



# Penguin Papers

Volume 1, Issue 4

June 2006

## NEWS.....

Yet another season approaches and the Penguins are busy preparing for the year ahead. With new memberships, social outings and the first carnival in the not so distant future it is definitely going to be a great year to be a John Carew Penguin.

This issue of the Penguin Papers will review the final months of the 2005/06 season, including final club nights, and the wonderful Presentation Night with special guest Libby Lenton. In addition we will look at the new squad structure and inform you of other news that has been happening at the Penguins.

We also have to apologise to Melissa Elliott who was accidentally omitted from the results at the BSA Novice Meet held in February this year, where she swam exceptionally well to win a Gold medal in the 8yrs 50m Breaststroke. If you see Melissa be sure to congratulate her!

We hope everyone is coping with the cooler weather and looking forward to the new season as much as we are!

### St. Peters Western Meet

In the final carnival for the John Carew Penguins 2005/06 Season, 6 team members travelled to the St. Peters Western Twilight Meet on the 18<sup>th</sup> March. This meet was attended as an opportunity for swimmers to gain experience in swimming some of the longer distance events.

Jessica Boston and Louise Elliott took up the ultimate challenge of the 800m freestyle, with both achieving great personal best times. Louise managed to knock almost a minute off her previous best posting a time of 11:06.87 whilst Jessica in her first 800m clocked a 12:09.55.

Kami White and Courtney Neilson attempted the slightly shorter 400m freestyle, and again both swimmers posted very good times, Kami with a 5.22.74 and Courtney just behind on a 5.28.60. Courtney also swam in the 200m Fly for the first time and everyone was impressed with how well she swam, completing the gruelling event in 3.03.58.

Emma Stowell also attempted some events out of her comfort zone with 200m Freestyle and 100m Fly. Her 200m Freestyle was a 3 second pb, whilst her 100m fly was a great swim for her first attempt with Emma looking to compete more often in this event.

All the swimmers enjoyed the experience of swimming some 'different' races and are hoping to compete at these distances again in the upcoming season. •

## Club Nights

The final club nights of the 2005/06 Season didn't let us down with a great atmosphere in addition to fantastic swimming by all club members. Here is a review of the season at both venues:

### INDOOROOPILLY

The final club night of the season saw a strong turn out of members to try and gain the top spots in their respective age groups. With many of the age groups not decided until the final night it really made for a good atmosphere with all the club members putting in excellent performances to try and improve on previous times.

### 7 Years and Under

Three girls managed to finish over 300pts in this age group, which is a fantastic achievement. Brooke Holden, Lilly Fuller and Emma Wright were all in the hunt for age champion at the start of the carnival, and impressive performances by all saw Lilly and Emma just edge out Brooke for a joint age group champions

for the first time in John Carew Penguins history. Jake Winchester took out the boy's title after swimming consistently all season. A great effort from our youngest age group.

### **8 Years**

Courtney Eaton took the 8yrs age group by storm this season amassing over 60 points on three occasions. She also managed to get over the 300pts mark with her continuous improvement over the season. Amy Thompson, Kate Burch & Natalie Skelhorn also showed great promise in their first full season of racing, and all three will be trying to close the gap on Courtney in 2006/07.

Thomas Thorsen's consistent efforts through the season saw him edge out Tyson Rech by just 15pts. Thomas, although never amassing big points totals, improved enough at every club night to ensure a continuous number of points were added to his total.

### **9 Years**

Another nail biting finish in this age group saw four girls accrue over 300pts with Mia Gillfeather just piping her rivals to the post for victory. Sally Bird, Sarah Burch, & Juliette Pursey all had victory in their grasp going into the final club night but Mia just managed to get over the top by 6pts from Sarah Burch. This was one of the most exciting age groups to watch over the season and with plenty of other girls improving at the end of the season next year's 10yrs age group will be a hard fought contest.

Nicholas McGoldrick took the boys section amassing an impressive 207pts from just 4 club nights.

### **10 Years**

This age group saw yet another first for the John Carew Penguins club. Mackenzie Whiteford with consistent improvements through the year amazed everyone at the club, accumulating over 400pts, a feat that is incredible over just 7 club nights. This meant Mackenzie averaged just under 60pts every club night, an achievement that has never been done before and may never be matched again. Whilst being amazed at this accomplishment, this age group then astounded everyone again when Kieran Daymon accumulated 392pts, an accomplishment that cannot be understated. Kieran again made huge improvements

throughout the season and was chased by Nick Wright and Bryce Winchester all year.

This age group saw 5 club members attain over 300pts with Imogen Schoutrop, Nick and Bryce also managing to creep over the mark.

It will be interesting to see who will step up next season in the 11yrs age group and push on to greater success.

### **11 Years**

Jacob Richter, the 2005 John Carew Penguins Club Champion made this age group his own with impressive performances throughout the season. Misfortune at the final club night (breaking his wrist!!) saw Jacob miss out on the chance to become Club Champion again this year and also missing out on achieving over 400pts. His impressive 389pts total was achieved with the biggest points total at a club night this season. At the February club night Jacob made such massive improvements that he collected 91pts for his efforts.

Maisy Fuller and Georgia Mackay also impressed in this age group with Maisy winning the girls section with 313pts and Georgia pushing Maisy all the way to the final club night.

### **12 Years & Over**

This age group always sees fewer swimmers due to many swimmers of this age competing in the Dunlop Park competition. However, it is still a hard fought contest, which Ashley Holden topped this year with an impressive 340pts.

### **DUNLOP PARK**

The Dunlop Park competition was held over 11 Club Nights from October to March at the 50m pool. This is a great opportunity for swimmers to compete at a Long Course facility, and helps them prepare for major competitions throughout the season.

### **9 Years & Under**

This was one of the most absorbing age groups at Dunlop Park this year with lots of Under 9's willing to 'have a go' at the big pool. Isabella Neilson, Mia Gillfeather, Phoebe Sumner & Riley Spasojevic were locked in an entertaining battle for most of the season with Isabella finally coming out on top with 291pts from

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Mia Gilfeather on 277pts.

Ryan Hegarty took the boys title with 268pts. Ryan took on any challenge that was set for him at the Dunlop Park complex and impressed with his great performances.

### **10 Years**

Christabelle Stafford-Smith, last years club champion, ran away with the 10yrs age group this season. Her solid and consistent performances saw her total 273pts. Her impressive swimming throughout the season saw her improve in every stroke and over every distance.

### **11 Years**

Three swimmers battled it out in this age group with Amelia Sumner, Zane Spasojevic & Jessica Boston going head to head for the prestige of being overall champion. Amelia dropped out of the running towards the end of the season with other commitments preventing her from attending the final two club nights, whilst Zane and Jessica battled it out for club champion. Zane just pipped Jessica to the post with a total of 417pts to Jessica's 401pts. Good consistent improvements saw these two take the female and male titles for this age group.

### **12 Years**

Kami White, Louise Elliott & Courtney Neilson contested this age group all the way to the final club night of the season. Courtney although consistent in her exciting performances didn't quite have enough to rope in the other two contenders, and with Louise unable to attend the final club night due to other commitments, this left the door open for Kami to take the lead. However, although Kami put everything into her final swims she couldn't quite overhaul Louise leaving us with yet another tied age group, with both girls finishing on 340pts.

## **SEASON OVERVIEW**

I think everyone will agree that this season's club nights were the best we've had so far with inspiring performances coming from everyone. Although only a handful of club members are mentioned in this report, it is all the club members that compete that make this competition so great.

It is also the fact that not just the fastest swimmers, but the most improved swimmers that win which make our club nights so special. The emphasis on improvement is vital to ensure that the club nights remain exciting, and that our philosophy as a club remains at the forefront of the competition.

It has been noticeable this season that the most improved swimmers have been the ones that have consistently attended the club nights, proving that the foundation to further success is reliant on a commitment to attendance.

We hope you all enjoyed the season as much as we did, and role on the 2007 Season! •

## **Presentation Night**

The 2006 John Carew Penguins Presentation Night is a night that will remain in the memory for many years to come. With the John Carew Swim School car park transformed for the big night, the anticipation and excitement of the club members was apparent.

The night got off to an entertaining start with the revealing of the new club kit, modelled by no other than club coach Sean Rowe-Hagans. After revealing the fantastic new kit it was down to the serious business of presenting the club night awards. However, before we could begin there was the introduction of the special guest for the night, Libby Lenton. The excitement hit fever pitch as she arrived at the car park, with many swimmers doubting she would actually turn up!

The presentation began with the age group winners from Indooroopilly and Dunlop Park presented their towels, and special awards to the club members who managed to gain more than 300pts in a season. The presentations continued with the overall club champions presented with the club shields for gaining

the most points in the season. Zane Spasojevic and Mackenzie Whiteford took the honours this season for these awards, which are now on display at the John Carew Swim School.

It was then over to the entertaining Question & Answer session with Libby Lenton, who was also helped out by her fiancé Luke Trickett & mother Marilyn. Libby captivated everyone with her answers to some testing questions about commitment, training, and of course success. Then it was over to the club members for some questions of their own, which were both entertaining and educational. We are sure that Libby's, Luke's & Marilyn's answers to the questions would have answered many of the club members and their parents queries about the sport we are all involved in. Libby was then presented with a bouquet of flowers and a bottle of champagne as a small token of our appreciation.

Libby then agreed to sign autographs for club members whilst the pool was opened for a fun swim. I think everyone who was there will agree that Libby is a charming young lady with everything going for her and we wish her all the success she deserves in her competitive years as a swimmer.

Further presentations were made through the night to the tireless workers of the barbecues at both venues who received a bottle of wine each.

We would like to thank everyone who attended the club night and all those that helped out on the night. Let's hope we can have as good a night next year. For pictures from the presentation night go to [www.carewswim.com.au](http://www.carewswim.com.au) •

## Club Night Champions 2006

### Indooroopilly

#### *7Years & Under*

Emma Wright                      Lilly Fuller

#### *8 Years*

Courtney Eaton                  Thomas Thorsen

#### *9 Years*

Mia Gillfeather                      Nicholas McGoldrick

#### *10 Years*

Kieran Daymon                      Mackenzie Whiteford

#### *11 Years*

Maisy Fuller                          Jacob Richter

#### *12 Years & Over*

Ashley Holden

*Club Champion 2006 – Mackenzie Whiteford*

### Dunlop Park

#### *9 Years & Under*

Ryan Hegarty                          Isabella Neilson

#### *10 Years*

Christabelle Stafford-Smith

#### *11 Years*

Jessica Boston                          Zane Spasojevic

#### *12 Years*

Lousie Elliott                          Kami White

*Club Champion 2006 – Zane Spasojevic*

## Other News.....

### **Jodi Byrne**

After many years loyal service to the John Carew Swim School, Jodi Byrne has decided to retire from coaching. All at the John Carew Penguins will sorely miss Jodi's fun, laughter & knowledge, and Saturday mornings will never be the same without her. We wish Jodi all the best for the future and hope to see her at the swim school again if she has any spare time!

### **Sponsorship**

The John Carew Penguins are proud to welcome on board our new sponsor Summit Financial Strategies Pty Ltd., with a big thank you to Mr. Andrew Bird for supporting the Club in it's exciting future. The

proceeds from the sponsorship will go towards the many social events that are now part of our busy season & supporting the twilight meet we hold in February. For further information about Summit Financial Strategies Pty Ltd. please contact Andrew Bird on (07) 3236 4566.

### Thanks

The John Carew Penguins would like to take this opportunity to thank Mr Boston for providing the club with a new whiteboard. I'm sure all the swimmers (and parents) appreciate being able to read the board a lot easier.

We would also like to thank all the people who get together to ensure everyone gets a good feed at club nights. The barbecues are always of the best quality, and the proceeds go a long way to helping support the club. If you've never had a steak sandwich try one at the next club night!

Finally we would like to thank the John Carew Swim School for it's continued support of the club and it's tireless efforts to keep up with the administration of the club. A lot of effort is put in by many of the staff to ensure the club runs as smoothly as it does, and without their help in collecting and sending entries, recording club night times, organising kit, club memberships and many other jobs the club would be struggling to cope. •

### New Squad Structure

As some of you may be aware the John Carew Penguins squad has gone through a little bit of restructuring over the last couple of months. To keep you all up to date with developments here is a breakdown of the current squad:

#### Senior

This is our top squad for competitive swimmers. They are expected to train at most sessions during the week and compete at most carnivals. The senior squad trains up to 30,000m a week during summer.

Sessions Available – 11

#### Intermediate

Swimmers in this squad are expected to train between 6-8 times per week. The emphasis in this squad becomes more on learning to train than learning to swim, with more advanced stroke correction and longer sessions.

Sessions Available – 11

#### Junior Intermediate

This squad only trains during the morning from 6.45am-8am. Swimmers in this squad are expected to train 3-4 times per week. These sessions are for junior squad members who are at a stage in their swimming development that requires increased fitness, and the ability to learn how to train, whilst ensuring they are improving in stroke development. This squad is also focused on ensuring the swimmers are prepared for competition at higher-level carnivals.

Sessions Available – 5

#### Junior

This squad is for swimmers who are at an early stage of development for competitive swimming. The emphasis is on stroke correction and learning the basics to training. To be in this squad the swimmers must attend at least 3 sessions per week.

Sessions Available – 10

#### **ALL SQUADS**

##### *Minimum number of sessions – 3*

All swimmers must attend Saturday Morning Sessions to ensure that stroke development can be progressed during the training sessions.

Please ask your coach if you have any questions •

#### Parent Information Night

For more information about the Squad Structure and to ask some of your own questions about our squad development program please come along to our parent information night on the Thursday 24<sup>th</sup> August at 6.30pm at the John Carew Swim School. •



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For more information contact Mr. Andrew  
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