



# Stingray's Newsletter

Volume 1, issue 2

September 2006

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## Club Spring Clean

Over the last 6 weeks a group of dedicated committee members have given the club rooms its first spring clean in 15 years!! We are now having a garage sale on this **Saturday the 9<sup>th</sup> of September**. If you have anything you would like to donate to sell please contact Cate Zayons 80882778 or Ann Trebilcock 80885535. We will be selling the home gym so if any member is interested please contact before sale.

It is the committee's plan to put any money generated by the garage sale towards sprucing up the Club rooms, including giving the walls a coat of paint. For those new members who haven't seen the club rooms, feel free to come down on Saturday morning and have a look. The club rooms are situated just up the hill from the playground in Sturt Park.



## Hall Hire & Catering

Next time you are looking for a venue for a party or function, why not consider "The Swimming Club rooms". They are available to hire at a very reasonable cost. Tables and chairs are provided, and it has a kitchen with serving window/ bar area. Along with that it has a great central location. If you are interested the rates are below, please contact Kym Nelson 80884831, who is in charge of hall hire for more information.

Member or life member	\$ 70.00 you clean	or \$120.00 we clean
Non-members	\$100.00 you clean	or \$150.00 we clean

Many of you may be unaware that the Club may assist with catering for your function, if you are interested in our catering services please contact Cate Zayons 80882778



Catering was one of our good fundraising ventures last year, with stalls at both the Jazz festival and Ag Fair. Great reviews were received from both events, with many locals raving over our Curry and lamb shanks. If you are aware of any catering opportunity that you think could help to raise funds for the club please let Cate or Ann know.



## Getting ready for Summer

Training is back in full swing, with numbers a little down, due to winter sports training, we hope to see numbers slowly increase over the next few months. The coaching staff and volunteers have been honing their skills over the winter to ensure that our members get the best advice.

We had Kathy Pryor, Vera Gardner, and Paul Thomas complete the Austswim course in April, We look forward to their help in the water over the summer with Learn to Swim.

Our Learn to swim Co-Ordinator Julie Baldwin also completed her Presenters Course for Austswim, well done Julie, this will enable us to run more courses locally for interested parents. If you think you would like to get involved with Austswim, contact Julie,

Julie Baldwin and Trish Thomas traveled to Adelaide to completed a Austswim "Towards Competitive Strokes" course. This course is aimed at our developing swimmers, who have progressed out of learn to swim, and focuses on stroke technique and correction. Many of the swimmers are already seeing the benefit of techniques learnt at this course.

Our head coach Marisa took 3 of our senior swimmers, Courtney Gardner, Zofia Zayons and Dylan Trebilcock, to a coaching session in Adelaide on Saturday 2nd September. This sessions was run by Glen Beringen, who has coached at the AIS and Olympic Gold medalists. Marisa has come back with a wealth of new tips, and very envious of the fantastic facilities at Trinity College where the session was held. All three swimmers held there own and hopefully gained many new techniques to help them in the season ahead. Another session is planned for November, which will hopefully be aimed at a broader range of swimmers, more news on that one as it comes to hand.

Finally this weekend Trish will be heading off to Adelaide to attend a Green Licence coaching course, which will enable her to better assist our 2 bronze level coaches, Marisa and Julie.

So you can see our coaches are doing everything they can, to be ready to inspire you all to achieve great things in the season ahead.

## POINTSCORE FOR 06/07 SEASON

Due a ban on diving into the pool, our Pointscore Start maybe delayed this season. We are currently waiting on advice on the matter from the City Council. At this stage we may not start until late September, or early October. More information in relation to start dates and times will be emailed & posted at the pool on this matter as soon as it is available. When we do start we will require parental assistance with time keeping, please come along and have a go, it is not hard, we always have experienced time keepers ready to give advice and instruction.

## EQUIPMENT SALES:

Vera currently has the new eye-line and Speedo and Zoggs catalogues, and has already started to place orders from these catalogues. **SEE VERA NOW TO PLACE ORDERS.** 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.

## 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. (further details and costs to be advised at a later date)

This is a great family fun weekend, and a good carnival to introduce new members to

### NYAH/SWAN HILL (THE BUS IS NOW FULL)

These carnivals will take place on the 9<sup>th</sup> and 10<sup>th</sup> of December. These carnivals offer our swimmers the opportunity to compete in a 50m Pool. A mini bus seating 25 people has been booked at a cost of \$20.00 per person. The bus will be departing on Friday the 8<sup>th</sup> around 10.00am and returning on Monday the 11<sup>th</sup>. Those intending to travel on the bus need to advise numbers and pay a deposit to ensure a seat is available ASAP as this will be done on a first in best dressed basis. Accommodation will be cabins at the Swan Hill caravan park

### MALLEE SPRINTS

Mallee sprints will be held at Mildura Waves Centre, 30th & 31st December, for those interested you will need to book accommodation now as that is a popular time in Mildura. More details when the program is available.

### SA COUNTRY CHAMPIONSHIPS

South Australian Country Championships will be held at Gawler on 19,20,21 and 22<sup>nd</sup> of January

## Stingrays "GO LIVE" ( in December)

Yes we are moving into the age of technology, the Stingrays will have a WEBSITE hopefully by Christmas. We have been very fortunate in being selected as a major project by Marian Bishop, who is undertaking a TAFE course in Web design. This means that it will not cost the Club any design fee's. Our Club liaison with Marian is Trish Thomas.

As part of the Web site, we are looking for any photo's of your children in or around the pool. (They don't necessarily have to be of them swimming). A selection of the photo's will form a collage banner on the top of our web page. Anyone who would like to donate images, Marian has requested high quality .gif images. If you don't have digital images, they can be scanned, please see Trish. We hope to include items such as swimmer of the week, and news items with photo's on the website, so you will notice a new item on the membership form seeking your approval for your child's photo to be published.

Also anyone who has any items of interest that they would like to see included on the history page of the Club, these could be stories or photo's, it is our intentions to eventually incorporate all the historic photo's that hang in the Club rooms on to the site. Anyone with suggestions for the site please pass them on to Trish Thomas, who will put them to Marian.

WATCH THIS SPACE FOR MORE UPDATES .....



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



## **DATES TO REMEMBER**

<b>SUMMER SEASON REGISTRATIONS DUE</b>	<b>1st October 06</b>
<b>CHRISTMAS PARTY At Club Rooms</b>	<b>18th NOVEMBER</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>

### **RUMOUR HAS IT.....**

That the Trebilcock Boys have given up swimming and taken up professional fishing. By the photo we received below I think they'll do alright.



**HAPPY BIRTHDAY TO THE FOLLOWING  
MEMBERS FOR September, also to any  
members we've missed**

Alanna Broome  
Courtney Evitts  
Luca Napoli  
Jasmin  
Monica Schipanski  
Tobias Thomas  
Harry Costello



**Remember that  
your child needs  
to bring their  
own drink bottle  
to each training  
session.**

**IF YOU HAVE ANYTHING THAT YOU WOULD LIKE INCLUDED IN THE NEWLETTER,  
(or a photo to submit ) PLEASE LET CATE, ANN OR TRISH KNOW.**