



# Geelong Swimmers newsletter

August 09

Welcome to our very first newsletter for the swimmer.

Anyone can contribute to the newsletter, if you have any funny stories or photos from training or a meet, broken a club record, have anything you'd like to share or want to be the in the Swimmer's profile. Let us know.

## Club Records

Congratulations

Luke Rush - 4 records.



SC Boys 11-12 100m Breaststroke,  
SC Boys 11-12 100m IM  
SC Boys 11-12 200 IM (twice)



Tyler Parkinson

LC Boys 15-16 200m Breaststroke

A 'Record' is the fastest time recorded for any stroke over any distance. Geelong Swimming Club have male and female records in three different categories: Club, Long Course & Short Course. Current records are found on the GSC website.

If a swimmer has broken a record they must complete the Record Notification 2009-10 Season. Once the record has been ratified, the swimmer will be presented with a Geelong Swimming Club Certificate, signed by the President.

## PB Medals

Personal Best (PB) medals are awarded to swimmers when they reach 10, 20 and 30 PB's in one season. A bronze medal is awarded for 10, silver for 20 and gold for 30. These will be handed out at Club Nights



## Quote of the Month

For myself, losing is not coming second. It's getting out of the water knowing you couldn't have done better. For myself, I have won every race I've been in.

## Event Calendar

Month	Description	Venue	Entries Close	Squad target
Full details of events can be found at <a href="http://www.swimmingvictoria.org.au">www.swimmingvictoria.org.au</a>				
Squad Target Codes: N = National G = Gold S = Silver B=Bronze D = development S=Starter				
<b>August</b>				
15	Ballarat Top Five Series - Meet 3	Ballarat Aquatic Centre	01/8	All
22-23	Victorian Country Short Course Championships	Wangaratta	8/8	
30	Club night			All
<b>September</b>				
5-6	Victorian Age Short Course Championships	MSAC	21/8	
5-7	Tasmanian Short Course Championships	Hobart		
20	Echuca Y Swim in Spring	Echuca	09/09	All

Good Luck to all our swimmers heading to the Country SC Championships & Age SC Championships

Profile of the month  
Bronze & Silver Squad



The Silver & Bronze Squads have been training at the Geelong Aquatic Centre with a squad of about 38 kids.

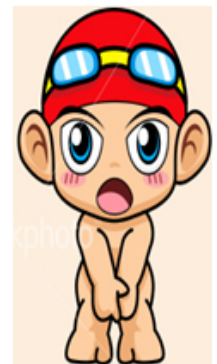
They have been training with a good work ethic and as a result they have been achieving PB's at recent competitions.

We'd like to congratulate the nine swimmers from the squad for completing a 400m Freestyle for the first time at the recent Geelong meet.

The kids have formed a real bond and have become a very close team. They especially loved the pizza night after training and also love the social chit chat before each session. Fifteen from the squad will be heading down to the Tasmanian SC Championships in September and we wish them luck.

## Coaches tip for the month

Have a separate pair of bathers, cap and goggle for racing. Don't train in the same ones that you compete in. Over time caps and goggle straps become stretched and can fall off while racing. If your bathers, goggles or cap falls off while racing leave them behind and get them after the race.]



Please send your photos or information to [jacquical@yahoo.com](mailto:jacquical@yahoo.com)