



Penguin Papers

Volume 1, Issue 3

March 2006

NEWS.....

The busiest period in the swimming calendar is now behind us, and the John Carew Penguins have progressed immensely in the last three months.

QLD State championships was followed up with the Junior Metropolitan Championships, Queensland state sprints, Brisbane Novice meet, Brisbane Age and Open, and who could forget the wonderful John Carew Penguins Twilight Meet. You will find reports on all these meets in this edition of the Penguin Papers. On top of all this many of the swimmers have attended school carnivals, including districts and more recently regionals, and in both of these meets John Carew Penguins have excelled.

Of course we have also had our club nights at both Dunlop Park and Indooroopilly and the season finale is shaping up to be a very close contest at both venues. It seems the overall club champions won't be decided until the very last club night!

In other exciting news our club kit is changing to an all new kit including shirts, tracksuits, caps, and bags. You can find all the details in this edition.

Finally, with winter fast approaching people will be enquiring as to what is happening with our winter training this year. All the details of winter training can also be found in this edition.

We hope you have enjoyed your season so far and keep in contact for more exciting news and developments within the John Carew Penguins over the colder winter months.

QLD State Championships 2005

The Queensland State Championships was held at the Chandler swimming complex from the 11th December until the 16th December last year. The John Carew

Penguins had two individual swimmers attending this meet and a girls 12yrs and under relay team.

The individual swimmers did very well with Courtney Neilson placing 16th overall in her 200m Backstroke and setting a new pb in her 100m Bk of 1.21.59. This time also qualifies Courtney for the 100m Backstroke for next years State Championships. Louise Elliott although disappointed not to swim a pb swam a terrific 100m Breaststroke and certainly learnt a lot from the experience of swimming a State Championships.

The relay teams did exceedingly well and managed to set new club records in both relays. The four girls, Louise Elliott, Emma Stowell, Courtney Neilson, and Alana Hewish placed 16th overall in the Medley relay and 17th overall in the Freestyle relay.

The relay teams were a success for the John Carew Penguins, and are a possibility for future State Championships, but there is a strict criteria that must be achieved to be considered for a relay team for this prestigious event. Hopefully the opportunity to compete as a team for your club at this meet will inspire more of our swimmers to try to meet the strict criteria so we can enter more teams at future championships. ◀

Junior Metropolitan Championships

The Junior Metropolitan Championships was held over the weekend of the 27th/28th/29th January and is considered one of the biggest carnivals for swimmers aged 12yrs and under. On this weekend our swimmers managed to set pb's in an amazing 39 of their races.

The pick of the bunch on this weekend was Jessica Boston who took a staggering 32½ seconds off her previous best times including a incredible 14 seconds from her 200IM and 9 seconds from her 200m freestyle.

Shaun Pratt managed to make a finals appearance in

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the 50m Breaststroke for his age where he placed a very credible 6th place. Shaun also managed to set pb's in every other race he swam at this carnival which is quite an achievement.

Other swimmers who set pb's in every race were Tyson Rech, Zane Spasojevic, Emma Stowell, Amelia Sumner, Kami White and Nicholas Wright. Tayla Lawless also had an excellent carnival producing good swims in her 100m Breaststroke, 50m Free and 100m Backstroke.

It was great to see so many John Carew Penguins swimmers competing at this level and hopefully next year we will see some more of our swimmers qualify and compete at this carnival. ◀

JOHN CAREW PENGUINS TWILIGHT MEET 2006

Firstly we would like to thank everyone who was involved in this carnival and who helped out on the day. A carnival is a big undertaking and we were extremely grateful to everyone, timekeepers, judges, marshallers, cooks, runners and anyone else who helped make this such a success.

A carnival of course wouldn't be very interesting if we didn't have any swimmers, but the John Carew Penguins members supported their club and turned out in their numbers, all ready to race and win medals!

There were so many fantastic swims it would be impossible to mention them all in this newsletter. Two swimmers though managed gold medals in all their races and they were Jessica Boston and Henri Thorsen. Courtney Schoutrop also managed the biggest personal best of the meet knocking a massive 16 seconds off her previous best in the 25m butterfly race. Not to be outdone her sister Brittany Schoutrop matched her with 16 seconds off her previous best in the 25m Backstroke race. Maisy Fuller also managed to knock an impressive 13 seconds off her previous best in the 50m butterfly.

We feel this meet was a tremendous success and are already planing a similar event next year. Our goals when deciding to stage this meet were to organise a meet that all our club members could compete in, a meet that was well organised and family friendly, and most of all was finished within 4½ hours. We believe

we managed all of these with a little time to spare! ◀

Queensland Sprint Championships 2006

John Carew Penguins had an inspiring 10 club members qualify for this meet, which is by far the most we have ever had compete at a Queensland swimming carnival.

The highlight of the meet was Shaun Pratt qualifying for the final of the 10yrs 50m Breaststroke where he produced a personal best time of 43.07s to place seventh overall. Well done Shaun Pratt the 7th fastest 10yr old breaststroker in the whole of Queensland!

The biggest improvers on the day were the breaststrokers', Mia Gillfeather, Nicholas Wright, and Amelia Sumner who all managed good personal best times in their 50m breaststroke races. Other good swims came from Kami White and Alana Hewish in the 50m Backstroke race and Jessica Boston in her 50m Fly race, all setting new personal best times.

This meet really highlighted the improvement the John Carew Penguins have made in the last 12 months and hopefully these swimmers will give inspiration to other swimmers in the squad to try and achieve the Qualifying Times required to compete at these meets. ◀

Brisbane Restricted Meet

How can we ever forget this meet! For those that where there on the Saturday and Sunday there will be memories of great team spirit, the disappointment of disqualifications and fourth placing's, and the jubilation of medals. For those that weren't there, let me tell you all about it.

The meet started out with disaster as our male 100m swimmers both false started and were disqualified after setting great new personal bests. Hopefully a lesson was learnt that you don't start before the starters signal!

Then came Courtney Eaton swimming in her first ever BSA carnival, she set a blistering pace in her heat of the 50m freestyle, and took an impressive 4 seconds off her previous best. After an anxious wait of four more heats of swimmers she was still in the running to win a gold medal, but the final heat saw three

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swimmers swim faster than her and she finished fourth overall. An incredible performance for her first race at a big carnival.

How could we forget the gold medal performance of Melissa Elliott in the breaststroke with a blistering time of 52.11. This is an incredible achievement considering it was the only gold medal of the day. Well done Melissa!

The girls 11-12yrs 100m Freestyle saw some great swims from Kami White who set a new club record of 1.10.06 placing her 6th overall, and Maisy Fuller who took 6 seconds off her previous best. Kami also set pb's in her other two swims of the day. Other swimmers who managed pb's in three events included Mia Gillfeather, Ryan Hegarty and newcomer Emma Morton.

The final highlight for the Saturday carnival came when Courtney Neilson stunned everyone by winning the first heat of the girls 12yrs 50m fly with a blistering time of 35.41s. With five more heats to come the thought of a medal was the last thing on Courtney's mind, happy to have just set a new personal best. But after four heats she was still sitting in the top spot with only ten swimmers left to race. The final heat saw the first swimmer record a time of 34.88s beating Courtney's time and second place was a 35.48s just 0.07 seconds behind Courtney. Courtney had won a silver medal and the excitement in the stands was at fever pitch. A Carew shirt was rushed down to her for the presentation and everyone applauded a job well done.

The second day saw two of the older members of the squad competing. Emma Stowell and Louise Elliott swam all their races in the space of two hours, which although a little tiring produced some amazing results.

Louise managed personal bests in two of her swims, whilst Emma managed to set new personal bests in all of her races. Emma made sure that the older swimmers matched some of the younger swimmers of the day before by winning herself a bronze medal in the girls 13yrs 50m butterfly. Emma won this medal by finishing her race well and 'touching out' one of her

fellow competitors. A good example as to why finishing correctly in training is so important!

Well done to everyone who attended this meet and hopefully we can keep building the team spirit that was shown over this weekend. ◀

Brisbane Summer Age & Open Meet

The final major carnival of the season was held on Saturday 4th and Sunday 5th March. A disappointing number of swimmers attended this meet with many swimmers missing the closing date for entries. However, those that attended did a tremendous job setting 21 personal best times.

Shaun Pratt excelled again at this meet setting four new personal best times and the clubs highest placing of 5th in the boys 10yrs 50m Breaststroke. Louise Elliott also had one of her best carnivals for the year setting personal bests in every event she swam. Henri Thorsen, in his first major carnival of the season, also impressed setting new personal bests in his three swims. Tayla Lawless showed her resolve again at this meet with two more personal bests from her two swims.

The biggest personal best of the day saw Kami White take an impressive 7 seconds off her previous best in the 200m Freestyle setting a new club record of 2.30.28. She backed this up with a new record in the 100m freestyle in a scintillating 1.09.66.

Ellodie Ruffin attended her first Brisbane carnival with the club and impressed in all her swims, whilst Courtney Neilson keeps on improving, setting new personal bests in three of her swims the highlight being the 50m Breaststroke knocking 3s of her previous time.

Hopefully next season we will see more swimmers attending these meets as they are the first step in a swimmers competitive career and are a great insight into the sport of competitive swimming. ◀

Club Nights

The final club nights of the season are finally here and the title races couldn't be closer. The racing this season is the best we have seen with all the swimmers

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performing extremely well. By Friday of this week the champions will have been decided!

INDOOROOPILLY

The title race could not be closer with 5 people in the running to be overall club champion of the Indooroopilly club nights. There are also many close battles for age champions and the swimmers will have to be at their best on the final club night to ensure they are in with a chance of victory in their age.

DUNLOP PARK

The racing at Dunlop Park this season has been phenomenal. The swimmers have produced great swims throughout the season and have really gone on from these club nights to perform well at some of the BSA and QSA carnivals.

It is again a close run thing at Dunlop Park for club champion with 4 people in the running to win the prestigious title. Most age groups are also very close with points not being disclosed from the last club night to ensure everyone is kept in suspense until the awards evening in April.

AWARDS EVENING

The highly anticipated John Carew Penguins Club Championships award night is preliminarily set for Thursday 27th April from 5.30pm until 7.30pm. At the moment we are waiting on confirmation of a special guest speaker and presenter for the evening.

We are keen to make this event as family friendly as possible, and so we are encouraging families to bring some of their own refreshments (maybe some cheese and wine!), and as usual there will be the club Barbecue serving steaks and sausages.

The evening will start with presentations and speeches and once the champions have been announced the swimmers will be allowed to have a fun swim in the pool.

We hope that the club members and their parents will make the most of this evening and really support their club by coming along and enjoying what will be a

highly entertaining evening. ◀

Other News.....

CLUB KIT

As most of you will be aware the John Carew Penguins are in the process of creating a new team kit. The team kit has been selected and we are in the process of having the final designs created and samples sent to us. Once we have these samples we will start to take orders from the club members.

We will also be offering a special discounted package to members who purchase the entire kit. This discounted package price will be disclosed once samples have been returned.

The kit will include peak caps, custom made polo shirts, tracksuits and a squad bag. All endeavours to keep costs as low as possible will be taken whilst no sacrifice will be made on quality. The club shirts will be the latest in 'Moisture Wicking' properties to keep swimmers warm in winter and cool in summer. The shirts will also be available for parents who wish to be visible supporters of the club.

We believe this to be a way of creating a stronger and unified team spirit which will help take the John Carew Penguins into the future. ◀

CARNIVAL NOMINATIONS

It has come to our attention over the past few carnivals that nominations for carnivals are not being completed correctly or on time. It is for this reason that new rules are being set in place for nominations for carnivals:

- 1.) Closing dates for nominations will be one day prior to the date listed on the program of events for any carnival. Nominations will not be accepted or entered if received after this date.
- 2.) Nominations will not be entered if they are received without payment. A nomination form may be accepted without payment, but unless payment is received before the closing date the nominations will not be entered.

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3.) It is the responsibility of the swimmers and their parents to ensure nominations have been entered and John Carew Penguins staff will no longer enter swimmers for carnivals if no nomination forms have been received.

Closing dates for carnivals are posted on the white boards for at least 2 weeks prior to most carnivals and the coaches inform the swimmers about closing dates continuously during this time. The program of events is also available for about 4 weeks prior to competition on the John Carew Penguins noticeboard situated on pool deck at the Indooroopilly pool. If you have any problems with carnival closing dates please do not hesitate to inform your coach. ◀

WINTER TRAINING

Cold mornings and short days are all part of winter, but for swimmers it is about lighter sessions and stroke correction. Winter is a tough time for a swimmer with not many carnivals and the dark mornings really lowering the motivation to continue with training. However, the best swimmers will always continue with their training over winter because they know how important it is to their success in the following season. Swimmers who do not train over winter rarely swim as well as the swimmers who attend just 3 sessions a week over the winter months. We cannot emphasise enough the importance of continuing all the hard work you have done this summer through the next few months.

All the John Carew squads winter training is held at the Indooroopilly pool. Please find below training times for this winter:

Intermediate/Senior Squads

Monday – AM 5.45-7.30	PM - Swim 5.30-7.00
Tuesday – AM 5.45-7.30	PM - Land 4.00-5.30
Wednesday – AM 5.45-7.30	PM - Swim 5.30-7.00
Thursday – AM 5.45-7.30	PM - Swim 5.30-7.00
Friday – AM 5.45-7.30	PM - Land 4.00-5.30
Saturday Stroke Development – AM - 5.45-7.00	

Junior Squads

Monday – AM 6.45-8.00	PM - 5.30-7.00
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Tuesday – AM 6.45-8.00	PM - 5.30-7.00
Wednesday – AM 6.45-8.00	PM - 5.30-7.00
Thursday – AM 6.45-8.00	PM - 5.30-7.00
Friday – AM 6.45-8.00	PM - No Training
Saturday Stroke Development – AM - 6.45-8.00	

If swimmers are unaware which squad they currently train with or how many sessions you should be attending over the winter months then please ask your coach.

We hope to see many of you take up the commitment of winter training this year so we can prepare you all for the upcoming 2006/07 season. ◀

TELSTRA SWIMMING FOUNDATION

You may have noticed some new backstroke flags at the Indooroopilly pool over the last few weeks. These were generously donated to the club by the Telstra Swimming Foundation which the John Carew Penguins are proudly members. They have also donated some new kickboards, pull-buoys, an equipment storage container, and finally a new pace clock. We would like to take this opportunity to thank Telstra for donating all this great equipment for our members to use. ◀

Important Dates.....

MARCH

Wednesday 15th – Final Dunlop Park Club Night
Thursday 16th – Final Indooroopilly Club Night

APRIL

Monday 3rd – Winter Training Commences
Thursday 27th – Presentation Evening 5.30pm-7.30pm

MAY

Thursday 11th – First Winter Club Night

JUNE

Thursday 8th – Second Winter Club Night

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
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