



Penguin Papers

The official newsletter of the John Carew Swim Club
Summer 2008/09 Edition

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With Christmas holidays well and truly over, on behalf of the John Carew Penguins Swim Club, I would like to extend a warm welcome to our newest members; we hope you will enjoy being a part of our friendly club. Welcome back to all our *old* members too! Looking forward to a great year of swimming ahead.

It was great to see so many of our swimmers take up the very big challenge of *Hell Week*. The week lived up to its name, in terms of being physically and mentally demanding, but equally, it was a week which saw lots of personal improvements and achievements, as our swimmers were pushed to their limits (and beyond). There was still time for a bit of fun too and congratulations to the 'prestigious' Hell Week Award Recipients!

A very big thank you goes to Coach Sean for devising the whole week's program for *Hell Week*, including daily 'mini-lectures' on various informative topics from goal-setting and diet to time-management and various other valuable training techniques. These sessions proved to be very motivational indeed for both the swimmers and parents alike.

John Carew Penguins Swim Club – Carnival Update!

Queensland State Championships:

Courtney Eaton; Melissa Elliott;
Maisy Fuller; Ryan Hegarty,
Christobel Hill-Smith; Shaun Pratt;
Julian Tabe; Sophie Tewksbury; Zoe
Wells and Nick Wright, all swam very
impressive times. On behalf of the
club, congratulations to each of you.

BSA Restricted Meet:

Congratulations to:
Courtney Schoutrop; Brittany
Schoutrop and Georgia Wells who
each swam 'enormous' personal best
(PBs) times;

Sophie Tewksbury and Joshua
Magee for swimming PBs in each of
their races;
Zoe Wells and Caleb Magee for
posting some very impressive PBs;
and
Maisy Fuller for winning 2 Gold & 1
Silver medals.

Pro-Ma Miami Superchallenge:

Outstanding performances by:
Emma Wright – 1 Gold and 1 Silver
Medal;
Louise Elliott – 1 Bronze Medal;
Joshua Magee – 8 second PB
Lilly Fuller; Caleb Magee; Zoe Wells;
Melissa Elliott, Georgia Hurst for
swimming PBs

Club Calendar

Don't forget to regularly check the notice boards at
Nudgee and Carew Pools club information

Date	Event	Venue	Closing Date
5 th February	Nudgee Time Trials	Nudgee	Closed
8 th February	Queensland Sprint Carnival	Chandler	Closed
14 th February	Sharks & Dolphins Carnival	Nudgee	7 th February
19 th February	Carew Club Night	Carew	-
21 st February	St Peter's Twilight Meet	St Peter's	7 th February
5 th March	Nudgee Time Trials	Nudgee	4 th March
13 th – 15 th March	Junior Metropolitan Championships	Chandler	18 th February
19 th March	Carew Club Night	Carew	-
28 th March	Splash & Dash Carnival	Nudgee	21 st March
9 th -19 th April	Easter Holidays – no squad training	-	-



JOHN CAREW PENGUINS SWIM CLUB
WELCOMES THEIR NEWEST MEMBER:

Madison Grace Rowe-Hagans

BORN JANUARY 6TH JANUARY 2009
CONGRATULATIONS TO
COACH SEAN, LINDSAY,
CHLOE AND DANIEL

SWIMMING PARKAS

A number of parents have been enquiring about the Carew Club Parkas. These parkas were not ordered through the club, but rather, a group of parents sought interest from club members and placed an order. If you are also wishing to purchase a parka or want to organize an order on behalf of other parents, the details are below:

- Supplier: www.simplyswimming.com.au .
- Color: outside Black/lining Orange
- Length: extra long
- Sizes: children's 6-12/adults S-XL
- Recommend: try one of the parkas already purchased to check for correct sizing.
- Cost: \$115 for children sizes \$125 for adult sizes
(\$10 discount per parka for orders of 10 or more)
- Postage: \$12 per parka (\$4 each for orders of 10 or more)
- Embroidery: Recommend: All That Embroidery, Ph: 3201 7774
47a Waterworks Rd, Nth Ipswich – they have permission to use the Carew logo for our parkas and gave a discount for the bulk order - about 75% cheaper than other embroiderers sourced)