours. There is an age limit, which we think is 15 so unfortunately there are no youngsters allowed...Just their parents!!!!

The funds raised have been identified for those kids travelling to the Pacific School Games and Singapore. Obviously to benefit you'll need to participate!

Get in early and cement your cooking position....We will be looking for people for the following times on both days:-

10.00am – 12.00 noon

12.00 noon – 2.00pm

2.00pm – 4.00pm

Please let both Karen Hodgetts ([kshodgetts@aapt.net.au](mailto:kshodgetts@aapt.net.au)) and Jane Robinson ([janerobinson67@yahoo.com.au](mailto:janerobinson67@yahoo.com.au)) know if you can assist.

## UNIFORMS

Jane Robinson will be opening the **"Uniform Shop"** every Monday from **4.30pm to 5.30pm** and on **Club Nights**.

If anyone has any queries they can contact Jane on 0400023772 or via email [janerobinson67@yahoo.com.au](mailto: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.

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](mailto:janerobinson67@yahoo.com.au), and let her know. If we get enough interest then we will arrange for this to happen.

## JUNIOR OF THE MONTH



### Sacha Downing

- Age: 11 years old
- School: Attends year 6 at the Churchlands Primary School
- Hobbies: Swimming, Netball, Jewellery Making, Scrapbooking and Sleepovers
- Goals: My goal is to train hard and improve every day so that I can earn gold medals at States and Nationals when I get older.
- Dream: My dream is to be part of the 2016 Olympics and win gold in 50m, 100m, 200m and 400m freestyle as well as 200m and 400m IM....That is what dreams are all about.
- Highlights: Beating the 200m IM state qualifying time by 10 seconds at my first LC qualifying meet on the 13<sup>th</sup> September, 2008.
- Favourite Food: Pizza, Pasta and Lollies
- TV Show: My favourite show is "Friends"
- Colour: Pink has always been my favourite colour
- Sport Person: My heroes are Eamon Sullivan, Stephanie Rice, Libby Tricket, Liesel Jones and Michael Phelps
- Stroke: Freestyle and Breast
- Comment on Coach: Chris has been training me hard since I joined the Club in May 2008 and has pushed me to give of my very best. 5 months ago I was a recreational swimmer swimming once a week for 1 hour only. Today, I have reached some state qualifying times and I owe it all to Chris. I will never forget him.

Sacha has not been with the club for long, but wow!! what an impact she has made, Sacha would have to be one of the most fun loving, popular kids to ever join our club. Everyone loves her and gets along with her so well.

Her bubbly outgoing personality makes her a joy to be around ,good luck with all those dreams.

If anyone can do it, its you Sacha

SWIM MEET	VENUE	SQUAD	COACHES
<b>June 2008</b>			
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
<b>July 2008</b>			
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)
<b>August 2008</b>			
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
<b>September 2008</b>			
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	-
<b>October 2008</b>			
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
25-26 FINA World Cup	Sydney	Open	-
26 City of Perth Classic	Challenge	All swimmers	
<b>November 2008</b>			
1-2 All Nations Cup	Singapore	All swimmers	
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
<b>December 2008</b>			
States			





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](http://www.westcoast.asn.au)  
West Coast Swimming Club

[www.wasa.asn.au](http://www.wasa.asn.au)  
Swimming WA  
(all club and state events )

[www.swimming.org.au](http://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`s Coaching.**

## CLUB NIGHT

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

Challenge Stadium commencing at 5.00pm.

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](mailto: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.