



## Aquatic Centre Swimming Newsletter August 2010

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**Innovate**

**Participate**

**Encourage**

**Develop**

**Perform**

### ***First Things First!***

It would be remiss not to congratulate **Jeff Thompson** on his success in gaining his Swimming Referee Qualification. This is the Club's first qualified referee. It was a great night when 92 swimmers turned out for Club Night and participated in a full program of events from 25m to 200m. The night ran well with the assistance from parents and committee in time keeping, starting, marshalling and recording. Officials from Metropolitan North West were the stroke judges and assessors for Jeff's "Judgement Journey". It was also fitting that every swimmer was able to partake of a healthy muffin or two at the end of the night as 302 swims were completed in just over an hour and twenty minutes. ***Well done Team!***



### ***Winter Season Over, Summer Season Begins***

With the State Age Short Course Championships being conducted last weekend at SOPAC the Winter Season for 2010 has come to an end. This year Barker Aquatic Swim Club had 24 swimmers participate in 50 events including five relays.

There are many ways to measure individual and club performance by considering total qualifiers, medal counts, point scores and rankings as well as personal improvement records.

Medal winners were **Tim Cottam** (1 gold), **Tom Dickinson** (1 silver), **Oskar Stevens-Jones** (1 silver) and **Michael Gilbert** (1 bronze). The team accrued 376 points to finish 32<sup>nd</sup> in the State with over 90 club teams competing. In total



there were 24 swims where swimmers achieved personal best times. The two biggest Pb's were from **Michael Gilbert** who has now posted at 2:01.67 in his pet event the 200m backstroke and **Matthew Sullivan** who lowered his 200m freestyle time by 5.32 seconds to swim 2:15.82 and won himself a ribbon by finishing 8<sup>th</sup> in the event. This swim was arguably the best swim of the meet by one of our swimmers as Matthew gained this position from the first heat. The other top ten place getter was **Jayke Small** with a 4<sup>th</sup> and a 6<sup>th</sup> place in the 100 and 200m breaststroke. Our relay teams were very competitive and showed the

importance of team training and how turnovers and an extra training session or two could produce a result to include a medal. The five relay teams had four top ten finishes.

Having identified these performances one can now only reflect on what could have been. As each swimmer passes through the age groups incremental improvements in performance diminish. There is a need to pursue a systematic training regimen and to increase the frequency of attendance. Training should also be supplemented with a strength and conditioning program related to the stroke and the event. Measures should also be taken to develop and maintain core strength and complete injury prevention exercises. The real message from all of this is for each swimmer to develop a greater degree of self discipline if further success is to be achieved. There is a quote worth identifying here as a message to all swimmers:

*"Swimmers who focus on the process rather than the outcomes  
will often perform better and reap rewards."*

## The Summer Schedule

Over the next two weeks the Performance Squads will be involved in some preseason training to increase the volume of work and refine stroke skills. This phase is important to build the base for what lies ahead. Swimmers should be making their long course goals and establishing how they will be balancing their time between various family, school, social and sporting activities.

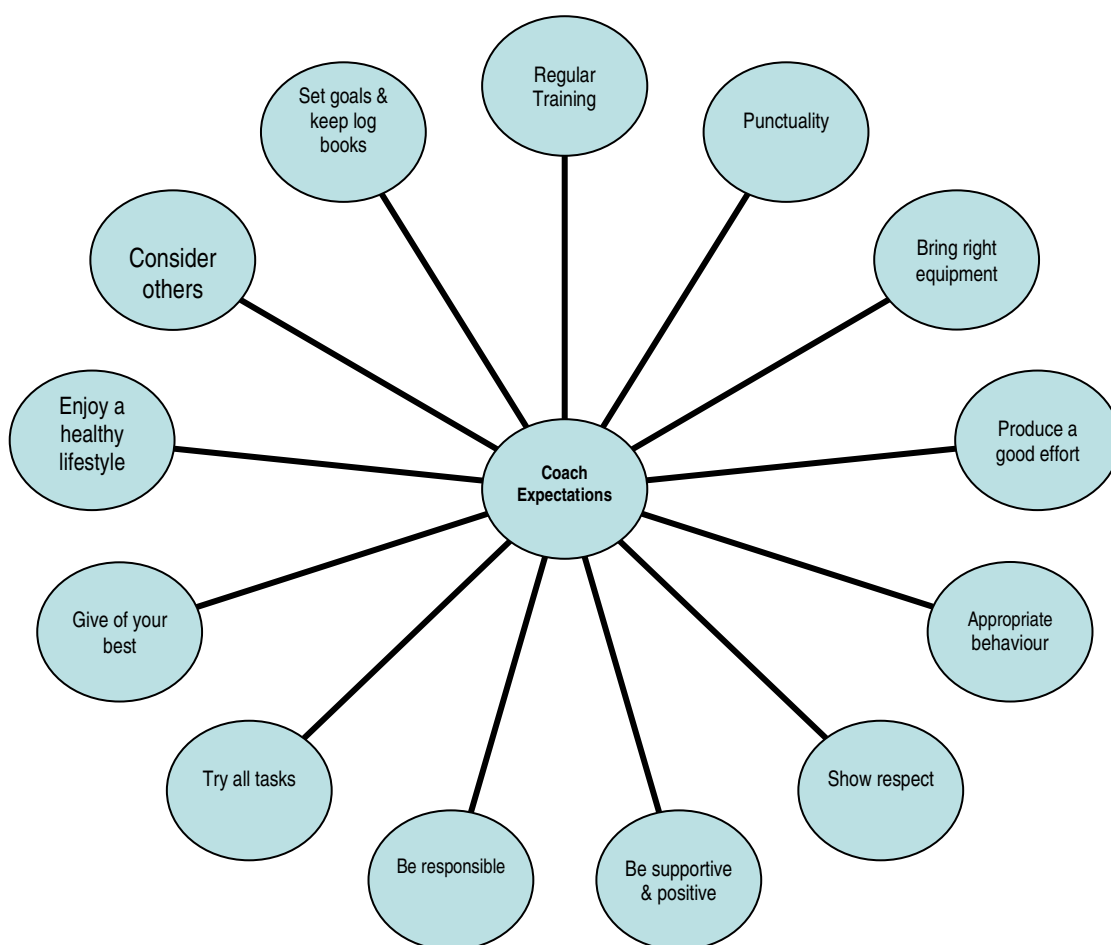


This summer season the Club has again identified the Target Meets leading into Metropolitan and State Championships in December and January. Details of these meets have been posted at the Aquatic Centre and are available on the web site. At this point of time some carnival formats are still unavailable. Entry closing dates must be observed as should the method of entry which is either through the Barker Race Secretary or through entries On-line as required.

A noticeable change on the calendar is the clash which occurs between Metropolitan Northwest Summer Championships and the Raymond Terrace Swim Meet. Our obligations lie with MNW however, plans are being put in place to enter the Telopea two day swim meet on 30<sup>th</sup> and 31<sup>st</sup> October. This will involve a two day overnight stay. November appears as an exceptionally busy month while February/March 2011 is full on with Junior School and Secondary School commitments. **Parents beware!**

## COACH'S EXPECTATIONS

Just to finish off this Newsletter, I have been reading a book entitled "Swimming for Parents" by Gary Barclay. It is currently being advertised on the NSW Swimming Website. I summarised some of the pages and came up with this diagram. There are some lifelong attributes to be attained from this "Wheel of Life".



***Look, listen and learn!***

