



# Stingray's Newsletter

Volume 1, Issue 3

November, 2006

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## Important: CLUB CONTACTS

Any parent who has an issue regarding their child's swimming, or any other club matter, is requested to contact our Club President Kathy Pryor or Vice Presidents Andrew Zayons or Paul Thomas, or Secretary Ann Trebilcock at the Pool. This enables our coaches to focus on coaching and not get bogged down in other issues.

## IT'S BACK - SUMMER TRAINING

Summer training is now back in to full swing - Training times are as follows

**Group 1 & 2 Squad Swimmers:** Mon, Tues, Wed & Thur 5.00pm - 7.00pm.

Group 3: Monday & Wednesday 5.00pm—7.00pm

Trish's Developers Squad Tuesday & Thursday

Dolphins 5.00pm—5.45pm, Sharks 5.45pm—6.30pm

### MORNING TRAINING - YES IT IS BACK TOO!!!!

Wednesday & Friday morning at 6.30am—7.30am This time may change soon due to pool hours changing. More updates to come. At this stage Swimmers need to be ready to enter the pool at 6.30am sharp. Morning training is open to any of the squad swimmers who wish to attend. This also includes any of Trish's sharks group who wish to get out of bed. Mornings are a great time for children to swim, as they have fresh minds, and absorb more information, it has been said that it actually gives them a great start to the day for all their school activities.

### FULL WATER BOTTLES ARE ESSENTIAL AT ALL TRAINING SESSIONS.

Children do sweat even when swimming in the water. They can dehydrate, and require adequate fluid to replenish their system during the session. This goes for all training groups not just the senior level.

### POINTSCORE IS BACK ON SATURDAY MORNINGS/ SUNDAY NIGHTS

Point score has returned 8am Saturdays, & 6pm on Sundays. All children are encouraged to come along and have a go. If you haven't got a copy of the Pointscore draw yet, email Trish ( thomoclan@ozemail.com.au) requesting a copy.

Point score Nomination forms need to be completed prior to 8am & are available from Trish Thomas at the pool Monday, Tuesday & Thursday nights. Please try to complete your forms during the week if possible.

## XMAS PARTY - BE THERE OR BE SQUARE!!!!

Our famous Club Christmas Party, complete with Cate's Famous Fathers obstacle course will be held at the Club Rooms on Saturday the 25th of November, 2006. Yes we know it is early, but we thought we'd get in before everyone got busy with Christmas functions. This is a catered function please complete the attached form and return with money to Cate or Ann by Saturday the 18th November, 06.

Children will be dining on Chicken & Chips with a drink & dessert for \$5.00/Head

Adults will be dining on Cate's Gourmet BBQ & Salad, for \$8.00/Head Adult style drinks will be available. A note for those of you who haven't attended one of Cates BBQ's your taste buds are in for a treat.

Santa is due to make a surprise visit for the Children. He has asked that you kindly supply a gift to the value of \$10.00 for him




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## MEMBERSHIP FOR 2006/07 SEASON

MEMBERSHIP IS NOW OVERDUE— Please ensure that you have completed the papers and payment ASAP. Your child will not be able to swim until they are a financial member of the club.

The Club membership covers registration and insurance cover whilst

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## LEARN TO SWIM - COMMENCES 4 NOVEMBER

Learn to swim commences next weekend, Saturday 4th November. Unfortunately our classes are now full, thank-you to all those who returned their membership and forms. You should receive notification from Julie Baldwin in relation to your child's class and time. Our Club currently has 3 fully accredited Austswim Instructors, Julie Baldwin, Kellie Keenan & Trish Thomas, along with 4 Instructors completing the practical component of the Austswim Course, Sonia Evitts, Paul Thomas, Vera Gardner & Kathy Pryor. However any parents who wish to get in the pool and assist will always be greatly appreciated. Assistance is also required collecting and backing up equipment. Remember MANY HANDS MAKE LIGHT WORK.....

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## EQUIPMENT SALES:

Vera currently has the new eye-line, Zoggs and Speedo catalogues. The club doesn't make any mark-up on any equipment sold, and you will find that our club discount makes the items very affordable. Vera can be contacted at the pool on training nights. Please note that all purchases must be paid for in full on placing of your order. Vera has orders going for Zoggs, Speedo & eyeline at the moment, as well as plenty of Goggles, Caps and flippers in stock. Please see her for all your equipment requirements.

Vera also has stock of Club Shirts, Track Suits, and Club Swimming Caps. If you wish to purchase any of the above prior to the upcoming carnivals, please see Vera for sizes & prices.

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## SUMMER CARNIVAL EVENTS

### REDCLIFFS/IRMPLE

Redcliffs/Irmples carnivals – this will take place on the 2<sup>nd</sup> and 3<sup>rd</sup> of December.

We have booked the small bus (22 seats) for this trip. Unfortunately it is First in Best Dressed for the Bus, so you need to complete the form and return it to Sherri O'Brien ASAP.

The Bus will be leaving Friday afternoon, and returning Sunday evening.

Accommodation will be booked in bulk by the Club at the Big 4 Caravan Park in Mildura. Complete your numbers on the attached form to enable cabin bookings to be made.

Evening Meals will be catered for on Friday & Saturday Night.

Kids \$5.00/night per meal

Adults \$8.00/ night per meal

These Prices will be confirmed when our catering Co-Ordinator returns next week. **All other meals your own responsibility.**

**REMEMBER  
TO GET IN  
EARLY,  
FOR YOUR  
SEAT ON  
THE BUS.**

### NYAH/SWAN HILL

Money is due for this trip by 15th of November. Please pay to Cate ASAP.

Meals for the weekend will be decided closer to the date, if you have any suggestions mention them to Cate.

Saturday night's dinner will at this stage be at the Murray Downs Golf & Country Club, and we have booked the courtesy bus to give our Driver (Captain Tizzie) the night off.

### SA COUNTRY CHAMPIONSHIPS

South Australian Country Championships will be held at Gawler on 19,20,21 and 22<sup>nd</sup> of January 2007. This event starts at 11/u and goes up to Opens. There are qualification times for all events. Please speak with Marisa (Head Coach) or your child's coach if you would like your child to attend this carnival.

Programs have been sent out for this event please check qualifying times for your child's age and events if you wish to attend. Accommodation can be organized through Cater if you wish to attend. There are Camping sites available, no Cabins left, some motel rooms available, see Cater Zayons for more information.

## WANTED: MAINTENANCE PERSON !!!!!

Our Club requires the skills of a handy person with some time on their hands. From time to time we have small maintenance issues that can be solved by a handy person with out the need for calling a trades person which will ultimately cost the club money. If anyone knows of a person who is handy in the fix it department and is willing to help the club, please pass their name on to one of the committee members. This is another voluntary role, which helps our club run more smoothly.

**BROKEN HILL  
SWIMMING CLUB.  
PO BOX 616  
BROKEN HILL**



## COACHES CORNER

Our Referee & Head Coach Marisa wishes to pass on her congratulations to all those new swimmers who have come along and had a go, even if you have been disqualified, you have all tried your best and she thanks you for listening to her advice about your strokes. You are making her hard job much easier.

Remember to keep trying hard at training and your strokes will all improve. Technique is the most important part of swimming, you need good technique to swim fast. Listen to your coaches advice, and watch your times improve.

## DATES TO REMEMBER

<b>SUMMER TRAINING COMMENCES</b>	Mon to Thurs 5pm  Wed & Fri 6.30am
<b>SUMMER SEASON REGISTRATIONS DUE</b>	<b>NOW OVERDUE</b>
<b>REDCLIFFS/ IRMPLE CARNIVALS</b>	<b>DECEMBER 2nd &amp; 3rd</b>
<b>NYAH/ SWAN HILL CARNIVALS</b>	<b>DECEMBER 9th &amp; 10th</b>
<b>SA COUNTRY CHAMPIONSHIPS</b>	<b>JANUARY 19-22nd 2007</b>

## HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS FOR OCTOBER & NOVEMBER

Luke Bennett  
Brooklyn Cross  
Todd Trebilcock  
Victoria Clark  
Brodee Doubtfire  
Shai-lee Fargher  
Jarrah Seager  
Rhys Mutch  
Hayden Foxwell  
Alex Cunningham  
Jasmin Fargher  
Jake Bennett  
Jessica Dodd

Taylor Doubtfire  
Kris Toigo  
Ethan Thomas  
Jessica Thomas

