



Stinger



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West Coast Swimming Club Newsletter - June 2011

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National Age Championships – by Jack Gangemi

For swimmers and coaches alike the 2011 Age Nationals in Adelaide was special. It was common belief throughout the West Coast camp that our 100% PB success rate was put down to an enthusiastic young team and the positive environment created around us by the coaches and carers. We arrived on Saturday, giving us ample time to recover from our flight, and get a great feel for the brand new state of the art swimming pool. By Sunday night all the swimmers were keen to get the competition under way and get amongst the atmosphere and culture it brings with it. Our number one draft pick over the summer and newest recruit Alex Chin got West Coast’s 2011 campaign off to a flying start with a fantastic PB in the boys 200m freestyle. Andrew Warnock soon followed and kept the ball rolling with another great time in his tough 100m Fly. Our last individual swimmer for day 1 was Alex Milligan’s 200m breaststroke. With an astonishing six second PB in the heats, Alex comfortably qualified for the final later that night and finished 5th. Well done Alex! That same night the 16M relay team took to the stage in the medley relay. They won their heat to improve their overall ranking in Australia by over 20 places. Day 2 saw Jack Gangemi swim a phenomenal PB in the 15M 100m freestyle while Ryan Pallas surged ahead of the pack with another great PB in the 16M 50m freestyle. Liam Hughes also did a PB in that same event despite supporting an injured shoulder; this inspirational effort resulted in his self proclaimed nickname of “team hero”. Alex Chin then swam his 100m Fly in another fantastic effort. Day 3 was the biggest day for West Coast with everyone swimming. Team Captains Madi Hopkins and Jack Gangemi took centre stage in the 15yo 50m freestyle. Both swam great PBs and greatly improved their Australian ranking. Later that night West Coast experienced a tidal surge of PBs with the 13yo 4x50 medley relay for both boys and girls, and then the 16yo 4x100m Freestyle relay. The future generation of the West Coast swimming club displayed their talent during the



“For swimmers and coaches alike the 2011 Age Nationals in Adelaide was special”



relays with the likes of Ella Cosill and Louise Hewitt swimming great times. This places the club in a very positive position in the future. Kyle Robinson swam an outstanding 100m breaststroke, and Alex Chin continued his good form in the pool with impressive 100m freestyle which earned him a finals berth. Alex came 9th in the final and should be commended for his efforts. Day 5 was our final day for swimming. All swims on this day were fantastic with Salwa Sadek in her first nationals, swimming a great 100m breaststroke. Braga Verhage and Alex Chin fronted up for the 13 year olds 50m freestyle with the boys now ranked 13th and 15th respectively in Australia. Shelby Carstens swam another great PB in the 13 year old girls 50m freestyle which is a testament to her hard work in training. At West Coast’s last night at the pool PBs continued to fall as the hype and adrenaline of swimming carried our swimmers over the line as fatigue began to set in. A special thankyou goes to our experienced coaches, CJ and Mel, for their fantastic advice and racing tips.

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

it's who is
going to stop
me.”

Ayn Rand

National Age Cont...

A further special mention must go to Yolanda Carstens and Arlette Warnock for their delicious meals even under a strict menu due to some dietary requirements. The National Age Champs were a great success and hopefully are a sign of things to come in the future.

Overall Results were as follows:

Alex Milligan (13) M	2:32.44L P # 19 Men 12-13 200 Breast 2
	2:34.16L F # 19 Men 12-13 200 Breast 4
	1:12.47L P # 119 Men 12-13 100 Breast 5
	1:12.73L F # 119 Men 12-13 100 Breast 4
Jack Gangemi (15) M	54.72L P # 28 Men 15-15 100 Free 23
	25.56L P # 69 Men 15-15 50 Free 34
Shelby Carstens (13) W	28.91L P # 110 Women 12-13 50 Free 56
Alex Chin (13) M	2:09.74L P # 9 Men 12-13 200 Free 34
	1:05.28L P # 41 Men 12-13 100 Fly 24
	57.17L F # 94 Men 12-13 100 Free 9
	57.18L P # 94 Men 12-13 100 Free 9
	26.39L P # 111 Men 12-13 50 Free 13
Ryan Pallas (16) M	24.70L P # 36 Men 16-16 50 Free 18
Kyle Robinson (14) M	1:12.78L P # 96 Men 14-14 100 Breast 17
Salwa Sadek (13) W	1:19.31L P # 118 Women 12-13 100 Breast 19
Braga Verhage (13) M	26.47L P # 111 Men 12-13 50 Free 15
Andrew Warnock (14) M	1:02.37L P # 17 Men 14-14 100 Fly 19
Madeline Hopkins (15) W	27.82L P # 68 Women 15-15 50 Free 39

National Open Water Champs

A team of five West Coast Swimmers travelled to the 2011 Australian Open Water Swimming Championships at the Sydney International Regatta Centre in March. Paul Laver placed 13th Australian (16th overall) in the Open 10km event in a time of 2:00.14. This was Paul's first Open Water National Championships appearance. Paul backed up in the 5km event the next day, placing 12th Australian (14th overall) in the 5000m "sprint" in a PB time of 58:25. Congratulations Paul. The 10km event was won by Beijing Olympian Ky Hurst and the 5km by New Zealand Olympian Kane Radford.

Jiorja Ralston (15) completed the 5km event at her second National Championships, placing 25th in a time of 1:12.55. Also competing at his second open water nationals was Andrew Warnock (14) who completed the 5km event in 1:12.10 finishing 22nd. Two young debutantes at Nationals this year were Thurston Hewitt (14) and Vienna Schnell (14). Thurston placed 18th in 1:10.43 and Vienna placed 27th in 1:15.36. Congratulations to all West Coast Swimmers and we look forward to a bigger and better team travelling to the National Open Water Championships in 2012. Thank you to Head Coach Mel Tantrum and Team Manager Arlette Warnock for taking the team to Sydney.



“A team of five
West Coast
Swimmers
travelled to the
2011 Australian
Open Water
Swimming
Championships”



“4 State records”



State Junior Championships - April 2011

West Coast was strongly represented at the Championships with the 2nd largest contingent behind Breakers. Given that qualifying does not come easy it is testament to the strength of our club that 23 of our Junior Squad were able to not only qualify but record 58 PB's out of 95 total swims for the meet.

A total of 20 individual medals were won by the team including, 14 Gold, 6 Silver and 10 Bronze. A further 2 Gold and 1 Bronze were also won by our outstanding relay teams.



With such a high level of PBs and medals, it is not surprising that there were many outstanding swims. The following notable performances deserve a special mention:

- Taj Jones - 12 events, 8 Medals (4 Gold) and 11 PBs
- Joel Hill - 10 Events, 6 Medals (5 Gold) and 7 PBs

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



On Saturday the Girls 11-12 “A” Freestyle Relay team (Ella Cossill, Louise Hewitt, Emma Kriening and Maggie White), broke 4 State records on their way to winning gold with their time of 1:58.49. This was an outstanding swim breaking records set by previous West Coast Swimmers. These records included:

Record Broken	Time	Record Holder	Date Set
• Residential - Relay State	01:59.01	Aussie All Stars	22-Mar-08
• WA All Time - Relay Club	02:01.66	West Coast	18-Jan-02
• WA All Comers - Relay Club	02:01.66	West Coast	18-Jan-02
• Residential - Relay Club	02:01.66	West Coast	18-Jan-02





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*“Attitudes are contagious...
Is yours worth catching?”*

Not to be outdone on the Sunday, our Girls 11-12 "A" Medley Relay team, consisting of Louise Hewitt, Beatrice Tay, Hadley Lindsay and Ella Cossill added a further 4 State Records to the Clubs belt with their time of 2:14.01. These records included:

Record Broken	Time	Record Holder	Date Set
• WA All Comers - Relay Club	02:15.68	West Coast A	18-Jan-02
• Residential - Relay Club	02:15.68	West Coast A	18-Jan-02
• WA All Time - Relay Club	02:15.68	West Coast A	18-Jan-02
• Residential - Relay State	02:15.68	West Coast A	18-Jan-02



“Not to be outdone on the Sunday, our Girls 11-12 "A" Medley Relay team ... added a further 4 State Records”

Well done to the team, especially the 2 relay teams, it was a great finish to a successful meet for West Coast swimmers. With multiple PB's and medals, all of our junior swimmers should be extremely proud of themselves.






State Junior Champs - Top 8 Results

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

Ian Thorpe



Name	Age Group	Event	Place	Time
Talia Papantoniou	8	50 Breast	1	00:50.26
Zach Farrell	8	50 Breast	1	00:48.11
Zach Farrell	8	100 Breast	1	01:45.25
Joel Hill	9	50 Back	1	00:38.61
Joel Hill	9	100 Back	1	01:25.83
Joel Hill	9	100 Breast	1	01:43.40
Joel Hill	9	100 Free	1	01:14.52
Joel Hill	9	200 Medley	1	03:08.26
Ashleigh Glover	11	50 Breast	1	00:39.72
Ashleigh Glover	11	100 Breast	1	01:28.94
Taj Jones	11	50 Back	1	00:35.20
Taj Jones	11	200 Back	1	02:43.31
Taj Jones	11	100 Breast	1	01:28.69
Taj Jones	11	100 Back	1	01:15.74
Talia Papantoniou	8	100 Breast	2	01:50.16
Ashleigh Glover	11	200 Breast	2	03:13.26
Taj Jones	11	200 Breast	2	03:11.25
Ella Cossill	12	50 Free	2	00:28.99
Hadley Lindsay	12	100 Breast	2	01:23.41
Louise Hewitt	12	100 Free	2	01:04.36
Tom White	8	50 Back	3	00:47.23
Tom White	8	100 Free	3	01:32.00
Aria Kyriakou	9	50 Fly	3	00:41.59
Joel Hill	9	50 Breast	3	00:46.87
Taj Jones	11	50 Breast	3	00:40.78
Taj Jones	11	50 Fly	3	00:33.92
Taj Jones	11	100 Free	3	01:09.64
Beatrice Tay	12	200 Breast	3	03:07.24
Hadley Lindsay	12	50 Breast	3	00:38.62
Hadley Lindsay	12	50 Fly	3	00:32.45
Tom White	8	50 Free	4	00:40.43
Joel Hill	9	50 Free	4	00:35.08
Ella Cossill	12	100 Free	4	01:04.88
Louise Hewitt	12	50 Free	4	00:29.75
Taj Jones	11	200 Free	5	02:31.26
Taj Jones	11	200 Medley	5	02:51.58
Beatrice Tay	12	50 Breast	5	00:39.43
Beatrice Tay	12	100 Breast	5	01:26.56
Ella Cossill	12	50 Fly	5	00:32.65
Joel Hill	9	50 Fly	6	00:42.50
Hadley Lindsay	12	100 Free	6	01:05.79
Louise Hewitt	12	50 Back	6	00:34.61
Hadley Lindsay	12	100 Fly	7	01:15.66
Hadley Lindsay	12	50 Free	7	00:30.31
Maggie White	12	50 Breast	7	00:40.65
Maggie White	12	100 Free	7	01:07.16
Finlay Player	9	100 Back	8	01:34.50
Finlay Player	9	100 Free	8	01:22.65
Cooper Lindsay	10	50 Breast	8	00:46.59
Farah Sadek	11	100 Back	8	01:26.33
Farah Sadek	11	100 Breast	8	01:33.86
Hadley Lindsay	12	200 Medley	8	02:44.80



2011 FINA World Championships

Twenty year old Tommaso D'Orsogna has qualified for his 5th Australian Open Team, gaining selection for the 2011 FINA World Championships in Shanghai, China this July. Capping off a tough 8 days of racing at the Australian titles in Sydney in early April, D'Orsogna has qualified to swim in both men's relay teams (4x100m Freestyle and 4x200m Freestyle). The Telstra Dolphins Australian Swim Team will take a 52-strong team to the FINA World Championships in Shanghai, which includes superstars Geoff Huegill, Leisel Jones, Stephanie Rice, and former West Coaster Eamon Sullivan.

In all, six West Aussies have been selected to compete in China. City of Perth's Blair Evans, Travis Nederpelt and Rhys Mainstone (Open Water) join three AIS-based WA athletes D'Orsogna, Merindah Dingjan (Southside Wesley Penrhos) and Sally Foster (Central Aquatic). The 2011 FINA World Championships will be Tommaso's second World Championships appearance, having won bronze at the 2009 World Championships in Rome, Italy. Tommaso has since represented Australia at the 2010 Commonwealth Games in Delhi and the 2010 Pan Pacific Championships in Irvine, California.

West Coast Swimming Club wishes Tommaso the very best wishes for the World Championships in Shanghai which is an excellent preparation for the London 2012 Olympic Games.

JX Award Winners

West Coast Swimming Club is proud to announce the following swimmers that have achieved a JX qualifying standard time during the 2010/2011 season. In the coming months the club will receive all JX materials to be awarded to these swimmers. The YPS qualifiers have yet to be announced.

Gold Star

Finlay Player	Taj Jones	Joel Hill	Tom Cumming
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Gold

Alex Milligan Braga Verhage Hill White	Aria Kyriakou Cooper Lindsay Joshua Kerrich Max Contessi	Ashleigh Glover Farah Sadek Kane Hughes Shelby Carstens	Beatrice Tay Hadley Lindsay Jared Louise Hewitt Maggie William Lantzke
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Silver

Alisha Hodgetts Ella Cossill Kanon Uchiyama Samuel Waite	Amy Farrell Emma Kriening Luke Fowler Sian Munks	Brandon Tay Emmeline Fraser-Gillard Mia Contessi Taylor Hooper	Callum Duffy Jana Papantoniou Salwa Sadek Tyra Stowers
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Bronze

Asger Wade Ingrid Zuijdgheest Joshua Jones Nikki Martin Teischa Jones	Christian Kyriakou Jema Kerrich Luke Connelly Rachael Edwards Violet Simcock	Emma Hill Jessica Bergman Mary-Grace Maloney Sacha Downing	Gemma Robinson Jessie Bunker Nicholas Pierson Sarah Knox
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Green

Alicia Britton Emmeline House Jack Spencer Martha Cornwell Ryan Hodgetts	Andika Putri Graeme Aylward Jessica Cannon Mitchell Atkinson Simone Wilson	Chloe Hogan Hayley Wells Jordan Verley Peter Carstens Sophie Rasmussen	Claudia Haugg Jacinta Fraser-Gillard Luuk Brutsaert Rebecca Italiano William Hutt
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Well done to all of the above swimmers who have earned their respective JX Awards.

*“Whether
you think
you can*

or

*think you
can't, you
are right.”*

Henry Ford

Swimmer of the Year Awards

Congratulations to the following West Coast members who have been nominated for an Award at the annual Vorgee Swimmer of the Year Awards.

- Alex Milligan - Junior Swimmer of the Year
- Karen Hodgetts - Technical Official of the Year
- Tommaso D'Orsogna - Swimmer of the Year

We wish them all the very best luck and hopefully we will have similar success as we did last year when Tommaso was awarded Swimmer of the Year.

SWA Performance & Development Squads

Swimming WA, in conjunction with WAIS and in association with the Department of Sport and Recreation (DSR) are pleased to present the 2011/2012 Performance and Development Squad Program.

This program has been developed with the aim of delivering a clear performance pathway across the state for both Athletes and their Coaches, along with maximizing the number of WA representatives on National Teams and fostering a team spirit amongst WA swimmers and coaches from across the State.

The Athlete development pathway will provide swimmers with development and education opportunities which will assist in their pursuit of higher achievements at a State, National and International level. Athletes will be given the opportunity to participate in a variety of activities and will be exposed to WAIS programs, which will develop their potential both in and out of the water.

The following West Coast Swimmers are to be congratulated on being selected by Swimming WA / WAIS.

Open Water Gold

Paul Laver

Senior Silver

Nik Jongsma

Geoffrey Short

Matthew Smith

Youth Silver

Alex Chin

Alex Milligan

Youth Bronze

Mark Ferguson

Liam Hughes

Jack Gangemi

Ryan Pallas

Madeline Hopkins

Youth Development

Shelby Carstens

Braga Verhage

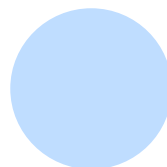
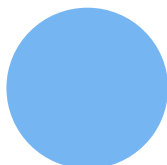
Kyle Robinson

Andrew Warnock

Salwa Sadek

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

whiteat@ap.aurecongroup.com

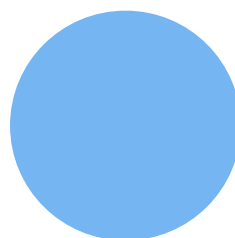
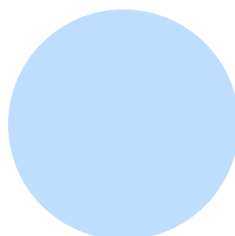


We're on the Web!

See us at:

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

Also check out West Coast on Facebook





Personal Information

Title	
First Name	
Initial	
Surname	
DOB	
Gender	
Aust Citizen	Yes No
Parents Names	

Contact Information

Address	
Suburb	
State	
Postcode	
Home Phone	
Mobile	
Email	

Emergency Contact Information

Name	
Relationship	
Home Ph	
Mobile	

Medical Information

Medical Conditions	
Asthmatic (Yes or No)	
Swimmer with Disability Y or N	
Classification Number if you have one	

Following are some important declarations that need to be signed before submission.

DECLARATION

1. I agree to abide by the rules, regulations and policies of Swimming WA, Swimming Australia and the West Coast Swimming Club, including West Coast's Code of Conduct and Australian Swimming's Behavioural Guidelines, Anti-Doping, Member Protection and Privacy Policies (these are available at www.swimming.org.au and www.westcoastswimclub.com.au).

2. I authorise West Coast Swimming Club, Swimming WA and Swimming Australia to use and disclose, to related and relevant bodies any of my personal information that may be necessary to implement the rules, regulations and policies in 1 above. I agree to have my name, results and any photograph taken during events conducted by Swimming WA, unless I or any guardian indicates otherwise, published in official programs, newsletters and websites and other media.

Signature (Member): Date:/...../.....

If under 18 Name of Parent/Guardian:

Signature (Parent/Guardian): Date:/...../.....

PARENT/GUARDIAN DECLARATION

1. I agree to make myself or another person available to timekeep or fulfil other duties required at any event my child is entered into, whether it be a club event or a sanctioned meet. Failure to do so may result in my child being unable to participate at future events.

Signature (Parent/Guardian):

Date:/...../.....

NEW MEMBERS NOT REGISTERED TO A CLUB BEFORE MUST PROVIDE PHOTOCOPY OF BIRTH CERTIFICATE

Code	Member Category	Club Fee	Swimming WA Fee	Member Fee Total
C1	Competitive – 1 st in Family	155	95	250
C2	Competitive – 2 nd in Family	130	95	225
C3	Competitive – 3 rd in Family	105	95	200
RS	Recreational Swimmer	81	75	156
NC	Non swimmer member (Committee member, parent, Official, Coach)	20		20
UP	Upgrade Recreational to Competitive	74	37	111
RM	Rookie Competitive 12U *	80	95	175

**First time Juniors who have never held membership at Australian or International Swim Club. Only applicable for first year. Additional Conditions apply*

Send completed forms with correct payment (Cheques made to *West Coast Swimming Club*) to:

The Registrar
West Coast Swimming Club
PO Box 2641
Mount Claremont WA 6010

Or marked to The Registrar and placed in the Club letterbox at Challenge Stadium.

Payment may also be made via Direct Debit. Please use surname as reference and email confirmation to westcoastswim@hotmail.com

Acc Details: West Coast Swimming Club, BSB 016484 Acc No 437562241

*You may register securely online (the link is available on the front page of www.wa.swimming.org.au) by using your Username and Password. Please note that if you take this option you will be charged a **6% surcharge on the club fee only by Swimming Australia's credit card facility (IMG Commerce)**. New members can also register online and are also subject to this surcharge.*

The below information applies to those members wishing to access membership through the new swim on line data base where they do not have computer access. Please note, the 6% surcharge to the club fee only also applies to this transaction.

Payment Details

I _____ make payment for membership in the 20__/20__ competitive Swimming Year.

MasterCard / Visa Card/ Bank Card (please circle)

Card No _____ Expiry Date: ____/____

Amount: AUD\$ _____

Name on Card: _____ Signature: _____ Date: ____/____/____



JUNE CLUB NIGHT

Thursday 23rd of June from 5pm at Challenge Stadium

MEET PROGRAM – ORDER OF EVENTS

1. 400m IM
2. 200m Freestyle
3. 50m Butterfly
4. 100m Freestyle
5. 50m Backstroke
6. 100m Butterfly
7. 50m Breaststroke
8. 100m Backstroke
9. 50m Freestyle
10. 100m Breaststroke

QUERIES??

Please feel free to contact me for more information

Vanessa Farrell 0404480083
clubnight@optusnet.com.au
www.westcoastswimclub.com.au

ELECTRONIC TIMING WILL BE USED AT THIS CLUB NIGHT SO THAT TIMES ACHIEVED CAN BE RECOGNISED FOR ON-LINE ENTRIES

CONDITIONS OF ENTRY APPLY:

- ✓ Please note the above program order when choosing your event as there will be no breaks to accommodate swimmers who are not marshalled when an event/heat is handed to the starter.
- ✓ Select your events carefully as scratching or changes will not be accepted in the marshalling area without your coach's consent.
- ✓ Maximum four (4) events per swimmer.
- ✓ All swimmers in the intermediate advanced squad or above should choose as a minimum one event from events 1 or 2.

NO LATE ENTRIES ACCEPTED - ENTRIES CLOSE:

- ✓ 5:00pm on **MONDAY** (before the Club Night), being the 20th of June 2011.

ENTRIES TO:

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

WARM-UP:

START:

FINISH:

- ✓ 4.30pm to 5pm. 5:10pm (Sharp). 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.



SWIM MEET ENTRY CARD

Reg No:

Surname: _____

DOB:

First Name: _____

Email: _____

Phone: _____

Age 1st Day of Meet: Australian Citizen Yes / No

WEST COAST CLUB NIGHT 02 –JUNE 2011

WEST COAST SC

Meet Name

Club

Signature of Registrar

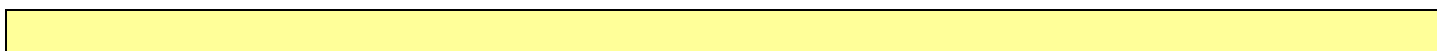
THIS SEASON HEATS WILL BE SEEDED BASED ON SWA PB'S RATHER THAN CLUB NIGHT PB'S.
A LC TIME WILL BE ACCEPTED IF NO CURRENT SC TIME IS AVAILABLE.

Event No	Entry Time	Qualifying Time	Distance	Stroke	Achieved At
1			400m	IM	
2			200m	Freestyle	

PARENTS TO FILL IN BEFORE SUBMITTING:

Please be aware that we require parents to make themselves available for timekeeping if your child is participating in a Club Night or club-run event. We require 24 timekeepers at each club event. Without volunteer help club events cannot run effectively. We understand that circumstances may mean that you are unavailable from time to time, However a swimmer whose family members DO NOT make themselves available occasionally will no longer be able to participate in club-run events.

I WILL BE / WONT BE AVAILABLE TO TIMEKEEP _____



WEST COAST SWIMMING CLUB TARGETED MEETS

WINTER 2011

West Coast Swimming Club and the Mel Tantrum Coaching Team have carefully selected the targeted meets calendar for the winter 2011 season. There will be a coach or coaches in attendance at all targeted meets. West Coast swimmers are expected to participate in 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 Nights" are shown in red 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
	APRIL					
Closed	30 April – 1 May	Geraldton Short Course Classic	Aquarena Aquatic Centre, Geraldton	ENCOURAGED - First short course meet of the season to achieve qualifying times. Good meet for racing and travel experience. Several West Coast families will be travelling to Geraldton for this meet.	Optional for all squads	No
	MAY					
Closed	26	West Coast Club Night	Challenge Stadium	COMPULSORY – ALL CLUB MEMBERS EXPECTED TO PARTICIPATE	All	All
Closed	28-29	Swimming WA Qualifying Meet #1	Challenge Stadium	ENCOURAGED - All swimmers from all squads are strongly encouraged to enter this meet to achieve state and/or national qualifying times.	All	No
	JUNE					
Closed	4-5	Mandurah Challenge – Swim for Cash	Mandurah Aquatic and Recreation Centre	COMPULSORY – All club members are expected to participate. Cash prizes for individual swimmers and overall best club.	All	TBC
Closed	11	South Lake Dolphins Sprint Carnival	Challenge Stadium	ENCOURAGED - All swimmers from all squads are strongly encouraged to enter this meet. There are qualifying times that must be met.	All	No
Closed	12	Breakers Pentathlon	Challenge Stadium	ENCOURAGED - All swimmers from all squads are strongly encouraged to enter this meet.	All	No
20 Jun Paper	23	West Coast Club Night	Challenge Stadium	COMPULSORY – ALL CLUB MEMBERS EXPECTED TO PARTICIPATE. Last club night to achieve qualifying times for the WA State Short Course Championships.	All	All
11 Jun Online	25-26	Swimming WA Qualifying Meet #2	Challenge Stadium	ENCOURAGED - All swimmers from all squads are strongly encouraged to enter this meet. Last chance to achieve qualifying times for the WA State Short Course Championships.	All	No
	JULY					
TBA	1-3	Australian Short Course Championships	South Australian State Aquatic Centre, Adelaide	The Australian Open Short Course Swimming Championships will attract Australia's best swimmers from across the country. All swimmers in the National Age and Open Squad should be aiming to qualify and compete.	National Age and Open	Mel
8Jun Paper	9-10	Albany Short Course Carnival	Albany Leisure and Aquatic Centre	West Coast's targeted "away" meet for the winter short course season. All club members strongly encouraged to attend. The club will organise a bus and accommodation. Great trip for developing team spirit.	All squads	CJ

Club Registration Date	Date	SWIM MEET	VENUE	COMMENTS	SQUAD(S)	COACH
TBA Online	15-17	HFMF State Short Course Championships (Open, Age and Junior)	Challenge Stadium	The pinnacle event on the Swimming WA winter calendar. Any swimmer who achieves qualifying times is expected to compete. Use club nights and the qualifying meets above to achieve qualifying times.	All Squads	TBC (Roster of coaches)
25 July Paper	28	West Coast Club Night	Challenge Stadium	COMPULSORY – ALL CLUB MEMBERS EXPECTED TO PARTICIPATE.	All	All
AUGUST						
18 Jul Paper	7	Kalamunda Junior Novice Meet	Darling Range Sports College	ENCOURAGED - All swimmers from junior and intermediate squads are strongly encouraged to enter this meet.	Junior and Intermediate	No
22 Aug Paper	25	West Coast Club Night	Challenge Stadium	COMPULSORY – ALL CLUB MEMBERS EXPECTED TO PARTICIPATE.	All	All
15 Aug Paper	28	Peel Aquatic	Mandurah Aquatic Centre	ENCOURAGED - All swimmers from all squads are strongly encouraged to enter this meet.	All	No
SEPTEMBER						
Club to submit	3	Short Course Club Relay Day	Challenge Stadium	The club will select teams to compete at this relay challenge.	All Squads (Teams to be selected by club)	TBC
SWA to submit	17-19	Australian State Teams Age Short Course	Canberra	Team selected by SWA based on performances at the HFMF State Short Course Championships on 15-17 July	National Age / NAD	Selected by SWA
26 Sep Paper	29	West Coast Club Night	Challenge Stadium	COMPULSORY – ALL CLUB MEMBERS EXPECTED TO PARTICIPATE.	All	All
OCTOBER						
16 Sep Paper	8-9	Kimberley Open Short Course Championships	Broome Recreation and Aquatic Centre, Broome	Optional meet for travel and racing experience	Optional	No
24 Oct Paper	27	West Coast Club Night	Challenge Stadium	COMPULSORY – ALL CLUB MEMBERS EXPECTED TO PARTICIPATE.	All	All



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

2011 State Championship Short Course Qualifying Times

Male		8	9	10	11	12	13	14	15	16	17/18	Open	
Freestyle	50m	0:45.00	0:42.00	0:38.00	0:36.00	0:33.50	0:29.90	0:28.60	0:28.00	0:27.50	0:26.90	0:26.90	
	100m	1:37.00	1:30.00	1:22.00	1:17.00	1:12.00	1:05.60	1:02.60	1:00.80	0:59.60	0:58.50	0:58.50	
	200m		3:10.00	2:52.00	2:41.00	2:30.00	2:25.20	2:18.90	2:15.30	2:12.60	2:09.60	2:09.60	
	400m				5:42.00	5:12.00	5:03.90	4:52.10	4:45.50	4:40.50	4:33.90	4:33.90	
	800m				10:41.40						9:38.60		9:30.90
	1500m				20:29.60						18:09.0		18:03.50
Backstroke	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:35.40	0:33.70	0:32.90	0:32.20	0:31.70	0:31.70	
	100m	1:48.00	1:42.00	1:34.00	1:29.00	1:24.00	1:14.80	1:11.20	1:09.60	1:08.00	1:06.90	1:06.90	
	200m			3:16.00	3:06.00	2:50.00	2:44.50	2:36.20	2:32.90	2:30.20	2:26.90	2:26.90	
Breaststroke	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:39.50	0:37.70	0:37.00	0:36.40	0:35.50	0:35.50	
	100m	2:02.00	1:56.00	1:48.00	1:43.00	1:36.00	1:25.00	1:20.90	1:19.60	1:18.30	1:16.40	1:16.40	
	200m			3:43.00	3:33.00	3:18.00	3:08.10	2:58.20	2:56.00	2:54.60	2:49.40	2:49.40	
Butterfly	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:37.50	0:32.80	0:31.40	0:30.30	0:29.40	0:29.00	0:29.00	
	100m		1:48.00	1:37.00	1:30.00	1:24.00	1:12.10	1:08.80	1:06.40	1:04.50	1:03.50	1:03.50	
	200m				3:11.00	2:53.00	2:46.10	2:36.60	2:32.40	2:29.60	2:24.10	2:24.10	
Ind. Medley	100m		1:46.00	1:37.00	1:30.00	1:21.00	1:15.80	1:12.50	1:10.90	1:09.50	1:08.20	1:08.20	
	200m		3:50.00	3:30.00	3:15.00	2:55.00	2:44.50	2:37.30	2:33.70	2:30.70	2:28.00	2:28.00	
	400m					6:13.80		5:34.40		5:17.40		5:14.60	
Freestyle Relay	4x50m		2:55.00	2:40.00	2:30.00	2:21.00	2:09.00	2:03.00	2:00.00	1:58.00	1:56.00	1:56.00	
	4x100m								4:19.00	4:13.00	4:07.00	4:07.00	
	4x200m									9:09.00	8:57.00	8:57.00	
Medley Relay	4x50m		3:25.00	3:05.00	2:55.00	2:41.00	2:26.00	2:19.00	2:16.00	2:14.00	2:10.00	2:10.00	
	4x100m								4:44.00	4:39.00	4:34.00	4:34.00	

2011 State Championship Short Course Qualifying Times

Female		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:45.00	0:42.00	0:38.00	0:36.00	0:33.50	0:31.20	0:30.70	0:30.60	0:30.60	0:30.50	0:30.50
	100m	1:37.00	1:30.00	1:22.00	1:17.00	1:13.00	1:07.70	1:06.70	1:06.10	1:05.90	1:05.60	1:05.60
	200m		3:10.00	2:52.00	2:42.00	2:33.00	2:29.10	2:26.30	2:25.20	2:24.10	2:22.60	2:22.60
	400m				5:42.00	5:20.00	5:10.80	5:04.70	5:02.50	5:00.30	4:58.10	4:58.10
	800m				11:03.50					10:12.20		10:06.10
	1500m				21:18.90					19:54.60		19:43.60
Backstroke	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:36.50	0:35.80	0:35.70	0:35.70	0:35.70	0:35.70
	100m	1:48.00	1:42.00	1:34.00	1:29.00	1:24.00	1:16.90	1:15.50	1:15.30	1:15.30	1:15.30	1:15.30
	200m			3:16.00	3:06.00	2:55.00	2:48.30	2:45.00	2:43.90	2:43.90	2:43.90	2:43.90
Breaststroke	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:40.90	0:40.60	0:40.40	0:40.30	0:39.70	0:39.70
	100m	2:02.00	1:56.00	1:48.00	1:43.00	1:37.00	1:27.60	1:26.70	1:26.30	1:26.00	1:25.00	1:25.00
	200m			3:43.00	3:33.00	3:20.00	3:11.80	3:09.80	3:08.50	3:08.40	3:05.90	3:05.90
Butterfly	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:38.50	0:33.90	0:33.60	0:33.20	0:32.80	0:32.80	0:32.80
	100m		1:48.00	1:37.00	1:30.00	1:25.00	1:14.50	1:13.70	1:12.80	1:12.10	1:12.10	1:12.10
	200m				3:11.00	3:00.00	2:49.40	2:47.80	2:42.80	2:42.30	2:41.70	2:41.70
Ind. Medley	100m		1:46.00	1:37.00	1:30.00	1:22.00	1:17.90	1:16.80	1:15.80	1:15.60	1:15.00	1:15.00
	200m		3:50.00	3:30.00	3:15.00	2:57.00	2:48.90	2:46.70	2:44.50	2:43.90	2:42.80	2:42.80
	400m					6:16.50		5:53.70		5:43.80		5:41.00
Freestyle Relay	4x50m		2:55.00	2:40.00	2:30.00	2:21.00	2:12.00	2:10.00	2:09.00	2:09.00	2:09.00	2:09.00
	4x100m								4:41.00	4:38.00	4:38.00	4:38.00
	4x200m									9:57.00	9:49.00	9:49.00
Medley Relay	4x50m		3:25.00	3:05.00	2:55.00	2:41.00	2:28.00	2:26.00	2:25.00	2:25.00	2:23.00	2:23.00
	4x100m								5:08.00	5:08.00	5:06.00	5:06.00

Please Note: Official swimming times submitted must have been achieved since 1st January of the previous year, unless otherwise stated on the meet program. A long course time can be used for a short course event, unconverted, should a swimmer not have an official short course time. This time again must have been achieved since 1st January the previous year. If a swimmer has a short course time, they must use it.