

Mingara Aquatic Swimming Club

Newsletter

March 2008

NSW State Open Championships

These championships were held at SOPAC from 15th-17th February. Thirty teams from interstate and six from overseas, which included many high profile swimmers, competed at the championships making it a very exciting meet for all our swimmers who competed. For some our swimmers, this was the first time they qualified to compete at these championships and was a great experience for them, with many of our swimmers swimming personal best times.

Teigan Van Roosmalen won 2 gold, 2 silver and 1 bronze in the multi disability events and also broke State and Australian records for the 200 IM, 50m freestyle and 400m freestyle.

Troy Puttergill won bronze in the multi-disability 400m freestyle.

Kieran Casey broke the State All Comers 17 years 200IM record as well as placing 9th in both the 200 and 400 individual medley events.

I would also like to extend an apology to Troy Puttergill and Teigan Van Roosmalen who I omitted in last month's Newsletter.

Congratulations to Kieran & Shannon Casey, Nathan Dennis, Tegan Foley, Sasha Frankel, Coral Hardwick, Sarah Hoyles, Kylie & Lauren Kasmar, Jess Potter, Troy Puttergill, Teigan Van Roosmalen and Tiffanie Williams on your achievements.

NSW Country Championships

NSW Country Champs were held at SOPAC on 23rd & 24th February. Mingara had a team of 51 swimmers who swam up a storm with Mingara coming 2nd in the Club point score and 2nd the Male point score. Our swimmers won a total of 29 medals, many were finalists in their events and PB's were being achieved all over the shop. A special mention to **Liam King** and **Teigan Van Roosmalen** who both broke State and Australian records, Liam in the 13 years Multidisability 50m Backstroke and Teigan in the 16 years Multidisability 200m Butterfly. Records were also broken by **Kieran Casey** (4), **Tifanie Williams** (2) and **Jessica Cook** (2). What a fantastic result.

Our medal winners were:

Kieran Casey - 5 Gold, 2 Bronze
Teigan Van Roosmalen - 2 Gold, 2 Silver
Troy Puttergill -1 Gold, 1 Silver
Liam Covi -1 Gold
Daniel Sylvester - 1 Silver
Shannon Casey -1 Silver
Bradley Woodward -1 Silver
Liam King - 2 Bronze
Rachelle King - 2 Bronze
Jordan Burnes – 1 Bronze
Brady Casey – 1 Bronze
Ben Chilcott - 1 Bronze
James Dezius - 1 Bronze
Mitchell Harris -1 Bronze
Sarah Hoyles -1 Bronze
Tifanie Williams -1 Bronze

Mingara Aquatic also had some of their swimmers compete in the District Relay teams. Well done to Jordan Burnes, **Kieran & Shannon Casey and Rachelle King**. The Men's relay team placed 2nd and the Female Relay placed 3rd.

I would also like to say a very big "thank you" to the **Covi Family** and **Ben Finch**. Even though they were not competing, the Covi's and Ben came to cheer on our team, and Paul Covi excelled, yet again, in being our most avid and loudest supporter. Thank you to you all!

Speedo Sprint Series Finals

This Sunday, 9th March, 23 of our swimmers will be competing at the Finals of the Speedo Sprint Series in individual events and as part of District Relay teams. We would like to wish you every success at this meet. The swimmers are:

Erika Brewin Higgins, Megan Burgess, Georgia & Jarrod Butler, Ben Chilcott, Holly Clarke, Liam & Ryan Covi, Maddison Craig, Nathan Crookes, James Dezius, Zoe Hall, Mitchell Harris, Nick Hawthorne, Keira Linnen, Joshua Peoples, Jessica Potter, Kate Rix, Thomas Simpson, Hamish Sives, Daniel Sylvester, Alara Townsend and Brad Woodward.



What do you do after a day at Speedo Heats? Change a flat tyre in the rain, of course! Poor Dwayne ☹



The Speedo Team

Mingara's "Sports Stars"

On Saturday, 16th April at the Bay Sports Club, Bateau Bay, Kieran Casey was named "**2GO Junior Sports Star of the Year Award for 2007**". This is an outstanding award and testament to all that Kieran has achieved in the last 12 months. Congratulations, Kieran, on a well earned Award.

Pizza Night

Our next 'Pizza Night' will be on Friday, 14th March. You will be able to purchase a HUGE slice of Pizza for an amazing \$2.50. You will be able to choose from Meatlovers, Supreme or Hawaiian. Cans of drink will also be available for \$1. So why not dine poolside, and forget the cooking!!!!

Captains Reports

Jordan and Kez, Snr Captains

On the 23rd and 24th February 2007, 51 swimmers from our Club represented at the Country Championships held at Homebush. All of our swimmers performed brilliantly during the meet with numerous metals and loads of finalist ribbons. Congratulations to everyone, especially those of you who swam PBs or achieved your Nationals times and to those who competed in the District Relays, placing in the top 10. Congratulations, also, our three multi disability swimmers performed to a very high standard and are a credit to our Club.

Thanks to everyone who involved themselves in the march past – they were awesome. Overall our Club finished 2nd which is an outstanding achievement with the boys also finishing in 2nd place in their point score. Special thanks to all the parents, especially Mr Harris and Mr Covi who cheered every competitor in every race - and we thought Judy and Brenda were loud.

Thanks again to everyone who supported us and who gave their best over the meet.

Nick Hawthorne – Jnr Boys Captain

NSW Country Championships was a fun 2 days.

Liam Covi was a gold medallist in the 11yrs 100m breaststroke. Congratulations to both Daniel Sylvester and Bradley Woodward won their first medals at major meets Daniel won a silver in the 10/under 100m breaststroke and Bradley who is 9 won a silver in the 10/Under 100m backstroke, Ben Chilcott won a bronze medal in the 12yrs 100m breaststroke and James Dezius got a bronze in the 11yrs 100 breaststroke. First time medallist Mitchell Harris got a bronze in the 12yrs 100m backstroke. Josh Peoples had a good meet.

A special mention to first time qualifier Ryan Covi who earnt a finalist ribbon and well done to first time qualifier also Tom Potter. Screammers of the weekend awards go to Mr Harris and Mr Covi and Ben Chilcott close behind them. The juniors had a great meet.

Alara Townsend – Jnr Girls Captain

At the NSW Country Championships one of the team members - Ben Finch - didn't actually swim because he broke his arm but he was there supporting the team anyway. Kieran won a bag full of medals once again, Teigan not only broke a NSW record but an Australian record as well as did Liam King and Woody (Bradley Woodward) won a silver medal in the 10years/under backstroke and he is still only 9 years old.

Many swimmers won medals as you can see below and even more got top 10 places and PB's. As a team we swam so well that Mingara Club came 2nd overall. The boys also came 2nd in the overall men's pointscore.

A BIG Thank You to our wonderful coaches... Dave, Peter and Dwayne. We wouldn't have achieved such good results if it weren't for all their great advice and encouragement. As always Mingara supporters were the loudest, best, most supportive group in the whole place. Thank You All !!!

Lastly, for those of you who weren't there on Saturday at Lunch Break... our march past team was Awesome... we were noisy and out of step... but we had the **BEST** time and I think **WE** should have won **NOT KPD**.

P.S. The Mariners were robbed !!!

Chocolate Fundraiser

Thank you to all families for showing such great support of our Cadbury's Chocolate Fundraiser, especially those families who have sold more than one box. Each box sold raises \$24 for the Club. Monies are now due so please remember when returning your envelopes that you put your family name on the front and return to me, or place in the Club Night box at Mingara One. If you have any questions or would like extra chocolates to sell, please contact Judy Chilcott on 43893557.

Club Registration

It's that time of the year when we need to start to think about Registration as the new season began October 1st. Fees can be paid by cash or cheque, with cheques being made payable to 'Mingara Aquatic Swimming Club Inc'. If paying cash, it would be greatly appreciated if you could have the correct money. At time of registration you will be given an information pack, which will provide you with all the information you need for the 2007/2008 season.

It is important if you wish to compete at any carnivals and Club nights that you must be a registered swimmer. For further information, please contact the Registrar, Judy Chilcott, on (0448) 893557

Newsletter Information

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, your favourite recipe or anything else you may like to share. The closing date for the next newsletter is **30th March**.

Mingara Aquatic Website

Why not visit our website where you will find lots of up to date information on carnivals, qualifying times and many more. Go to: www.mingaraaquatic.com

Club Meeting

Next meeting is Wednesday, 12th March 2008 **at 6pm in the Crèche at Mingara One**. We would like as many people to attend as possible as we will be discussing the implications of Central Coast District merging with Hunter District and would like as much input as possible. Please check the notice board for other Agenda items.

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

*Don't forget your
chocolate money!!!!*



National Photo Gallery

Over the next two Newsletters, we will be featuring our swimmers that compete at a National level, starting with those that will be attending the Telstra Australian Championships (Olympic Trials) from 22nd to 29th March at SOPAC, Homebush. We congratulate you all and wish you every success in achieving your goals.

Name: Kieran Casey

Age: 17

National Events: 2004 – 2008 Australian Age Championships
2006 – 2007 Australian Short Course Championships
2008 – Telstra Australian Championships

International: 2007 - Australian Youth Olympic Festival
2006 – 2007 Trans Tasman Series

Goals: At the Telstra Selection trials, my goal is to make some finals and do some PB's. At Australian Age, my aim is to achieve as many PB's as possible, make as many finals as I can and have fun!

Favourite Pastime: Going to the beach, hanging with friends and....doing homework!

Name: Jordan Burnes

Age: 16

National Events: 2006 – 2008 Australian Age Championships
2006 – 2007 Australian Short Course Championships
2008 - Telstra Australian Championships

Goals: To make the finals in the 100 and 200 Breaststroke, to make Top 15 for the IM and Top 20 for the Open water swim as well as doing PB's in all events.

Favourite Pastime: Hanging with my friends, going to the beach, eating, TV and computer, making movies with the Muskateers and partying!

Name: Shannon Casey

Age: 20

National Events: 2001 - 2004 Australian Age Championships
2006 – 2007 Australian Short Course Championships
2008 – Telstra Australian Championships

Goals: To break 29 seconds in the 50m backstroke at the Olympic Selection Trials. To qualify for both the 50m and 100m Backstroke for 2008 Australian Short Course Championships

Favourite Pastime: Photography and a bit of karaoke every now and then!

Name: Rachelle King

Age: 15

National Events: 2007 – Australian Short Course Championships
2008 – Telstra Australian Championships
2008 – Australian Age Championships

Goals: My goal is for National's Age this year is to make a final in either the 100m backstroke or 200m backstroke and do PB's in both these events.

Favourite Pastime: My favourite past time moments would have to be making a movie with the three musketeers (Jordan, Erin and I) also travelling to Melbourne for Open Short Course Nationals I feel that was a great experience and I had lots of fun with Jordan, Teigan, Shannon, Kieran and all the parents.

Name: Troy Puttergill

Age: 32

National Events: 1999 – 2008 Telstra Australian Championships
2007 Telstra Grand Prix

International: 1999 - German and British Open Nationals
2000 – Dutch and British Open Nationals
2004 – World Cup Championships, Hong Kong
2004 – Global Games, Sweden
2005 – World Cup Championships, Czech Republic
2007 – World Championships, Belgium

Goals: To do as many PB's as possible and do the times at Nationals for selection on the National team

Favourite Pastime: Body boarding and collecting rare shells

Name: Teigan VanRoosmalen

Age: 17

National Events: 2004 - Telstra Australian Championships
2007 - Australian Short Course Championships
2008 - Australian Age Championships
2008 - Telstra Australian Championships

Goals: To get under 1 hour 10 minutes for the 5km Open Water Swim

Favourite Pastime: Lots of time at the beach