



Penguin Papers

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NEWS....

This newsletter will have short reviews of all the carnivals that we have attended this season, allowing all that were there to remember the great swims and moments and all that weren't what they have missed out on! I hope I don't miss out anything too important, but if I have please let me know and I will do my utmost to enter it in the next edition.

Newsletters will be back to quarterly editions this year as I'm sure you have all been missing your updates on things that have been happening this season.

We hope everyone is enjoying this season as much as we are, and don't forget if you have any questions or problems please come and ask us. We are a friendly bunch here at the Penguins!

Brisbane Short Course Meet – July 06

The first carnival of the swimming season saw a great turn out by the John Carew Penguins. Some excellent performances by Mia Gillfeather and Laura Scolaro saw them pick up a total of six medals with Laura claiming 3 Gold's and one silver and Mia collecting one silver and a bronze. Shaun Pratt and Courtney Neilson also collected bronze medals in the 10yrs 100m Breast and 8-12yrs 200m fly respectively.

The number of pb's at this meet was staggering considering it was the first carnival of the year with encouraging swims from Jessica Boston and Maisy Fuller, and many of the swimmers at the bottom of their age group posting very competitive times especially Courtney Eaton who challenged many of the girls one year older than her.

This carnival set the standard for the rest of the year and was a platform for many of these swimmers for the next 6 months of competition.

Brisbane Winter Age & Open – Aug 06

The first long course meet of the season had another fantastic turnout and the long days were made to feel short with the amount of swimming that took place.

This carnival also saw a few new faces competing at a BSA carnival with Nick & Emma Wright competing in all of the events for their age and Jesse Vermuln taking up the challenge of competing at this standard of competition.

The adjustment to Long Course competition took its toll on a few of the competitors but everyone battled on to set some impressive Pb's. Laura Scolaro and Mia Gillfeather continued their impressive run of form picking up more medals and in the process setting a number of new long course Pb's. Melissa Elliott continued to impress in the 50m Breaststroke with a new personal best of 51.23 giving her a 9th place.

Overall this was a great start to the Long Course campaign for the 2006/07 season.

Queensland Short Course Championships – Sept 06

The fantastic early season results for the John Carew Penguins saw 17 swimmers qualify for one of the top meets of the year in Queensland, the Queensland short course championships. The top performer on the day was Laura Scolaro who took out three Queensland championship titles for the 9 years age group in the 50m fly, 50m breast and 100m Individual Medley. John Scolaro also managed to gain an impressive 3rd placing in the 11 years 50m Breaststroke and Shaun Pratt a 3rd Placing in the 11 years 100m Breaststroke.

Tayla Lawless also showed her ability to perform well in many disciplines by competing in 9 events and achieved PB's in 8 of those races. Jessica Boston demonstrated her improvement over the past 4 months by setting new personal bests in all 6 of her events.

Other star performances came from Ryan Hegarty who

took a massive 7 seconds off his previous best time in the 50m Backstroke and Shaun Pratt continued his good form in the 50m events setting pb's in all his events including a seven second pb in his 50m freestyle.

Zane Spasojevic also swam very well in his first QLD event setting pb's in four of his races.

This event was a major step up for many of the John Carew Penguins and helped them to focus on the State Championships qualifying times that were required by the end of November. With 43 pb's from 53 races the future was looking good for the rest of the year.

Noosa Swim Meet – Sept 06

The Noosa carnival was yet again another massive success with over 40 club members attending. A few of the senior swimmers headed up early this year and braved some of the distance events on the Friday evening with great success.

However, it was the Saturday that saw the bus full of swimmers arrive to compete, and due to a slight delay due to some navigational errors (!), many of the swimmers were straight into competition. Aiden Weir even managed to swim a 200m Individual Medley amongst the confusion even though he hadn't entered and posted a very respectable time in the process.

As the sun beat down the swimmers continued with great swim after great swim and ended the carnival with a host of personal best times and a few medals as well. Special mention goes to all the 10 year age group who compete over the 100m distance at this carnival in all strokes (including Fly!!), a major step up from the 50m sprints they are used to.

Then it was off to the beach for pizza, soft drinks and fun in the sea. Well done to everyone who attended and helped out on the day and a special thanks to the two Davids' for organising another great trip.

Queensland Long Course Meet – Oct 06

At the Queensland Long Course meet the John Carew

Penguins had nine swimmers competing, with four of those at their first QLD meet. All the competitors were required to meet the tough qualifying standards set down by QLD swimming to be able to compete.

Again all the Penguins raised their game and showed that their hard work was paying off by setting 14 pb's out of 18 races. The girls 100m Frs saw Tayla Lawless set the fastest Penguins time ever with a 1.06.91, the first swimmer to break the 67seconds barrier. Louise Elliott also deserves a special mention as the first Penguin to break the 11 minute barrier in the 800m frs setting an impressive time of 10.53.63s placing her 10th overall in the Open age group.

Brothers Age & Open – Nov 06

This was a new meet on the John Carew Penguins calendar and was an overwhelming success with everyone enjoying an efficient and well run carnival.

Maisy Fuller excelled in the 200m frs and Rhylee Spasojevic enjoyed a fantastic 50m fly with both girls knocking over 15secs off their previous best times. Again a John Carew Penguin performed well at a distance event, this time Kami White getting under the 11min mark, setting a new Club Record of 10.44.66s. Anna Scolaro performed exceptionally well in her age group and greatly accepted the Age Champion award for the 8 years girls age group.

Overall this was another successful meet for the John Carew Penguins and a must for next years calendar.

Brisbane Age & Open – Nov 06

The Brisbane Long Course meet is always a popular event with the John Carew Penguins swimming squad and this year was no different with 18 swimmers heading out to Chandler to challenge the best swimmers in Brisbane.

Pheobe Sumner and Julian Tabe performed superbly in every event with Julian picking up three silver medals in the process. Also showing the ability to perform not just at sprints but also over distance was John Scolaro by knocking 8 seconds off his previous best 200m Individual Medley time.

Again the John Carew Penguins performed gallantly by posting Pb's in over 50% of their races.

Jindalee Meet – Nov 06

The Jindalee meet again saw a fine turn out by the John Carew Penguins squad with a record number of entries. Over 50 swimmers attended the carnival, for many their first ever swim meet. The swimming carnival was a big step up from the club night racing they were used to and everyone stepped up to the mark and performed admirably.

The number of swimmers saw a bright orange cap in almost every heat. With so many swims it is hard to pick out the star performers on the day, but a special mention goes to Nicholas Ace who performed very well in the 8 years age group in his first ever carnival. Also the 7 years and unders, Lilly Fuller, Brittany Schoutrop & Courtney Schoutrop all performed bravely in their 25m events.

The Penguins also received four age champion awards at the carnival with Julian Tabe, Anna Scolaro, Laura Scolaro and Zane Spasojevic all picking up trophies for their efforts.

This carnival was once again superbly run and is now a regular on the Carew calendar, and everyone felt a lot more comfortable this year (especially the coaches!) with the arrival of the John Carew Swim Team shade cover.

Queensland Swimming Championships – Dec 06

The Queensland State Championships is the highest level of competition in the John Carew Penguins swim calendar for all the 11 & over club members. The qualifying times are what the swimmers in these age groups strive for through the swimming season and this year we had 14 swimmers qualify for this prestigious event.

Below is a list of the swimmers who qualified and the events they swum at this years State Championships:

Tayla Lawless – 100bk, 100brst, 100frs

Louise Elliott – 100bk, 100brst, 100frs

Courtney Neilson – 100bk, 100frs

Emma Stowell – 100bk

Kami White – 100bk, 100frs, 200frs

Nicholas Wright – 100brst

Shaun Pratt – 100brst, 100bk

Zane Spasojevic – 100bk, 100frs

Lexie Garavelis – 100frs

Mac Stafford-Smith – 100frs

Maisy Fuller – 100frs, 100brst

Jesse Vermuln – 100fly

Jessica Boston – 100fly

John Scolaro – 100brst (dnc)

The highlight of the meet was Shaun Pratt qualifying for his first ever State final in the 11yrs 100m Breaststroke. Shaun returned for his final in the evening session and in front of a big crowd managed to perform his best ever time and place 10th overall, a great achievement I'm sure you'll all agree.

Everyone performed well over the week long competition with the 13 year old girls excelling in their 100m swims with many setting their best times ever. Louise Elliott stood out in her swims knocking seconds off her previous best in two of her three swims. Kami White again showed her preference for the longer distance event by knocking 3 seconds off her previous best 200m time with an impressive 2.22.78s swim. Tayla Lawless improved her 100m frs time again setting a new PB of 1.06.89 seconds.

All of the John Carew Penguins swimmers performed outstandingly and it was great to see so many Orange Carew caps at this prominent meet. Roll on next year and more Carew caps at this event!

Brisbane Restricted Meet – Jan 07

Everyone enjoyed their three week break from the rigorous training regime (!) of the John Carew Penguins Swim squad. Unfortunately the return of the squad in early January only left us 3 days to enter the Brisbane Restricted Meet, and with many swimmers still away on holiday it meant only a small contingent of swimmers attended the meet.

The nine swimmers all performed well after the long break and Gold medals were picked up by Melissa Elliott in her 50m Breaststroke and Nicholas Wright in his 50m Breaststroke in fantastic new personal best times. Both races were a thrilling spectacle with Nick winning his race by nearly 5 metres and Melissa pipping her rival with a great finish. Great cheers erupted from the stands from all the parents and swimmers attending the meet. Emma Wright also showed some good form in her swims consistently placing in the top 10 as did Mia Gillfeather.

Courtney Neilson showed she was coming back to form after a long lay off through injury and illness, performing exceptionally well in her 200m Individual Medley and 50m frs swims. Louse Elliott was as consistent as always and performed very well in her 200m IM also, and Emma Stowell showed her resilience performing well in all her swims. These girls managed extremely well considering all of their races were contested over 2hrs on a Sunday morning!

John Carew Twilight Meet – Feb 07

The success of the John Carew Twilight Meet this year surpassed everyones expectations with 182 competitors (over double last years total!) and a massive 62 John Carew Penguins competing at the meet. The carnival was again a roaring success with all the races complete before 8.00pm.

There were great swims from the John Carew Penguins throughout the meet, with many swimmers winning medals. The hotly contested Girls 10yrs age group saw Laura Scolaro do extremely well picking up medals in all her events.

The 100m Freestyle was again a highlight seeing

many John Carew Penguins compete for a first time, and the final heat of both the girls and boys events producing scintillating finishes which the whole crowd enjoyed.

This carnival continues to be a popular event for clubs other than the John Carew Penguins, and this is a tribute to the great organization and efficiency of the carnival. This is down to many people, but a few must be highlighted, most importantly David Carew who spends many hours organising flyers, programs, medals and helpers. David Campbell also deserves special praise for his unnerving prowess with Meet Manager (even under pressure at the meet!) and Christine Scolaro for her help processing results. Jan Thorsen for feeding the thousands of hungry people with his beautiful barbecue, and all the marshalls, time-keepers and runners who help this meet run so smoothly with their calm and friendly attitude.

There were many more and we appreciate everyone for their continued support and help with organising this wonderful event.

We would also like to state our appreciation to Gambling Community Benefit Fund (Queensland) for providing a g club grant that we used to purchase stop watches and Meet Manger Software which absolutely essential for us to be able to run the swim meet. Without the grant there would have been no swim meet. The stopwatches and software are also used regularly now for clubs nights which has made administration duties a lot easier.



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