

- > President's message
- > Squad Reports
- > Results ! Results !
- > Are you inspired
- > Winter colds
- > Fund Raising
- > New coaches
- > Swimmer Profile: Andy Ryan

Miami Flyer

President's Message

Well, what an eventful couple of months this has been for myself, the Committee and the Club. We have been busy getting things happening on all fronts, including:



A. Installation of new benches and coat hooks in the Junior Club House (many thanks to "Ace" Homer and Wolfie);

B. Sales of our new Swim Parkas (now keeping many of our swimmer's and their parents warm on pool deck);

C. Re-vamp and distribution of the Member's Handbook (answering many of those tricky swimming questions);

D. Farewelling old coaches (Ken Nixon) and welcoming our new coaches—see later story;

E. Successful sign-on morning, Saturday morning fundraising BBQ's and action packed first club night on 6th August.

F. Designing our new range of club swimwear.



Please direct all queries re club gear to either Melissa Wallace or myself. A pricelist will soon be put on the noticeboard.

There is a definite buzz and energy around the

pool as we move out of the winter season and into spring and with our Spring Meet fast approaching on 4th September there is lots to be excitement about.

With less than a month to our **Spring Meet** we will be looking for all the help we can get leading up to and on the day so please make sure you have put your name down on the "Volunteers List" on the Noticeboard. This is the first of our major fundraising events so it is very important that we can make it as successful and profitable as possible and we welcome any suggestions, sponsorship or assistance.

Finally, congratulations to all our swimmers who have been competing internationally in New Zealand, Samoa and Canada and good luck to those preparing to head-off to California and Hawaii for Pan Pacific Games and Junior Pan Pacific Games. You all make the Club extremely proud.

By Shannon Macdonald



Please email belinda@simmonspartnership.com.au with articles you would like to provide or suggestions of topics to be covered by 28 September 2010 for next newsletter.

Senior Squad Report



In a busy “off” season, many of the squad found success in their foray into International competition.

China Trip

Amy Levings scored well with the Australian Academy of Sports China trip, with two wins in the 400 and 800 freestyle and silvers in the 400 IM and 200 fly.

Trans Tasman

Matt Levings and **Jordan Harrison** performed well in New Zealand in the Trans Tasman series, with Matt earning overall best performance with his win in the 800 freestyle in 8.02.60 and Jordan posting PBs in the 400 and 800 freestyle. **Tiffany Pappaenmanual** likewise performed well with wins in the 400 freestyle and 400 IM and silvers in the 200 freestyle and 200 IM.

Open Water World Champs

Meanwhile in Canada, at Lake Roberval, three of our club members contested the World Championships in the Open 5km race, **Cara Baker**, representing N.Z., performed best with a 9th placing (less than 8 seconds behind the winner) and **Danielle de Francesco** another 2 seconds behind in 17th and **Bonnie Macdonald** at 14 (and the youngest in the field) coming in 20th.

Aust Short Course

At the Australian Short Course in Brisbane last month **Katie Goldman** made it back to back wins in the 800 freestyle, just outside the Australian record (by 0.3 second), but claiming the Australian All Comers Record (for the best performance by any competitor from any country in this event).

Subsequently Katie was selected on the Australian Short Course team for the World Championships in Dubai in December. Club member **Jade Nielsen**, training out of the AIS, also made the team after qualifying for the 4 x 200 freestyle relay. Also performing well, and just missing the team, was **Amy Levings** who raced tough to place 2nd in the 400 IM. **Tiffany Pappaenmanual** also found the podium, placing 3rd in the 200 IM. **George O'Brien**, **Matt Levings** and **Megan Wolbers** showed good form and condition and claimed big PBs.

Aust “A” team

In Victoria, on Vancouver Is, **Ellen Fullerton's** come back from shoulder problems has been very promising. In a very busy programme, Ellen has swam faster in the 200 and 400 freestyle than she did at the trials, and recorded a big PB in the 200 backstroke.

The Australian “A” team schedule moved on after the Canadian summer nationals to a 4 way meet against Canada, Brazil and France. This required competing in 6 events per day. A tough ask—but a great experience.

World IPC Champs

Annie Williams is in Europe with the Australian Team preparing for the World IPC Championships in Eindhoven (Netherlands).

Pan Pacs

This week sees a mini exodus as **Raels** (as Team Manager), myself and **Katie Goldman**, **Danielle**

de Francesco, **George O'Brien** and **Chris Ashwood** fly out to Los Angeles for the Pan Pacific Championships. For Katie, George and Chris this is their senior team debuts. Going to be another great experience.

A week and a half later, **Amy Levings**, **Declan Potts** and **Bonnie Macdonald** will join the Australian Junior Team to contest the Junior Pan Pacs in Maui. George and Chris will return for this event direct from the Senior Pan Pacs (from California). I'm certain there will be some great shots.

Local Meets

At home, there are plenty of opportunities to post new times, with some of the squad contesting the State Short Course Championships and many (ALL) competing in our own Miami Spring Meet.

From the end of this month we are 2 main cycles (MESOCYCLES) from the selection trials for next years World Championships in China. The first cycle (3 months) takes us into the State Championships (from 12th December), while the second leads into the Australian Championships (April 1st to 8th)

Good luck and great racing for all squad members in the upcoming events.



By Denis Cotterell



“The water was cold but the competition was HOT”



World Open Water Swimming Championships

9th of July saw three Miami swimmers and one Miami “Mum” join the Australian Team in Sydney and head off to Canada in preparation for the FINA World OWS Championships.

After a 5-day Staging Camp in Montreal we travelled by bus some 400 km’s north to the quaint town of Roberval on the shores of Lac St Jean. The weather was mainly fine, the water was mainly cold and the competition was HOT!!!

It is hard to believe that over 30 swimmers can swim so fast for so long in such a tight pack with final placings coming down to mere tenths of seconds.

The fields were crowded with the “whose-who” of World Open Water Swimming with many veterans of previous World Championships and



Olympics rubbing shoulders with our three “rookies”.

The girls swam awesome races and were a credit to their countries, their Club and the sport of Swimming – WELL DONE!

Results:

Cara Baker (NZ)

17th in 10km FINA World Championship & 9th in 5km FINA World Championship;

Danielle De Francesco (AUS)

18th in 5km FINA World Championships;

Bonnie Macdonald (AUS)

20th in 5km FINA World Championships & 8th in 10km FINA World Cup Series

Personally, travelling with the Australian Team was an honour and an experience I will never forget.

By Shannon Macdonald

National Schools Exchange

The National Exchange (or National Titles for School Swimming) for 2010 took place in June in Brisbane.

Miami was proud to have a number of swimmers (primarily in the younger ranks) representing QLD.

The results were as follows:

Megan Bogatie—7th 50 Breast

Michael Bogatie—9th 50 Free

Daniel Serafin—8th 200IM

Corey Heiniger—5th 200 Free

Kyle Kiehne—2nd 200IM, 7th 50 Free

Andy Ryan—9th 50 Free

Mitchell Simmons—2nd 100 Fly, 3rd 50 Fly, 4th 200 Free, 5th 50 Free, 5th 100 Back, 6th 100 Free, 8th 50 Back.

Plus there were numerous relay medals awarded to our swimmers.



Mini Squad Report

Welcome back all of our littlies after a much deserved break. Special mention to Xavier Younan who has been doing a fantastic job at consistently managing 3 sessions per week.



We would also like to welcome our new members to this squad—

Chelsea Austin, Lani Esp-Morse and Bianca Perry. Its great to have you join us and see your skills and technique improving.

By Bache Atkins

Are you inspired !!

I have a really exciting six months coming up.

Firstly I leave on the 11th August for Pan Pacs which includes a week staging camp in San Diego before we head over to Irvine, California to compete.



Then I leave 25th September for Commonwealth Games staging camp in Kuala Lumpur before we head over to India for the Commonwealth Games!



Finally I have just been selected for the World Short Course Championships in Dubai, so in early December I will travel to Singapore for a stag-

ing camp before going to Dubai.

I am really excited to be part of the Australian Team and to compete in all of these events. With Pan Pacs just under 3 weeks away its starting to get really close so hopefully my training will pay off and I will swim well, but also have fun and gain some invaluable experience from being part of the Australian Team.

By Katie Goldman



Winter Colds

We are still in the thick of winter training. It can be cold, windy and dark but we are a tough lot, still here with a smile doing what we know how to do best. (I hope I don't get any southerners reading this)

BUT it is the time of year where coughs and sniffles are rife.



So extracting a note from our handbook

The health of ALL of our swimmers is of UPMOST IMPORTANCE. If your child is not feeling 100%, it is strongly advised to abstain from training until you feel fit.

We urge parents to use common sense and to contact the coach to inform them of the nature of the illness.

I am sure you may have heard the coaches talk about clothing around pool deck lately. It is

freezing when you get out of the pool.

So:

- do not dawdle and chat;
- Pack up your gear quickly and put it away;
- Towel dry;
- Put on a jacket (or tracksuit) and some warm shoes



Then you can chat.

training whilst
sick will not
make you
faster or fitter



Club Night

The dates for this seasons club nights are as follows:

1. 6th August (was very successful)
2. 10 September
3. 17 September
4. 8th October
5. 22nd October

6. 26th November
7. 7th January
8. 21st January
9. 18th February
10. 5th March

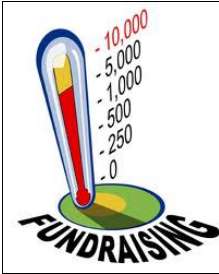
The final session will be the Club Championships on 25th–26th March.

Points are awarded and tallied and awards are given on Presentation Day at the end of the season.

Club nights are great fun and everyone is welcome.

Fund Raising

An important part of the operations of the Miami Swim Club is fundraising. Money from fundraising goes to subsidizing our coaching fees and to fund other club activities such as camps, tours, club champs and end of year presentations.



TELSTRA ASSISTANTS GRANT

Thanks to the tireless work of our fundraising co-ordinator **Louise Eddy**, the club is now the proud owner of an underwater camera as a result of the Telstra Assistants Grant.



Alex's Report

I would like to welcome our new and returning swimmers to the squad.

We have many great swims ahead of us and it all starts with the work we are doing in the pool today!

We had a great start to the 2010/2011 season. A few swimmers took part in the Winter Short Course meet in Nerang July 24th and 25th. All attending swimmers for our squad recorded PB's in at least one event.



COUNCILLOR GREG BETTS



Greg Betts our local councillor (Division 12) has donated \$1,000 towards the cost of our meets.

SATURDAY BBQ

The club has and continues to run a barbecue at the pool each Saturday morning through to the end of August between the hours of 7.30am and 10.30am. The purpose of the barbecue is to raise funds to help swimmers going to Age Nationals in 2011. If you can help, please see Raelene.



MIAMI SPRING MEET

The club will be holding its Annual Spring Meet on September 4th. We ask for your assistance in sponsoring a race or two. The cost is \$20 per event. An event list has been posted up on the notice board outside the Senior Club House so go and check it out and support your club by sponsoring your child's events. Your name/company/business will be published in the program at the top of your nominated event.....for all to see! You can even sponsor the entire meet if you choose which would be a wonderful gesture!

Colin Sergis (swimmers Lachlan and Jordan) has kindly offered his assistance with the BBQ AGAIN.



Well done to Sebastian Younan, Luke Dippenaar, Ben Cowling, Ashley Benic and Erin Baker.

As most of you would know Wednesdays and Fridays have been put on hold for the time being. I would encourage all those who would like to see them return to speak to me. We may then be able to deter-

mine when the numbers are again sufficient to resume those sessions.



The noticeboards at the clubhouse contain valuable information about upcoming events and carnivals. Please refer to it regularly and confirm all of your entries for meets with me prior to submitting them.

Yours in Swimming,

By Alex Beaver

Welcome to new coaches

Miami Swimming Club has been lucky enough to secure the services of [Ian Findlay](#) to coach our Mini Squad.

Ian is a former Australian record holder in the 200 fly, AIS swimmer and Australian Representative at the Pan Pacific Games in 1983. He combines his experience as an elite level swimmer with over 20 years of coaching experience at Club, State, National and International levels.

Ian's coaching highlights are as follows:

Coached at the famous Lawrence swim Club along side Lawrie Lawrence, most notably coaching Olympic Gold medallist Duncan Armstrong;

Coached Glen Housman to a World Record in the 1500m freestyle.

Australian Swim Team Coach at the 1990 Commonwealth Games and the 1991 World Championships.

13 years as Head Coach at the Glennie Swim Club in Toowoomba.

We welcome Ian and hope that he enjoys the unique atmosphere here at Miami Swimming Club as much as the swimmers in his squad are enjoying Ian's sessions.

Also, we would like to welcome on Pool Deck two special Coaches who will be assisting us whilst Denis and Raelene are on Tour with the Australia Pan Pacific Games Swimming Team.



Denis's squad will be supervised by one of the legends of Australian Swimming [Mr Brian Wilkinson](#). One of Australia's finest competitive swimmers, Brian is a former World Record holder in the 200m Fly

and represented Australia at the Olympic Games amongst other International events. Brian brings with him a wealth of experience gained from many years of coaching from Club to International level.

[Amy Macdonald](#) who is "on-loan" to us from The Surrey Park Swim Club in Victoria will coach Raelene's Squad. Amy is one of the up-and-coming Coaches on the Australian swim scene and she will be bringing with her all the "latest" coaching techniques especially in the field of distance and Open Water Swimming. Surrey Park Swim Club has fielded the largest teams at our Australian National Open Water Championships over the last few years.

Brian and Amy come to us with excellent reputations and credentials and we hope that all members of the Miami Swimming Club welcome them to the Team for the duration of their stay.

IAN

BRIAN

AMY

Swimmer Profile—Andy Ryan

Interview by Mitchell Simmons

What is your full name?
Andrew Paul Ryan

How long have you been swimming ?
Since I was 6 years old

What is your age?
10

What is your best event?
400 Freestyle

Do you like having your

mum as a coach?
Yes, definitely

What is your best friends name?
Nathan

What is your favourite sport ?
Rugby Union

What school do you go to?
Miami State School

Do you have a pet?

Yes, a dog

What is your favourite colour?
Red

Who is your favourite band ?
Green Day



We're on the web

www.miamiswimmingclub.com

Desire

Dedication

Destiny

Upcoming Meets

The first of the 2010 swim meets will commence soon. Please keep the following dates in mind and speak to your coaches about your nominations.

Please note nominations will need to be in to Ann at least one week prior to the host club's closing date published on the invitation.

28th and 29th August 2010

2010 Old Short Course Championships

Note: strict qualifying times will apply

Closed 6th August 2010

4th September 2010

Miami Spring Meet

OUR MEET—ALL HANDS ON DECK !!

Closes 13 August 2010

You are cordially invited to attend the Miami Swimming Club 2010 Spring Meet (LC).



2010 Miami Spring Meet

Advertising

If you would like to advertise your services in the Miami Flyer please contact belinda@simmonspartnership.com.au

Personal Training

Lauren Arndt (one of Denis's ex swimmers) is now a personal trainer at the Human Performance Centre on Hillcrest Avenue, Miami.

If anyone is interested in joining her for a group fitness class on Monday and Wednesday night at 5pm or Friday morning at 6am please call her on 0411 041 54

Thank you

A big thank you to Pam Hubbard for arranging for the donation of the wraps for our fund raising BBQs.



Please volunteer wherever you can. We will be calling for Volunteers on a regular basis to help with Fund raising activities and to assist with regular activities around the Club (Timekeepers, BBQ Operators, Sandwich Hands, Washer upperers, and various other positions. THANK YOU



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