

Mingara Aquatic Swimming Club Newsletter

February 2009

Apology

I would like to offer an apology to Erin Boon who was left off the list of Central Coast Championships Age Champion. Erin was the Girls 10 years Age Champion. Congratulations, Erin, on your achievement.

NSW State Championships

Mingara Aquatic sent a team of 39 swimmers to the NSW State Age Championships held at Homebush in January. The Team brought home 5 Gold, 1 Silver and 7 Bronze Medals and finished in 13th place in both the 13-18 years and 10/U-12 years point scores. Sixteen of our swimmers featured in 42 Top Ten placings as did 2 relays. We would like to say a special thank you to our first time relay swimmers who came to SOPAC just to compete as part of a team in the relays. Well done to Zachary Johnson, Peter Evans, Kane Anderson, Holly Clarke, Mackenzie Harris, Caitlyn Hawthorne, Casey Slough, Georgia Kerr and Madison Craig. For a full list of results, please see the notice board. Stay tuned later in the Newsletter for our Captain's Reports.

Australian Age Multi Disability Swimming Championships

Teigan Van Roosmalen along with several other Paralympians competed at the inaugural Australian Age Multi Disability Championships held at the AIS in Canberra from Friday 23rd - Sunday 25th January. Teigan had a huge program over the three day event and had much success winning 4 Gold, 1 Silver and 1 Bronze as well as breaking an Australian Record. Congratulations, Teigan on a fantastic Meet. Well done!

NSW Country Regional Championships

Three Mingara Aquatic swimmers attended the NSW Country Regional Championships held during the holidays. Michael (11) and James Dezius (12) competed at the Bathurst venue whilst Zachary Johnson (9) competed at Singleton. James came home with 4 Gold medals and 2 Bronze. He was placed 1st in the 12 years 200 individual medley, 50, 100 and 200 Butterfly and 3rd in 100 and 200 Freestyle. Zachary won 2 Gold medals placing 1st in both the 50 and 100 Breaststroke for 9 years. He just missed out on his Country Qualifying time by a miniscule 0.09 second.

Our Team Captains State Reports

On the Saturday the 10th and Sunday the 11th January, the Mingara Juniors went to the NSW State Titles. We had a great meet with several of our swimmers doing PB's.

Well done to the following swimmers who competed in relays - Zachary Johnson, Peter Evans, Kane Anderson, Holly Clarke, Mackenzie Harris, Caitlyn Hawthorne, Casey Slough and Georgia Kerr. You all had great swims, and made your parents very proud.

I would also like to especially mention Bradley Woodward who won 4 bronze medals in the 100 metre Back, Butterfly, Freestyle and the 200 metre IM.

I'd also like to mention Daniel Sylvester who came 7th in the 200 metre Breaststroke and 8th in the 100 Breaststroke and Alara Townsend came 5th in the 100 metre Breaststroke, 6th in the 200 metre IM and 5th in the 200 metre Fly.

Well done also to Josh Peoples who came 10th in the 200 metre fly, Ryan Covi who came 5th in the 100 metre Breaststroke and James Dezius who came 12th in the 200 metre Fly and had a fantastic meet.

I would also like to congratulate everyone who did PB's.

There was a great team spirit at State. Well done to all of Mingara including the parents who drive us to training every morning or afternoon. A big thankyou to all our great coaches Dwayne, Dave and Peter.

WELL DONE MINGARA!

Liam Covi – Junior Boys Captain

NSW STATE TEAM 2009
(10yrs & under - 12yrs)

Kane Anderson
Amy Annabel
Erin Boon
Megan Burgess
Georgia Butler
Holly Clarke
Liam Covi
Ryan Covi
James Dezius
Peter Evans
Zoe Hall

Mackenzie Harris
Caitlyn Hawthorne
Danielle Hession
Zac Johnson
Georgia Kerr
Keira Linnen
Joshua Peoples
Casey Slough
Daniel Sylvester
Alara Townsend
Bradley Woodward

On the weekend of 10-11 January 2009, 22 Mingara swimmers competed at the NSW State Long Course 10yrs & under - 12 years Age Championships at Sydney Olympic Park Aquatic Centre and we were AWESOME!!!!!!!!!!

As usual the Mingara Team were the LOUDEST and the MOST supportive! As always, we looked the most impressive with our bright yellow and blue team shirts.

Our team came an impressive 13th position overall with lots and lots of swimmers doing PB's..... James Dezius getting the largest PB of the meet, a massive 11½ second in his 200m Fly. Well Done EVERYONE!!!! You swam your socks off!!

Congrats to Brad Woodward (Woody) who won 5 bronze medals. What awesome results!

I would like to congratulate the 8 swimmers who competed for Mingara at State for the first time. I hope you all enjoyed yourself!!

And also a big thank you to all our supporters cheered so hard for us, especially our parents who not only support us at these swim meets but each and every week for our training sessions, too.

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Alara Townsend – Junior Girls Captain

Mingara Development and Open Carnival

On Saturday, 31st January, Mingara held its annual Development and Open Meet. The carnival was a great success and we would like to thank all those swimmers who supported the carnival as well as all the parents and senior swimmers who took on jobs timekeeping, working the BBQ and Technical Official positions. As you know, these carnivals cannot run without your support, and we do truly appreciate you giving up your time. You will find the results of this carnival on our club website.

National Fundraiser – Nandos and Movie Night

Friday night saw an amazing 69 people support our National swimmers by attending this event. It was so great to see so many of our club members and their families there. We started with a meal at Nandos and then to the movies to see the ultimate 'chic flic' "Bride Wars". Here's the low down on the movie – the girls loved it, some of the Mother's cried (no names) and the boys...well the jury is still out! On behalf of Dave Negus and the national swimmers, thank you for your support.

Speedo Sprint Series

Speed Sprint heats were held on Saturday, 7th February at the Peninsula Leisure Centre. Many of our swimmers have qualified through to the finals being held at SOPAC on Sunday 8th March. At the time of writing, the results were not available. When these come through, the results and the swimmers competing in the finals will be posted on the noticeboard. Mingara parents were once again in force timekeeping and in Technical Official roles and we thank you for yet again supporting your club by giving up your time.

IMPORTANT MESSAGE!!!!!!!!!!!!!!

All entries for the Telstra Australian Championships must be in no later than this Wednesday, 11th February. If you have any questions, please contact Sharron Peoples on (0400) 3670.

NSW State Open Championships

The NSW State Open Championships are being held the weekend of 13th-15th February. A team of 13 swimmers from Mingara will be competing and we wish them every success. Congratulations and best wishes to Jordan Burnes, Cody-Leigh Callaghan, Brady and Kieran Casey, Jessica Cook, Nathan Dennis, Coral Hardwick, Sarah Hoyles, Rachelle King, Jessica Potter, Troy Puttergill, Erin Robertson and Teigan Van Roosmalen.

NSW Country Championships

The NSW Country Championships are being held at SOPAC Homebush the weekend of 21st and 22nd February. Mingara Aquatic is sending a team of 44 swimmers, with four of these swimmers being first time qualifiers. They are Michael Dezius, Aimee Honor-Eltham, Samantha Judge and Taylah Small. Congratulations to you all for qualifying for the first time at a Representative level. We wish all our swimmers the very best of luck.

Swimming Caps at Carnivals

It is a rule of Swimming Australia that when you compete at any carnival, if you are wearing a swimming cap, it must be that of your club. While it is not compulsory to wear a cap, if you do so please ensure it is a Mingara cap that you are wearing. These are available from our Property Officer, Jacqui Harris and she can be contacted on (0407) 035827. Thank you for your co-operation.

Technical Officials

Over the last few months, several of our members have undertaken training to become Technical officials, and some have extended the qualifications they already have. Some of these roles are Timekeeping, Checkstarting & Marshalling and Starting. Our new Technical Officials are Jordan Burnes, Brady Casey, Kieran Casey, Tia Covi, Paul Covi, Nicholas Hawthorne, Bruce Hawthorne and Coral Hardwick. Those that have gained further qualifications are Judy Chilcott, Dave Potter, Andrew Sylvester, Carol Dezius, Geoff Woodward and Danny Linnen. If you are interested in training as a Technical Official (it's not hard – very hands on), please contact Dave Potter on (0402) 669197.

Club Nights

Club Night resumes this Friday, 13th February. 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.

Newsletter Information

The Newsletter will be emailed directly to you, will be available on the Mingara Aquatic Swimming Club website 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 This could some helpful hints and tips, recipes or anything else you may like to share. The closing date for the next newsletter is **17th February 2009.**

Club Meeting

Our next meeting is **Wednesday, 11th February at 6pm** at Oliver's Café in the Swim Centre at Mingara One. All welcome!

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