



MINGARA AQUATIC SWIMMING CLUB NEWSLETTER

July 2009

Results

Stingrays SC Qualifying Carnival – 21st June 2009

The Gosford Stingrays hosted a short course qualifying carnival at Woy Woy and Mingara was well represented along with many representatives from other clubs around the state. Our swimmers appeared in the medals on many occasions throughout the day.

The Inaugural Coast & Valley Winter Short Course Championships – 4/5 July 2009

Over the first weekend in July, a historical event took place at a cold but thankfully sunny Kurri Kurri YMCA – the first ever championships for the Coast & Valley area. Competition was tough with some very good swimmers across all age groups competing. Mingara were represented by 40 swimmers all up which made us the fourth most represented club after Novocastrian (74), KPD (57) and Hunter (54). Despite the low number of competitors, and thanks to some fantastic results, Mingara finished the weekend in second place with Novocastrian taking out the meet on overall pointscore. The male swimmer of the meet, based on pointscore, was Keiran Casey. Keiran competed in 12 individual events and medalled in almost all of them.

Other notable events included Bradley Woodward winning just about everything he entered and smashing some PB's along the way, Daniel Sylvester defeating long-time rival, Oliver Moody, in the 100m Breaststroke, Casey Slough picking up her first Country qualifying time and a truck load of PB's from just about everyone.

Thanks to Shayne for organising the big circus tent (and thanks to everyone who helped with the 2 hour rehearsal erecting and bringing it down on Friday night).



Upcoming Events

NSW Country Short Course Championships – 18/19 July 2009

Mingara will be sending 45 swimmers to the Country Champs at SOPAC. 12 of these are first time qualifiers. The swimmers are:

Erin Boon, Megan Burgess, Jordan Burnes, Georgia Butler, Brady and Kieran Casey, Benjamin Chilcott, Holly Clarke, Jessica Cook, Liam and Ryan Covi, Nathan Dennis, James Dezius, Ben Finch, Coral Hardwick, Mitchell Harris, Nicholas Hawthorne, Aimee Honor-Eltham, Rachelle King, Keira Linnen, Dean Mackay, Lauren Nobilo, Joshua Peoples, Jessica and Tom Potter, Kate Rix, Belinda Shaw, Taylah Small, Daniel Sylvester, Alara Townsend, Ashleigh Turner, Teigan VanRoosmalen, Bradley woodward

The first time qualifiers are:

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

Toukley 12 Years & Under Carnival - 9th August 2009, Toukley Pool

This was a load of fun last year. 25m and 50m events for 12 years and under, as well as 100m I.M., relays and a dash for cash. Entries close 20th July.

Kingswim 14 & Under Development Meet - 16th August 2009, Berkeley Vale Aquatic Centre

Note that qualifiers in individual events for City, Country, State or Australian Championships are ineligible to enter that event at this meet. Relays and dash for cash also at this meet.

NSW State Age SC Championships - 28th-30th August 2009

Entries will be closing in a few weeks – TBA.

Fundraising

A reminder about the Art Union tickets. Please finalize the sale/purchase of your ticket allocation and return the money and any unsold tickets as soon as you can. If you require another book of tickets just ask. The more we sell, the more money we raise for the club.

Hi there,

The World Transplant Games are on this year and being held in Brisbane – between 15th and 22nd of August. Liam wants not only to represent himself and Australia at the Games, but also to help raise funds for Transplant Australia and a portion goes to my fund raising to attend these games.

Hoping you could support this great cause and sponsor/donate to our team Transplant Australia. A portion of your donation goes to Transplant Australia and some goes to fundraising to help Liam to get there.

If you would like to help my cause you can visit www.everydayhero.com.au/liam_king. You can donate by credit card or PayPal or even send a cheque made out to Transplant Australia (just ask me for more details if you need to). Every dollar helps, and even better it's tax-deductable! The account is open till mid August and if you want to donate, we'd like thank you for your support in advance.

We'd love it to if you can even leave us a message, that'd be great!

Many thanks,

Annette and Liam King

(Note from Mum: Liam had Biliary Artesia when he was born and needed a Liver Transplant when he was 15 months old)

Mingara Swimming Club would like to help Liam, who is an active member of our Club. We are holding a Cake stall on Friday 31st July at Club. If you would like to help Liam, could you please bring along a cake, slice, muffin or whatever you chose to Club so we can sell these and the proceeds of this will go towards Liam's fundraising. Thank you in anticipation of your support.

AGM

On Friday 26th June, the Mingara Aquatic Swimming Club's Annual General Meeting was held. At this meeting the new committee for 2009/2010 was elected and consists of the following members:

<i>President</i>	David Potter
<i>Vice President</i>	Danny Linnen
<i>Secretary</i>	Judy Chilcott
<i>Treasurer</i>	Jenni Townsend
<i>Race Secretary</i>	Sharron Peoples
<i>Assistant Race Secretary</i>	Danny Linnen
<i>Registrar</i>	Lorien Rooke
<i>Fundraiser</i>	Shayne Kerr
<i>Point Scorer</i>	Dale Dezius
<i>Property Officer</i>	Jacqui Harris
<i>Publicity Officer/Newsletter</i>	Mark Johnson

A Word from the President

I would like to welcome the new Committee for the 2009/2010 season and thank you for taking the time to become involved.

The goal and ethos of Mingara Aquatic Swimming Club is to develop a club for all levels of swimmers and their families and that is what this committee is charged to achieve by working together as a team. What we require of you as members is your input and support.

If you have any ideas, suggestions, concerns or grievances, please let us know. The correct platform for any communication is via the President, a letter addressed to the Committee or attending the monthly meetings which everyone is always welcome to.

We are volunteers and parents just like you and wish to achieve the best we can for all our members. We cannot do this on our own and require your ongoing support. We look forward to a successful 2009/2010 season.

Dave Potter

Hints and Tips for Surviving Country Championships

There are often so many things to think about when going to a carnival. Have I enough food? Did I pack the swimmers? Will I be late? What do I do when I get there? So here it is – the “Hints and Tips” list.

- Make sure both swimmers and parents have an early night and good sleep prior to the meet. It is best to arrive about ½ hour before warm up (8am) or at least 2 hours before your race, to ensure that you can park the car and find your seat. The best place to park is “P2” or “P3”. We sit together as a team, so when you enter the Aquatic Centre, walk across to the far side of the pool and look for our banner. This is usually around Bay 112, 113 or 114.
- There is an entry fee to the carnival so pack some gold coins or small notes. Swimmers will receive a competitor’s pass so there is no charge for them. Adults are usually \$5 or you can buy a meet pass for 2 days, which works out a little cheaper. The cost of the program varies, but is around \$10.
- Make sure you check in with your Coach when you get there so they know you have arrived. Approximately four events before they swim, it is important to go and see their Coach. This gives the coach the opportunity to encourage them before they compete.
- **What to pack** – Mingara swimming cap, cossies to warm up in, cossies to race in, goggles (a spare pair is always handy in case of loss or breakages), two towels (so you have a dry one if the other gets too wet), an extra jumper as it can get quite cool in the Aquatic Centre.
- **What to wear** - it is important that you wear your Mingara uniform as you are representing the Club. When you are racing, you **MUST** wear your Mingara Swimming cap! This is a requirement of Swimming NSW and also allows our Coaches to see you in the water.
- **Food** – pack enough food, fruit, sandwiches and drinks because it can be very expensive to buy food at the carnival. Instant noodle cups are a great idea, as they are quick, warm and give you a good energy boost. Make sure to pack the thermos of hot water.
- It is a good idea to pack the night before, as departure times are always early.
- Pack a pen to record results, a highlighter to highlight your child’s name and event number. There is always a space beside where you can record their time. It is also a good idea to pack things to keep your child occupied. Books, puzzles, MP3 player – whatever takes their fancy.
- Most importantly, relax, have fun and enjoy. It is a huge achievement to have qualified to compete at this level and for some, especially first time qualifiers, it can be very daunting (for both swimmers and their parents!). Remember, there are lots of Mingara people around you so you will not be on your own.

Good Luck!

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



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