

July - 2008

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# THE STINGER WEST COAST SWIMMING CLUB

OFFICIAL NEWSLETTER OF WEST COAST SWIMMING CLUB



## President's Point

Thank you for the opportunity to provide leadership to this club for another 12 months. We have a bright future in front of us with some new faces on the committee and in the coaching team led by Mel Tantrum. Coming soon is the Albany trip, good luck to those of you heading that way, and then the Mandurah meet and Short course titles in quick succession, good luck to all competing. These meets provide a fantastic opportunity to develop team spirit and our older swimmers can certainly provide guidance to our junior members.

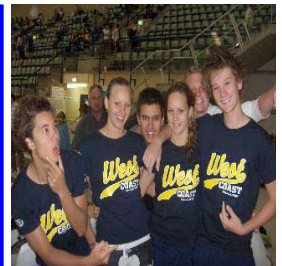
The next 12 months promise to be an exciting time for West Coast and the coaching team. We have some key sponsorship partners involved including McInerney Ford and D'Orsogna in addition to this we will be undertaking some fundraising including our Christmas Swimming Meet.

Next Thursday sees the first of our club nights for the year and we encourage all swimmers young and old to come along and meet your fellow members and get some early season personal best.

As with all Olympic cycles a number of our senior swimmers have 'hung up the Speedos and goggles' and the club has lost a wealth of experienced and committed people. I am looking forward to the new season and trust that you will all get involved with the club as we set about the rebuilding process.

Regards

Martyn



## The New Stinger

Welcome back to another season at West Coast Swimming Club.

New season new stinger.

We hope that you will enjoy the new format, and look forward to all members participating with comments, news, or any information that you feel would benefit the club.

We are starting new columns like coaches corner, feature stories, news article, swimmers profile and lots more. So join in and make your newsletter fun and informative.

The new e:mail address is nortonjd@bigpond.com.au or call Jeff, Deanne or Jessie Norton on 92460830.

Many thanks to Ann D'orsonga for three wonderful years as publisher of the Stinger.

The club really appreciates your efforts.

## From the Fast Lane

The following information is adapted from an article from US Swimming. Please use it as a guide.

### Sticking With Swimming ... What Can a Parent Do?

There is a path that many swimmers may follow:

A swimmer's career often starts with 8/U success and high parental enthusiasm. The child is encouraged by parents and others to excel and a big deal is made out of every accomplishment. As the child changes age groups and moves into the 9/10s, even the most successful child may struggle because he or she has a harder time finding success against 10 year olds. What successes are achieved may not be as noticeable. Unfortunately, as many as one-third of young swimmers and their families do not make it past this point.

By the time swimmer is 10 or 11 years old they (or their parents) may realize that training twice a week or summer only swimming is not enough to compete with others who are training more frequently. Natural ability and physical size can still help the child to stay competitive and have success but it is getting harder to stay on top.

#### **The first Big Change: From 10/U to 11-12**

Events become longer, going from 50s to 100s and even some 200s and distance freestyle events.

Competition changes from sprint competition to race/pace competition. In some programs, many of the athletes and their families do not make this change. They never give the coaches or the program a chance to help the athlete adapt to the changing nature of swimming competition.

#### **The second Big Change: From 12/U to Age Group Swimming (13-18 years).**

At this age, events can change again. Now it is mainly 100s & 200s along with 400s, 800s, and 1500s, and possible open water events of 5km and 10km. The child must develop a work ethic and intensify the training aspect of swimming. Physical changes affect both male and female athletes. Athletes get bigger and stronger, but many, especially the girls, may struggle to cope with their "new bodies". Early-maturing boys will be caught by the late-developers. Swimmers may also seek to gain selection on National Age and State Age squads and teams. Age group swimming can be one of the most rewarding phases of an athlete's career, yet many will give up for a variety of reasons.

#### **The third Big Change: Transition from Age to Open Swimming**

Late teens look for the opportunity of swimming past their school years and making the transition from Age Group swimming to Open swimming. Swimmers will need to ask themselves if they have the desire and commitment to make the transition from a successful Age Group to a successful Open swimmer. Opportunities for National and International level competitions may arise, as will opportunities to gain selection on National Teams, Squads, and Institute of Sport programs.

Let's put these changes into "real" numbers:

Suppose a team has 12 Novice swimmers.

Only 8 may remain in swimming past the first Big Change.

Only 4 may remain in swimming past the second Big Change.

Only 2 may remain in swimming past the third Big Change.

**From The Fast Lane****The Role of the Parent in Navigating the Big Changes:**

Sometimes, unfortunately, it is the parents who are responsible for their child leaving the sport. For example:

Parents who are former athletes, especially former swimmers, may have unreasonably high expectations.

Parents believe that they are in charge of the athlete's happiness and that only "winning" can bring happiness.

Parents believe that early success equates with long term success. The 8/U star will, of course, become an Olympian.

Parents may not understand the need for technical and skill development before "swimming fast".

Parents must examine their own motives. Form a philosophy that emphasizes the process, not the outcome. Be the guides on the "fun path" not the "victory path". When parents use the word "we", their motives should be questioned.

**What Can Parents Do to Help?**

Parents must seek to develop, progress, and grow ... just as athletes do. Experience is the key and communication is the mode. Swimmers already have coaches, friends and teammates. They need a parent to fill the parental role. "Coaches coach children, parents raise children. "

Here are some of the benefits your child will garner if he or she sticks with swimming:

**Life Lessons:**

Only one swimmer can win the race. Does this mean everyone else is a loser? Of course not! Swimmers need to constantly be reminded that a top-notch effort on their part will result in personal satisfaction and a contribution to their team. Most coaches design a program of competitive training and competition for younger swimmers based on long term development. Therefore, we may not stress early competitive success with a great deal of fanfare. Remember that swimmers under the age of 12 are very inconsistent which can be frustrating to a parent or to the swimmers themselves. Fun and patience are the keys here.

**Leadership:**

In many cases, our team leaders and successful senior swimmers were not outstanding age group swimmers (Eamon is the perfect example of this!). Those who "stick with it" often develop into outstanding leaders, having learned patience, dedication, and commitment. Steady progress and understanding the meaning of various accomplishments will make a motivated, well adjusted senior swimmer.

Coaches go to great lengths to provide opportunities for all swimmers equally, although sometimes it may seem that more emphasis and time is spent on senior swimming. An 8/U will swim no more than one hour two or three times a week, while a senior swimmer may be in the water 10 sessions per week for 18-20 hours, plus gym and dry-land! Both swimmers are having their needs met as part of a long term progression. Understanding the long term benefits and the long term progression will help parents navigate the waters of a swimmer's career. If you associate "time" with "attention", the longer a swimmer stays with swimming the more attention he or she will receive.

Mel Tantrum



## From The Fast Lane

15 Senior Swimmer competed at the South Lake Dolphins Short Course Sprint Carnival on Saturday the 7th of June. 10 swimmers won medals. 75% Rate (Amazing 38 medals)  
Well done to all the swimmers who swam so well and achieved PBs at the meet.

### Below Medal Count

Name	Gold	Silver	Bronze
Gianna Leone	7		
Tommaso D`orsogna	6		
Alex Schubach	4	1	
Konrad Herewini	2		
Sofie Frichot	1	4	
Jessie Mitchell		4	2
Greg Tidboald	1	1	1
Olivia Benoit — Spargo	1		
Jamie Sturgeon		1	
Cameron Ashworth			2
	22	11	5

### New Zealand

Three Swimming WA members have excelled at the recent 7<sup>th</sup> Oceania Championships held at the QEII Leisure Centre in Christchurch, New Zealand.

Blair Evans, [Bobby Jovanovich](#) and Merindah Dingjan all competed at the event that was held from June 5<sup>th</sup> to the 8<sup>th</sup>.

[Bobby Jovanovich](#) (West Coast) placed second in the 100m backstroke in a personal best time of 56.54 seconds. Jovanovich narrowly missed out on a bronze medal in the 200m backstroke, finishing the swim in 2:06.82.

### Rome

In other news, [Eamon Sullivan](#) has competed at the Seven Hills Swim Meet in Rome overnight.

[Sullivan](#) showed he is still the fastest man in the world over the 50m freestyle by winning the event in 21.85 seconds ahead of main rivals, Swede Stefan Nystrand (22.19) and Frenchman Alain Bernard (22.25).

[Sullivan](#) also swam the final of the 100m freestyle finishing in a dead heat with Alain Bernard to take out the silver medal (48.41). Italian Filippo Magnini took out the gold in 48.35.

[Garth Kates](#) (West Coast) has been in excellent form at the meet, finishing third in the 50m butterfly in 23.86. [Kates](#) was also a member of the 4 x 200m freestyle relay team who finished with a bronze medal in the event.

### Monaco

At the Mare Nostrum Swim Meet in Monaco, AIS based swimmer Sally Foster has won the final of the 200m breaststroke, completing the swim in a Championship and personal best time of 2:24.81. This time moves Foster up to equal third position alongside Samantha Riley in the Australian Rankings.

Foster also placed third in the 100m breaststroke, clocking a new personal best time of 1:08.40.

## Behind the "J" Blocks

18 Juniors Swimmers competed at the South Lake Dolphins Short Course Sprint Carnival.

Well done to all the swimmers who swam so well and achieved PBs at the meet

Name	Gold	Silver	Bronze
Louise Hewitt	1	1	2
Yean Ng	1	1	1
Kyle Robinson	1		
Geordi Tsigotis			1
Conor McGuire			1
Total	3	2	5

### **Congratulations to the new Senior Male and Female Club Captains**

**Jim Piper and Katrina Porter**

**Male Vice Captains : Kieran Clancy Lowe and Glen Gerber**

**Female Vice Captains : Gianna Leone and Amy Lucas**

### **Congratulations to the new Junior Male and Female Club Captains**

**Joel Norton and Jessie Norton**

The first **Club Night** for the new season will be Thursday, 3 July.

Entries need to be in the day before. Entry forms are available at the pool or you can download one [here](#). You may enter a maximum of **four events**. Any distance event plus the four 50m and 100m strokes are available. You may enter by emailing Karen Hodgetts at [kshodgetts@aapt.net.au](mailto:kshodgetts@aapt.net.au) or by placing your completed entry form in the club letterbox at Challenge.

This season there is no need for a gold coin payment to enter Club Nights.

Most of you will have received registration forms for the new season which begins on 1 July. If not, these are available on our website [www.westcoast.asn.au](http://www.westcoast.asn.au).



## Junior Coaches: Comments

Congratulations to the following West Coast Swimmers on their achievements in the Junior Excellence (JX) Awards for the 2007/08 season

Ashworth Cameron Bronze Standard 13 West Coast WA  
Atkin Thomas Silver Standard 13 West Coast WA  
Blake Matthew Gold Standard 10 West Coast WA  
Crisp Daniel Silver Standard 13 West Coast WA  
Enright Tom Silver Standard 12 West Coast WA  
Gangemi Jack Silver Standard 12 West Coast WA  
Guy Niamh Bronze Standard 12 West Coast WA  
Hewitt Louise Gold Standard 9 West Coast WA  
Hewitt Thurston Silver Standard 11 West Coast WA  
Hewson-Low Claire Silver Standard 11 West Coast WA  
Hodgetts Alisha P Gold Star Standard 10 West Coast WA  
Hogan Nastassia Green Standard 13 West Coast WA  
Hughes Liam Gold Standard 13 West Coast WA  
Hutt William Green Standard 9 West Coast WA  
Hutt Nicholas Gold Standard 13 West Coast WA  
Jayawardena Thisuri Green Standard 13 West Coast WA  
Knight Liam Gold Star Standard 10 West Coast WA  
Knight Ryan Silver Standard 12 West Coast WA  
Knox James Gold Standard 12 West Coast WA  
Kohan Rachel Silver Standard 13 West Coast WA  
Macdonald Euan Gold Standard 10 West Coast WA  
Maclean James Bronze Standard 12 West Coast WA  
Marshall Sidney Bronze Standard 11 West Coast WA  
Martin Joshua Silver Standard 12 West Coast WA  
Martino Jessie Silver Standard 11 West Coast WA  
Martino Millie Silver Standard 12 West Coast WA  
McCall Christine Green Standard 10 West Coast WA  
McCall Josh Green Standard 12 West Coast WA  
McCann Adam Gold Standard 10 West Coast WA  
McGuire Conor Silver Standard 12 West Coast WA  
Morgan Mackenzie Gold Standard 13 West Coast WA  
Murray Laura Green Standard 9 West Coast WA  
Murray Hannah Bronze Standard 11 West Coast WA  
Murray Jessica Gold Standard 13 West Coast WA  
Narayan Siya Gold Standard 10 West Coast WA  
Naude Ingrid Silver Standard 13 West Coast WA  
Ng Yean Silver Standard 12 West Coast WA  
Norton Joel Gold Star Standard 10 West Coast WA  
Norton Jessie Bronze Standard 12 West Coast WA  
Oliveiro Glenn Bronze Standard 12 West Coast WA  
Pratarelli Rose Green Standard 9 West Coast WA  
Pratarelli Tara Green Standard 11 West Coast WA  
Read Shilo Silver Standard 9 West Coast WA  
Robinson Kyle Gold Standard 11 West Coast WA  
Saxton Jemma Gold Standard 11 West Coast WA  
Schofield Shelby Silver Standard 10 West Coast WA  
Sekhon Jasmin Silver Standard 13 West Coast WA  
Skotsch Elizabeth Green Standard 10 West Coast WA  
Spencer Jack Silver Standard 10 West Coast WA  
Stregas Petrea Gold Standard 10 West Coast WA  
Sumich Gabrielle Silver Standard 13 West Coast WA  
Tapley Benjamin Gold Standard 13 West Coast WA  
Telfer Ashleigh Silver Standard 13 West Coast WA  
Tilley Josh Silver Standard 13 West Coast WA  
Tsirigotis Geordi Gold Standard 11 West Coast WA  
Vernon Vernon Bronze Standard 10 West Coast WA

### **Pacific School Games Swimming Team Announced**

*Congratulations to all West Coast swimmers who have been selected to compete for West Australia in the Pacific School Games.*

*The Games will be held in Canberra from the 29 November to December 2008.*

*Good luck to the following swimmers*

*Selected from the club are*

<i>Alex Schubach</i>	<i>Konrad Herewini</i>	<i>Olivia Benoit — Spargo</i>	<i>Jessica Mitchell</i>
<i>Alisha Hodgetts</i>	<i>Kyle Robinson</i>	<i>Pat Hoey</i>	<i>Nic Hutt</i>
<i>James Macfarlan</i>	<i>Nat Ruback</i>	<i>Sarah Anderson</i>	<i>Gianna Leone</i>

### **Singapore: Time is Running Out**

*Just to confirm that the All Nations Cup in Singapore, November 1-2 2008, will be a targeted West Coast Meet. Julie Hewitt has kindly volunteered to take up the running of the trip, which I am grateful for.*

*It is really getting to the stage where bookings will need to be made. Can you liaise with Julie around whether you have decided to go or not. Swimmers should arrive ideally Thursday 30 October. This will enable them to have a swim on Friday and be ready for competition on the weekend. The length of your stay is obviously dependant upon your own individual circumstances.*

*Julie has some information she will share with you regarding accommodation. We did look at group booking for flights, however, there did not appear to be massive savings, so flights will be the responsibility of individual families.*

*Kind regards*

**Craig Robinson**

### **Uniform**

*Jane Robinson will be opening the "Uniform Shop" every Monday from 4.30pm to 5.30pm. If anyone has any queries they can contact Jane on 0400023772 or via email [jane@yingfawa.com.au](mailto:jane@yingfawa.com.au)*

*The club currently has a small stock of old style bathers. These would be excellent to use as training bathers. Old caps to be priced at same price as new ones.*

**Male \$10**

**Female \$18**

*We will gradually be restocking some of the current items so please bear with us.  
Craig Robinson*

## Welcome Your New Committee

*The following Committee was elected at the AGM:*

*President - Martyn Clancy-Lowe  
Vice President - Chris Jongsma  
Secretary - Jane Mitchell  
Treasurer - Craig Robinson  
Strategic Co-ordinator - Stuart Macfarlan  
Registrar (memberships) - Tina Strack  
Registrar (entries) - VACANT  
Uniforms - Jane Robinson  
Newsletters - Jeff, Deanne and Jessie Norton (not on committee)  
Club Nights - Karen Hodgetts  
Meet Director - Geraldine Peel  
Senior Liaison - Ken Ashworth  
Junior Liaison - Sharon Spencer  
Fundraising - team co-ordinated by Liz Atkin  
Timekeeping co-ordinator - VACANT*

*Club Captains will be elected at training this coming week.*

*Please note that there is still some vacancy on the committee so if you are interested in getting involved please contact one of the above names . I' am sure they will be able to help you.*

*The club is run by volunteers (person who offers voluntarily to do something; offer one's services; give willingly). Please if you can help .*

## Club Nights

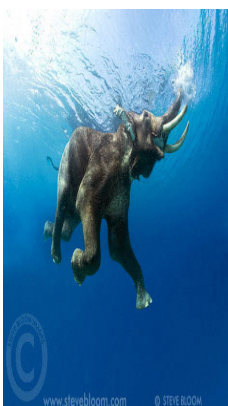
*Club Nights for this year are listed below, they will be on the following Thursday nights :*

<i>a: 3 July</i>	<i>d: 2 October</i>
<i>b: 7 August</i>	<i>e: 6 November</i>
<i>c: 4 September</i>	<i>f: 4 December</i>



*The harder  
I train the  
luckier I  
seem to  
get*

*If you want  
to make your  
dreams  
come true ...  
Wake - up !*



*Feel like this  
some mornings  
at training*

## 2008/09 Fees

Code	Member Category	Club Fees	Swimming WA Fees	Member Fee Total
C1	Competitive 1st Child	155	80	235
C2	Competitive 2nd Child	130	80	210
C3	Competitive 3rd Child	105	80	185
RS	Recreational Swimmer	81	54	135
NC	Non Competitive	13.50	26.50	40

*The above fees have been endorsed by the West Coast Committee for the on-coming season.*

*There are two main reasons for the increase in fees*

- 1: Swimming WA has increased their fees*
- 2: To ensure our swimmers have the benefit of coaches at targeted meets*

## Nutrition – Focus on Fuel Food

*The critical fuel for exercise is provided by the body's carbohydrate stores - a small amount of blood glucose and a large amount of glycogen stored in muscle. Since these stores only sustain a few hours of continuous exercise, they must be continually refilled from the carbohydrates in your diet. Running low on carbohydrates causes fatigue - you may have experienced how it feels to run out of fuel in a session - while chronic depletion may cause tiredness and ineffective training.*

*The body's carbohydrate needs increase the more you exert energy. For general health benefits and to fuel a light to moderate training program, carbohydrate foods should make up more than half of your total energy intake.*

*Athletes in heavy daily training may need to achieve special carbohydrate intake targets. For maximum daily glycogen storage, you need an intake of 7 - 10g carbohydrate per 1 kg body weight. For typical endurance athlete, this means a daily intake of 400 - 700g carbohydrate.*

*Nutritious, high - carbohydrate foods should be the first priority in your diet, but remember that sugar and sugary foods are compact and easy to eat, and therefore can be used to top up on fuel. If the time between training sessions is short (less than 8 hours), make every minute count towards muscle refuelling. If you can't eat a high - carbohydrate meal 30 - 60 minutes of the work out, at least have a snack providing 50 - 100g of carbohydrate to start the refuelling process. Eat well swim fast !*

## Feature Story : ELIZABERTH EDMONDSON

### My story by Elizabeth Edmondson.

Although I was born on July 1<sup>st</sup>, 1950, my story really began on September 27, 1951, when at the age of 15 months; I was taken to hospital and diagnosed with polio. I spent the next fifteen months in the Golden Age Hospital.



I am playing with some coloured blocks that you could wind off a wooden stick and then wind back on. My nephews and nieces still play with



Towards the end of my stay in hospital, I was allowed home for the weekends. I would go home with both legs in plaster, with a wooden bar holding my legs together.



Leaning to walk with parallel bars



Home for the week end

When I was at home, later on, every night, I had to sleep with my legs in plaster and my back tied down onto the bed. I became very good at winding bandages each morning. One night, I lifted up my legs vertically, and then back down onto the bed. As a result, all my blankets were under my legs, and as it was in winter I never did this again, as I was cold for the rest of the night.

When I came home at 2 ½ years, my father made me parallel bars so I could learn to walk. I was given a jelly bean for every length I walked. Later on I would go to the Golden Age Hospital, for physiotherapy lessons. There was a large warm bath, probably 3 meters square, where several children would sit in the bath doing exercises. I was 6 when my sister Pam was born. One time, when going to my lessons, my mother hadn't locked the pusher properly, and the pusher collapsed with Pam inside. Mum quickly opened the pusher and up popped Pam like a Jack in The Box! I thought it was funny but Pam was not amused. Mum also helped me do exercises on the kitchen table: we used to listen to Jason and the Argonauts on the radio.

**Feature Story : ELIZABERTH EDMONDSON**

I started swimming when I was about 5, learning to swim at the Crawley Baths in the Swan River. My coach would walk along backwards, with his hand under my head, while I swam backstroke. For dog paddle and freestyle, he had a piece of wood on a rope, which I would hold onto. While he towed me up and down the pool, I would be swimming freestyle or dog paddle. You had to be quick, so that you didn't let go of the wood completely. My first success in swimming was coming 3<sup>rd</sup> in the dog paddle race in year 1 at the school sports. I never used my legs for swimming.

In those days, my calliper did not bend at the knee. At about the age of ten, I finally had a calliper that would bend. I was so happy going to school on the bus, wanting to show off this wonderful new calliper that bent at the knees. My friends weren't impressed as their knees bent all the time! Also, I used to have to get special boots made for me, to support my ankles. As my feet were growing rapidly, Orthotics would cut the toe of shoe out, so I would have more room.

In 1964, when Pam was nearly 8, Mum took her to Tony Howson to learn to swim. I said I would like to go too, as it was one sport I could do. He lived in a Commonwealth Games House in City Beach which had a quarter size pool in the back yard. Very soon, Tony suggested I joined his Swimming Squad at Beatty Park, which I did.

One day, while swimming at Beatty Park Pool, Tony came up to me and said "You have just broken a world record". Before I knew it, at the age of 14, I was competing in Adelaide at the selection trials for the Paralympics to be held in Tokyo. I was selected to go and won 3 gold medals and broke three world records in the 55yds freestyle, breaststroke and backstroke. I was not selected to go to the Commonwealth Games in 1966, but went to Israel in 1968, and won 2 gold medals (also world records) and 1 silver medal in the 50 meters backstroke.



I stopped swimming after this, as I had to earn my living. While working at Telstra I met and married Ken. We had one daughter Ruth, but unfortunately we separated when she was 3. Ruth is now nearly 22 and studying at the Australian National University. One day while shopping at Innaloo shopping centre, I saw a display about the Stadium Snappers Masters swimming club and joined in September 2006. I have been swimming ever since and in April this qualified to swim in The FINA World Masters and swum a PB in the 800m Freestyle. I joined West Coast swimming late last year, and enjoy swimming with other people with disabilities, and would like to thank Mel and CJ for there coaching skills.

We at West Coast are proud to have Elizabeth as a member and would like to congratulate her on being selected for induction as an inaugural recipient into the Swimming WA Hall of Fame. Well done I hope you have a great time at the Vorgee WA Swimmer of the Year Awards.

*“ You have just  
broken a  
world record  
Tony said ”*

## Junior of The Month

Only as high as I  
reach can I grow.  
Only as far as I  
seek can I go,  
Only as deep as  
I look can I see,  
Only as much as  
I dream can I  
be...



How much did you win by. "Wow" !!!!"



*Name: Arwen Vernon*

*Age: 10*

*Pet: A dog called Sasi*

*School: Methodist Ladies School*

*Hobbies: Swimming, Running, Playing Netball and seeing friends*

*Goals: To win a medal for long distance at the Nationals*

*Highlights: Racing 400M Freestyle*

*Favourite Food: Fruits*

*Favourite TV Show: I don't watch TV*

*Favourite Colour: Purple*

*Sport Person: David Davies*

*Stroke: All*

*Comment on Coach: Chris has improved my stroke and swimming no end.*

*We know what a tough little fighter Arwen is and how determined and consistent she is.*

*From everyone at the club we wish you well with your swimming career and in life. (Go get them girl)..*

**Its Your Birthday***June*

Simone Bach 24/06/93 15

Emma Bagg 28/06/94 14

Kieran Clancy-Lowe 17/06/91 17

Victoria Gill 18/06/91 17

Michael Hartnett 3/06/82 26

Joey Johns 2/06/99 9

Matthew Johns 10/06/92 16

Kirsty Malcolm 20/06/97 11

Adam McCann 23/06/97 11

MacKenzie Morgan 22/06/94 14

Ashton Pyke 15/06/95 13

Brocc Rogers 21/06/97 11

Tanya Shah 25/07/96 12

*July*

Jarrad Bache 4/07/91 17

Jennifer Bagg 11/07/98 10

Sian Brand 20/07/94 14

Adrian Davini 26/07/85 23

James Farnell 25/07/94 14

Niamn Guy 5/07/95 13

Tosh Hakopa 10/07/88 20

Katie Harrup 17/07/93 15

Alisha Hodgetts 10/07/96 12

Madeline Hopkins 4/07/95 13

Nicholas Hughes 23/07/94 14

Garth Kates 25/07/89 19

Callum MacLean 3/07/97 11

Harlan Mullins 22/07/92 16

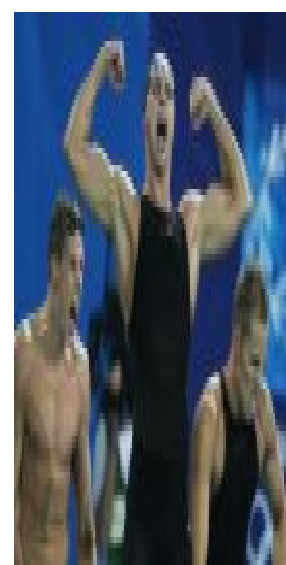
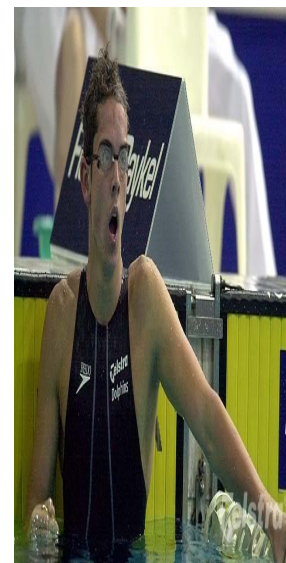
Jeremy Stock 24/07/90 18

Mel Tantrum 17/7/00 —

Dion Tsigotis 12/07/2000 8



SWIM MEET	VENUE	SQUAD	COACHES
<b>June 2008</b>			
5-8 Oceania Championships	Christchurch, New Zealand	B. Jovanovich Australian Team	Australian Team
7 Southlake Dolphins SC Sprint Carnival	Challenge	All swimmers	Mel, Chris
14-15 SWA SC Qualifying Meet	Challenge	All swimmers	Chris
22 Central Midlands Region 3 Open SC	Challenge	Optional	-
28 Breakers Pentathlon	Challenge	Optional	-
29 Mandurah Club Challenge	Mandurah	All swimmers	Chris
<b>July 2008</b>			
World Youth Championships	Monterrey, Mexico	T. D'Orsogna Australian Team	Australian Team
4-7 Telstra Grand Prix 2	Sydney	Olympic & Paralympic Team	Grant, Mel
5-6 Albany Short Course	Albany	All swimmers	Chris, CJ
10-13 Hancock FMF State Open & Junior SC Championships	Challenge	Open & Junior (+ Age who qualify for open)	Mel, Chris, Jim (Roster)
<b>August 2008</b>			
2-3 SWA SC Qualifying Meet	Challenge	All swimmers	Chris
8-24 Olympic Games	Beijing, China	E. Sullivan Olympic Team	Grant
9-10 Rockingham SC Distance Carnival	Rockingham	Optional	-
30-31 Hancock FMF State Age SC Championships (Weekend 1)	Challenge	Age	Jim, Chris
<b>September 2008</b>			
6-7 Hancock FMF State Age SC Championships (Weekend 2)	Challenge	Age	Jim, Chris
6-17 Paralympic Games	Beijing, China	K. Porter J. McClure Paralympic Team	Mel
13-14 SWA LC Qualifying Meet	Challenge	All swimmers	Chris
20-24 Australian SC Championships	Melbourne	Open/Age	Mel, Jim
21 Peel Aquatic Sprint Carnival	Rockingham	Optional	-
28 Mandurah Junior Short Course	Mandurah	Optional	-
<b>October 2008</b>			
4 Fremantle Port LC Meet	Challenge	All swimmers	Mel, Chris
4-5 Kimberley Open SC Championships	Broome	Optional	-
5 Thornlie Spring Carnival	Riverton	Optional	-
12 Central Midlands Region 3 Open LC	Challenge	Optional	-
18-19 Hancock FMF Distance Meet	Challenge	All swimmers	Mel, Chris
25-26 FINA World Cup	Sydney	Open	-
26 City of Perth Classic	Challenge	All swimmers	Chris
<b>November 2008</b>			
1-2 All Nations Cup	Singapore	All swimmers	Chris
29 Nov-7 Dec Pacific School Games (Team selected by School Sport WA in May 2008)	Canberra	Age	SSWA
29 D'Orsogna Christmas Cup	Challenge	All swimmers	All coaches
<b>December 2008</b>			



## HOW TO ENTER A MEET.

### WEST COAST SWIMMING CLUB



Address :  
Challenge Stadium  
Stephenson Avenue  
Mount Claremont  
West Australia 6010

Postal Address :  
Challenge Stadium  
PO Box 302  
Claremont  
Western Australia 6010

**Complete entry card including meet, events, event numbers and times. (See website below). If you are unsure of your current official times then complete this section in pencil.**

**Please place completed cards together with a cheque or correct money, include a \$2.00 entry card fee in a envelope in the West Coast letter-box situated on the wall near the club door, by the club's due date (see Targeted Meets) .**

**Payment by cheque or money order is preferred and cash will only be accepted up to the amount of \$20.00**

**per swimmer per meet.**

**Cheques for all meet entries need to be made out to West Coast Swimming Club.**

**Cheques for coaching fees are made out to Challenge Swim Club .**

#### Websites of note :

[www.westcoast.asn.au](http://www.westcoast.asn.au) West Coast Swimming Club

[www.wasa.asn.au](http://www.wasa.asn.au) Swimming WA (all club and state events)

[www.swimming.org.au](http://www.swimming.org.au) Swimming Australia (National events)

## CLUB NIGHT

All swimmers may enter 50M in all strokes every club night . (Maximum 4 events per swimmer)

All entries must be in by Wednesday before 5.30pm

Entry forms for club night maybe downloaded from our web site

Place all entries in our letterbox outside clubroom door

Most club nights are conducted on the 1st Thursday of every month