



# Q-SWIMMER E-NEWS

27 October 2008

Issue 10



Compiled by Vicki Patten



## New Online Swim Superstore

Swimming Queensland is delighted to announce that specialist swimming retailer, Swimmeroo, has launched a terrific new online swimming superstore. Queensland swimmers and clubs will now have easy access to a huge range of swimwear, swimming equipment, Swimming Queensland clothing, swimming publications, racing suits, and club equipment.

Under an exclusive arrangement with Swimming Queensland, all online sales made by Swimmeroo will help the sport of swimming in Queensland financially. So all members and clubs are urged to consider doing their swimming shopping at the online superstore.



Swimwear ranges are available for Ladies, Men, Boys, Girls and Toddlers - to cover general training wear, racing suits, plus some leisurewear. Equipment includes a broad range of goggles, caps, bags, pull buoys, kickboards, paddles, fins and various other equipment, with an especially broad range of the excellent Zoggs products.

To help launch the Superstore, Swimmeroo – who operate the store from their Spring Hill Retail store and warehouse – are offering a month long FREE DELIVERY OFFER until the end of November.

So if you want to check the store out, help Swimming Queensland, and take advantage of this great offer – now is the time to do it (and get in some early Christmas presents??) Ranges are very broad and subject to being in stock, they will be despatched within two working days of receipt of order – earlier if possible.

Recognising that buying swimwear often isn't straightforward, if you have any questions, please feel free to contact Swimmeroo on (07) 3257 4444.

A permanent link to the store has been created on the [Swimming Queensland website](#) or you can visit by clicking [here](#). Please use these links, as they ensure Swimming Queensland benefits from your purchases. Happy Shopping!

### CASUAL VACANCY ON SQ BOARD

Due to the appointment of Mr John Keppie OAM as President of the SQ Board, a casual vacancy for the position of Director has been created.

All expressions of interest by persons who would like to be considered for the role are to be submitted to SQ's CEO by **Wednesday, 12 November 2008**.

### A BIG THANK-YOU FROM NICOLE!

The swimming community has reacted with shock and sadness over the disclosure of Nicole's serious health problems in last month's Q-Swimmer.

To keep everyone updated, Nicole has successfully undergone surgery to remove the brain tumour, subsequently received a course of radiotherapy treatment, and is now thoroughly delighted to be back at home. She is due to commence chemotherapy treatment very shortly as an outpatient.

Please be assured that Nicole is very much her old self, staying very cheerful and positive, and has asked that we pass on her appreciation and gratitude for all the flowers, gifts, cards and well wishes from countless people across the swimming community.

Nicole is flattered and pleasantly surprised by the concern, support and affection that have been showered on her by everybody. She obviously has no idea of how loved she is – that's our humble Nic!





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## MASTER COACH JOHN CAREW INDUCTED INTO AUSTRALIAN HALL OF FAME

Congratulations to master coach **John Carew** who was earlier this month inducted into the Sport Australia Hall of Fame in Melbourne. It was a fitting acknowledgement for not only one of Australia's great swimming coaches but a great Australian. Unfortunately, 81-year-old John was in hospital and unable to attend the black tie function at the Crown Palladium Ballroom in Melbourne. However, the man who John tailor-made to become "King of the Pool" – dual Olympic gold medallist Kieren Perkins – was on hand with John's three children to accept the award.

Kieren spoke glowingly of the man he still calls "Mr Carew" as a mark of respect to the coach who took him from the wading pool at the age of nine to Olympic champion in 10 years. The partnership of John and Kieren chalked up two Olympic gold and two silver; two World Championships; three Commonwealth Games gold; three Pan Pacific gold; and eight world records.

John becomes the 10th coach to be inducted into the Hall of Fame and joins fellow legendary coaches Fred Cavill, Frank Gutherie, Sam Herford, Forbes Carlile, Harry Gallagher, Joe King, Terry Gathercole, Don Talbot and Laurie Lawrence in a who's who of swimming coaches.

## 2008 ZOGGS QLD OPEN WATER SWIMMING CHAMPIONSHIPS



The 2008 Queensland Open Water Championships, held recently at Lake Kawana on the Sunshine Coast, attracted 142 swimmers and 168 nominations from 41 clubs for the 2.5km, 5km and 10km events.

The overcast and showery conditions on the day made braving the lake somewhat chilly but did not manage to 'dampen' the enthusiasm of the athletes.

Congratulations to all competitors and in particular to the medallists for their outstanding efforts.

Our thanks to Alexandra Headlands Surf Life Saving Club, our Technical Officials and volunteers, and Gelees Café for their assistance in making this a successful event.

Photos from the Championships are available for viewing and purchase on the [Sporting Images website](#).

➔ [Full results](#) are available on the SQ website.

## STEPHANIE RICE WINS 2008 TELSTRA SWIMMER OF THE YEAR AWARD

It was the start of one magnificent career and the end of another at the Telstra Swimmer of the Year Awards in Sydney On Monday night, 27 October with Beijing golden girl **Stephanie Rice, 20** (St Peters Western) becoming the sixth female winner of the coveted **Telstra Swimmer of the Year Award** at a glittering function at Darling Harbour and the night also saw the end of another with the surprise retirement of the world's greatest distance swimmer Grant Hackett.

Stephanie joins Hayley Lewis, Susie O'Neill, Jodie Henry, Leisel Jones and Libby Trickett on a prestigious list of "who's who" to have won the coveted award, presented in front of over 500 people at the Sydney Convention Centre.

Congratulations to Stephanie on this well-deserved award, and congratulations to the other Queenslanders who also received recognition on the night:

**Telstra People's Choice Award**  
**Lisbeth Trickett, 23** (Commercial)

**Swimming Australia 'Golden Moment of the Year' Award**  
Women's 4 x 200m Freestyle Relay - Beijing  
(**Stephanie Rice** and team mates **Bronte Barratt, Kylie Palmer, 18** (Albany Creek) and **Linda MacKenzie** for their amazing world record breaking gold medal in the Olympic event)

**Speedo Services to the Australian Swimming Team**  
☺ **Linda Mackenzie, 24** (Mackay)

**Australian Sports Commission Discovery Swimmer of the Year**  
☺ **Cate Campbell, 16** (Indooroopilly)

**Age Group Coach of the Year**  
☺ **Denis Cotterell**

**Telstra Coach of the Year**  
☺ **Michael Bohl**

**Telstra International All Star Team**  
(15 Queensland members in the overall 31-member team)  
☺ **Bronte Barratt, 19** (Albany Creek)  
☺ **Leith Brodie, 22** (Albany Creek)  
☺ **Kate Brookes-Peterson, 24** (Nerang)  
☺ **Brendan Capell, 24** (St Peter's Western)  
☺ **Nick D'Arcy, 21** (Maroochydore)  
☺ **Melissa Gorman, 22** (Redcliffe Leagues)  
☺ **Andrew Lauterstein, 21** (Southport Olympic)  
☺ **Meagen Nay, 20** (St Peter's Western)  
☺ **Kylie Palmer, 18** (Albany Creek)  
☺ **Stephanie Rice, 20** (St Peter's Western)  
☺ **Brenton Rickard, 25** (Brothers)  
☺ **Emily Seebohm, 16** (Brothers)





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- ☺ **Jessicah Schipper, 21** (Commercial)
- ☺ **Lisbeth Trickett, 23** (Commercial)
- ☺ **Tarne White, 27** (Chandler)

## 2008 ZOGGS QUEENSLAND LONG COURSE MEET



The 2008 Zoggs Queensland Long Course Qualifying Meet will be held at the Brisbane Aquatic Centre on Saturday and Sunday, 8 & 9 November 2008.

### Session Times

#### Saturday

First Session 9.00am  
Second Session Not before 12.30pm

#### Sunday

Third Session 9.00am  
Fourth Session Not before 1.00pm

### Public Access

Both grandstands (lower levels only) will open at 7.30am.

### Warm-Up

Warm-up facilities will be available as follows:

### 50m Pool

7.30am – 8.45am

### Dive Pool

**Saturday:** From 8.00am

**Sunday:** From 7.30am

### Admission Prices

Adult \$6.00  
Child / Concession \$3.00

All admission prices are inclusive of parking.

### Program Price

\$7.00

### Accreditation Passes

All Coaches are requested to produce their **ascta** membership cards to gain entry to the meet and to pool deck.

### Medal Presentation Photos

Sporting Images will be taking photos of the medal presentations throughout the meet, which will be available on [their website](#) after the weekend.

→ [Click here](#) to download the SQ/ascta Coaches' Full Program Pre-Purchase Form

→ [Click here](#) for information and the program of events

We look forward to seeing you at our meet.

## FREE JX CLINICS

FREE clinics are being conducted for JX swimmers who received a JX t-shirt in the 2007/2008 season (11, 12 & 13 years). Each clinic features an elite swimmer and coach who can help you to improve and inspire you to achieve more in your swimming.

Upcoming Clinics are:

### → Saturday 8 November

Trinity Anglican School (TAS)  
11.30am - 2.00pm

Featuring **World Record holder (50m Breaststroke) Jade Edmestone** and **Coach Brian Stehr**

Maximum of 70 swimmers  
Enrolments close 31 October

### → Saturday, 15 November

Yeronga Pool  
9.00am - 11.30am

Moreton Bay College Pool  
1.00pm - 3.30pm

Featuring **50m Breaststroke World Record Holder Jade Edmestone** and **QAS Head Coach Scott Volkers**

Maximum of 70 swimmers  
Enrolments close **10 November**

### → Saturday, 6 December

Goodna Pool  
9.00am - 11.30am

Bracken Ridge SS Pool  
1.00pm - 3.30pm

Featuring **50m Breaststroke World Record Holder Jade Edmestone** and QAS Head Coach **Scott Volkers**

Maximum of 70 swimmers  
Enrolments close **1 December**

### → Friday, 23 January 2009

Somerville House Pool  
9.00am - 11.30am

Featuring **50m Breaststroke World Record Holder Jade Edmestone** and QAS Head Coach **Scott Volkers**

Maximum of 70 swimmers  
Enrolments close **19 January**

To take part in any of the above clinics, simply e-mail your name, club and the clinic you wish to attend by the respective closing date to [dinah.glykidis@swimming.org.au](mailto:dinah.glykidis@swimming.org.au) to reserve your spot. Every person will be advised by return e-mail of whether or not their enrolment is accepted.





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## 2008 TELSTRA AUSTRALIAN SHORT COURSE CHAMPIONSHIPS

Last month's Australian Short Course Championships at the Melbourne Sports and Aquatic Centre showcased outstanding performances by the Queenslanders and witnessed the tumbling of many records.

Congratulations to all the swimmers who competed at the Championships, and particularly to the following Queensland swimmers who set new short course records:

### **Cate Campbell, 16 (Indooroopilly)**

16yrs Qld Age  
50m Freestyle (.23.98)

### **Brittany Elmsie, 14 (Coolum Peregian)**

14yrs Qld Age  
100m Freestyle (.54.69)

### **Ellen Fullerton, 15 (Pro-Ma Miami)**

15yrs Qld Age  
200m Freestyle (1.57.10)  
400m Freestyle (4.05.43)

### **Aust Open & Aust Allcomers Open**

200m Individual Medley (2.09.35)  
400m Individual Medley (4.32.02)

### **Mikkayla Miaselli-Sheridan, 13 (Commercial)**

Qld Age 13yrs  
200m Butterfly (2.17.73)

### **Bridgette-Rose Taylor, 18 (Brothers)**

17/18yrs Qld Age  
50m Backstroke (.27.94)

### **Tessa Wallace, 14 (Pelican Waters Caloundra)**

14yrs Qld Age  
50 Breaststroke (.31.88)  
100m Breaststroke (1.08.02)

### **Leiston Pickett, 16 (Southport Olympic)**

16yrs Qld Age  
50m Breaststroke (.31.44)

### **Amy Smith, 18 (St Peter's Western)**

17/18yrs Qld Age  
200m Butterfly (2.06.31)

### **Hayden McEvoy, 16 (Pro-Ma Miami)**

16yrs Qld Age  
50m Freestyle (.22.77)  
100m Freestyle (48.67)  
50m Butterfly (.25.18)

### **Justin James, 15 (Mackay)**

15yrs Qld Age  
100m Freestyle (.50.51)

### **Daniel Smith, 17 (Pro-Ma Miami)**

17/18yrs Qld Age  
100m Freestyle (.48.55)

### **Jayden Hadler, 14 (Commercial)**

14yrs Qld Age  
200m Freestyle (1.49.60) – swum as first leg of Freestyle Relay  
100m Butterfly (.52.33)  
200m Butterfly (1.56.11)  
100m IM (.55.62)  
200m IM (2.01.74)

### **Ned McKendry, 16 (St Peters' Western)**

16yrs Qld Age  
200m Freestyle (1.47.74)  
400m Freestyle (3.48.16)

### **Ryan Napoleon, 18 (St Peter's Western)**

17/18yrs Qld Age  
200m Freestyle (1.45.01)

### **Mitch Larkin, 15 (John Paul College Aquatic)**

15yrs Qld Age  
200m Backstroke (2.00.02)  
200m IM (2.02.80)  
400m IM (4.20.22)

### **Liam Kinneally, 15 (Brisbane Jets)**

15yrs Qld Age  
100m Breaststroke (1.04.65)

### **Nicholas Schafer, 16 (River City Rapids)**

16yrs Qld Age  
100m Breaststroke (1.02.80)  
200m Breaststroke (2.15.91)

### **Commercial 'A': Jayden Hadler, 14; Ben Donaldson, 19;**

### **Chris Wright, 20 & Kyle Richardson, 21**

Open Qld & Open Club Qld  
Men's 4x200m Freestyle Relay (7.11.42)

### **Commercial 'A': Ben Donaldson, 19; Christian Sprenger, 22;**

### **Chris Wright, 20 & Kyle Richardson, 21**

Open Qld, Open Qld Club & Open Aust Club  
Men's 4x100m Medley Relay (3.32.81)

→ [Full results](#) are available on the Swimming Australia website.

## AUSTRALIAN TEAMS ANNOUNCED FOR 2009 JUNIOR PAN PACS & 2009 AUSTRALIAN YOUTH OLYMPIC FESTIVAL

Swimming Australia named its two major youth teams for 2009 following the Australian Short Course Championships.

Twenty-nine swimmers will represent the Telstra Dolphins at the 2009 Junior Pan Pacific Swimming Championships in Guam (January 8-12) while a 30-member team has been named for the 2009 Australian Youth Olympic Festival (January 15-18).





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Congratulations to the following Queenslanders selected for those teams:

## Junior Pan Pacific Championships - 2009

### Male

- ☺ **Jayden Hadler** (Commercial)
- ☺ **Hayden McEvoy** (Pro-Ma Miami)
- ☺ **Ned McKendry** (St Peters Western)
- ☺ **Ryan Napoleon** (St Peters Western)
- ☺ **George O'Brien** (Brisbane Jets)
- ☺ **Daniel Smith** (Pro-Ma Miami)

### Female

- ☺ **Brittany Elmslie** (Coolum Peregian)
- ☺ **Ellen Fullerton** (Pro-Ma Miami)
- ☺ **Amy Levings** (Pro-Ma Miami)
- ☺ **Amy Smith** (St Peters Western)
- ☺ **Bridgette-Rose Taylor** (Brothers)
- ☺ **Tessa Wallace** (Pelican Waters Caloundra)

## Australian Youth Olympic Festival - 2009

### Male

- ☺ **Justin James** (Mackay)
- ☺ **Luke Kerswell** (Southside Aquatic)
- ☺ **Mitch Larkin** (JPC Aquatics)
- ☺ **James Roberts** (Somerset Gold Coast)
- ☺ **Nicholas Schafer** (Rivercity Rapids)

### Female

- ☺ **Bronte Campbell** (Indooroopilly)
- ☺ **Darthea Clydsdale** (Brothers)
- ☺ **Katie Goldman** (Pro-Ma Miami)
- ☺ **Megan Mackay** (St Peters Western)
- ☺ **Kelly Marquenie** (Pro-Ma Miami)
- ☺ **Anastasia Osadchuk** (Brisbane Jets)
- ☺ **Leiston Pickett** (Southport Olympic)

## QUEENSLANDERS TAKE ON THE WORLD

### RCP Tiburon Mile San Francisco

Congratulations to **Trent Grimsey** who won the prestigious Tiburon Mile in San Francisco. On 5 October, the Albany Creek 20-year-old youngster beat the all-star field of pool and open water swimmers to win the ninth crossing of the RCP Tiburon Mile, swum in 17 degree waters, to collect a prize cheque of \$US10,000. Trent won the race by 14 seconds in a time of 20.31 over Olympic 10km bronze medallist Thomas Lurz and world open water champion Vladimir Dyatchin.

Congratulations also to **Brendan Capell** (St Peters' Western) who came fourth in a time of 20.47.

### FINA/ARENA Swimming World Cup Series – First Leg Belo Horizonte, Brazil

Congratulations to **Christian Sprenger** (Commercial) who scooped the pool at the FINA/ARENA Swimming World Cup in Belo Horizonte, Brazil (10-12 October). Christian won the prestigious High Pointscorer's Award after wrapping up the breaststroke treble with gold medals in the 50m 100m and 200m events, scoring 981 points to top the men's FINA pointscore.

Congratulations also to the other Queensland on the five-strong Telstra Dolphins team, **Kyle Richardson**, who also won his place on the podium when he finished with a bronze medal in the 200m Freestyle, clocking a time of 1.46.68.

### FINA/ARENA Swimming World Cup Series – Second Leg Durban

The Telstra Dolphins team that competed at the first leg of the FINA/ARENA Swimming World Cup in Brazil fronted up for the second leg of the Cup in Durban (17-18 October). Congratulations to **Christian Sprenger** who won gold in the 200m Breaststroke (2.06.07), and won silver in the 50m Breaststroke (.26.74), setting a new Open Australian record.

### FINA/ARENA Swimming World Cup Series – Third Leg Sydney

Congratulations to all Queensland competitors at the FINA/ARENA Swimming World Cup held in Sydney over the weekend, with a special mention to the following swimmers who set new short course records:

#### ☺ **Yolane Kukla, 13 (St Peter's Western)**

13yrs Qld Age  
50m Freestyle (.25.56)  
50m Butterfly (.27.50)

#### ☺ **Cate Campbell, 16 (Indooroopilly)**

16yrs Qld Age  
50m Freestyle (.23.97)  
100m Freestyle (.53.27)

#### ☺ **Ellen Fullerton, 15 (Pro-Ma Miami)**

15yrs Qld Age  
200m Freestyle (1.56.35)  
400m Freestyle (4.05.33)

#### ☺ **Emily Seebom, 16 (Brothers)**

16yrs Qld Age  
50m Backstroke (.27.21)  
50m Butterfly (.26.54)

Open Qld & 16yrs Qld Age  
100m Backstroke (.57.91)

#### ☺ **Jayden Hadler, 15 (Commercial)**

15yrs Qld Age  
100m Butterfly (.52.12)  
200m Butterfly (1.54.32)





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☺ **Chris Wright, 20 (Commercial)**  
Equal Open Aust  
200m Butterfly (1.53.37)

☺ **Nick D'Arcy, 21 (Maroochydore)**  
Equal Open Aust  
200m Butterfly (1.53.37)

Congratulations also to **Christian Sprenger** who is currently the series overall men's pointscore leader on 55 points. The Olympic breaststroker has entered the remaining four meets of the lucrative series as he chases the \$US100,000 overall prize money:

Singapore - 1 & 2 November 2008  
Moscow - 8 & 9 November 2008  
Stockholm - 11 & 12 November 2008  
Berlin - 15 & 16 November 2008

[Results](#) from the World Cup series can be accessed on the Omega website.

### 3rd Commonwealth Youth Games Pune, India

Congratulations to the Australian team on bringing home 18 gold, 11 silver and seven bronze medals from the 3<sup>rd</sup> Commonwealth Young Games held in Pune, India (12-18 October).

Congratulations in particular to the Queensland contingent of the team:

#### Male

- ☺ **Tom Barrett, 17** (Acacia Bayside)
- ☺ **Alastair Bell, 17** (Fairholme)
- ☺ **Ned McKendry, 16** (St Peter's Western)
- ☺ **Liam Kinneally, 15** (Brisbane Jets)
- ☺ **Ryan Napoleon, 18** (St Peter's Western)

#### Female

- ☺ **Jade Neilsen, 17** (Pro-Ma Miami)
- ☺ **Amy Smith, 18** (St Peter's Western)
- ☺ **Bridgette-Rose Taylor, 18** (Brothers)

#### Coach

- ☺ **Raelene Ryan**

Special mention goes to **Ryan Napoleon** for setting a new 17/18yrs Qld Age record in the 100m Freestyle (.50.66), and **Liam Kinneally** for setting a new 15yrs Qld Age record in the 50m Breaststroke (.30.07).



## Heritage Building Society

Support your club with the new **community*s@ver*** from Heritage

Imagine fundraising for your club without having to lift a finger! No more raffles, no more sausage sizzles – it almost sound too good to be true!

All you need to do is:-

- Register your club with Heritage for the **community*s@ver*** program
- Get your members to open a **community*s@ver*** account
- Your members will earn interest calculated on a daily basis
- Your club will receive a quarterly grant, calculated on a nominal percentage of the daily balance of **community*s@ver*** accounts linked to your club.

For more information, drop in to your local Heritage Branch or call 13 14 22

Information on upfront and ongoing costs of the product is available at any Heritage branch or by phoning 13 14 22. You should consider that information before deciding whether the product is for you.

Heritage Building Society Limited.

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Heritage  
Building Society





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## WINNERS OF RETRAVISION JX COACH COMPETITION ANNOUNCED



Swimming Queensland is pleased to announce the following winners of the RetravisioN JX Coach Competition that was run on the Platypus Lagoon website:

### Major Winner - \$1,000 RetravisioN Voucher

Andrew "Herbie" Howard (Central Cairns Swimming)

### 10 Winners - \$50 RetravisioN Vouchers

Andrew Bow (Roma)

Ben Eagle (Mossman Meteors)

James Galbraith (Townsville Marlins)

Kerrie Hopewell (Logan Oasis)

Richard McLean (Eumundi)

Peter Nielsen (Ayr)

Joanne Perry (Beaudesert)

Gail Smail (Stanthorpe)

John Wallace (Pelican Waters Caloundra)

Marvyen Whittaker (Pittsworth)

Thanks to RetravisioN for their support, and thanks to everyone who entered the competition.

## WADA PROHIBITED LIST 2009 PUBLISHED

At the end of September, the World Anti-Doping Agency (WADA) published online the 2009 prohibited substances list. The list will go into effect on 1 January 2009.

The list, along with information on the 2009 Monitoring Program and a Q&A listing, can be found on the WADA website at: <http://www.wada-ama.org/en/prohibitedlist.ch2>.

WADA has also recently published revisions to the standards for Therapeutic Use Exemptions (TUEs). That revised international standard can be found online at: <http://www.wada-ama.org/en/dynamic.ch2?pageCategory.id=373>.

The WADA Executive Committee has also approved a privacy standard, which goes into effect on January 1, 2009. It can be found online at: <http://www.wada-ama.org/en/newsarticle.ch2?articleId=3115716>.



## PALACE CINEMAS STORMS THE BARRACKS

### 5 double passes to give away!

Come and visit our new cinemas, open from November 27, at the top of Caxton Street, Petrie Terrace. Palace Barracks Cinemas will feature its own Espresso Bar & Café on the entrance level, where you can indulge in a fresh Lavazza coffee by our fully trained baristas, tapas and cakes.

Palace Barracks is fully licensed which means you will be able to order your favourite beer, wine or spirit before the film and take it into the cinema with you.

The precinct itself is surrounded by exceptional fine dining, fashion and quality retail outlets. The cinema will offer a wider choice of quality mainstream movies suitable for the whole family.

The new Scope club for under 18's will also be introduced, which will provide discounted tickets at every session.

For more information, visit [www.palacecinemas.com.au](http://www.palacecinemas.com.au).

### Competition – Free Ticket Give-away

To be in the running to win one of five double passes to the Palace Barracks Cinemas, valid from 27 November onwards, simply send an email to [dinah.glykidis@swimming.org.au](mailto:dinah.glykidis@swimming.org.au).

## NEW MEMBER

## PARENTS' & SWIMMERS' COMPETITIONS

The RetravisioN competition for all new members advertised in the New Member Kits closes on Wednesday, 18 December. The names of the lucky winners will be published on the Swimming Queensland website on Thursday, 19 December.

Thanks, RetravisioN





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## HERITAGE COMPETITION



Building Society

Congratulations to **Jaimee Newton-Smith, 13 (Waterworx)**, winner of Heritage Quiz No 2 for 2008.

For correctly answering that 1984 is the year that Australia adopted 'Advance Australia Fair' as the national anthem, Jaimee has been sent a \$50 voucher from our sponsor, Heritage Building Society.

To be in the running to win one of these vouchers, email your answer to the general knowledge question below to Dinah at [competitions@swimming.org.au](mailto:competitions@swimming.org.au), making sure you **include your name, age, club and address details with your answer.**

### HERITAGE QUIZ No 3 for 2008

**What country has the world's biggest pyramid?  
(Tip: it's not the obvious answer!)**

## ZOGGS COMPETITION



Congratulations to **Tara Smith, 9 (Gullivers Coomera)**, winner of Zoggs Quiz No 9 for 2008. For correctly answering that gazpacho is soup, Tara has been sent the following quality Zoggs prizes:



Zoggs Aqua Sports Carryall



Zoggs Pull Buoy



Zoggs Kickboard

### ZOGGS QUIZ No 10 for 2008

**What was the first country in the world to use postcards?**

To be in the running to win the quality Zoggs prizes shown above, just email the correct answer to the following question to Dinah at [competitions@swimming.org.au](mailto:competitions@swimming.org.au), making sure you include your name, age club and address details with your answer. The winners' name will be published in the next edition of the Q-Swimmer.

## SPECIAL PREVIEW SCREENING 5 FAMILY PASSES TO GIVE AWAY



Compliments of Icon, we have five admit-four family passes to give away for a special preview screening of a family film called City of Ember on Sunday, 7 December (10.30am) at the Birch Carroll & Coyle Cinemas, Myer Centre, Queen Street Mall.

To be in the running to win one of these five family passes to this preview screening, simply send an email to [dinah.glykidis@swimming.org.au](mailto:dinah.glykidis@swimming.org.au).

This film is all about the lights going out, and suited particularly to 'tweens' (8-12yrs).

Genre: Family/Adventure  
Directed by: Gil Kenan (Monster House)  
Starring: Bill Murray, Tim Robbins and Saoirse Ronan

***For generations, the people of the City of Ember have flourished in an amazing world of glittering lights. But Ember's once powerful generator is failing, and the great lamps that illuminate the city are starting to flicker. Now, two teenagers in a race against time must search Ember for clues that will unlock the ancient mystery of the city's existence, and help the citizens escape before the lights go out forever.***

View trailer at: [www.cityofembermovie.com](http://www.cityofembermovie.com).







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## COACHING UPDATE



### SwimEd Coach Education Courses

[2008 Coaching Course Calendar](#) (current as at 28.10.08)

The 2008 Coaching Course Calendar details information for the following courses:

- Junior Squad & Assistant Coach
- Silver Licence
- Certificate IV in Training & Assessment (Assess modules)
- Level 1M Coaching Adult Swimmers Specialist Course
- Coaching Open Water Swimmers
- Certificate IV in Training & Assessment (RCC + Present modules)
- Coaching Swimmers with a Disability
- Bronze Licence

For further information on coaching courses, contact SwimEd as follows:

Phone: 5494 9649

Email: [coaching@SwimEd.com](mailto:coaching@SwimEd.com) or visit the [SwimEd website](#).

### Convention & Expo 2009

ascta and Swim Australia present the 16<sup>th</sup> Telstra Australasian-Oceania Swimming Professionals Convention and Expo 2009, to be held at the Sofitel Gold Coast from 28 April to 5 May 2009:

- Coaching Stream: 28 April – 3 May
- Teaching Stream and Club Coaching Stream: 2 & 3 May
- Trade Expo (swim & pool products): 1 - 3 May
- Silver Licence Coaching Accreditation Course: 28 Apr - 2 May
- Bronze Licence Coaching Accreditation Course: 3 - 5 May
- Junior Squad & Assistant Coach: 4 & 5 May
- Coaching OWS Accreditation Course: 29 Apr
- SWD Coaching Speciality Course Information: 30 Apr
- Coaching Adult Swimmers Training Program: 30 Apr
- Workplace Assessment Course (TAA40104): 28 Apr
- Workplace Training Course (TAA40104): 29 Apr
- ascta Awards Dinner: 2 May
- Welcome Party: 30 Apr
- Golf: 29 Apr

For further information on the above events, go to

[www.ascta.com](http://www.ascta.com).

### Swim Australia's SwimFEST 2009 at the Convention and Expo:

- Swim Australia Conference for Swim Schools: 4 & 5 May
- Swim Australia Awards Dinner: 4 May
- Speciality Topic Lunch: 4 May
- Leadership Master Class: 5 - 6 May
- ABC's Workshop: 1 May
- Swim Australia's Partner Display: 4 & 5 May

For further information on the above events go to [www.swimaustralia.org.au](http://www.swimaustralia.org.au).

## CLUBS UPDATE

### FREE JX Shirts & Caps

We have a small supply of Silver JX shirts and Gold Star, Bronze and Green caps that are surplus to our requirements.

If you have JX qualifiers from 2007/2008 at your club who would like to receive a second shirt or cap, please email Dinah Glykidis at [dinah.glykidis@swimming.org.au](mailto:dinah.glykidis@swimming.org.au) with a list of the intended recipients.

As stocks are limited, we'll distribute the shirts and caps on a first-in-best-dressed basis.

### Nominations – State-Level meets

Until advised otherwise, all nominations for State-level meets are to be sent to [amy.hall@swimming.org.au](mailto:amy.hall@swimming.org.au) at Swimming Queensland.

### 2009 Zoggs Qld SWD Meet – Rescheduled Dates

The 2009 Zoggs SWD Meet has been rescheduled for Saturday, 17 January 2009 at the Albany Creek Leisure Centre.

### State Championship Series

Swimming Australia, Swimming Queensland, Swimming NSW, Swimming Victoria and ascta National have combined to present prize money for the 2008/2009 State Championship Series:

QLD Championships:	13-19 December 2008
VIC Championships:	16-18 January 2009
NSW Championships:	13-15 February 2009

\$40,000 is available for prizemoney:

\$15,000 will be allocated for **Club Prize Money** (\$5,000 per Championship) distributed as:

First place	\$2,500
Second place	\$1,500
Third place	\$1,000





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\$12,000 will be allocated for **Swimmer Series Prize Money** based on 2008 World Rankings as at 13 December 2008 in Olympic events. Swimmers must swim at least two meets to be eligible. \$12,000 will be allocated for **Coach Prize Money** based on Swimmers' performances and will be distributed as per the Swimmers' Prize Money. \$1,000 will be allocated to the **best Male and Female Performance of the Series** based on the 2009 FINA Point Score.

### 2009 Australian Age Multi-Disability Championships

The 2009 Australian Age Multi-Disability Championships are being held at the AIS, Canberra from 23-25 January 2009.

➔ [Click here](#) to download a Fact Sheet and Qualifying Times from the Swimming Australia website.

### 2009 NT Open & Age Championships

Swimming NT is inviting Queensland clubs to nominate at their Open & Age Championships being held 5-8 March 2009.

➔ [Click here](#) for further information.

### Lightning Protection Action Guide

To read about the precautions you can take during thunderstorms, the [Lightning Protection Action Guide](#) is now available on the Swimming Queensland website.

### Upcoming selection event for the 2009 Junior Pan Pacific OWS Championships

The Australian team that will compete at the 2009 Junior Pan Pacific Open Water Swimming Championships (January 2009 - Guam) will be selected from the 2009 Swimming NSW State Open Water Swimming Championships (30 November 2008 - Sydney International Regatta Centre, Penrith).

➔ [Click here](#) to view the Selection Criteria on the Swimming Australia website.

## TECHNICAL OFFICIALS UPDATE

### Swimming Queensland – Call for Technical Officials 2008 Zoggs Qld Long Course Meet

Nominations are called for accredited Technical Officials to officiate at the 2008 Zoggs Qld Long Course Meet, to be conducted at the Brisbane Aquatic Centre on Saturday and Sunday, 8 & 9 November 2008.

The Nomination Form for Technical Official Positions can be faxed to Swimming Queensland on 3390 2887 or posted to: The Chief Referee, Swimming Queensland, PO Box 1279, Capalaba BC Qld 4157

Nominations close with Swimming Queensland on Friday, **31 October**.

## ADVERTISEMENT

# FOR SALE



### Indoor heated swimming pool (13x8m)

### & Learn-to-Swim business

## FREEHOLD!!!

Located in Bundaberg, Qld (350km north of Brisbane)

Purpose built learn-to-swim pool on busy arterial road

Solar and gas heating systems and more (<12mths old!!!)

Fantastic business opportunity. 450 lessons/wk!!! potential

Scope for significant expansion & coaching development

20 year reputation for excellence

Birthplace of multiple state and national champions

Call Chris Turner on 0402 403 270 or 0741 517 636





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## Personal Best Swimming Journal



**Make your busy swimming life easier by getting Personal Best!**

**Designed for the club swimmer and the parents of future champions**

The Personal Best Swimming Journal is a spiral bound, A6 size (148mm high x 105mm wide) publication containing 128 pages.

**Cost:**  
\$12.00 plus \$2.00 postage & handling (\$14.00 total)

**Payment by:**  
**Cheque or Money Order**  
made payable to:  
Fleur Cushing  
PO Box 846  
MUDGEERABA QLD 4213

Please supply your name, postal address, contact number and quantity required.

Any inquiries, email [personalbestswimmingjournal@hotmail.com](mailto:personalbestswimmingjournal@hotmail.com).

### QUOTABLE QUOTES

'Great works are performed not by strength but by perseverance.'  
- Samuel Johnson

'The high destiny of the individual is to serve rather than to rule.'  
- Albert Einstein

'Character is the ability to follow through on a resolution long after the emotion with which it was made has passed.'  
- Brian Tracy

'Every single person you meet has a sign around his or her neck that says, "Make me feel important". If you can do that, you'll be a success not only in business but in life as well.'  
- Mary Kay Ash

'It is better to keep your mouth shut and to appear stupid than to open it and remove all doubt.'  
- Mark Twain

### DID YOU KNOW?

- ✦ Your body uses 300 muscles to balance itself when you are standing still.
- ✦ The average person's skin weighs twice as much as the brain.
- ✦ Women blink twice as often as men.
- ✦ It takes food seven seconds to get from your mouth to your stomach.
- ✦ One human hair can support 3kg.
- ✦ There are about one trillion bacteria on each of your feet.
- ✦ When you are looking at someone you love, your pupils dilate . . . they do the same when you are looking at someone you hate.
- ✦ Like fingerprints, everyone's tongue prints are different.
- ✦ The electric chair was invented by a dentist.
- ✦ Chocolate stimulates the release of endorphins in the body. Endorphins enhance one's mood and block pain.
- ✦ Donald Duck comics were banned in Finland because he doesn't wear pants.
- ✦ A full moon always rises at sunset.
- ✦ Alaska has the highest percentage of people who walk to work.

### ON THE LIGHTER SIDE

Paddy and Mick were both laid off, so they went to the unemployment office.

When asked his occupation, Paddy answered, 'Knicker Stitcher. I sew da elastic onto ladies' knickers and thongs.'  
The clerk looked up Knicker Stitcher on his computer and, finding it classified as unskilled labour, he gave him 80 pounds a week unemployment pay.

Mick was next in and when asked his occupation replied, 'Diesel Fitter.' Since a diesel fitter was a skilled job, the clerk gave Mick 160 pounds a week.

When Paddy found out he was furious. He stormed back into the office to find out why his friend and co-worker was collecting double his pay. The clerk explained, 'Knicker Stitchers are unskilled labour and Diesel Fitters are skilled labour.'

'What skill?' yelled Paddy. 'I sew da elastic on da knickers and thongs, then Mick puts 'em over his head and says: 'Yep, diesel fitter'.





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## PREFERRED SUPPLIERS

To take advantage of the great range of products and services from Swimming Queensland's Preferred Suppliers, visit the [Preferred Suppliers](#) page on our website or to access their websites, click on the individual logos.

### Family Restaurants



Website: [www.mcdonalds.com.au](http://www.mcdonalds.com.au)

### Equipment, Training Aids, Water Confidence & Swimwear



Website: [www.zoggs.com.au](http://www.zoggs.com.au)

### Electrical Retailers



more than just the best price  
Website: [www.retravision.com.au](http://www.retravision.com.au)

### Banking & Financial Services



Website: <http://secure.heritageonline.com.au/>

### Apartment Accommodation and Meeting & Function Venues 4 - 4½ Star Rating



Website: <http://www.central-apartments.com.au/>

## Online Swim Superstore



Website: <http://www.official-merchandise.net/storeimages/Swimming%20Queensland%20600.jpg>

## Physiotherapy & Sports Injury



Website: <http://www.redhillphysio.com.au/>

## Official SQ Event Photographer



Website: <http://www.sportingimages.com.au/>



## SYDNEY-NORTH RYDE

Under a reciprocal arrangement between Swimming Queensland's and Swimming NSW's accommodation sponsors, the Marriott at North Ryde in Sydney is offering great deals for Swimming Queensland members.

Located 15km from Olympic Park at Homebush, the Courtyard by Marriott North Ryde is offering deals from \$120 per room, per night (see [flyer](#)).

For further information, click on the following link [www.marriott.com.au/sydr](http://www.marriott.com.au/sydr) or email: [steven.cook@courtyard.com](mailto:steven.cook@courtyard.com).





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## UPCOMING STATE & NATIONAL SWIM MEETS 2008/2009

### Swimming Queensland Calendar

- **2008 Zoggs Qld Long Course Meet**  
8 & 9 November 2008  
Brisbane Aquatic Centre
- **2008 Zoggs Qld Championships**  
13-19 December 2008  
Brisbane Aquatic Centre
- **2009 Zoggs SWD Meet**  
17 January 2009  
Albany Creek Leisure Centre
- **2009 Zoggs Qld Sprint Championships**  
7 & 8 February 2009  
Brisbane Aquatic Centre

### Swimming Australia Calendar - National & International Events

- **2009 Australian Youth Olympic Festival**  
14-18 January 2009  
SOPAC, Sydney
- **2009 Australian Age Multi-Disability Championships**  
23-25 January 2009  
AIS, Canberra  
Fact Sheet & Qualifying times available on [SAL website](#)
- **2009 Swimming Australia Open Water Open/Age Championships**  
28 February-2 March  
Sydney International Regatta Centre, Penrith
- **2009 Telstra Australian Swimming Championships**  
17-22 March 2009  
SOPAC, Sydney
- **2009 Australian Age Championships**  
13-18 April 2009  
SOPAC, Sydney
- **2009 Arafura Games**  
9-17 May 2009  
Darwin
- **2009 Telstra Grand Prix 1**  
16 & 17 May 2009  
AIS, Canberra
- **2009 Telstra Grand Prix 2**  
20 & 21 June 2009  
TBC
- **13<sup>th</sup> FINA World Championships**  
19 July-2 August 2009  
Rome, Italy
- **2009 Telstra Australian Short Course Championships**  
8-12 August 2009  
TBA

## HANDY LINKS

- **Swimmers**
  - [WADA 2008 Banned Substance List](#)
  - [Latest Records - Qld & Qld Allcomers](#)
- **Swimmers with a disability**
  - [Swimming Australia How to obtain National Classification Guide](#)
- **Clubs**
  - [Swimming Australia National Insurance Program website](#) (JLT Sport – a division of Jardine Lloyd Thompson Pty Ltd)
  - [Club Development Network](#)
- **Coaches**
  - [Beginning Coaching General Principles Course - Australian Sports Commission](#)
  - [Important Changes - Green Coaches](#) and [Frequently Asked Questions](#)
- **Subscriptions**
  - [ascta E-Splash subscription](#)
  - [Swim Australia's SwimBYTES subscription](#)
- **Jobseeker Websites**
  - [www.CoachingJobs.com.au](#) for sports coaching, instructor training, pool attendant & lifeguard specific vacancies
  - [www.SportJobs.com.au](#) for every sport-related employment opportunity
  - [www.sportspeople.com.au](#) for vacancies in sport, leisure, fitness, coaching and aquatics

## Q-SWIMMER ADVERTISING RATES

### How to place an advertisement in the Q-Swimmer:

Simply email the content of the ad to [vicki.patten@swimming.org.au](mailto:vicki.patten@swimming.org.au), attaching any logo or graphics to the email, and include an address for the invoice to be sent to.

### Advertising Rates

The advertising rates for the Q-Swimmer e-News for 2008 are as follows:

#### Full Column

Affiliated*	\$ 90
Non-Affiliated	\$180

#### Half column

Affiliated *	\$ 50
Non-Affiliated	\$100

#### One-third to one-quarter column

Affiliated *	\$ 30
Non-Affiliated	\$ 60

\* The above rates reflect a 50% discount for affiliated clubs.

The above prices apply to the placement of an ad for one issue only.

To unsubscribe from the Q-Swimmer e-News mailing list, simply [click here](#) or click on the link at the bottom of the notification email.

