

Mingara Aquatic Swimming Club Newsletter

September 2008

Registration

Where has the year gone? Here we are nearing the end of September and our 2007/2008 swimming season. Our new season begins 1st October and you must be registered to compete at any carnival and club nights. On the notice board you will find information about registration and our schedule of fees for the 2008/2009 season. **Please note: if you are a new member, you must provide proof of age at the time of registration. This could be your Birth Certificate, Passport or Immunisation record.**

When you register, you will be given an envelope which contains our Handbook and additional information about Swimming Club. Please make sure you take the time to read this as it will tell you everything you need to know. If you have any questions regarding registration, please contact Judy Chilcott on (0448) 893557.

Telstra Australian Short Course Swimming Championships

Four Swimmers from Mingara Aquatic are in Melbourne this week to compete in the Telstra Australian Short Course Swimming Championships which commence on Saturday 20th September and conclude

Wednesday 24th September. **Teigan Van Roosmalen** will return from the Paralympic Games to compete in 6 events which includes the 100 Butterfly in which she was a finalist in Beijing. **Kieran Casey** is ranked 10th in the 400 IM and will also be competing in the 200 IM and 200 Breaststroke. **Jordan Burnes** will be competing in the 100 and 200 Breaststroke and **Rachelle King** will be competing in the 50, 100 and 200 Backstroke. We wish these swimmers every success at these Championships and congratulate them on qualifying at such a high level.

Mingara Aquatic Annual Qualifying Carnival

Mingara Aquatic will be holding it's Annual Qualifying Carnival on Saturday 25th and Sunday 26th October. This is a targeted meet that our coaches will be attending and we ask that as many members as possible compete. This carnival will have Fully Automatic Timing so if you are interested in a National Qualifying time, this is the place to be. Programs have been handed

out and a copy is in the carnival book. **Entries close 3rd October and are to be submitted on Multi Entry cards.** If you can get your entries in as soon as possible it would be greatly appreciated. You will be able to upgrade your times and events up until the closing date. If you have any queries, please contact Karen Simpson on (0408) 403320.

Club Championships

Our Annual Club Championships commence this Friday, 19th September and conclude Friday, 26th September. We would like to wish all our swimmers the best of luck in all their races. Most importantly, enjoy!

Sportsperson of the Month

The Mingara Recreation Club Sportsperson of the Month nominee for August was **Jordan Burnes** and for September **Liam Covi** for their performances at NSW Country and State Championships. Congratulations, Jordan and Liam.

Our Newsletter is going Green!

This month's Newsletter will probably be the last that will be printed and handed out on pool deck. Instead, the Newsletter will be emailed directly to you, will be available on the Mingara Aquatic Swimming Club website (www.mingaraaquatic.com) and posted on the noticeboard. This means that you will get your newsletter in a more timely fashion and we save paper. If you have any concerns about this, please feel free to contact me, Judy Chilcott, on (0448) 893557. 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, recipes or anything else you may like to share. The closing date for the next newsletter is **10th October.**

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, 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.

Club Meeting

Our next meeting is **Wednesday, 8th October at 6pm** at Mingara Recreation Club exact location will be announced closer to the date (please check notice board closer to the date.) 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**



MINGARA

MINGARA AQUATIC SWIMMING CLUB SWIMMING FEES FOR THE 2008/2009 SEASON

Please Note: Any swimmer under the age of 18 years **MUST** join with a parent or legal guardian

Family

1 Parent/1 Swimmer	\$65.00
1 Parent/2 Swimmers	\$110.00
1 Parent/3 swimmers	\$155.00
1 Parent/4 Swimmers	\$200.00

If you are 18 years/over and a parent is joining, you will fall under the Family fee rate.

Swimmer 18 years/over	\$50.00
Additional Parent	\$16.00

If you are paying with cash, could you please have the correct money? If paying by cheque, could you please make out as follows:

MINGARA AQUATIC SWIMMING CLUB INC



Mrs Chilli's Cooking Nook

Sometimes it's hard to know what is a good carnival food that will give you energy to keep going without sitting heavy in your stomach. I find wraps are great tasty food and you can throw them together with whatever takes your fancy. These are some of my favourites (and not just for carnivals!)

Hot Chilli Chicken Wraps (Serves 2)

Chop 1 skinless chicken breast into chunks. Roll the pieces in 1 tsp mixed dried herbs and 1 tsp mild chilli powder. Stir-fry in 1 tsp vegetable oil with 4 chopped spring onions and 1 sliced green capsicum. Cook for 5 minutes or until the chicken is cooked through. Add 2 chopped tomatoes and season with salt and pepper. Use the mixture to fill two tortillas then roll them up tightly.

Hommus and Salad-Packed Wrap (Serves 1)

Shred a few crisp lettuce leaves and mix them with a handful of bean sprouts, 1 small grated carrot, some chopped cucumber, chopped tomato and a chopped spring onion. Spread 1 soft flour tortilla with 2 tbs hommus, pile the salad on top, season with salt and pepper, then roll up tightly. Slice in half and serve.

Homemade Tortilla Chips

You can bake tortillas until crisp to make low-fat tortilla chips. Just heat the oven to 180°C. Cut tortillas into triangles and arrange them on baking sheets. Bake for about 5-6 minutes or until crisp. Whilst they're in the oven, make a spicy salsa with finely chopped tomatoes, cucumber, red onion and coriander or parsley mixed with a deseeded and finely chopped fresh green chilli. Season with salt and pepper and a squeeze of lemon or lime juice.

Apricot and Banana Wrap (Serves 1)

Yes, you can have a fruity tortilla too! Spread 1 tortilla with 2 tbs low-fat ricotta cheese, then dot 1 tbs apricot jam over the surface. Slice 1 small banana and arrange it over the top with 3 chopped dried apricots. Roll up, slice and serve. Delicious!

