

# Mingara Aquatic Swimming Club Newsletter

June 2008

*“A journey of a thousand miles must begin with a single step”*

## Central Coast Championships

Central Coast Winter Championships were held at Toukley Pool on 31<sup>st</sup> May and 1<sup>st</sup> June. Mingara swimmers were an outstanding force with most of our swimmers walking away with medals. In total, Mingara swimmers won **142 medals!** As you can imagine, the list of medal winners is huge and all results will be posted on the notice board when available so keep your eye out for these outstanding results. However, there are some results that need to be mentioned.

Brad Woodward led the Mingara onslaught breaking an amazing 4 **Records!** Brad won 5 Gold and 1 Silver medal. Also, breaking **2 Records** were Jordan Burnes, Sarah Hoyles and Troy Puttergill and breaking 1 record Liam Covi, Coral Hardwick, Jessica Potter and Daniel Sylvester. Leading medallists were:

**Jordan Burnes** - 5 Gold, 1 Silver, 2 Bronze  
**Bradley Woodward** - 5 Gold, 1 Silver  
**Rachelle King** - 4 Gold, 1 Silver, 2 Bronze  
**Liam King** - 4 Gold  
**Troy Puttergill** - 4 Gold  
**Teigan Van Roosmalen** - 4 Gold

**Kieran Casey** - 3 Gold, 4 Silver, 2 Bronze

**Liam Covi** - 3 Gold, 1 Silver, 1 Bronze

**Coral Hardwick** - 3 Gold, 1 Silver

**Jessica Potter** - 2 Gold, 1 Silver

**Amy Annabel** - 2 Gold, 2 Bronze

Congratulations to all those who competed, especially our first time swimmers, those who achieved your goals, swam PB's and won medals. It truly was a fantastic result.

## Annual General Meeting

Our AGM will be on **Friday, 27<sup>th</sup> June at 6pm** in Tasman Room 4, Mingara Recreation Club. We encourage all members to come on the evening and have your vote. Please be there by **5.50pm** so we can start promptly at 6pm.

Positions available are:

**President, Vice President, Secretary, Treasurer, Race Secretary, Assistant Race Secretary, Registrar, Fundraiser, Point Scorer, Property Officer, Publicity Officer, Raffles Co-ordinator and Additional Members (4).**

A job description of each position is posted on the notice board.

Nomination forms will be available at Club and also stored where the carnival books are kept on the wall as you enter the pool. The person who is nominating and the person accepting the nomination must sign the form. Please place nomination form in an envelope and return to Michelle Hawthorne **no later than 5pm on Friday, 20<sup>th</sup> June.**

Please consider putting your hand up for a position. We also need new ideas to keep the club current and moving forward and there are always people to give you a hand. We look forward to seeing you there.

### **Mingara Carnival**

Mingara is holding its State and National Qualifying Carnival on Sunday, 22<sup>nd</sup> June. Thank you all those who have entered and we wish you every success in achieving your desired results at this meet. Parents, please keep your eyes out for the timekeeping roster closer to the date.

### **NSW Country SC Championships**

**Please note:** There was an error for the closing date for these championships in the last Newsletter. The closing date is **20<sup>th</sup> June.**

### **Paralympic World Cup in Manchester, England**

On Sunday 4<sup>th</sup> May **Teigan Van Roosmalen** and **Dave Negus** flew to Manchester to compete at the Paralympic World Cup. The annual event for athletes with a disability was first held in 2005 and has now become a firmly established international meet. Congratulations to Dave Negus who was appointed Coach of the Australian Team.

Teigan won a Bronze Medal in the 100 butterfly. Congratulations, Teigan, on a wonderful result.

### **Club Night & Carnival Entry Card Boxes**

Our Club Night and Carnival Entry boxes have changed location. They are now on the left hand wall as you walk into the pool, under where our carnival programs are displayed.

### **Central Coast Academy Of Sport**

**Jessica Potter** has been named as one of 13 Central Coast athletes in the Central Coast Academy Of Sport Future Stars Programme for 2008/2009 season. Only 2 swimmers were named in the programme with Jess being the first from Mingara Aquatic. The Academy looked at her performances and achievements over the last two years. Although the scholarship isn't swimming based, as there are a number of sports involved, it will enable Jess to prepare for the future. The courses are run by the NSWIS such as, sports science, nutrition, time management and dealing with the media. It also includes gym membership and physio and she will have access to high-tech swimming equipment. The programme is run along the same guidelines as NSWIS and the AIS. It is sponsored by major c/coast businesses including Mingara Recreation Club and Mingara One Lifestyle Centre.

We would like to congratulate Jess on her successful achievement and hope she gains further knowledge from this programme to advance her swimming career.

### **Sportsperson of the Month**

The Mingara Recreation Club Sportsperson of the Month nominee for May is **Kieran Casey.**

## Encouragement Awards

The winners for the month of May are:

Female – **Kiah Frankel**

Male – **Gavin Hardwick**

## Newsletter Information

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, or anything else you may like to share. The closing date for the next newsletter is **26th June.**

## Club Meeting

Next meeting is **Wednesday, 12th June 2008** at 6pm at Mingara Recreation Club, at the tables next to the glass windows overlooking the pool. Please check notice board for Agenda and any changes. All Welcome!

## Clothing and Accessories

Do you want your swimmer to look like part of the Mingara Aquatic Swimming Club team? On any Club night you can purchase the following items from Karen Hardwick, the property officer.

- **Cossies** –  
Female \$42.00 size 4 to 14  
\$45.00 size 10 -12 ladies  
Male - \$25.00 size 4 to 16 and S, M, L
- **Swim Caps** \$10.00
- **Polo Shirts** - \$20.00 size 10 to XL
- **Shorts** - \$15.00 size 10 to 16, S to L
- **Peaked Caps** - \$12.00
- **Beanies** - \$12.00
- **Water bottles** - \$3.00
- **Training Backpacks** - \$16.00

You will find Karen at the table, so if there is anything she can help you with, just come over and ask.

## Entertainment Books

It's that time of the year again. Entertainment Books are now available! Full of great bargains for Central Coast venues including movie ticket deals, pubs, entertainment, cafes and restaurants.

If you wish to view what great deals are available to you, can contact **Jodie Foley on (0414) 292990** for further details. They cost \$60, with \$12 from each book sold being donated back to the Club.

## Club Night Cards

Please remember that Club cards must be in no later that **Thursday 7pm**. Cards can be placed in the entry box any time during the week. Late cards will be accepted up until **6pm** on the night and the swimmer will swim unseeded. After this time, **late cards will be not be accepted and you will be unable to swim**. We need this last half hour to assist parents who have children swimming at club for the first time, to organise timekeepers and setting up.

## 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

## Coach Dave's Bit

### High Performance Eating

As we approach the short course racing season, I thought it was appropriate to mention Carnival Nutrition. A feature of successful athletes in any sport is how they take responsibility for their own performances. As swimmers get older and approach open level competition they should be encouraged to take responsibility for their own diet and nutrition program, (amongst other things such as setting their own alarms, packing their own cossies & goggles, making their driver a cuppa before waking them, etc, etc, etc).

On Carnival day, swimmers should check their own bags to make sure all the fuel they will need over the day has been packed. This includes not only an adequate supply of food and drinks for the Meet day but enough nutritious snacks to cover the crucial post race recovery period. If for example, the last race of the day is 4 pm and the swimmer is unlikely to eat dinner before 7 pm, it is important that foods like fruit, sandwiches and other nutritious snacks are available to munch on between 4 and 7pm. (It is unlikely you can "ruin the appetite" of a competitive swimmer!).

Swimmers, by their actions, are above average people. They choose to push themselves to their limits and in doing so are "high performance" human beings. Just as High Performance motor vehicles use a high grade, high octane fuel, "high performance humans" need the best possible fuel to perform at their best.

However, they do not need to live a hermit type existence and abstain from all Take Away Foods, snacks, nibbles, lollies etc. The pressures of advertising and their peer group will make a totally junk food free existence near impossible for kids in the current times. The goal should be to practice sensible nutrition habits the majority of the time, to understand the basics of high performance eating and to be aware of the link between good food and fast swimming.

*Immediately after racing, DRINK! Water is perfect, or try other fluids such as sports drink, cordial or fruit juice. Also eat something light within 10 minutes of finishing the race. This is the time when your body is best able to absorb and utilise new fuels.*

### ***An Example of a Competition Eating Schedule***

<b><i>Competition Schedule</i></b>	<b><i>What to eat</i></b>	<b><i>When to Eat</i></b>
Early Morning Heats (8:00am - 10:00am)	Breakfast - Light meal Complex Carbohydrates	6:00am - 7:00am
Afternoon Heats / Semi Finals / Finals (2:00pm - 4:00pm)	Light lunch - Salad and Sandwiches. Cooked lunch of rice or pasta.	11:00am - 1:00pm depending on start time. Allow approx 2 hours between eating and racing
Evening Events (6:00pm - 9:00pm)	Late Afternoon Meal (Early dinner). Small quantities of rice, pasta, vegetables. Bread, bread rolls. Fruit.	4:00pm - 5:00pm

## ***Upcoming Carnivals for 2008***

<b>Date</b>	<b>Carnival</b>	<b>Where</b>	<b>Closing Date</b>
15 <sup>th</sup> June	Gosford Stingrays SC Qualifying Carnival	Peninsula Leisure Centre	Closed
22 <sup>nd</sup> June	Mingara Aquatic State and National Qualifying Carnival	Mingara	Closed
12 <sup>th</sup> – 13 <sup>th</sup> July	NSW Country Short Course Championships	SOPAC	20 <sup>th</sup> June
8 <sup>th</sup> – 10 <sup>th</sup> August	NSW State Age Short Course Championships	SOPAC	27 <sup>th</sup> June
22 <sup>nd</sup> – 23 <sup>rd</sup> August	NSW State Open Short Course Championships	SOPAC	17 <sup>th</sup> July

### **Procedure for submitting carnival entry cards**

- Check the closing date as advertised on the carnival flyer
- Submit your entry card along with payment in an envelope clearly marked on the front. Place this in the 'Carnival Entry' box located at the front desk of Mingara One – The Lifestyle Centre.
- The Race Secretary, Karen Simpson, collates the entries and submits them to the Club/Organisation who is holding the carnival.
- If you miss the closing date, contact Karen Simpson directly on (0408) 403320

**NB** - When paying with cheque, can you **please** make cheques payable as follows:

### **MINGARA AQUATIC SWIMMING CLUB INC**

Your assistance with this would be greatly appreciated. Many thanks.