



MINGARA AQUATIC SWIMMING CLUB NEWSLETTER

May/June 2009

It's Finally Here!

Having been volunteered for the arduous task of compiling the monthly (hopefully) newsletter, I will be constantly on the hunt for any material of worth to add to each edition. If you have anything you would like to include in an upcoming newsletter, please either email it to me at swimming@johnson-au.com or just bring it to me at club night or training. This can be in the form of results or other news, humorous anecdotes, informative articles, or even your grandma's recipe for chicken soup.

Results

Paralympic World Cup

In the recent Paralympic World Cup in Manchester, Teigan Van Roosmalen swam a terrific meet and managed four personal bests. Teigan bettered her times in the 400m Freestyle (4:56.64), 100m Breaststroke (1:29.76), 100m Freestyle (1:06.97) and topped off the meet with a bronze medal in her main event, the 100m Butterfly (1:08.24). Her performance in the butterfly represented an improvement of over one second.

Berlin

Earlier this week the Australian Paralympic team competed in the International German Swimming Championships in Berlin. Once again, Teigan Van Roosmalen had a great meet with two golds in the 100m Butterfly and 400m Freestyle. Congratulations Teigan, we're looking forward to the World Short Course later this year.

Dibben Shield

The 2009 Dibben Shield was held back on 7th March. After a full day of tough competition, the Gosford Stingrays took out the handicap event with Wyong finishing only 6 points back in second. Despite the fantastic efforts of Shayne Kerr in the wardrobe department, Mingara barely missed out on the coveted march past title. At the end of the day, after many individual and relay events, Mingara finished second in the scratch pointscore, only a solitary point behind KPD. Thanks



go to everyone who competed for their club.



I have a large amount of photos from this event and I tried to get as many of the Mingara competitors as possible. If you would like any of your child's photos, just let me know and I'll give you the hi-res version. I've also made a DVD slideshow of these photos – let me know if you want a copy.



Swimming Australia Junior Excellence Program



The Australian Junior Excellence Program (JX), recognises rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence.

Under the program, swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season. Additionally,

swimmers that have achieved 3 or more Tier 1 (gold level) times are recognised with a Gold Star standard.

In all, 50 Mingara swimmers achieved an award – 7 of these achieved the Gold Star and a further 13 were awarded the Gold standard. The results show what depth we have in our junior ranks which will keep us a competitive club for years to come. The full list of recipients are:

Gold Star

Erin Boon
Ryan Covi
Bradley Woodward
Megan Burgess
Keira Linnen
Joshua Peoples
Daniel Sylvester

Gold

Joshua Campbell
Zachary Johnson
Tom Pich
Samantha Judge
Danielle Hession
Georgia Butler
Liam Covi
James Dezius
Meg Pich
Alara Townsend
Aila Foakeni
Mitchell Harris
Nicholas Hawthorne

Silver

Caitlyn Hawthorne
Benjamin Simpson
Holly Clarke
Michael Dezius
Aimee Honor-Eltham
Thomas Potter
Ashleigh Turner
Kane Anderson
Amy Annabel
Zoe Hall
Rhearna McDonald
Casey Slough
Benjamin Chilcott
Maddison Craig
Kate Rix
Taylah Small

Bronze

Tania Brooks
Jesse Moy
Ruby Rooke
Georgia Kerr
Megan King

Green

Peter Evans
Cassandra Hession
Zak Kowalski
Bryce Sutton
Layla Vique
Jarrod Butler
Cody-Leigh Callaghan
Sally Evans
Bonnie Vique

Upcoming Events

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

The inaugural Coast & Valley Winter Short Course Championships will be held at Kurri Kurri Aquatic Centre on 4th & 5th July. This is your chance to be a part of history and compete in the first championships for the newly amalgamated area. Entries close on Tuesday 9th June – there will be no late entries accepted so hurry up and get your entry cards in. Entries are to be submitted on Multi-Entry cards at \$4.00 per event. Event schedules can be found in the blue folder. For any enquiries, please contact Sharron Peoples on 0400-367-046.

Titans Winter Short Course Qualifying Carnival – 6/7 June 2009

Entries have closed for this event. Good luck to all competing and hopefully we'll see some more country and state qualifying times.

Gosford Stingrays Short Course Qualifying Carnival - 21st June 2009

Entries have closed for this event.

Macquarie Shores NSW Country Qualifying Carnival - 21st June 2009

Entries have closed for this event.

NSW Country Short Course Championships – 18/19 July 2009

Time is running out to get your qualifying times for this event, so put that little bit of extra effort in at training and you might be rewarded with that time you're after!



Mother's Day Raffle

We recently held a raffle for Mother's Day. There were some great prizes on offer (although I didn't win anything once again so I can't vouch for how great they actually were). What you may not be aware of is that these prizes were kindly donated by two of our dedicated mothers. A big thank you to Judy Chilcott and Jenny Townsend for your donations.



American Athletic Scholarships

We have received correspondence from an Australian based company that specializes in assisting swimmers from Australia and New Zealand to gain placement in athletic scholarship programs within US colleges.

Directly quoting from the provided material:

American Athletic Scholarships provides a niche service in assisting student athletes to study and compete within the US University system. With offices in Sydney and Melbourne, AAS can provide services to student athletes throughout Australia and New Zealand.

Each year International Students from all over the world relocate to the United States and continue to study and compete within the US University System. Competing in the NCAA is the pinnacle of any student athlete's career attending a US university. The experience is second to none and lasts a life time. The process is complicated and requires careful planning. An athletic scholarship can be worth many thousands of dollars so you need to get it right the first time. Eligibility requirements, rules and regulations along with critical time frames need to be met.

American Athletic Scholarships can assist and provide comprehensive specialised services to student athletes who want to pursue their dreams and reach their academic and athletic goals within the US college system.

We offer professional guidance and support in all aspects of the scholarship process with an "every step of the way" approach. We take the pain away and replace it with peace of mind by offering a unique "every step of the way" service. Call us today on Freecall 1300653461 for a no obligation discussion or visit www.americanathleticscholarships.com.au for more information.

Technical Officials/Timekeepers

In the next few weeks we will be getting a visit to train and qualify timekeepers. Qualified timekeepers are always needed and it's easy to do. If you want to participate, please grab Dave Potter and get him to give you the full story – he loves telling it.

Club Nights

It has come to my attention that Dave and Judy are getting a bit lonely out by the barbeque on a Friday night. Please don't be afraid of the cold. Take a wander outside and join in some friendly conversation with our professional cooks while you chow down a nice hot snag sandwich to fight the cold away.

On another note, there have been a few incidences recently where swimmers have been in the whirlpool during club and consequently have been unable to hear the marshalling call. This is causing unnecessary delays in starting races as special calls need to be made for individuals who fail to get to marshalling. Please ensure that during club no competitor is in any other pool between races.

AGM

The Annual General Meeting of Mingara Aquatic Swimming Club will be held on Friday 26th June at 6pm at Mingara. 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



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