

# **Mingara Aquatic Swimming Club**

## **Mingara Aquatic Swimming Club Newsletter**

**April 2009**

Here it is finally and full of lots of our swimmers achievements as we have had a very busy two months of competition. Happy reading!

### **[NSW 11 and 12 years IM Squad](#)**

Alara Townsend has been selected in the 2009 NSW 11 and 12 years IM Squad. Alara's selection was based on her performance in the Individual Medley at the NSW State Age Championships held at Homebush in January. Congratulations Alara!

### **[Speedo Sprint Series Finals](#)**

Mingara Aquatic swimmers brought home 7 medals, 1 Gold, 4 Silver and 2 Bronze from the Speedo Sprint Series Finals held at Homebush on Sunday 8th March. Swimmers from all over NSW attended the Heats in their own District during February to gain selection into the Finals Series. Mitchell Harris Aquatic won Gold in the 50 backstroke and Silver with the Central Coast medley relay team. Also winning medals were Liam Covi, Macy Callaghan, Ryan Covi and Keira Linnen.

Great results!

### **[Telstra Australian Championships](#)**

Mingara Aquatic had 5 representatives competing at the Telstra Australian Championships held from Tuesday 17th to Sunday 22nd March at SOPAC. They were Kieran Casey, Nathan Dennis, Sarah Hoyles, Teigan Van Roosmalen and Troy Puttergill. The Championships doubled as the selection trials for the World Championships to be held in Athens, Greece later this year.

The Mingara Aquatic Team performed well with Teigan Van Roosmalen and Troy Puttergill's being selected in the 2009/10 Telstra Dolphins Silver Squad. Teigan has also gained selection into the 2009 Paralympic World Cup Team to compete in Germany at the end of May. Troy has been selected in the 2009 Australian Global Games Swimming Team that will compete in the Czech Republic in July. Kieran Casey qualified for his first Open Nationals final finishing 8th in the 400 Individual Medley and posted 5 PB's during the 6 days of competition. What an incredible result!

"Thank you" to Dave Negus who supported the Team throughout the Championships. "Congratulations" on these outstanding results!

## Australian Age Championships

The Australian Age Championships are being held at SOPAC, Homebush from 13<sup>th</sup> - 18<sup>th</sup> April. Nine Mingara swimmers have qualified to compete at this championship which is a wonderful achievement. They are **Brady Casey, Kieran Casey, Jordan Burnes, Nathan Dennis, Coral Hardwick, Nicholas Hawthorne, Sarah Hoyles, Rachelle King and Jessica Potter**. Also qualifying to compete in relays are Alara Townsend, Kate Rix, Mitchell Harris, Liam Covi, AJ Foakeni. Congratulations to you all and we wish you every success!

## **DAVES BIT - Detraining Effect on Swimmers**

Sports Scientists recommend that training programmes should limit periods of complete inactivity to no more than two to three weeks. 'Elite Swimmers', they conclude, 'can expect a large and fairly rapid decline in "fitness" as a result of training cessation and with retraining it can take twice the time to recapture. Prolonged periods of inactivity should be avoided and the training programme should incorporate some form of "maintenance" training where a prolonged break is desired'.

A swimmer, a current Olympic champion, allowed himself the luxury of eight weeks of inactivity after competing in the Sydney Olympic Games in September 2000. His fitness was assessed by means of a lab-based incremental rowing test on four separate occasions: eight weeks before the Olympics; after eight weeks of inactivity; after eight weeks of retraining; and after a further 12 weeks of training. The key findings were as follows:

- *V<sub>O2</sub>peak*. After eight weeks' detraining, this had decreased by 8%. After eight weeks of retraining it had increased by only 4%, returning to just below pre-Olympic values after a further 12 weeks;
- *Power at peak oxygen consumption*. After detraining, this fell from a pre-Olympic value of 546W to 435W – a reduction of 20%. After eight weeks' retraining it had increased by 15%, resuming pre-Olympic values after a further 12 weeks;
- *Power at reference blood lactate concentrations*. After detraining, these declined by 27%, but returned to just below or just above pre-Olympic levels after 20 weeks' retraining.

### **Conclusion**

A cessation of only a few weeks in training may lead to the many physiological, bio-chemical, and hormonal changes, which would affect swimming performance. These findings apply to swimmers at both the elite and non-elite level. Based on current scientific knowledge, we can conclude that only year round training allows an athlete to improve and maintain specific qualities for swimming, such as "feel of water," utilization of strength and muscular endurance. Failure to maintain a year round profile with regard to training stimulus will lead to the athlete being unable to achieve the performance parameters required to perform up to his/her potential and lead to a serious decline in performance.

### Did you Know??

in order to reach Olympic Trials level, females need about 9 to 10 years of year round training, while males need 10 to 11 years

## They're Here!

We now have Club shirts in stock. If you wish to purchase a shirt please contact our Property Officer Jacqui Harris on (0407) 035827

## Club Meeting

Our next meeting is **Wednesday, 13<sup>th</sup> May at 6pm** at Oliver's Café in the Swim Centre at Mingara One. All welcome!

## Club Nights

**Club Night resumes Friday, 1<sup>st</sup> May.** Please remember that all cards MUST be in the Club Night entry box located on pool deck, no later than Thursday evening 7pm. As previously, if cards are late the swimmer will swim unseeded and **no cards will be accepted after 6pm on the night.** Please check the notice board for the club night program.

## Notice of Mingara Aquatic Swimming Club Annual General Meeting

Mingara Aquatic Swimming Club will be holding its Annual General Meeting on **Friday 29<sup>th</sup> May 2009 at 6pm** at Mingara One. You will be advised of the exact location closer to the meeting. Positions available will be posted in the newsletter and on the noticeboard. Please consider being part of the Committee. More details to follow. All welcome.

## **Our Team Captains Country Reports**

### **Kez's Bit**

Mingara Aquatic sent a team of 44 swimmers to compete at the Country Championships held at Homebush Aquatic Centre, February 21 and 22. The team was very successful finishing 3<sup>rd</sup> in the overall point score, and 2<sup>nd</sup> in the male point score.

#### Did You Know??

- At this meet Mingara Aquatic swimmers won a total of 22 medals... 7 Gold, 7 Silver and 8 Bronze.
- Mitchell Harris broke a NSW State Record in the 13 yrs 50m backstroke.
- Nathan Dennis aka "Pyro" had an explosive swim in the 16yrs and over 100m backstroke, posting a dynamite time of 1.02.07, placing him third and it was his second ever country medal.

Thanks to the Mingara Coaches Dave, Peter and Dwayne, who gave up their time to support us at Country? Without their support the performance shown by all swimmers would not have been as great.

Special thanks to Dave Negus, the Coach of the high performance squad who missed out on a mention in the last newsletter due to *lazy senior captains*. Many may not know, but Dave ran training sessions for high performance on Christmas Eve, Boxing Day and New Year's Eve. He also spent a week supporting his swimmers at the NSW State Age Championships in January, and again at the NSW Open Championships the weekend before Country. Thanks Dave ☺ we really do appreciate what you do for us!

**Captain Kez**

## Liam's Bit

- Every sporting event brings special memories. This Year's 2008, NSW Country Championships was no exception. Mingara's Junior Swimmers had a great meet. Well done to all of you. Here are some of my memories of this event:
- Mitchell Harris winning Gold in the 13 years 50 Metre Backstroke. Mitchell broke the NSW State and NSW Country Record with his mum and dad there to watch. Mum and Dad got very emotional after Mitchells swim and to break this record is a great achievement. Great work Mo.
- My co-captain Alara, who is one of the best all round swimmers at the club, finally winning a medal at elite level (Bronze in the 100 metres Butterfly), after years of Top Tens and Numerous 4<sup>th</sup>'s at NSW State and Country Titles. Well done Alara
- The tears of joy on the faces of Mr and Mrs Boon when Erin won Bronze in the 11 years Girls 100 Metre Butterfly. Nice one Erin.
- Disappointment on my friend Daniel Sylvester's face with his Bronze in the 11 Years Boys Breaststroke. Daniel is a great swimmer, who expects Gold at this level. Nice swim Daniel. Next time!
- The tears of disappointment on Keira Linen's face when she missed the 50 Metre Breaststroke final, when her goggles broke. Not long after that race, Keira had a huge smile on her face when she got revenge in the best way possible by powering home to win Silver in the Girls 11 years 100 metres Breaststroke.
- Josh Peoples doing a PB and just missing a medal in the Boys 11 years 100 metre Butterfly. Good swim Josh.
- My brother Ryan finally got on the podium (Silver and Bronze in the Breaststroke and IM). He has been hanging around the podium talking to the winners for the past few years after each of his swims. When he was on the podium, he had a huge smile on his face and I was very proud of him. Great work Ryan.
- James Dezius swam PB's in every swim. Excellent work James.
- The Great PB's and swims had by all the juniors.
- Overall the junior's contributed to our overall 3<sup>rd</sup> Place and 2<sup>nd</sup> Place in the Boys Events. Well done one and all, and once again thanks Dwayne, Peter and Dave (and our Mums and Dads) for getting us there.

**LIAM COVI – BOYS CAPTAIN – MINGARA JUNIORS**

## [A Word from the Editor](#)

After many, many years as Editor of the Club newsletter, it is time for me to step aside. Mark Johnson, father of our junior swimmers Zachary and Joshua, will take over the reigns as your new editor. Mark has some wonderful ideas and will bring a fresh new slant to the newsletter. Please support Mark in providing him with any information you would like to see in the newsletter. You can continue to forward information to my email address until Mark informs you of where he would like info sent. Congratulations, Mark, and we look forward to your first edition.

## [Newsletter Information](#)

The Newsletter will be emailed directly to you, will be available on the Mingara Aquatic Swimming Club website [www.mingaraaquatic.com](http://www.mingaraaquatic.com) and posted on the noticeboard. If you have any information you would like put in the Newsletter please Email Judy Chilcott at [thecotts@bigpond.net.au](mailto:thecotts@bigpond.net.au) This could some helpful hints and tips, recipes or anything else you may like to share. The closing date for the next newsletter is **24<sup>th</sup> April 2009.**

## [Sponsors](#)

Mingara Aquatic Swimming Club would like to thank our sponsors for their ongoing support. They are:

- ❖ **Mingara Recreation Club**
- ❖ **Fruit For All, Berkeley Vale**
- ❖ **Hollier's Butchers, Long Jetty**



# MINGARA

*On behalf of the Committee we would like to wish you and all your families a very safe and Happy Easter. Enjoy the holiday break and we hope the Easter bunny finds you wherever you may be!*