



The Miami Flyer

SEPTEMBER 2009

PRESIDENT'S REPORT

Welcome members to our spring season. Over the next four weeks most swimmers will be involved in competition and the Committee wishes you the best of luck. Please remember to represent your club by wearing our club caps and uniforms where possible. This is all available through our gear steward, Angie Simpson at angiesimpson@mac.com.

Club nights have now commenced and this Friday 18th at 6pm is your chance to participate in the 2nd one for the season. The BBQ will be operating and don't forget you must attend at least 3 of these nights to win medals at our club championships. With our Spring Meet the following weekend it is a good chance to get some racing experience under your belt.

Next Saturday the 26th September is our Spring Meet. If you have not already done so it is most important that you put your name down to help out, the list is on the noticeboard. Meet entries has been exceptional creating one of our largest events ever, everybody will be needed on the day- so parents please make an effort and support your club by helping wherever you can. Your help will not only ensure the smooth running of the meet but will also contribute to its financial success.

We are yet to get significant numbers (especially men) for set up on Friday evening. If you can help preparations in the kitchen and barbeque or help erect the tents it would be greatly appreciated. This preparation will start at 4pm on Friday.

The Club still needs sponsors for this event, if anybody would like to profile their business by sponsoring a race or giving a donation, we would gladly advertise in our program or announcing on the day. Families who would like to sponsor an event please see the noticeboard and allocate your name beside the respective race. Please contact Louise Eddy to donate any funds to advertise in our program. You can email Louise at louiseed@bigpond.net.au.

In conclusion, it is most important that our Spring Meet is a financial success and this can only be created by us all contributing on the day. Best of luck to all swimmers and I look forward to a successful event.

Steve Smith

DENIS' DIALOGUE

Welcome to the summer season 2009-2010. The winter (short course) season wrapped up with some great performances by club competitors. A small team competed brilliantly at the Australian Open Championships, helping the club to 3rd spot overall in the club point score. Daniel Smith scored his first OPEN victory in the 400M freestyle, after a great 2nd in the 200M freestyle- both in very good times. Ellen Fullerton continued her great World Championships form with victories in the 400M individual medley (in Australian record time) and the 400M freestyle, as well as a great silver in the 200M IM. Katie Goldman surprised most with a great finish to win the 800M freestyle, and combined with Ellen, Amy Levings and Melanie Durso to win the 4 × 200M freestyle relay. Will Aitken had a massive 10 second PB to make the semi's of the 200M Br/S. Gabby Epstein, Mel Durso and Amy Levings also made semi's and finals. Ellen, Mel Katie and Amy also finished a close 2nd in the 4 × 100M freestyle relay. Paralympic medalist Annie Williams secured a birth on the national team for the World Short Course Championships in Brazil (December) after winning both the 50M freestyle and the 50M butterfly- both in world record time. Congratulations team on a great meet.

At the Queensland Short Course Championships a number of the younger competitors performed very well. Best of these were:

- Bonnie Macdonald – 1st 400M F/S, 800M F/S, 200M Bk/S and 2nd in the 100, 200M F/S and 100M Bk
- Jordan Harrison (14 yrs) – 1st 400M and 1500M Fr/S, 2nd 200M Fr/S and 3rd 200M Bk/S
- Jaimie Henderson (16 yrs)- 1st 100M Bk/S
- Laura Baker (18yrs)- 2nd 400M Fr/S Open, 3rd 200M Fr/S
- Matt Levings – (15ys)- 4th 15ys 1500M Fr/S

Our next competition will be our club's own Pro-Ma Miami Spring Meet. This is a qualifying event for times for the state championships. For the senior squad, September, October and November are the KEY 'working months' for the summer season. This is the period where the base work is laid down for the rest of the season. Weekends are for recovering, and keeping up with school requirements. The next qualifying meet the squad will be attending is the Zoggs Long Course meet (14th-15th November) . Meets such as the TSS meet and the October Zoggs LC meet MAY be used to pick up a distance time or an odd event that doesn't fit into the set programs. The club coaches will not be attending these meets. Attendance at these meets should be in collaboration with your coach.

Just a reminder – any queries about coaching, squads or competitors, my number is 5538185 or mobile, 0437733766. I expect to deal with any enquiries from ALL levels, outside of deck coaching times. This is the same requirement I expect for all club coaches.

Denis Cotterell

A special thankyou to Wayne 'Ace" Homer and Tony Ryan for the construction of our new beautiful dais!

You can check out their handiwork at our Spring Meet!

KEN'S KOMMENTS

Congratulations to Olivia McLeish, Samantha Burley and Jake Marquenie on their recent advancement to the senior squad, joining Jordan Harrison, Bonnie MacDonald and Matt Levings, who moved up a month or so ago. This group has certainly set a high standard for the current squad to aspire to, in both training and competition.

A big WELCOME to those who have now progressed from Alex's squad. Their excitement and keenness is infectious, and there's a real 'buzz' in the squad at training. As with most things, every forward step in swimming requires a little more commitment and effort to maintain that progression, so I encourage them to embrace the changes and attack the challenges which will be thrown at them over the coming months.

Anyone who has queries regarding training, number of sessions required, carnival entries etc. please do not hesitate to ask me.

On the competition side, swimmers recently competed in several short course meets, culminating in the State titles.

All those who competed, managed improved times in many events, but several, Dylan Jenkins, Suzie Ryan, Cody Simpson and Bryton Heiniger, have been the standouts, for the number of events, the number of progressive time improvements made in these events and their overall approach to racing. A very well deserved "pat on the back", was earned not only by these swimmers, but by all squad members who competed so enthusiastically.

Don't forget, that those **short course PBs now become your long course 'Goal Times'**.

The question of whether you can now reproduce these short course times in long course racing can be answered in a week or so at our own Spring Meet.

Cody is already showing how it's done. In training during the week, he bettered his state 50m Fly SC PB, and has now reassessed his targets.

I'm looking forward to working with all the new squad members over the coming season, and I'm greatly impressed by the maturity and responsibility shown by my senior members, in guiding and directing these younger swimmers.

Competitive swimming is like climbing a mountain.....it requires commitment to the task, forward planning and preparation, physical conditioning and endurance, an understanding that forward progress is sometimes gained by retracing your steps or taking a different path, an ability to make decisions, based not only on your own understanding, but that of others as well.....but for all that, the view from the top is all the more exhilarating and enjoyable!

It's now up to you to choose the height of the mountain!!

I hope everyone has an enjoyable and successful competitive season. Good luck.

Ken Nixon



RAELENE'S ROUND UP

Congratulations who swam at the BSA Short Course meet on the 20th June. Kyle Kiehne had a complete sweep of gold medals. Both Meagan Hutchinson and Nikolina Davidovic both raced for the first time and did a fabulous job both girls took huge chunks off their personal best times. Mitchell Simmons had a great day claiming first in the 100 fly by taking 10 seconds off his time. Sebastain Torales swam brilliantly taking 9 or more seconds off each of his personal best times.

The Downunder meet saw Olly Van Eck and Luke Dippenaar take big chunks off their personal best times (8 seconds or more) with Luke narrowly missing out on third place in the 50 Breaststroke.

Raelene Ryan

ALEX'S ANALYSIS

Southport Meet Results 18th July 2009

Girls

Nicolina Davidovic - PB 100 Breast 1:39.92

Rachel Eddy - PB's 100 Fly 1:23.73 and 100 Breast 1:35.92

Sophie Harrison – PB's 200 free 2:35.05 and 100 Back 1:21.72

Megan Hutchinson – PB's 50 Fly 39.93 and 50 Free 32.54

Andrea Rimovets – PB's 200 Free 2:32.75, 100 Back 1:23.46 and 50 Fly 37.56

Elle Stevens – PB 100 Breast 1:38.49

Boys

Michael Bogatie – PB's 50 Free 34.12 and 100 Breast 1:32.82

Jordan Hutchinson – PB's 50 Breast 52.04, 50 Fly 39.18, 100 Free 1:12.43 and 50 Free 34.36

Tate Ransom – PB's 50 Breast 52.05, 50 Fly 43.38 and 50 Free 37.19

Lachlan Sergis – PB 200 IM 2:57.29

Sebastian Torales – PB's 200 IM 2:59.60 and 200 Breast 3:10.49(1st Place)

Queensland Short Course Swimming Championships 2009

The Junior Development Squad saw 41 PB's recorded over the four sessions!

The Standout Performance came from Mitchell Simmons with 9 PB's! With a Third Place finish and a 3.6 second drop in his 100 IM. Mitchell also managed to take 4.6 seconds off his 100 Back, 4.9 seconds off his 100 Breast and 4.4 seconds off his 50 fly. Good work!

Sophie Harrison and Simone van Eck had 6 PB's each. Sophie bettered her 100 Back by 3.2 seconds. While Simone managed to lower her 100 Breast and 100 IM by 2.7 seconds.

Elle Stevens had 5 PB's and lowered her 100 Back by 3.5 seconds. Rachel Eddy and Ruby Green had 3 PB's apiece. Rachel lowering her 100 Breast by 3.7 seconds. Alli Simpson, Lachlan Sergis, Sebastian Torales and Michael Bogatie had 2 PB's a piece. Most notably Alli bettering her 100 Breast by 3.9 seconds.

Congratulations to all of the swimmers for their effort. Keep up the hard work in training as we aim to get better and faster as the spring season comes around again.

Yours in swimming,

Alex Beaver

FROM THE REGISTRAR

Thankyou to those members who have renewed their memberships promptly. However, there are many members who have not completed forms or paid membership fees. Membership fees are now overdue and **MUST BE SETTLED BY THE 30th SEPTEMBER**. From the 1st October, those who have not renewed memberships will not be able to participate in squad training or compete at meets. If you are yet to renew your membership, I urge you to do so promptly.

Membership forms are available at the clubhouse or you can download a form from the website. Please leave the forms with payment (cash, cheque or credit card details) in the white box or directly with me. I will be at the pool most afternoons at 4pm.

If you have any queries please don't hesitate to contact me on 0404 980 600 or c.hall1@optusnet.com.au.

Cathy Hall

FROM THE RACE SECRETARY

We have 3 meets in a row coming up with the first one being our Pro-Ma Miami Spring Meet Sat 26th September, followed by TSS Spring Meet (2 & 3 Oct) and Zoggs Qld Qualifying Meet 1 (10 & 11 Oct). It is hoped that all swimmers support our meet and then only if approved by coaches, swim at the other meets. Coaches do not want swimmers doing every single meet that is on the calender as it interferes with your training and it is sometimes just not necessary. Your coach or Denis will be able to advise you in planning your nominations. If you want to do the TSS or the Zoggs Qld Qualifying meet 1, please speak to your coach to get their advice, and then please write down the name of the coach approving your TSS / Zoggs nominations - on the entry form - or ask them to initial the form.

The invitation, program and qualifying times for each of these meets are on display on our Club Notice Board and accessible through our website <http://www.miamiswimmingclub.com>

Please note that due to my workload in preparing for our meet, the closing date for our club entries for the two other meets are earlier than the usual 7 days gap. The due dates are as follows:

Meet	Closing Dates
TSS Spring Meet	Fri, 18th September 2009
Zoggs Qld Qualifying Meet #1	Fri, 18th September 2009

Special notes for Zoggs Qld long Course entries

If you are nominating for Zoggs, please read the rules carefully, there are not the standard rules. As a penalty of \$25 per event applies, your nomination will not be processed by Pro-Miami if the entry times do not comply with the qualifying times, your entry fee will not be refunded and your entries will be omitted automatically.

Due to time constraints, you will not be contacted individually. It is the policy of our club that we only submit entries with valid times as our entry times are always considered to be reliable. If you are not sure whether your time times are valid, please email me at least 2 days before the closing date to check.

If you are waiting for Pro-Ma Miami results to qualify for Zoggs, you will need to email me or advise me in person before submitting your entries.

Short Course / Long Course Times & School Results Reminder

Please note that we now start the Long Course season. **Short Course results cannot be used as entry times for Long Course.** If you would like to use your last School Long Course results, the only recognised times that can be used are Regional results (was held at TSS), State results (Cairns) and National (Perth) this year.

District (South District was held at Somerset) and local school carnival results are not Qualifying Meets, and the results from these meets are not recognised and cannot be used.

I will appreciate if you could help me in this busy season by submitting your entries as early as possible.

Other upcoming meets

Annual Somerset Meet Sat 24th Oct 09

Closes Fri 9/10/09

Annual All Saints Sprint Meet Sat 31st Oct 09

Closes Mon 5/10/09

Queensland OWS

Information has not been published

Ann Stevens

Have you returned your chocolate money yet?
Some boxes are still outstanding.

Coming up....

Fri 18 th Sept	Club Night	
Sat 26 th Sept	<u>2009 Pro-Ma Miami Spring Meet</u>	Closes Fri, 11th September
OCTOBER		
Fri 2nd	Club Night	
Fri 2nd & Sat 3	<u>TSS Aquatic Spring Meet (Long Course)</u> Note: Nominations must be signed off by your coach	Closes Fri, 18th September
Sat 10 & Sun 11	<u>2009 Zoggs Qld Long Course Qualifying Meet 1</u> Note: Nominations must be signed off by your coach	Closes Fri, 18th September
Fri 16th	Club Night	
Sat 24th	The Annual Somerset Meet	Closes 9 th October
Sat 24th	2009 Zoggs Qld OWS Championships	
Sat 31st	All Saints Short Course Meet	Closes 31 st October