



MINGARA AQUATIC SWIMMING CLUB NEWSLETTER

August 2009

Captain's Report – NSW Country SC Championships

A word from our Junior Boy's Captain, Liam Covi...

Well, what more can I say, other than WOW!

It was an enormous meet with many first time qualifiers attending, as well as quite a few 'veterans'.

There were PBS's, and even a couple of medals.

The highlights of the Meet (for me anyway), were our three medal champions.

- My brother Ryan won Gold in the 10 years Men's 50 metre Breaststroke establishing a new NSW Country Record in the process. On top of that he got another Gold in the 10 Years Men's 100 Metre Breaststroke . Well done Ryan.
- Brad Woodward won Silver in the Men's 11-12 Years 100 Metre Backstroke and set a new NSW Country Record in the Men's 11 Years 50 Metre Backstroke. Fantastic work Brad.

Other good moments were:

- Daniel Sylvester raced his long time rival Oliver Moody, and they are both neck and neck going into the NSW State Titles in August. Daniel also broke the 11 years Country, NSW and All Comers Records in the Mens 200 Metre Breaststroke. Good luck at State, Daniel.
- Josh Peoples got this name in the record books with a solid swim in the Mens 11 Years 200 Metre Butterfly, which earned him a new NSW Country Record.
- First time qualifier Zac Johnson, made it to his first NSW State Titles in the Men's 10 years 100 Metre Breaststroke.
- James Koch, another first time qualifier, made it to his first NSW State Titles in the Men's 10 years 100 Metre Butterfly.

I am sure all of the parents of our first time qualifiers were very excited and proud of their children just for making it to these championships. There were many PBS and great swims amongst this group. They were:

Kane Anderson, Ashlee Brew, Macy Callaghan, Amber Can, Mackenzie Harris, Zachary Johnson, Georgia Kerr, Megan King, James Koch, Ruby Rooke, Casey Slough, and Adam Withers.

A special thanks to Peter, Dwayne, Dave, Nobby and Brooke who would have to be the best coaches in the whole of NSW. They get us prepared for events such as Country and State, working on our technique, fitness and getting us mentally prepared for good swims. Thanks Coaches.

Thanks

Liam

Results

NSW Country Short Course Championships -

As Liam has already mentioned, there were some outstanding results at the Country Champs. Apart from the records that have been highlighted, representatives from Mingara collected 6 gold, 12 silver and 6 bronze medals. There were plenty of top ten finishes which helped our club to an overall club ranking of 2nd for the meet – a fantastic result. Fortunately, all parents and children were extremely responsible and well behaved at the Marriott and the staff are looking forward to having us back next time.



Medals

Jordan Burnes - 2nd 15/Over 200m IM, 3rd 15/Over 100m Breaststroke, 3rd 15/Over 50m Breaststroke, 2nd 15/Over 200m Breaststroke, 2nd 15/Over 400m IM

Macy Callaghan - 3rd 10/Under 100m Breaststroke

Kieran Casey - 2nd 15/Over 200m IM, 3rd 15/Over 200m Butterfly, 2nd 15/Over 200m Breaststroke, 2nd 15/Over 400m IM

Liam Covi - 3rd 12/Under 200m Breaststroke

Ryan Covi - 1st 10/Under 50m Breaststroke, 1st 10/Under 100m Breaststroke

Rachelle King - 2nd 15/Over 50m Backstroke, 2nd 15/Over 200m Backstroke, 2nd 15/Over 100m Backstroke

Dean Mackay - 2nd 15/Over 200m Butterfly, 2nd 15/Over 100m Butterfly

Teigan Van Roosmalen - 1st 50m Free MD, 1st 50m Butterfly MD, 1st 50m Breaststroke MD, 1st 50m Backstroke MD

Bradley Woodward - 2nd 11-12 100m Backstroke

Womens 200m Medley Relay (**Rachelle King**, **Jordan Burnes**, **Coral Hardwick**, **Belinda Shaw**) - 3rd

Top 10 Finishes

Jordan Burnes - 10th 15&Over 100m Butterfly

Macy Callaghan - 7th 10/Under 50m Breaststroke

Brady Casey - 8th 15/Over 200m IM, 6th 15/Over 100m Breaststroke, 8th 15/Over 50m Breaststroke, 5th 15/Over 200m Breaststroke, 7th 100m IM, 10th 15/Over 100m Butterfly

Kieran Casey - 6th 15&Over 400m Free, 9th 15/Over 50m Backstroke, 4th 100m IM, 4th 15/Over 200m Freestyle

Jessica Cook - 9th 15/Over 200m Backstroke

Ryan Covi - 10th 10/Under 50m Butterfly, 8th 10/Under 100m Butterfly

Liam Covi - 4th 11-12 100m Breaststroke, 4th 11-12 50m Breaststroke

Nathan Dennis - 8th 15/Over 200m Backstroke, 10th 15/Over 100m Backstroke

Coral Hardwick - 8th 15/Over 50m Backstroke, 7th 15/Over 200m Backstroke, 5th 15/Over 100m Backstroke

Mitchell Harris - 9th 13-14 50m Backstroke, 9th 13-14 200m Backstroke

Nicholas Hawthorne - 4th 13-14 50m Freestyle, 5th 13-14 50m Butterfly, 8th 13-14 100m Butterfly, 6th 13-14 200m Backstroke

Zachary Johnson - 4th 10/Under 50m Breaststroke, 6th 10/Under 100m Breaststroke

Rachelle King - 4th 15/Over 200m IM, 6th 15/Over 100m Butterfly, 10th 15/Over 50m Butterfly

James Koch - 9th 10/Under 100m Butterfly, 9th 10/Under 100m Breaststroke

Dean Mackay - 4th 15&Over 400m Free, 5th 15/Over 400m IM, 8th 15/Over 100m Freestyle, 8th 15/Over 200m Freestyle, 4th 15/Over 50m Butterfly

Joshua Peoples - 8th 12/Under 200m Butterfly

Jessica Potter - 7th 15/Over 100m Breaststroke, 6th 15/Over 200m Breaststroke

Belinda Shaw - 5th 15/Over 50m Backstroke

Daniel Sylvester - 5th 11-12 100m Breaststroke, 6th 11-12 50m Breaststroke, 5th 12/Under 200m Breaststroke

Alara Townsend - 9th 13-14 200m IM, 10th 13-14 50m Butterfly

Kate Rix - 9th 13-14 50m Backstroke, 10th 13-14 100m Backstroke

Bradley Woodward - 4th 11-12 50m Backstroke, 4th 11-12 100m Butterfly, 4th 11-12 50m Butterfly

NSW State Open Short Course Championships

Eleven swimmers represented Mingara at Sopac - Jordan Burnes, Brady Casey, Kieran Casey, Nathan Dennis, Coral Hardwick, Rachelle King, Paul Lemmon, Dean Mackay, Jessica Potter, Belinda Shaw, Teigan Van Roosmalen. They had nine top 10 swims with Kieran narrowly missing out on 3rd in the 400m IM.

Jordan Burnes - 6th 50m Breaststroke, 10th 200m Breaststroke

Kieran Casey - 5th 200m IM, 9th 200m Butterfly, 4th 400m IM, 10th 200m Freestyle

Rachelle King - 8th 100m Backstroke, 7th 200m Backstroke, 6th 50m Backstroke

Telstra Australian Short Course Championships

Mingara was represented by 5 swimmers at Hobart - Keiran Casey, Rachelle King, Belinda Shaw, Emma-Louise Tonnet and Teigan Van Roosmalen. All did well with PB's achieved all around and Kieran reached the finals in the 400m IM, finishing 10th. For those that watched this on One HD, they would have noticed the big white M making an appearance on camera, along with Dave "Camera Hog" Negus who made a few appearances like a real life Where's Wally?

Global Games

The Global Games for Disabled Swimmers was held between 7-11th July in Liberec, Czech Republic. Troy Puttergill competed at this event and even though he was carrying a shoulder injury had a fantastic meet. Troy won Gold in 4x100m Medley Relay, Silver in 4x100m Freestyle Relay. Troy's next major event is World Masters in October.

World Record

Recently, Teigan managed to better her own world record in the S13 200m butterfly. Teigan took 1.5 seconds off her previous mark. Well done Teigan.

IPC Short Course – Brazil

More congratulations to Teigan who has been selected in a 16-strong squad for the 2009 IPC World Short Course Championships to be held in Rio de Janeiro in December. Teigan has been going from strength to strength lately is sure to perform well at this inaugural event.



Upcoming Events

Toukley Long Course Qualifying Carnival - 20th Sep, PLC Woy Woy

First long course qualifier of the season. Events for 7 years and up. Entries close 1st September. Full program at the end of the newsletter.

Mingara Aquatic 8th Annual Qualifying Meet – 24-25 October, Mingara Leisure Centre

It's that time of the year when we get ready for our Annual Qualifying Carnival. This year it is being held 24th & 25th October. This is a Target Meet which means that our coaches will be attending so they can assist and encourage you on the day.

As this is our clubs carnival and our major fundraiser of the year, the Coaches have asked that ALL our swimmers compete at this carnival. It is fantastic program and we even have 200m events for the 10 years and over looking to get some times in this distance.

Please note that the closing date to get your entries in is Friday 25th September. If you are paying by cheque please make payable to:

Mingara Aquatic Swimming Club Inc

If you would like to sponsor a race it is \$10 for a family and \$25 for a business. This means that you will have your name in the program for the event you sponsor! You can sponsor as many events as you like. Check out the program at the end of the newsletter and see what event/s interest you and contact Shayne Kerr on (0439) 644032 to secure your event.

Thank you for your ongoing support and see you there!

Fundraising

The recent cake stall fundraiser for Liam King was a success and we managed to raise \$232 to help Liam fund his trip to Brisbane for the World Transplant Games. Thank you to every who went to the effort of making all those delicious cakes and slices.

The watch raffle will be drawn this Friday night at club. Tickets are still on sale - \$2 each or 3 for \$5. A big thanks to the Townsend family for donating this great prize.

The Art Union tickets should have already been returned to Shayne. If you have yet to return your Art Union tickets please do so immediately.

A special thanks to Dwayne Peoples for winning and then donating back his prize of a night's accommodation at The Marriott. Thanks also to The Marriott at North Ryde for their donation.

Great value for local services with *entertainment*™ ...

For only \$60, purchase an Entertainment™ Book and take advantage of some great retail savings!

The 2009/2010 Entertainment™ Book features many of the area's best restaurants, cafes, hotel accommodation, attractions, activities as well as a fantastic **Retail & Local Services** section... all with valuable 25% to 50% off and 2 for 1 offers.

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Here are just a few of the many ways you can save, and how quickly the value adds up:

	EST. SAVINGS
Buy a case of Hunter Valley Wine from Rosemount Estate	\$45.00
Fill the pantry or fridge from Coles	\$25.00
Decorate your next big party with the Balloon Boutique	\$50.00
Indulge yourself in a luxury beauty treatment and new haircut from one of our many great beauticians and hairstylists	\$50.00
Deck yourself out in some cool surf gear from any of the surf shops	\$25.00
Fill the house with some fresh flowers from a local florist	\$20.00
Redecorate the home with some new décor from Whiteport	\$100.00
Chanel, Dior, Napoleon buy online with Fountain Cosmetics	\$50.00
Subscribe to your favourite magazines with magshop	\$40.00
Say Thank you with a gift hamper from Gift Sensations	\$30.00
TOTAL SAVINGS	\$435.00

**See how quickly your \$60 investment can pay for itself...
and help our fund-raising at the same time!**

**For more information or to purchase a book, contact Jodie Foley on
(0412) 292990**

USA SCHOLARSHIPS FOR FEMALE SWIMMERS

If you're a talented female swimmer currently studying in year 11 or 12 with a desire to swim and study in the US then we may be able to assist you

We have several women's scholarships currently on our books as US coaches look to recruit talented swimmers for commencement in August 2010.

Studying and competing internationally has many benefits. The rewards are outstanding and the experiences are life changing.

Tuition, books and board are paid for as you study towards your degree and compete in the sport that drives you to new levels

If you think you fit the bill then why not call us for a free no-obligation chat on toll free 1300 653461.



www.americanathleticscholarships.com.au

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

Mingara Aquatic Swimming Club

8TH ANNUAL QUALIFYING MEET

Saturday 24th October 2009 & 25th Sunday October 2009



MINGARA

Mingara 1- The Lifestyle Centre, Mingara Drive, Tumbi Umbi
8 Lane x 50m INDOOR HEATED POOL
FULL AUTOMATIC TIMING WILL BE IN USE

Saturday's Events					WARM UP 9:00am				START 10:am					
M	QT	F	QT	Age	Dist	Stroke		M	QT	F	QT	Age	Dist	Stroke
1	4:00.00	2	4:00.00	12/U	200	I.M.		37		38		13 & 14	100	Free
3	3:00.00	4	3:00.00	13/O	200	I.M.		39		40		15/O	100	Free
5		6		8/U	50	Free		41	1:24.00	42	1:26.00	12/U	100	Free
7		8		9 & 10	50	Free		43		44		8/U	50	Back
9		10		11 & 12	50	Free		45		46		9 & 10	50	Back
11		12		13 & 14	50	Free		47		48		11 & 12	50	Back
13		14		15 & 16	50	Free		49		50		13 & 14	100	Fly
15		16		17/O	50	Free		51		52		15/O	100	Fly
17		18		13 & 14	100	Breast		53	1:37.50	54	1:39.50	12/U	100	Fly
19		20		15/O	100	Breast		55		56		8/U	50	Breast
21	1:48.30	22	1:49.00	12/U	100	Breast		57		58		9 & 10	50	Breast
23		24		8/U	50	Fly		59		60		11 & 12	50	Breast
25		26		9 & 10	50	Fly		61		62		13 & 14	100	Back
27		28		11 & 12	50	Fly		63		64		15/O	100	Back
29	5:15.00	30	5:30.00	Open	400	Free		65	1:33.50	66	1:35.00	12/U	100	Back
31		32		10/U	4 x 50	F/S Relay								
33		34		12/U	4 x 50	F/S Relay								
35	5:00.00	36	5:00.00	Open	4 x 100	F/S Relay								
PROPOSED ATERNOON BREAK														

Sunday's Events					WARM UP 9:00am				START 10:00am					
M	QT	F	QT	Age	Dist	Stroke		M	QT	F	QT	Age	Dist	Stroke
67	11:00/21.00	68	11.30/23:00.00	13/O	800/1500	Free		81		82		10-12	200	Fly
69		70		10-12	200	Breast		83		84		13-14	200	Fly
71		72		13-14	200	Breast		85		86		15/O	200	Fly
73		74		15/O	200	Breast		87		88		10-12	200	Free
75		76		10-12	200	Back		89		90		13-14	200	Free
77		78		13-14	200	Back		91		92		15/O	200	Free
79		80		15/O	200	Back		93	5:32.00	94	5:47.50	Open	400	I.M.

CONDITIONS OF ENTRY

- Meet conducted under the rules of Swimming NSW & is a district approved meet. One Start Rule will apply.
- All events are timed finals. Medals will be awarded for Saturday's Events only and will be awarded as follows: 1st, 2nd & 3rd in individual age groups. For 8/U, 12/U, 13/O & 15/O medals are awarded to 1st, 2nd & 3rd past the post. Ribbons will be awarded for 1st, 2nd & 3rd for the relays. **NOTE:** There will be no medals or Ribbons awarded for events held on Sunday.
- For those swimming the 1500m Freestyle who also would like an 800m Freestyle time this will be available only if you have submitted and paid for an entry in both the 800m and 1500m Freestyle events.
- A Timeline will be provided for Sunday's events. Please check our website the week of the carnival for this.
- **Entries close Friday 25th September 2009. NO LATE OR PHONE ENTRIES WILL BE ACCEPTED.** Age as at 24th October 2009
- Entries are \$4.00 per event and \$10.00 per relay on Swimming NSW MULTI ENTRY cards accompanied by a Summary Sheet. **Cheques to be made payable to Mingara Aquatic Swimming Club Inc.**
- Pool entry fees apply.
- The Meet Director reserves the right to amend the program if required.

Race Secretaries please note: EVENTS WITH QUALIFYING TIMES MUST BE VERIFIED

For an E-Entry file and results, please go to www.mingaraaquatic.com

Mail Entries to: Race Secretary

PO Box 8188 Tumbi Umbi NSW 2261

Send E-Entries to: racese secretary@mingaraaquatic.com

Phone Enquiries to: Sharron Peoples (0400) 367046

Get in Early with your Long Course Qualifying times



**TOUKLEY SWIMMING CLUB INC. LONG
COURSE QUALIFYING CARNIVAL Sunday 20 September
2009**

Peninsula Leisure Centre – Woy Woy

Warm Up: 8.00 a.m. A.O.E. & TOUCH PADS Will Be In Use Start: 9.00am

Boys	Girls	Event	Boys	Girls	Event
1	2	Open 400m Time Trial	43	44	7 yrs & Under 25m Backstroke
3	4	7 yrs & Under 25m Freestyle	45	46	8 yrs & Under 50m Backstroke
5	6	8 yrs & Under 50m Freestyle	47	48	13 yrs & Over 50m Backstroke
7	8	13 yrs & Over 50m Freestyle	49	50	Multi Disability 50m Backstroke
9	10	Multi Disability 50m Freestyle	51	52	9/10 yrs 50m Backstroke
11	12	9/10 yrs 50m Freestyle	53	54	11/12 yrs 50m Backstroke
13	14	11/12 yrs 50m Freestyle	55	56	13/14 yrs 100m Backstroke
15	16	13/14 yrs 100m Freestyle	57	58	15 yrs & Over 100m Backstroke
17	18	15 yrs & Over 100m Freestyle	59	60	12 yrs & Under 100m Backstroke
19	20	12 yrs & Under 100m Freestyle	61	62	7 yrs & Under 25m Butterfly
21	22	7 yrs & Under 25m Breaststroke	63	64	8 yrs & Under 50m Butterfly
23	24	8 yrs & Under 50m Breaststroke	65	66	13 yrs & Over 50m Butterfly
25	26	13 yrs & over 50m Breaststroke	67	68	Multi Disability 50m Butterfly
27	28	Multi Disability 50m Breaststroke	69	70	9/10 yrs 50m Butterfly
29	30	9/10 yrs 50m Breaststroke	71	72	11/12 yrs 50m Butterfly
31	32	11/12 yrs 50m Breaststroke	73	74	13/14 yrs 100m Butterfly
33	34	13/14 yrs 100m Breaststroke	75	76	15 yrs & Over 100m Butterfly
35	36	15 yrs & Over 100m Breaststroke	77	78	12 yrs & Under 100m Butterfly
37	38	12 yrs & Under 100m Breaststroke	79	80	Open 200m Time Trial
39	40	12 yrs & Under 200m Ind. Medley			
41	42	13 yrs & Over 200m Ind. Medley			

CONDITIONS:

Medals will be awarded for all events – 12 Years and Under (except Time Trials) to the first three places in each age group in double age events. Cash prizes for 13 Years and over events

1. NSWSA Inc. Rules apply. This is a qualifying meet. All events will be timed finals. 50m Pool.
2. This is a Area Approved Meet
3. Entries must be on NSWSA multi entry cards together with a summary sheet. Clubs who utilise E-entries will only require to send an entry report, fee report and do not need to submit a summary sheet. E-ENTRIES preferred: e file: www.toukley.nswswimming.com.au
Email: toukleysharks@gmail.com
4. Swimmers in 50m and 100m events may not compete in 25m events in that stroke.
5. Entries close Wednesday 9th September 2009. Age as at 20th September 2009.
6. \$4.00 per entry. All entries to: The Race Secretary,
13 Leumeah Avenue CHAIN VALLEY BAY N.S.W. 2259 Enquiries: Andrew Jones 0428 663766 Cheques made payable: Toukley Swimming Club
7. B.B.Q. will be available for breakfast and lunch
8. Lunch break after Event 38
9. Normal Pool Entry fees apply
10. Visiting Clubs may be asked to assist with timekeeping.