



Stinger



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West Coast Swimming Club Newsletter - December 2010

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Records in the Desert

West Coast swimmer Tommaso D'Orsogna joined the Telstra Dolphins Australian Swim Team for the 10th FINA World Short Course Swimming Championships in Dubai. The final international meet of 2010 wrapped up an action-packed swimming year with Australia setting six Commonwealth records, one Australian record and umpteen personal best times.

Leading the charge was 25-year-old short course specialist Felicity Galvez, who won Australia's only gold medal of the meet, taking out the 100m Butterfly in a new Championship and Commonwealth record time of 55.43. Along with American superfish Ryan Lochte, Galvez was one of only two swimmers to defend their title from the last world championships in Manchester in 2008.

Fellow Telstra Dolphins to eclipse Commonwealth records included the women's silver medal winning 4x200m freestyle relay team of Blair Evans, Jade Neilsen, Kelly Stubbins and Kylie Palmer and the women's bronze medal winning 4x100m medley relay team of Rachel Goh, Leisel Jones, Felicity Galvez and Marieke Guehrer.

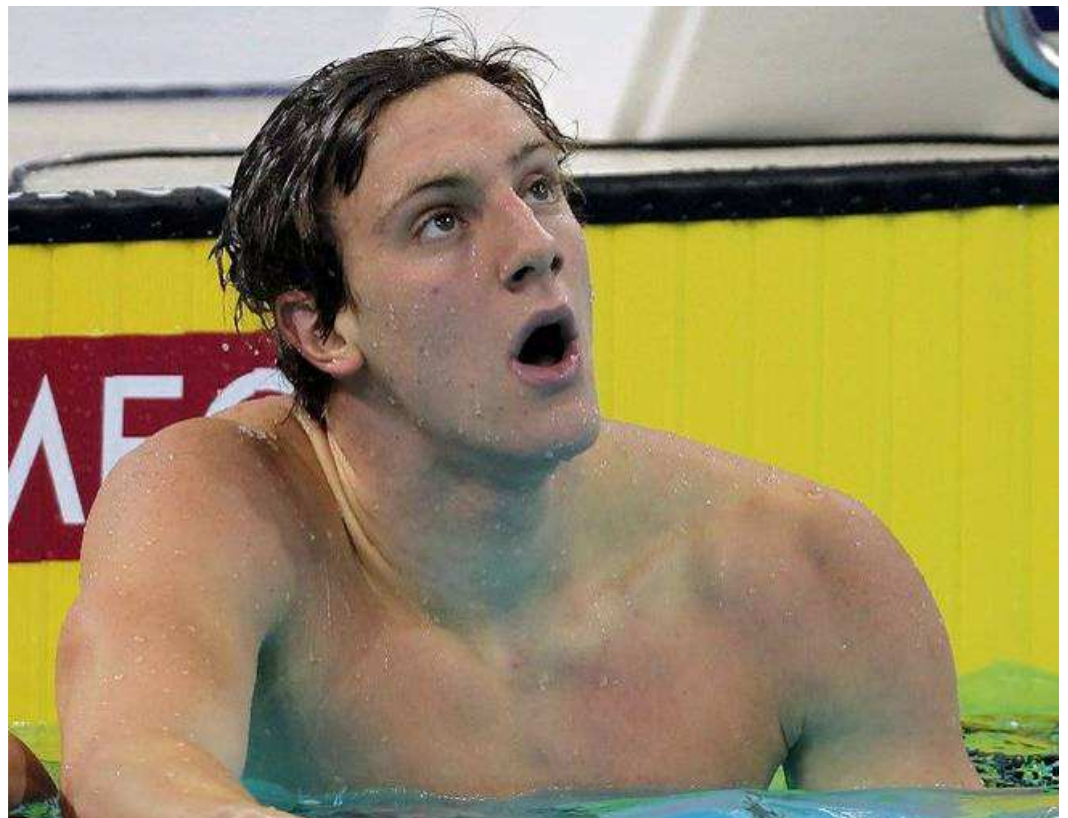
Members of the Australian Swim Team will now take a well-deserved break over the Christmas period and enter the New Year revitalised, with their eyes on the Summer Swim Series in late January and the Shanghai World Championships Trials in early April.

*“Some people
want it to
happen,*

*some wish it
would
happen,*

*others make
it happen”*

Michael Jordan



Superior Racing Skills Workshop

*“The question
isn't who is
going to let
me;*

*it's who is
going to stop
me.”*

Ayn Rand

More than 45 West Coast swimmers (plus several parents) attended the 2nd Education Seminar of the 2010/11 season held at Challenge Stadium on Saturday 11 December 2010. Entitled the “Superior Racing Skills” Workshop, the session covered the sprint freestyle technique of World Record Holder Roland Schoeman, a breakdown of freestyle turns, plus a full analysis of breaststroke and butterfly turns.

Immediately following the lecture, the team of seven Mel Tantrum Coaching team coaches conducted a practical workshop in the outdoor 10 lane pool, covering the teaching progressions of all the racing skills covered in the theory session. Teams of 10-12 swimmers rotated around the skills stations during the 1-hour practical workout and covered starts, turns, finishes, and relay changeovers.



*“Teams of
10 - 12
swimmers
rotated
around the
skills
stations”*

The Breaststroke and Butterfly turn progressions included the following 5 Steps:

- Step 1: The Approach (eyes down)
- Step 2: The Tuck (point your toes)
- Step 3: The Elbow (Karate elbow)
- Step 4: The Roll (roll back)
- Step 5: The Drive (plant your feet)

The DVDs that were shown during the lecture can be viewed (and ordered from the USA) online. There were two different DVD collections:

Go Swim Series www.goswim.tv <<http://www.goswim.tv>>

Swim Fast Series from USA Swimming
http://shop.usaswimming.org/Olympics_USA_Swimming_Collectibles_Audio-Video_And_Books

Thanks to the West Coast Swimming Club committee for supporting the Education Seminars and to Healthway “Healthy Club Sponsorship” for enabling the club to present this Racing Skills seminar free of charge to members.

“The session ended with Tommaso demonstrating his powerful starts and turns”

Christmas Eve training with Tommaso

Approximately 70 swimmers turned out on Christmas Eve morning to train with and speak to West Coast's very own Commonwealth Games gold medalist, Tommaso D'Orsogna, who is back home for Christmas from the AIS.

The morning started with a warm up followed by stations working on a variety of skills. The session ended with Tommaso demonstrating his powerful starts and turns.

After some very "nutritious" muffins, fruit mince pies etc kindly supplied by Mel Tantrum all the swimmers sat on the grass to listen and ask questions of Tommaso. Holding and wearing the Rome World Champs Bronze Medal and the Delhi 2010 Gold Medal was popular, particularly amongst the younger swimmers.

Thanks to Tommaso for coming down and sharing some of his experiences as well as patiently signing items and getting his photo taken. We look forward to seeing him around the pool some more whilst he is home.



“Success, doesn't come to you... you go to it.”

Marva Collins

Ralph Waldo Emerson

Further information on Tommaso can be found in his personal profile - attached.

Swimming for Parents

We still have copies of the very informative book "Swimming for Parents" available to purchase from the club. They will be available to purchase through

the uniform shop, or by emailing the club Registrar, Bec Glover.



This book has been written for parents of new swimmers, junior swimmers and age group swimmers up to the age of 18 years. It also provides valuable information for parents of State and National level swimmers and has everything to enable you to assist your child to excel in the sport of swimming and in life.

Stingrays

The Stingrays Squad had their first competitive hit out at the D'Orsogna Cup with a number of our very own competing in the Multi Class Events.

After some anxious moments in the marshalling area for the very first time, Maximillian Prinz, Anna Gray, Lauren Marchbank, Matthew Blevins got off the blocks and turned in some very fine swimming competing in a number of events during the day.

Congratulations to these swimmers in taking the step to competitive swimming - Bring on the world. We are champions!

Blue Colour Pennant

West Coast is competing once again in the Blue Colour Pennant Series. This year our competition is Kalamunda and Southshore. The series began with an away trip to Kalamunda - and although the team swam well the local pool conditions (being a 25m pool) obviously favoured our competition with West Coast finishing in 3rd place!!

Sitting in unfamiliar last place territory and following some stirring words from Coach Mel, the West Coast Engine fired into action at Melville Pool on 10 December. Not quite sure what Mel said - but it worked!!!! West Coast stormed to Victory in the 2nd Meet securing enough points to sneak into first place on the overall standings. The victory was enjoyed all the way home in the Disco Bus with swimmers and coaches dancing the night away.



With the final leg in home water at Challenge Stadium on 14 January, West Coast is in a terrific position to finish on top once again. GO WEST COAST!!!!

Club	Meet 1 Kalamunda 14/11/2010		Meet 2 Melville 10/12/2010		Meet 3 Challenge 14/01/2011		Overall Points	
	Points	Rank	Points	Rank	Points	Rank	Points	Rank
Kalamunda	547.5	1st	534.0	2nd			1081.5	2nd
South Shore	525.5	2nd	434.0	3rd			959.5	3rd
West Coast	498.0	3rd	593.0	1st			1091.0	1st



“Attitudes are contagious....

Is yours worth catching?”

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do”

Derek Jeter

National Rankings - Top 25

The Top 25 National Rankings for Juniors have been updated to include events up to 30 November 2010. It is very pleasing to see West Coast swimmers amongst the list. Congratulations to the following swimmers on achieving these results.

National Age Long Course Rankings 1/1/2010 - 30/11/2010

Age		Event	Swimmer	Ranking	Time
U16	Male	50 Fly	Mark Ferguson	3	00:25.47
U16	Male	50 Back	Mark Ferguson	5	00:27.99
U16	Male	100 Back	Mark Ferguson	7	00:59.45
U16	Male	100 Fly	Mark Ferguson	16	00:58.30
U16	Male	50 Free	Mark Ferguson	21	00:24.74
U16	Male	50 Free	Sam Forward	24	00:24.78

“There is water in every lane, so it is OK.”

Ian Thorpe

D' Orsogna Cup

Wow!!! - What a meet!!! The 2010 D'Orsogna Cup surpassed all expectations to go down in history as one of the largest meets ever in Western Australia.

As the entries began to roll in following the cut off date of 19 November, the Meet organisers were facing the reality of some 29 clubs attending with 591 individual swimmers and almost 2700 individual swims. On top of this was a significant number of relay events with an equally large contingent of teams vying for the coveted D'Orsogna Cup. Most of the larger WA meets have over 1000 swims but this size was somewhat unprecedented.

With just 9 days to go until the meet, the organising committee swung into action, having discussions with Swimming WA and Venues West about how to address some of the logistical challenges posed by such a large contingent of swimmers.

With fantastic support by both Swimming WA and Venues West - arrangements were put in place to run the meet in 2 pools. This required additional officials and volunteers.

With everything in place prior to the big day - the meet took place on a hot day and went without a glitch.

West Coast swimmers put in some impressive performances to run out overall victors for the day collecting the D'Orsogna Cup and Prize Money for their efforts.

An extra big and heartfelt thankyou goes out to the organising committee and volunteers who helped on the day, in particular Meet Director, Paulette Contessi and also Steve Hill for their fantastic efforts in staging a magnificent meet despite massive logistical challenges.

Placing	Club	Indoor	Outdoor	Total
1	West Coast	491	375	866
2	Western Sprint	551	293	844
3	Arena	488	240	728
4	Kalamunda	262	121	383
5	Fremantle Port	205	71	276
6	All Saints	208	64	272
7	Victoria Park	116	137	253
8	City of Perth	166	65	231
9	Aqua Attack	146	63	209
10	Westside	182	19	201

“one of the largest meets ever in Western Australia”

Upcoming Meets

The following upcoming meets are targeted - please ensure you get your entries in!!

Date	Meet	Venue
14/1/2011	Blue Pennant #3 (Selected)	Challenge Stadium
21 - 23/1/2011	SWA LC State Open Championships	Challenge Stadium
27/01/2011	West Coast Club Night	Challenge Stadium
11/02/2011	SWA A Division Champs (Selected)	Challenge Stadium
15/02/2011	West Coast Bell Meet	Challenge Stadium
19/02/2011	Western Sprint	Challenge Stadium
22/02/2011	West Coast Club Night	Challenge Stadium

Visit from Singapore

West Coast recently had a visit from 13 young Singapore swimmers on tour with the Singapore Ministry of Education. The group of talented swimmers trained with our squads on Friday 3 December then had a special skills session with CJ the following day. The group thoroughly enjoyed their visit and we look forward to hosting more visiting swim teams in the future.



*“Whether
you think
you can*

or

*think you
can't, you
are right.”*

Henry Ford

International Volunteer Day

Congratulations to Steve Hill and Paulette Contessi who have been recognised by the West Coast Swimming Club Committee for their contribution and dedication to the club.

Both Steve and Paulette received a special invitation as one of 100 volunteers across WA to attend an afternoon tea at government house this Sunday to recognise his efforts as part of WA's 10 year anniversary celebrations of the Year of the Volunteer.

Please congratulate Steve & Paulette when you see them next.

Local Sporting Champions - Grant

Young people find it difficult to meet the ongoing and significant costs associated with participation at sporting competitions, particularly those from regional areas.

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state or national sporting competition or a School Sport Australia national championships

Who is eligible?

The Local Sporting Champions program is designed to support young people participating in state and national level sporting competitions as either an athlete, coach, umpire or referee.

To be eligible for a Local Sporting Champions grant, young people must meet the following criteria:

- be between 12 and 18 years of age at the time of the nominated sporting competition
- be participating as an athlete, coach, umpire or referee in an official state or national level sporting championships, endorsed by the relevant Australian Sports Commission recognised national sporting organisation (NSO) or national school sport championships endorsed by School Sport Australia
- be required to travel greater than 250km (including return trip) to participate in the nominated competition
- be an Australian citizen
- not be the recipient of another Local Sporting Champions grant, whether as an individual or a member of a team, during the current financial year
- not have received funding from other government sources for the nominated competition
- not be participating in a professional competition that involves prize money
- have submitted an application form prior to the competition commencing.

Birthdays!!!

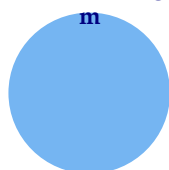
Birthday wishes are sent to the following members who celebrated their birthdays during the month of October.

Gemma Robinson	10 November 1998	Shannon Burchard	12 December 1995
Jiorja Ralston	16 November 1995	Tyra Stowers	15 December 1999
Jamie Warnock	29 November 2001	Lauren Winter	22 December 1987
Kanon Uchiyama	4 December 1999	Tomasso D'Orsogna	29 December 1990
Kawther Sidoum	7 December 1998	Salwa Sadek	30 December 1997



If you have any information, photos or ideas for future editions please feel free to send an email to:

whiteat@ap.aurecongroup.com

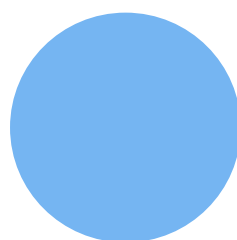
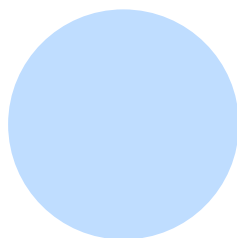


We're on the Web!

See us at:

<http://www.westcoastswimclub.com.au/>

Also check out West Coast on Facebook



WEST COAST SWIMMING CLUB TARGETED MEETS

SUMMER 2010/11

West Coast Swimming Club and the Mel Tantrum Coaching Team have carefully selected the targeted meets calendar for the 2010/2011 summer season. There will be a coach or coaches in attendance at all targeted meets. West Coast members are expected to compete at all targeted meets. For the first time we have targeted "Compulsory Meets" where it is expected that all competitive members must be in attendance (unless sick or injured).

Non-targeted meets are also included in the calendar. Coaches will not attend non-targeted meets. However, swimmers may attend a non-targeted meet if they need to achieve an official qualifying time(s).

Please note that it is the swimmer's responsibility to carefully plan their competition schedule and select the appropriate events in consultation with their coach. State and National Championships have strict qualifying times, so plan your season to maximise your opportunities to achieve these standards within the specified qualifying period.

Club "Targeted" meets are shown in blue text. Club "Targeted" Open Water Swims are shown in red text. "Club Nights" and "Club Meets" are shown in purple text. Optional non-targeted meets are shown in black text.

Note that no entries will be received after the Club Registration Closing Date as noted for each Meet.

Remember that entries close with West Coast one (1) week prior to the official close of entries to allow time for club processing.

Club Registration Date	Date	SWIM MEET	VENUE	COMMENTS	SQUAD(S)	COACH
	SEPTEMBER					
N/A	4-5	SWA State Open Short Course Championships	Challenge Stadium	All swimmers who qualify are expected to compete. Last open Short Course (SC) meet of the winter season.	Nat Open/ Age	Mel
N/A	9	West Coast Club Night (Thursday)	Challenge Stadium	All club members encouraged to participate. First Long Course (LC) meet of season. Focus on 200m events for all swimmers.	All	All
N/A	18-20	2010 State Teams Age Short Course Championships	AIS, Canberra	Team selected by SWA based on FINA points at State Age SC in July/August. Mark Ferguson selected.	SWA selected	SWA selected
6 Sept 2010	25	SWA Sprint "No Time" Qualifying Meet	Arena Joondalup	This swim meet is exclusively for swimmers who do not have current official LC times registered with SWA. Only 'NT' entries will be accepted.	Optional	-
6 Sept 2010	26	SWA Distance "No Time" Qualifying Meet	Arena Joondalup	This swim meet is exclusively for swimmers who do not have current official LC times registered with SWA. Only 'NT' entries will be accepted.	Optional	-
	OCTOBER					
	2-3	Kimberley Open Short Course Championships	Broome Aquatic Centre	Optional meet for travel and racing experience	Optional	-
13 Sept 2010	2-3	SWA LC Qualifying Meet #1	Challenge Stadium	Optional meet for racing experience. Swimmers must have official SWA LC times achieved after 1 January 2009 – see Almanac	Optional	-
5 Sept 2010	7	West Coast Club Night (Thursday)	Challenge Stadium	All club members expected to participate.	All	All
20 Sept 2010	9	City of Perth Classic	Challenge Stadium	COMPULSORY - All swimmers from all squads expected to enter this meet.	All	CJ, Kim
29 Sept 2010	16	Fremantle Port LC Meet	Challenge Stadium	ENCOURAGED - All swimmers from all squads strongly encouraged to enter this meet	All	Mel, Steve
24 Sept 2010	17	Thornlie Spring Carnival	Challenge Stadium	Optional meet for racing experience. Suitable for those unable to attend the Fremantle Meet on Saturday or for those swimmers who want to spread events over two days.	Optional	-
24 Sept 2010	17	Bunbury Open	South West Sports Centre, Bunbury	Optional meet for travel and racing experience	Optional	-
	23	West Coast "Dive and Try" Novice Meet	Challenge Stadium	Junior/novice swim meet run by West Coast Swimming Club (replaces	Juniors	TBC

Club Registration Date	Date	SWIM MEET	VENUE	COMMENTS	SQUAD(S)	COACH
				the Shell Meet). All swimmers aged 12 years and under expected to enter if slower than AA Times		
12 Oct 2010	30	SWA Club Sprint Championships	Challenge Stadium	COMPULSORY - All swimmers from all squads expected to compete. \$1000 up for grabs for the winning club	All	Mel, CJ
19 Oct 2010	31	Round 1 Open Water Swim Series	Rockingham Foreshore	First open water swim of the SWA series. All open water swimmers expected to enter. 1.25km, 2.5km and 5km events on offer.	All	Mel / Glenn
	NOVEMBER					
2 Nov 2010	4	West Coast Club Night (Thursday)	Challenge Stadium	All club members expected to participate	All	All
17 Oct 2010	6-7	SWA HFMF Distance Meet	Challenge Stadium	ENCOURAGED - All swimmers from all squads are strongly encouraged to enter this meet.	All	Glenn, Steve
2 Nov 2010	13	Round 2 Open Water Swim Series	Mullaloo Beach	Second open water swim of the SWA series. All open water swimmers expected to enter. 1.25km, 2.5km and 5km events on offer.	All	Mel / Glenn
-	14	Blue Pennant #1 (Sunday) 3:00pm Warm up / 4:00pm Start	Darling Range Sports College, Forrestfield	First in a series of 3 Blue Pennant Meets against Kalamunda and Shouth Shore. Team is selected by West Coast Coaches, with the aim of all swimmers participating and gaining maximum points.	All	All
	20	West Coast Education Seminar #1	Mt Claremont Community Centre	Helen Frost (Nutrition Seminar). All swimmers and parents strongly encouraged to attend	All	All
9 Nov 2010	20	Round 3 Open Water Swim Series	Swan River	Third round of the open water series. This is a participation event and is part of the City of Perth's Festival of Sport. 1.25km and 2.5km events only.	Optional	-
2 Nov 2010	20	SWA LC Qualifying Meet #2	Challenge Stadium	Optional meet to achieve qualifying times	Optional	-
10 Nov 2010	27-28	2010 HFMF Pilbara Championships	South Hedland Aquatic Centre	Optional meet for travel and racing experience	Optional	-
-	27	Future Squads Session #1 9:30-10:30am	Challenge Stadium	Session 1 of the Future Squads. Swimmers selected based on results of JX program from 2009/10 season	JX	Steve Schmidt
12 Nov 2010	28	West Coast D'Orsogna Cup	Challenge Stadium	This is OUR meet. COMPULSORY for all swimmers to compete. All parents are expected to volunteer and assist with the running of the meet. "Official Times"	All	All
	22	Central Midlands Region 3 Modified Sanctioned Meet	Moora Pool	Optional meet for travel and racing experience	Optional	-
	DECEMBER					
30 Nov 2010	2	West Coast Club Night (Thursday) *XMAS Theme*	Challenge Stadium	All club members expected to participate. *XMAS theme*. "Official Times".	All	All
20 Nov 2010	4	Victoria Park Christmas Carnival	Aqualife Centre, Vic Park	Optional meet for racing experience. All junior squad swimmers encouraged to attend.	Optional	-
17 Nov 2010	5	Arena Sprint Carnival	Arena Joondalup	Swimmers aiming for National or State Qualifying times are strongly encouraged to attend. "Official Times".	Optional	-
-	10 (Friday)	Blue Pennant #2 6:00pm warm up / 7:00pm Start	Melville Aquatic Centre	Second in a series of 3 Blue Pennant Meets against Kalamunda and South Shore. Team is selected by West Coast Coaches, with the aim of all swimmers participating and gaining maximum points.	All	All
	11	West Coast Education Seminar #2 9-11am	Challenge Stadium	Mel Tantrum and Coaches: Racing skills (Theory or practical workshops)	All	All
24 Nov 2010	11	Kambalda Invitational Meet	Kambalda West Pool	Optional meet for travel and racing experience	Optional	-
-	12	Future Squads Session #2 9:30-10:30am	Challenge Stadium	Session 2 of the Future Squads. Swimmers selected based on results of JX program from 2009/10 season	JX	Glenn Gerber
12 Nov 2010	12	18 th Narrogin Open	Narrogin	Optional meet for travel and racing experience	Optional	-
30 Nov 2010	12	Round 4 Open Water Swim Series	Champion Lakes, Armadale	Fourth open water swim of the SWA series. All open water swimmers expected to enter this event at Champion Lakes rowing centre which will	All	Mel / Glenn

Club Registration Date	Date	SWIM MEET	VENUE	COMMENTS	SQUAD(S)	COACH
				simulate the National Championships course. 1.25km, 2.5km, 5km and 10km events on offer.		
5 Dec 2010	18-19	NSW Open Water State Championships	Penrith, NSW	Open water meet for travel and racing experience in preparation for National Open Water Championships	Invite only	Mel
29 Nov 2010	18-21	SunSmart State Age LC Championships	Challenge Stadium	A 4-day meet for WA's premier Age Group swimmers. All events from 50m to 1500m. Heats and Finals. Relays will replicate the National Age events.	All	CJ / Mel
	JANUARY					
22 Dec 2010	2	Round 5 Open Water Swim Series	Leighton Beach	Fifth open water swim of the SWA series. All open water swimmers expected to enter. 1.25km, 2.5km and 5km events on offer.	All	Mel / Glenn
10 Dec 2010	7	SWA Invitational	Challenge Stadium	Only swimmers with a "No Time" or are slower than AA Times are eligible to enter. Ideal meet for juniors or those chasing qualifying times.	Optional	-
-	14 (Friday)	Blue Pennant #3	Challenge Stadium	Third and final meet in the Blue Pennant Series against Kalamunda and South Shore. Team is selected by West Coast Coaches, with the aim of all swimmers participating and gaining maximum points.	All	All
-	15	Future Squads Session #3 10:00-11:00am	Melville Aquatic Centre	Session 3 of the Future Squads. Swimmers selected based on results of JX program from 2009/10 season	JX	CJ
31 Dec 2010	16	Rockingham Open Sprint Carnival	Aqua Jetty, Warnbro	Optional meet for racing experience	Optional	-
3 Jan 2011	21-23	SWA LC State Open Championships	Challenge Stadium	The pinnacle event on the WA calendar. Swimmers can use this meet to qualify for the Australian Open Championships in Sydney in April. This event will provide the opportunity for all National Age and Open swimmers to participate in a meet with heats and finals, due to the new entry qualifying criteria. A 3 day meet at Challenge Stadium with relays replicating the Australian Open program.	NAD / Nat Age / Nat Open	Mel
25 Jan 2011	27	West Coast Club Night (Thursday)	Challenge Stadium	All club members expected to participate. Last opportunity to gain selection for the A Division Club Championship Team. "Official Times"	All	All
3 Jan 2011	29	Harvey Open Carnival	Harvey Pool	Optional meet for travel and racing experience	Optional	-
7 Jan 2011	30	Northam Open Carnival	Northam Pool	Optional meet for travel and racing experience	Optional	-
18 Jan 2011	30	Round 6 Open Water Swim Series	Sorrento Beach	Sixth open water swim of the SWA series. All open water swimmers expected to enter. 2.5km, 5km and 10km events on offer. Includes Rottneest Rehearsal Swim	All	Mel / Glenn
	FEBRUARY					
3 Jan 2010	5-6	SWA State Open Water Championships	Champion Lakes	SWA Members only. 10km on Saturday. 5km on Sunday. Age restrictions apply (see SWA Almanac)	All	Mel / Glenn
Online entries	6	Busselton Jetty Swim	Busselton	Optional open water event. However, does clash with State 5km Championships.	Optional	-
25 Jan 2010	6	Great Southern Region 2	Katanning	Optional meet for travel and racing experience	Optional	-
24 Jan 2011	11	SWA Club Championships - A Division	Challenge Stadium	The Premier Club event on the SWA Calendar. Warm up from 4:30pm. March past 5:45pm. Start 6pm. West Coast Team will be selected by coaches. Incorporates annual West Coast Team Photo.	All	All
TBC	15	West Coast Bell Meet	Challenge Stadium	West Coast annual fundraiser for National Swimmers. All national swimmers to assist in running the meet, all other club members to compete (Tuesday afternoon instead of training).	All	All
28 Jan 2011	19	Western Sprint LC Meet	Challenge Stadium	Excellent opportunity to achieve National and State Qualifying Times. COMPULSORY meet for all squads.	All	TBC
TBC	20	iinet Team Sprint Cup	Christchurch Grammar School	Starts at 3pm. Relay competition. West Coast will enter men's and women's teams. Excellent prize money to be won for the club.	Age/Open	Mel

Club Registration Date	Date	SWIM MEET	VENUE	COMMENTS	SQUAD(S)	COACH
22 Feb 2011	24	West Coast Club Night (Thursday)	Challenge Stadium	All club members encouraged to participate.	All	All
TBC	26	Rottneest Channel Swim	Cottesloe - Rottneest	Annual 19.6km race from Cottesloe to Rottneest – solo, duos and teams of 4	-	-
NA	27	Schools and Colleges Relays	Challenge Stadium	Enter through schools	-	-
	MARCH					
Online entries TBC	5-6	2011 Australian Open/Age Open Water Swimming Championships	Sydney International Regatta Centre, Penrith	Australian Open Water National Championships. Visit www.swimming.org.au for qualifying times and event details. West Coast Team will travel and stay together.	All	Mel
25 Feb 2011	12	Central Aquatic Meet	Challenge Stadium	Good racing experience for all squads, especially Australian Age and Open hopefuls. All National Age and Open swimmers must compete.	All	TBC
28 Feb 2011	13	York Distance Meet	York Swimming Pool	Optional meet for travel and racing experience	Optional	-
14 Feb 2011	18-20	SWA End of Summer Sensation	Challenge Stadium	Last chance qualifying meet for Australian Age Championships. All National Age swimmers expected to compete.	All	TBC
TBC	26	Club Championships (Saturday afternoon)	Challenge Stadium	COMPULSORY - All club members are expected to participate in the Club Championships. Incorporates the April Club Night.	All	All
	APRIL					
Online entries TBC	1-8	2011 Telstra Australian Swimming Championships	SOPAC, Sydney	The highlight of the year for Open swimmers. West Coast has a proud history at this meet. All swimmers who qualify are expected to attend.	Age/Open	Mel
18 Mar 2011	9-10	SWA WA Junior Championships	Challenge Stadium	The annual Junior State Championships hosted by SWA to wind up the long course season for juniors (12 and under). Awards for Male and Female Swimmer of the meet.	Junior/Int/NA D	Kim / Glenn
Online entries TBC	18-23	2011 Australian Age Championships	South Australian Aquatic Centre, Adelaide	The highlight of the year for Age swimmers (12–18 years). West Coast has a proud history at this meet. All swimmers who qualify are expected to attend.	NAD/Age	Mel, CJ, Kim
19 Feb 2010	23-24	Indian Ocean All Star Challenge	Challenge Stadium	An international event hosted by SWA. All swimmers not travelling to Adelaide for Australian Age Championships are expected to participate (7 year olds to Open events). Last event of the summer season.	All	TBC

Club Seminars yet to be confirmed

Club Registration Date	Date	Seminar	VENUE	COMMENTS	SQUAD(S)	COACH
	Jan/Feb	West Coast Physiotherapy Seminar (Brett Slocombe)	Mt Claremont Community Centre	Compulsory seminar for all swimmers and parents. 9:00am – 11:00am. Learn correct techniques to warm up, stretch, pre-training and pre-racing exercises, and injury prevention strategies.	All	All
	March	West Coast Medical Seminar (Dr Carmel Goodman)	Mt Claremont Community Centre	Compulsory seminar about health and medical issues related to swimming	All	All

Mel Tantrum Coaching

December 2010 / January 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 6-7:30am National 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD 5-7pm National	7 5:30-7:00am Int Adv + NAD 4-5pm Junior 5-6:30 Int+Int Adv 5-6:45pm NAD 5-7pm National	8 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD 5-7pm National	9 5:30-7:00am Int Adv + NAD 4-5pm Junior 5-6:30 Int+Int Adv 5-6:45pm NAD 5-7pm National	10 6-7:30am National 4-5pm Junior 4-5:15pm Int+IntAdv (No Nat/NAD) 6:00pm Blue Pennant Melville Pool	11 6-8:00am National+NAD WC Seminar: Racing Skills, 9-11am Challenge Stadium	12 Open Water Series Champion Lakes Future Squads #2 9am-10:30am
13 6-7:30am National 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD 5-7pm National	14 5:30-7:00am Int Adv + NAD 4-5pm Junior 5-6:30 Int+Int Adv 5-6:45pm NAD 5-7pm National	15 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD 5-7pm National	16 5:30-7:00am Int Adv + NAD 4-5pm Junior 5-6:30 Int+Int Adv 5-6:45pm NAD 5-7pm National	17 6-7:30am National 4-5pm Junior 4-5:30pm Int+IntAdv+NAD 5:30-7pm National	18 State Age Championships No morning training NSW Open Water States (Mel)	19 State Age Championships NSW Open Water States (Mel)
20 State Age Champs No morning training 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD+Nat	21 State Age Champs No morning training 4-5pm Junior 5-7pm Int, Int Adv, NAD + National	22 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD+Nat	23 7:00am-9:00am Whole Team Training with special guest Tommaso D'Orsogna No pm training	24 Christmas Eve – NO TRAINING	25 Christmas Day Pool closed No training	26 Boxing Day Pool closed No training
27 Public Holiday Pool closed No training	28 Public Holiday Pool closed No training	29 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD 5-7pm National	30 No morning train 4-5pm Junior 4-5:30pm Int + Int Adv 5-7pm Nat+NAD	31 7:00am-9:00am Whole Team Training Intermediate to National Squads	1 New Years Day Public Holiday Pool closed No training	2 Open Water Series Leighton Beach
3 Nationals training at St Mary's School Pool 6:30-8:15am No pm training	4 No morning train 4-5pm Junior 5-6:30 Int+Int Adv 5-6:45pm NAD 5-7pm National	5 4-5pm Junior 4-5:30pm Int+IntAdv 5:30-7pm NAD 5-7pm National	6 No morning train 4-5pm Junior 5-6:30 Int+Int Adv 5-6:45pm NAD 5-7pm National	7 6-7:30am National 4-5pm Junior 4-5:30pm Int+IntAdv+NAD 5:30-7pm National	8 6-8:00am National+NAD	9 All squads back to normal from 10 January



Last Chance for A Grade Selection!

JANUARY CLUB NIGHT

on Thursday the 27th of January from 5pm at Challenge Stadium.

Electronic timing will be used at this Club Night so that times achieved can be recognised for On-Line Entries.

Proudly Sponsored by Mel Tantrum Coaching

MEET PROGRAM – ORDER OF EVENTS

1. 100m Freestyle;
2. 50m Breaststroke;
3. 200m Individual Medley;
4. 50m Butterfly;
5. 100m Backstroke;
6. 50m Freestyle;
7. 200m Breaststroke;
8. 50m Backstroke; &
9. 1500m Freestyle (1 Heat only. First in, First served).

PLEASE NOTE THE ABOVE PROGRAM ORDER WHEN CHOSING YOUR EVENT AS THERE WILL BE NO BREAKS TO ACCOMMODATE SWIMMERS WHO ARE NOT MARSHALLED WHEN AN EVENT/HEAT IS HANDED TO THE STARTER

CONDITIONS OF ENTRY APPLY::

- ✓ SELECT YOUR EVENTS CAREFULLY AS SCRATCHINGS WILL NOT BE ACCEPTED IN THE MARSHALLING AREA WITHOUT YOUR COACH'S CONSENT.
- ✓ Maximim four (4) events per swimmer.

NO LATE ENTRIES ACCEPTED - ENTRIES CLOSE:

- ✓ 5:30pm on Tuesday (before the Club Night), being the 25th of January 2011.

ENTRIES TO:

- ✓ Locked Black Box outside club room at Challenge Stadium; or Email registration details to clubnight@inet.net.au

WARM-UP:

- ✓ 4.30pm to 5pm.

START:

- ✓ 5:10pm (Sharp).

FINISH:

- ✓ 6:30pm (approx.).

TIMEKEEPERS REQUIRED:

- ✓ It would be greatly appreciated if parents and/or family members of swimmers make themselves available to assist with timekeeping at Club Nights. Ideally, we require three timekeepers per lane to be seated by 5pm.
- ✓ If parents do not indicate their availability on the entry card, then it is assumed that each swimmer will have a family representative available to volunteer as a timekeeper.

STRICTLY NO LATE ENTRIES WILL BE ACCEPTED FOR THIS MEET.



WEST COAST SWIM CLUB

UNIFORM SHOP OPEN
Mondays 4 - 5:30pm
& Every Club Night



- | | | |
|-----|---------------------------|------|
| 1. | T-Shirt | \$30 |
| 2. | Swim Cap | \$10 |
| 3. | Hoody (child) | \$50 |
| | Hoody (adult) | \$55 |
| 4. | Beanie (navy & grey) | \$10 |
| 5. | Polo Shirt | \$35 |
| 6. | Jacket white (adult only) | \$70 |
| 7. | Lined Coat | \$90 |
| 8. | Embroidered Towel | \$30 |
| 9. | Knee length racing | \$50 |
| 10. | Girls Bathers | \$40 |
| 11. | Boys Bathers | \$25 |



9



10



11



SPECIAL

Last season bathers, great for training.

Only **\$25**

Boys bathers also available

\$15

Tommaso D'Orsogna



NICKNAME	Tomato, Tommy
D.O.B	29/12/1990
BORN	Perth, Australia
LIVES	Canberra, ACT
PHYSICAL	190cm, 82kg
CLUB/INSTITUTE	West Coast/AIS
TRAINS (POOL)	AIS Canberra
COACH	John Fowlie
MAIN EVENT	200m IM

PERSONAL BEST TIMES – LONG COURSE (50m Pool)
200m IM – 2:00.31 – 2009 World Championships
100m Freestyle – 48.41 – 2009 AIS Meet
200m Freestyle – 1:48.10 - 2009 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
200m IM – 1:56.28 – 2009 Telstra Australian Short Course
100m Freestyle – 46.83 – 2009 Telstra Australian Short Course
200m Freestyle – 1:42.26 - 2009 Telstra Australian Short Course

OUT OF THE POOL

FAMILY MEMBERS Mother Ann, Father Luigi, Siblings Amelia, and Gabby

STUDIES/OCCUPATION BA Medical Science, ANU

OTHER SPORTS PLAYED/PLAY Hockey, water polo, AFL, basketball, t-ball

SUPERSTITIONS None

ULTIMATE RELAXATION Sleeping

SPECIALITY IN THE KITCHEN Ice cream sundae

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS Calm, confident, collected

FAVOURITES

SPORTING TEAM West Coast Eagles (AFL)

MOVIES Step Brothers

TV SHOW Supernatural

BANDS/MUSIC House Music CD's A Lot

FOOD Seafood **DRINK** Iced Coffee

SWIM MEET Skins

HOBBIES Reading, Music

PETS Dog - Monty

HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA? No

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY? My Family for their support and guidance

WHAT AGE DID YOU START SWIMMING AND WHY Before I can remember because my sisters swam

PERSONAL AMBITIONS? To become a doctor

HOW WOULD YOU LIKE TO BE REMEMBERED As the greatest

SWIMMING GOALS? International finalist

LONG TERM SWIMMING GOAL? Become a member of an Olympic Team

FAVOURITE SWIMMER AND WHY? Michael Phelps – because he's the greatest ever

FAVOURITE ATHLETE AND WHY? As Above

NOTABLE QUOTE "Some people want it to happen, some wish it would happen, others make it happen" *Michael Jordan*

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

- Won bronze in the men's 800m freestyle relay in a Commonwealth record time at the Rome World Championships
- Finished second in the 200 IM at the Telstra Australian Championships in a then personal best time of 2:01.43
- Won gold at the 2009 Junior Pan Pacific Championships in Guam in the 100m freestyle and silver in the 50m freestyle and 200m freestyle
- 2010 – Won gold in the men's 4x100m freestyle at the Commonwealth Games in Delhi
- Won silver in the men's 100m freestyle at the Telstra Australian Championships
Finished 8th in the 200m freestyle at the Pan Pacs in California
- 2009 - Finished third in the 200m freestyle at the Australian Championships in 1:48.10 and fifth in the 100m freestyle in 49.26
- Won gold at the 2009 Junior Pan Pacific Games in Guam in the 100m freestyle and silver in the 50m freestyle and 200m freestyle
- Finished 5th in the final of the 200m freestyle at the Mare Nostrum series in Canet
- Swam personal best times in eight events at the Telstra Australian Short Course Championships in Hobart
- 2008 - Was second at the Sydney World Cup in 100m freestyle
- Fifth in 100m freestyle at World Youth Championships in Mexico, earning selection for the 2009 Junior Pan Pacific Championships Team
- 2007 - Won gold in the 200 IM at the Australian Age Championships, competed at 2007 Trans Tasman Series

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Champs	Rome, Italy	2009	3 rd 4x200m relay, 8 th 4x100m relay, 18 th 200m IM
Commonwealth Games	Delhi, India	2010	1 st 4x100m free relay, 6 th 100m free, 15 th 200m IM
Pan Pacs	Irvine, California	2010	8 th 200m IM, 14 th 100m free, 19 th 200m free
Junior Pan Pacific Champs	Guam, USA	2009	1 st 100 free, 2 nd 50 free and 200 free
World Youth Champs	Monterey, USA	2008	5 th 100 free
Duel in the Pool	Canberra, Australia	2009	4 th 200m IM, 3 rd 4x100m relay, 2 nd 4 x100m mixed relay