

# Newsletter

## New Season Begins

Welcome back. The new season has begun and we have quite a few new starters with us. The new club night program is available on the club web site ([www.mingaraaquatic.com.au](http://www.mingaraaquatic.com.au) for those who haven't had the pleasure yet). Some interesting modifications to the program this year with the introduction of a sprint night (already run in week one) and a distance night (week 3). Week 3 also includes the 200m IM time trial which is open for all swimmers yet to achieve a sub 4 minute time in club.

The Coast & Valley Summer Championships will be held on 28th/29th November at Singleton pool. This is an outdoor pool with a small amount of shaded seating so remember to bring enough sunscreen for the whole family.

On the subject of competitions, Mingara will be hosting one of the three Country Regionals over the weekend of 23-24 January. This event is open to all NSW Country club swimmers however there are restrictions to those that are eligible to receive medals. Please read the program attached for more information.



With the upcoming Country Regionals, I am compelled to bring attention to the issue of timekeeping. The success of a carnival requires the participation and support of many parties. One very important, but very simple, component is timekeeping. If timekeepers are required, a roster will be compiled as fairly as possible. Your acceptance and assistance is appreciated.

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### Special points of interest:

- ♦ *Swimming NSW Swimsuit Laws have changed effective 1st December. For details, read the article on page 3.*

## Club Presentation Night

The 2008/2009 club presentation night will be held on Saturday 21st November from 5:30pm to 9:00pm. RSVPs should be in by 10th November. If you have not submitted your RSVP, please do so by contacting Shayne.

This is a bush dance/country theme so please feel free to come dressed appropriately. The presentation will be held in the grass area outside the pool (next to the bowling greens) and can be accessed via the rear gates.

Food and soft drink will be provided on the night.

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## Apologies

In my last newsletter I included a junior captain's report from Liam Covi regarding the NSW Country Short Course Titles. Thanks to my cut & paste deficiencies I managed to omit an entire section regarding Macy Callaghan's efforts at this event.



Macy Callaghan, our youngest competitor, swam in the Women's 10 Years 100 Metre Breaststroke aged 8. I don't think anyone expected her to be anywhere near a medal chance at that age, but Macy swam a fast race to get a Bronze medal. Great work Macy.

An amazing effort from Macy, especially when you consider that she will still be swimming this same event not only next year but also the year after.

Here it is:-

## School Sport Australia Championships

In September, a few Mingara swimmers travelled to Perth to compete in the School Sport Australia Championships with some outstanding results. Congratulations Tiegan, Rachelle, Bradley, Jordan and Nick. Their results are as follows:

Teigan Van Roosmalen

1st M/D 200 individual medley  
RECORD

1st M/D 50 butterfly RECORD

2nd M/D 100 backstroke

2nd M/D 50 breaststroke 3rd 50  
freestyle

3rd M/D 50 backstroke

3rd 17-19 yrs 4 x 50 medley relay

3rd 17-19 yrs 4 x 50 freestyle relay

3rd M/D 4 x 50 freestyle relay

Rachelle King

1st 17-19 yrs 200 backstroke

1st 17-19 yrs 100 backstroke

2nd 17-19 yrs 50 backstroke

2nd 17-19 yrs 4 x 50 medley relay

3rd 17-19 yrs 4 x 50 freestyle relay

Bradley Woodward

1st 11 years 50 butterfly

1st 11 yrs 4 x 50 medley relay

2nd 11 yrs 4 x 50 freestyle relay

3rd 11 yrs 200 individual medley

3rd 11 yrs 50 backstroke

Jordan Burnes

2nd 17-19 yrs 100 breaststroke

2nd 17-19 yrs 200 breaststroke

2nd 17-19 yrs 50 breaststroke

2nd 17-19 yrs 4 x 50 medley relay

2nd 17-19 yrs 4 x 50 freestyle relay

Nick Hawthorne

2nd 13-14 yrs 4 x 50 medley relay

## NSW State Age Titles

The state titles held in August saw a number of medals won by our swimmers. Overall club point score has Mingara in 14th position.

Dean Mackay - 3rd  
400M IM, 2nd 200m  
Fly

Bradley Woodward -  
1st 100m Fly, 1st 50m  
Fly, 1st 50m Back-



stroke, 1st 100m Backstroke  
Rachelle King - 3rd 200m Back,  
2nd 100m Breast

Jordan Burnes - 2nd  
100m Fly, 2nd 200m  
Breast

Daniel Sylvester - 2nd  
50m Breast, 1st 100m  
Breast

Jessica Potter - 1st 200m  
Breast

Ryan Covi - 1st 100m Breast, 1st  
50m Breast

Emma-Louise Tonnet - 3rd 100m  
Fly

Boys 12 & Under 200m Medley  
Relay - 2nd

## Upcoming Events

Coast & Valley 2009 Summer  
Championships: 28/29 November  
2009 @ Singleton Pool

NSW State 13-18 Years Age Cham-  
pionships: 4-9 January 2010 @  
SOPAC

NSW State 10/Under - 12 Years  
Age Championships: 16/17 Janu-  
ary 2010 @ SOPAC

NSW Country Regional Meet:  
23/24 January 2010 @ Mingara

Speedo Sprint Series Heats: 6-7  
February 2010

NSW State Open Championships:  
12-14 February @ SOPAC

NSW Country Championships: 27-  
28 February 2010 @ SOPAC

Speedo Sprint Series Finals: 13  
March 2010 @ SOPAC

## Swimming NSW Swimsuit Laws

Please note that the rules for ap-  
proved swimwear have changed,  
effective 1st December 2009. An  
excerpt from the relevant rules  
reads as follows:

### For Open Events -

GR19.1.3 From 1st December 2009, until other-  
wise directed by the Company, swimmers may  
wear 'traditional' swimsuits provided the suits  
meet the following criteria:

(i) Men's swimwear may not extend above the  
navel or below the groin. Women's swimwear  
shall not cover the neck, extend past the shoulders  
or below the groin.

(ii) No zippers or other fastening devices are

allowed except for a waist tie on traditional swim-  
suits.

(iii) Suits must be of textile material and must not  
contain any non textile material such as polyure-  
thane or neoprene.

### For Age Group Events -

GR19.2.2 Swimwear worn by competitors in Age  
Group Events conducted in NSW by Swimming  
NSW and any Member Associations shall con-  
form to the following design – effective 1st April  
2009

(i) Men's swimwear is limited to one (1) swimsuit  
that covers at most the body surface from hips to

knee. Swimwear may not extend above the waist  
or below the knees;

(ii) Women's swimwear is limited to one (1)  
swimsuit that is of "open back" and "open shoul-  
der" designs that may extend down to the knee.  
Swimwear must not extend below the knees.

(iii) Swimwear must not have a zipper or any type  
of fastening system except for a waist tie on tradi-  
tional swimsuits.

(iv) Suits must be of textile material and must not  
contain any non textile material such as polyure-  
thane or neoprene.

## 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

## Feed The Funkys Cashbask

SHOP FOR FUNKY TRUNKS AND FUNKITA SWIMWEAR AND RAISE

MONEY FOR MINGARA AQUATIC SWIMMING CLUB.

Funky Trunks and Funkita swimwear is for all ages in bright and bold prints and great fitting styles. Made from C-Infinity, a colour intense, chlorine resistant fabric exclusive to Funkita

and Funky Trunks, its swimwear designed to look great and last. Here are your shopping

options for getting your hands on some new Funkys:

1. For online shoppers, simply go to [www.funkydirect.com](http://www.funkydirect.com). You can view and

purchase from the entire range of Funky Trunks and Funkita swimwear – just select

the items you would like to purchase, add them to your shopping cart and proceed

to the checkout. As you proceed through the checkout you will be asked to provide

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your Club ID which is:

If you sign up for Feed The Funkys loyalty program on your way through the checkout, you will be credited with 500 introductory points, which will enable you to receive \$5.00 off your first purchase

2. If purchasing online is not your thing, open the order form attached to this email

which can be used to order any items in the range. In order to see what swimwear

you would like to order you will need to go to

[www.funkydirect.com](http://www.funkydirect.com). The best way

to fill out the order form is actually on your computer screen because it will

automatically calculate the cost of your order etc. If you are paying by credit card,

you can then select to email the form back to us or you can print it out and post or

fax it back to us. If paying by cheque or money order, you will need to print out the

form and fax or post to us.

3. If you really like the old fashioned, manual labour method, then print out the

attached order form and fill it all out by hand. To see the range you will need to

view it online or get hold of one of the full colour catalogues which have been

distributed to your club. Another alternative is to give us a call on 1300 790 345 to

place your order over the phone but don't forget to tell us which club you are from.

The Funkydirect shopping site is a security encrypted online facility. All orders are sent to

Australian destinations via Express Post so you could be wearing your Funkys within 24

hours!

Any questions? Don't hesitate to call on 1300 790 345 (Mon - Fri 8.30am - 6.00pm)

Start shopping and raising money now!

**FUNKYDIRECT**.COM