



# Penguin Papers

Volume 1, Issue 2

December 2005

## News

We hope you enjoyed the first issue of the Penguin Papers that went to press in September of this year. This Issue is packed full of news from all the carnivals attended since then, with reports from each one. There is also an update on how the two club competitions are progressing, and who the top point's scorers are in each age group. We have further news on future meets and also an update about our carnival to be held in February of next year.

We hope all club members are enjoying their season to date, and we look forward to seeing you all after the Christmas break for more fun club nights and competitions.

### BSA Spring Meet 24<sup>th</sup> and 25<sup>th</sup> September 2005

The BSA Spring Meet saw only 8 members of the John Carew Penguins competing. The numbers were down through injuries and sickness and also because the Noosa Meet was the following weekend. The low turnout did not however dampen the spirits of the swimmers, with pb's set by all 8.

The most outstanding performance of the day came from current John Carew Club Champion Jacob Richter, who managed to take a massive 31 seconds off his previous best times. Another outstanding performance came from Melissa Elliott who managed to take 6 seconds off her best freestyle time and also placed 9<sup>th</sup> in her age for the 50m Breaststroke.

Many swimmers new to the John Carew Penguins also entered this carnival and set personal best times in all their events. The BSA carnivals are important stepping stones in a swimmers career, and swimmers are encouraged to enter these carnivals to further their swimming experience. ◀

### BSA Relay Meet 23<sup>rd</sup> October 2005

Unfortunately we only ended up with one team entering this carnival after trying to get together ten different teams. With relay teams it is extremely important to make sure that all team members will be able to attend as a dropout on the day can leave three very unhappy swimmers. With this in mind we set strict criteria to ensure all teams would be able to swim on the day, and we would like to thank all parents who responded so quickly to our requests.

Our one team did extremely well knocking an incredible 26 seconds off the John Carew Penguins Club Record for the 4x50m Freestyle relay and a massive 27 seconds from the 4x50 Medley relay record. Their times of 2.14.64 in the Freestyle relay and 2.35.53 in the Medley relay placed them 9<sup>th</sup> and 10<sup>th</sup> respectively.

The four swimmers were Emma Stowell, Alana Hewish, Kami White and Louise Elliott. They also entered some individual events on the day and impressive pb's came from Emma Stowell in the 200m Frs and Louise Elliott who took almost 10 seconds off her previous 200m Freestyle best. Well done to the all the team on a successful meet. ◀

### Noosa Trip 2005

The Noosa trip took place on Saturday 1<sup>st</sup> October with 35 John Carew Penguins making the trip north. With most swimmers meeting at the Swim School to travel up by bus early Saturday morning there was a feeling of excitement and anticipation about the day ahead from both the swimmers and the coaches.

Arriving at Noosa a little late meant a very quick warm up was required, and then straight into the swimming action. A blisteringly hot day was forecast, so all the swimmers and most of the parents and coaches made

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sure they had space under the shade cloth erected the previous day.

The day started with the youngest swimmers heading up to the blocks for their first swim. Everyone thought for a moment that we may need to get a ladder to help some of them onto the blocks, but they all managed and swam extremely well. In fact it was a great day for Penguin swimmers, with 72 Pb's being set out of 82 swims. Must have been all that fruit they were eating!

Some of the most noticeable performances came from Sally Bird, who took 15s off her previous best times from her three swims, and Lexie Garavelis who managed to take a massive 19s from her previous best times in her three swims. The bravery award goes to Louise Elliott and Nicola Johnstone who both attempted the 800m freestyle for the first time, with both managing very reasonable times.

Unfortunately due to time restraints we were unable to swim most of the freestyle events. But the disappointment was put behind us as we headed down to Noosa main beach for a burger and a swim. The burgers and rolls were lovely, but could have done with a bit of tomato sauce!

After a great time swimming in the sea it was finally time to head home. On reflecting on the day on the bus ride home, everyone thought it was fantastic and couldn't wait until next year for the next John Carew Penguins Trip. A truly wonderful effort was made by everyone that was there, and a great time was had by all. Bring on 2006 and the 2<sup>nd</sup> John Carew Penguins away trip! ◀

### QSA Long Course Meet 29<sup>th</sup> and 30<sup>th</sup> October 2005

Queensland Swimming Association carnivals are the next step up for a swimmer after the BSA carnivals. To enter these meets swimmers require qualifying times set at BSA meets. The John Carew Penguins had four swimmers who met these requirements and entered this meet.

All four swimmers swam extremely well again, but the standout performance came from John Carew Penguins newcomer Courtney Neilson. Courtney knocked 3 seconds off her previous best in the 100m backstroke and took a substantial 8 seconds from her

200m best. She also managed a pb in her 100m freestyle. Her 100m backstroke swim also qualified Courtney for the 100m Backstroke at the Queensland State Championships.

Kami White also a newcomer to the John Carew Penguins also swam a very impressive 100m freestyle knocking 2 seconds off her previous best to record an impressive 1.13.98.

Well done to all swimmers who competed at this event. ◀

### Miami Super Challenge 19<sup>th</sup> November 2005

After sending a team of spirited swimmers to Miami in the winter to compete in the Miami winter carnival (on one of the coldest days of the year!), the importance of a nice warm day at this carnival could not be understated. The weather was beautiful, but the swimming was outstanding. From the eight swimmers that attended 18 pb's were set out of 25 swims.

Jessica Boston took a massive 13 seconds off her 200m Freestyle best and also set pb's in the 100m Free and 100m Fly. Louise Elliot swam a fantastic 100m Breaststroke to qualify for the QLD State Championships, whilst Tayla Lawless set 3 pb's in her three swims taking over 11 seconds off her previous best times. Emma Stowell and Kami White again put in solid performances setting pb's in 100m Backstroke, whilst Courtney Neilson set a pb in the 200m Backstroke. Isabella Neilson, the youngest of the team, set pb's in her 50m Free, Back and Fly, managing a third place in her age for the Fly.

The only male swimmer of the team had an outstanding meet. Zane Spasojevic set new pb's in both his 100m Freestyle and 100m Backstroke, taking a massive 8 seconds off both swims. He also competed in the 100m Fly for the first time and finished in a very creditable time of 1.43.04.

This was a fantastic, well organised meet and with all the swimmers swimming so well it was a pleasure to be there. Congratulations to all competitors on a job well done. ◀

## Jindalee Meet 27<sup>th</sup> November 2005

The annual Jindalee Meet was very well attended by John Carew Penguin swimmer's. In total 37 swimmers competed with everyone swimming extremely well yet again. The team managed 69 pb's out of 100 swims which really is a fantastic achievement, and to add to that picked up 2 Gold medals, 8 silver medals, and 1 bronze. The only down side to the day was the storm that came over, cancelling the last events the 25m and 50m freestyle.

The most outstanding swimmer on the day was 7 year old Julian Tabe who picked up an amazing 1 gold and 2 silver medals in his three 25m swims. Julian will be looking forward to competing over 50m next year.

Sean Pratt also had a great days swimming, knocking an impressive 16 seconds off his previous best times and picking up a gold medal for his efforts in the 50m Breaststroke event. Other medal winners were:

Jessica Boston 3<sup>rd</sup> in the 11yrs 50m Butterfly  
Louise Elliott 2<sup>nd</sup> in the 12yrs 50m Breaststroke  
Melissa Elliott 2<sup>nd</sup> in the 8yrs 50m Breaststroke  
Mia Gillfeather 2<sup>nd</sup> in the 9yrs 50m Breaststroke  
Ryan Hegarty 3<sup>rd</sup> in the 9yrs 50m Backstroke  
James Mackie 2<sup>nd</sup> in the 9yrs 50m Breaststroke  
Zane Spasojevic 2<sup>nd</sup> in the 11yrs 50m Backstroke  
Amelia Sumner 3<sup>rd</sup> in the 50m Breaststroke

For many swimmers this was their first carnival, a big step in any swimmers career. The John Carew swimmers were a credit to the club and it was most enjoyable to see so many orange caps racing up and down the pool. Well done everyone and we all look forward to seeing you at the next carnival. ◀

## Club Nights

The club nights have been really fantastic so far this season. Numbers are well up on last year and the swimming is improving every month. Both the Indooroopilly and Dunlop Park club nights are running at present with the Indooroopilly nights monthly and the Dunlop Park nights fortnightly.

## Indooroopilly Club Nights

The attendances at the Indooroopilly club nights have been fantastic this season, and with Novembers reaching 72 swimmers, a p.a. system was introduced to help with organisation of the meet and so everyone could hear the announcements. Overall the swimmers are performing extremely well and scoring high points each month. Please find below the current points leaders for each age group:

<b>7 Years &amp; Under</b>	: Brooke Holden	246pts
<b>8 Years:</b>	Courtney Eaton	191pts
<b>9 Years:</b>	Sarah Burch	255pts
<b>10 Years:</b>	Mackenzie Whiteford	268pts
<b>11 Years:</b>	Jacob Richter	242pts
<b>12 Years &amp; Over:</b>	Ashley Holden	260pts

## Dunlop Park

The Dunlop Park club nights have seen some great competition this season in all the age groups. The opportunity to race over 50m and 100m has really motivated the swimmers to race hard at every club night, with many matching or beating previous personal bests. This racing has ensured that all swimmers competing at these club nights are ready to race over these distances at other carnivals they have attended. Below are the current leaders in each age group:

<b>9 Years &amp; Under:</b>	Isabella Neilson	139pts
<b>10 Years:</b>	Christabelle Stafford-Smith	102pts
<b>11 Years:</b>	Amelia Sumner	179pts
<b>12 Years &amp; Over:</b>	Tayla Lawless	177pts

With plenty more nights to go we are in for a fantastic finish to this years club competition. Good luck everyone and keep up the hard work! ◀

## Other News.....

### State Championships

The QLD State Championships is considered the biggest carnival in Queensland with very strict qualifying times that need to be achieved at an 'A' grade meet. The best swimmers in Queensland attend

this carnival including all the Queensland Olympians, present and past. It is the carnival that all swimmers in QLD strive to make as a stepping stone to National success.

John Carew Penguins are proud to announce that we have two individual swimmers competing at this years State Championships held on the 10<sup>th</sup>-16<sup>th</sup> December. Courtney Neilson has qualified for two events, the 100m and 200m Backstroke, whilst Louise Elliott has qualified in the 100m Breaststroke.

We have also entered two 12 & Under female relay teams for the first time this year. The Medley and Freestyle relay teams have been selected under very strict criteria for this prestigious event, and all the girls selected have managed to achieve the qualifying time set down by the John Carew Penguins coaching staff.

I would like to take this opportunity to wish all the girls swimming at this meet the best of luck on behalf of all the John Carew Penguins club members. ◀

### Most Sessions Competition

The winner for September has continued with her incredible attendance at sessions but cannot win for a second time, so the winners for the months of October and November are;

October – Jessica Boston

November – Khari Garavelis

Congratulations to these swimmers who both win a new pair of speedo eyesockets. ◀

### Saturday Morning Sessions

Attendances at Saturday morning sessions are still very low. We consider these sessions extremely important for the improvement and development of the swimmers strokes. These sessions are therefore now called Skills Development Sessions and although they may seem to be similar to other sessions they are in fact a much more intense version of the drill sets the swimmers perform during the week.

Many famous John Carew swimmers of the past have

attended these sessions incessantly during their training here, including Kieran Perkins, Hayley Lewis, Libby Lenton, and many more.

To ensure the progression of the swimmer through the many changes and fine tuning of a stroke and through their continued growth and maturity, these sessions are an essential ingredient to the swimmers future success. ◀

### Carew Penguins Twilight Meet

The John Carew Penguins will be holding it's first carnival which will be a twilight meet on Sunday 5<sup>th</sup> February 2006. The meet will be held at Dunlop Park and will commence at 5.00pm and finish at 9.00pm. The programme is yet to be finalised but all ages will be accommodated. We hope that all members that swim at club nights will be able to attend this event.

### Telstra Swimming Assistance Fund

It is with great pleasure that I am able to announce that the John Carew Penguins Swimming Club are to benefit from the Telstra Swimming Assistance Fund. After a successful application, the club has recently learnt that we will receive :

- 1 Telstra Equipment Cage**
- 20 Kickboards**
- 20 Pull Buoys**
- 1 Pace Clock**
- 1 Set of Backstroke Flags**

This joint initiative between Telstra and Swimming Australia will benefit 99 swimming clubs throughout Australia.

This equipment will be of great assistance to the swimming club and we would like to take this opportunity to thank Telstra for supporting our club and helping the many swimmers here enjoy the use of this new equipment. ◀

## John Carew Comments

The improvement in technique I have noticed in the squad is encouraging. Unfortunately in most cases the fitness levels of the swimmer does not match their ability. Young swimmers should train a minimum of 3-5 times per week. Swimmers wishing to reach state qualifying times need to swim 30 km per week minimum. And this mileage needs to be done consistently throughout the year. There are not short cuts to success. Success requires sacrifice and discipline not luck or talent. Saturday morning skill sessions are not negotiable, I expect every squad member to attend. I would like to take this opportunity to wish everyone a merry xmas and a safe and joyous new year.

## Happy Christmas !

Christmas is fast approaching and all the John Carew staff would like to thank everyone for yet another great year with the John Carew Penguins. We hope you all have a lovely Christmas and wish you all the very best for the New Year.

Please note that there will be no squad training this year from the 19<sup>th</sup> January 2005 to the 2<sup>nd</sup> January 2006. From the Tuesday 3<sup>rd</sup> January until Friday 6<sup>th</sup> January there will only be training available in the afternoons at Dunlop Park from 4.00pm to 6.00pm. Training will resume as normal from Monday January 9<sup>th</sup> 2006. ◀

## Important Dates

### DECEMBER

QLD State Championships – Sun 11<sup>th</sup> to Fri 16<sup>th</sup>  
Dunlop Park Club Night – Wed 14<sup>th</sup>  
NO TRAINING – Monday 19<sup>th</sup> – Monday Jan 2<sup>nd</sup>

### JANUARY

PM Training Only Dunlop Park – Tues 3<sup>rd</sup> to Fri 6<sup>th</sup>  
Dunlop Park Club Night – Wed 18<sup>th</sup>  
Brisbane Junior Mets – 27<sup>th</sup>/28<sup>th</sup>/29<sup>th</sup>

### FEBRUARY

Dunlop Park Club Night – Wed 1<sup>st</sup>  
John Carew Penguins Twilight Meet – Sun 5<sup>th</sup>  
Indooroopilly Club Night – Thurs 9<sup>th</sup>  
QSA Sprint Championships – Sat 11<sup>th</sup> to Sun 12<sup>th</sup>  
Dunlop Park Club Night – Wed 15<sup>th</sup>  
Brisbane Restricted Meet – Sat 18<sup>th</sup> & Sun 19<sup>th</sup>

## 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](mailto: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  
BY JOHN CAREW SWIM  
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