



Penguin Papers

Volume 1, Issue 1

November 2004

Newsletter

The first John Carew Penguins newsletter is finally here with all the latest news, events and competition updates. The newsletter will be produced quarterly for all members and will be filled with articles about swimming, upcoming events and what's happening at the club. If any one has any ideas for the newsletter please feel free to let me know, and also your feedback on this issue is much appreciated.

In this addition we will have an article from John Carew about the importance of training, as well as news and results from the first points scoring club night held last month, and also all the latest on upcoming events. But we will start this newsletter with a report on the first two BSA carnivals of the season. ◀

BSA Short Course Meet 26/6/2005

The first Brisbane Swimming Association (BSA) carnival of the season saw a good turn out from the John Carew Penguins Club and some extremely promising swims.

Jessica Boston and Emma Stowell put in great performances in their 50m Fly swims to both place fourth in their respective age groups. Khari Garavelis knocked a massive 9.5 seconds off her 50m Fly pb to place a very creditable 6th in her age group, whilst Amelia Sumner also managed a 6th placing in her 50m Breaststroke race.

With most people swimming short course (25m pool) for the first time at this event, pb's were set by almost everyone, with an overall 38 pb's being established by the 12 swimmers. Noticeable performances by people with previous short course swims came from Khari Garavelis knocking a total of 25 seconds off her previous best times. Mia Gillfeather swam a fantastic 50m freestyle to knock 7.29 seconds off her previous

best and Emma Stowell had 3 PB's out of her 4 swims.

Everyone performed extremely well at this meet, which is very promising for the start of the season. It was also encouraging that the BSA managed to get the 10 years and under swimmers finished by 12.30pm which is a massive improvement from last year. This is hopefully set to continue and some of those long days at Chandler may be behind us. We will wait and see! ◀

BSA Age & Open Meet 27th and 28th August 2005

Well BSA didn't disappoint at this meet with the 10 years and under age groups finished by 1pm, leaving many parents happy. Another fantastic meet by the John Carew Penguins saw 31pb's out of 45 swims over the whole weekend.

Highest placing of the day and the first medal of the season went to Mia Gillfeather who held off a strong challenge at the end of her 50m Breaststroke to place 3rd overall. Mia also set new pb's in three of her four swims.

Nicholas Wright managed a very creditable 5th place in his age group for the 50m breaststroke and also an 8th place in his 50 Fly. Nicholas also managed to set new pb's in three of his four swims.

Imogen Schoutrop, Ryan Hegarty, and Jessica Boston all managed to set new pb's in every race they swam, whilst Kento Ogawa did extremely well in his first ever BSA carnival. The largest pb of the day went to Bryce Winchester who took a staggering 13.47 seconds off his 50m Butterfly time!

Well done to all those who competed and we look forward to the next BSA carnival at the end of September. Although numbers are down for this

continued on page 2

carnival, partly due to the Noosa trip the following week, we expect to see some great swims from all involved. ◀

Indro Club Night August 2005

The first points scoring club night of the season attracted a strong contingent of club swimmers. With new rules in place for starts at this club night a few swimmers seemed a little confused, but by the end of the night everyone seemed to get the hang of it. Everyone had a great time and some very high performances were achieved.

Our only disappointment at club nights at present is the lack of involvement from parents. To run a club night we need to find 5 time-keepers and 2 recorders from the parents. We understand that many of you are a little nervous about doing some of these tasks, and some of you are a little tired after a hard day at work, but we really do need some help with these jobs. One of our club parents, Wayne Elliott, is now a qualified timekeeper and would be pleased to help anyone with any concerns.

The current top places in each age group are:

7 Years and under - Xanique Taylor-Rolls 70pts

8 Years – Brooke Holden 76pts

9 Years – Sarah Burch 84pts

10 Years – Shaun Pratt 98pts

11 Years – Georgia Mackie 74pts

12Yrs and Over – Danielle Hocking 79pts

Good luck to all club members in the next club night. ◀

Newsletter Competition

The newsletter competition attracted a massive 48 entries with many novel ideas and some not so novel! The 4 judges David, John & Barb Carew and Sean Rowe-Hagans spent many hours looking over the entries and after much heated discussion an eventual winner was decided upon. As you can see the winning name was 'Penguin Papers' and was thought up by Madeleine Stoermer. Madeleine received her cap and water bottle and was very happy that we chose her name for the newsletter. The most inventive name goes to Ryan Hegarty whose entry was 'Shove ya beak into this!'. Very creative Ryan! ◀

Dunlop Park Training

Squad training will be available at Dunlop Park Swimming Complex from Monday 26th September. These sessions will be available in the afternoons only from 4.00pm to 6.00pm. Although a little further to travel most members would benefit from these training sessions. It is important for squad swimmers to get the experience of training in a 50m pool and we hope that as many of you will attend these sessions as possible. We would like to take this opportunity to thank Craig Tobin of the Dunlop Park Swimming Complex for his help in organising these lanes for us. Cost of entry to the complex is \$2.20 per child.

Dunlop Park is a great swimming complex for all the family and is open throughout the summer months with children's play pools and of course the 50m pool. There are also Barbecue facilities available and plenty of space for everyone. There is also a large inflatable assault course that Craig puts in the pool during weekends which some of you may have seen at the final club night last year, and is great fun for the kids. For further information contact the Dunlop Park Swimming Complex on 3379 1630. ◀

The Importance of Training

The Carew Penguins Swim Club have a number of potentially talented young swimmers, unfortunately lack of application to training is stifling their progress. To obtain a high standard or reach their full potential in swimming whatever that level that may be, correct technique or bio-mechanics are essential. This is a major focus in our teaching and coaching and that is why we spend so much time talking on pool deck to the squad about strokes and drills. For the squad members to get most from their training they must concentrate on what the coaches are saying and then apply that to their training.

Ideally this is what I recommend our swimmers should be aiming for in their training this season.

- Junior level 1 swimmers (ie 6yrs-8yrs) should be attending 3 to 5 sessions per week
- Junior level 2 swimmers (ie 8yrs-10yrs) should be attending 5 to 7 sessions per week
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Continued on page 3

- Intermediates/Senior swimmers (ie >=11yrs) should be attending 7 to 11 sessions per week

This is a guide only and you should talk to your coach about your individual circumstances, as each child's goals, availability and motivation will vary.

Training this number of times will enable correct stroke patterns to become natural and enable fitness levels to improve to a competitive level. Results in swimming come from consistent and sustained commitment throughout the season, there are no shortcuts and natural ability will only take you so far. Skills are progressive and need to be constantly re-enforced for continued improvement. Effort and Application = Results

By John Carew

Other News.....

As most of you may be aware the Squad fees for the John Carew Swim Squad have increased. The new fees are as follows:

Single Session - \$8
Jnr Week - \$20
Sen/Int Week - \$25
Jnr Month - \$70
Sen/Int Month - \$80

How many sessions do you do?

We are starting a new competition from this month which will see the club member who attends the most sessions receive a free pair of eye socket goggles.

You will only be able to win this competition once.
The top five for the month of August are:

Out of a possible 45 Sessions available

Nicola Johnstone : 35 Sessions (Winner of Prize)
Emma Stowell : 27 Sessions

Khari Garavelis : 22 Sessions
Lexie Garavelis : 20 Sessions
Louise Elliott : 18 Sessions

John Carew Swim School

The Swim School is the main financial backer of the John Carew Penguins Swim Club and without its help the club would not be able to run many of the events that it currently does.

The Swim School would like to let you know that spaces for the learn to swim program over the coming summer months are filling fast and to be sure to save a space for your children over this very busy period it is imperative that you get your name down early.

For more information please see Anne at the front desk or contact the Swim School on 38786388. ◀

Important Dates

September:

24th-25th BSA Spring Meet
26th Dunlop Park Training Commences

October:

1st Noosa Swim Carnival and Barbecue
5th Dunlop Park club sign on and First Club Night
13th Indooroopilly Club Night
19th Dunlop Park Club Night
22nd-23rd BSA Age & Open Sprint Meet
29th-30th QSA Long Course Meet

November:

2nd Dunlop Park Club Night
10th Indooroopilly Club Night
16th Dunlop Park Club Night
18th-20th BSA Age & Open
27th Jindalee Novice Meet

December:

8th Indooroopilly Park Club Night
14th Dunlop Park Club Night
11th-16th QLD State Championships
19th-3rd Jan NO SQUAD TRAINING

THIS SPACE COULD BE YOURS

John Carew Penguins are looking for potential sponsors to help keep the costs of running the club low. This space would be dedicated to our primary sponsor, whilst 5 other secondary sponsors would also have advertising space in the quarterly newsletter. We now have our sponsorship packages available, and if your business is interested please contact Sean Rowe-Hagans by e-mail at:

coaching@carewswim.com.au

Your business would not only be sponsoring one of the biggest and well known clubs in Brisbane but also helping out many young children to fulfil their dreams in swimming



**JOHN CAREW PENGUINS
PROUDLY SUPPORTED
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