

# Ryde-Carlile Swimming Club Inc

## The Fast Lane

### Go Club Coaching Clinic & Forum

On Friday 30th May, Ryde-Carlile hosted a Go Club Forum Coaching Clinic on behalf of NW Area. Swimmers were fortunate to be coached by NSW Institute of Sport Head Coach Jim Fowlie. While the swimmers were kept busy in the pool their parents attended the forum on Volunteering & Marketing held in Next Generation by Swimming NSW Development Officer Kimberly Brown. We have had great feedback from both swimmers & parents on this event. Thankyou for your support.—*Katrina Doring*



### Speedo Cup Success

Another fantastic team result at the Carlile Speedo Cup on the 31<sup>st</sup> May saw Ryde-Carlile win the Overall Visiting Club Pointscore and the individual Men and Womens Pointscore as a result we won \$2000 in prize money.

Congratulations must also go to Monique Van Balen who won the Womens Best Swim FINA Points Award.

Congratulations to the following swimmers who medalled at this highly competitive meet.

Nicola Fiore, John Goo, Eloise Laws, Jenny Li, Andrew Noh, Monique Van Balen, Liam Wood, Clem Churchill, Laura Crockett, Harry Dai, Tom Donaldson.

Well done to the following swimmers who achieved 100% PB's

Euan Malcolm, Glenn Burton, Annie Bygrave, Rachel Cantrill, Nicola Fiore, Brendan Fisher, Dominique Fisher, Johnny Goo, Lauren Wilson, Liam Wood, Grace Zhang, Paris Zhang.



Newsletter Date  
21 June 2008

### IMPORTANT DIARY DATES

- 27th June Club Races
- 28-29th June Metro SC @ SOPAC
- Telstra Grand Prix 4-8 July Sydney
- 25th July Club Races
- 21st September Ryde-Carlile Challenge Cup

### POOL ENTRY

We have signed an agreement with RALC in regard to entry fee paid by club members on Friday nights.

- \$2.60 swimmers
- \$2.20 Spectators



## Latest News

### Presentation Day Trophies—Awaiting Collection

The swimmers listed were not at our Presentation Day BBQ in May to collect their trophy. These trophies will be available for collection at our next club race night on Friday June 27.

Liam Marsden-Readford, Reis Fernandez  
Elise Fernandez, Stevie Alexander, Niall Cummins  
Angela Chen, Ben Ttindiglia, Jessica Tidiglia  
Lillian Dong, Vanessa Lawandos, Tia Lawandos  
Lachlan Stephen, Keara Carbonell, Susan Willis

### Metropolitan SC Champs First Time Qualifiers—A Great Achievement

Well done to the following swimmers who have gained their first qualification for Metropolitan Short Course Championships:

Sophie Taylor, Elizabeth Cobden, Jennifer Nam,  
Christina Shin, Matthew Borozan, Tim Dagwell  
Brendan Fisher, Euan Malcolm, Shauna Murray,  
Patrick Russell, Sam Clarke, Conor O'Doherty and  
Brian Yung. Your certificates will be presented at club races on 27th June.

## Fundraising—Can you assist?

### HELP WANTED

Our fundraising team is on the look out for raffle prizes for our Ryde Carlile Swim meet on the 21<sup>st</sup> September. We are looking for donations of raffles prizes. If anyone can help us with a vouchers, products or goods it would be very much appreciated.

If anyone can help us please contact Peter Kenny on 98162754 (W). We are hoping to have six prizes for raffles, this is all to help raise money for our children at Ryde Carlile Swim Club.

## FRIDAY NIGHT BARBECUE

Don't forget next Friday night at our club races we have delicious Chicken kebabs on rolls as well as Sausages on Rolls. Order early to avoid disappointment. We are also looking for any members of the club to help out cooking the barbecue on Friday night, any help is greatly appreciated. Just come and see me at the barbecue next Friday night.

PETER KENNY

FUNDRAISING CONVENOR

## Competition Report

### METRO NORTH WEST AREA CHAMPS

#### Number 1 Club in the Area!

Congratulations to all our swimmers who competed at the inaugural Metro North West Area Winter Championships.

We had 97 swimmers entered 424 events and all swimmers swam brilliantly to contribute to the teams successful win on the pointscore ladder. This was our biggest team at a winter District/Area meet in many a year.

Our young relays teams blitzed the field to come away with gold medals. Congratulations to our 8 years and under team of Alyse Bovill, Ellie Jongma, Cohen Wisniewski and Declan Blaxall who all swam a magnificent 4 x 50 Freestyle relay. Our 9 – 10 years 4 x 50 Medley relay of Nicola Fiore, Jennifer Nam, Won Ho Kim and Andrew Noh were also streaks ahead of the competition to win gold. While our younger swimmers swam a consistently paced race to win gold in the Open Mixed Handicap Freestyle Relay.

Ryde-Carlile won the overall pointscore and the Relay Pointscore. We also have the following Age Champions:

8 & Under Boys	Cohen Wisniewski
9 Years Boys	Brian Yung
11 Years Girls	Paris Zhang
14 Years Girls	Eloise Laws

Approximately 235 PBs were swum on the day. The following swimmers achieved 100% PB's

Chamathi Addarage, Alyse Bovill, Taylor Burbridge, Kimberley Calvert, Rachael Cantrill, Billy Clarke, Sam Clarke, Lizzy Cobden, Laura Crockart, Brianna Dagwell, Tim Dagwell, Claudia Herisson, Ellie Jongma, Mitchell Kenny, Sophia Lee, Jenny Li, Gabriel Low, Jacob Molloy, Caitlyn Murray, Liam Murray, James Ogilvie, Sidney Pierucci, Kenneth Russell, Christina Shin, Sophie Taylor, Elise Webb, Cohen Wisniewski, Rhys Wisniewski, Brian Yung, Paris Zhang, Alexander Zimaras.

As there were so many successful swims I will only mention the A Grade gold medallists. As this is the inaugural Area Meet the following swimmers are also the new record holders in their winning events.

Won Ho Kim, Jennifer Nam, Laura Crockart, Eloise Laws, John Goo, Ellie Jongma, Christina Shin, Liam Wood, Tim Dagwell, Meenu Ko, Tom Donaldson, Monique Van Balen, Andrew Noh, Patrick Russell, Jenny Li, Bianca Doyle, Tayler Fletcher-Ward, Sidney Pierucci, Catherine Ager.

## Jacobs off to the Games

That's the Pacific School Games. Jacob Molloy is part of the Australian Schools Team to attend the Pacific School Games from the 30 November – 6 December. He will be selling raffle tickets at club races on 27 June to help fund the team travel. Please support Jacob by purchasing a ticket.

The 2008 Pacific School Games will be held in Canberra and will involve over 5000 athletes from at least 25 countries and all Australian State and Territories. This is the 8<sup>th</sup> Pacific School Games but the first time

that it will be held in the Nation's Capital. The Pacific School Games is the flagship event of School Sport Australia.

We wish Jacob every success.

## Blowing Out the Birthday Candles this Month

Congratulations to the following swimmers who will celebrate their birthdays this month:

Chamathi Addarage, Alastair Bate, Connor Blaxall, Clementine Churchill, Hannah Cummings, Tim Dagwell, John Gregorio, Julia Prieston, Christopher Wilson, Isabelle Yam

## NEW COMMITTEE 2008-2009

### WORKING TOGETHER FOR YOUR CLUB

At our recent Annual General Meeting a committee was elected to take on the various roles and responsibilities of running our swimming club. It was great to see a large number of new faces stepping up to assist in the running of the club. The more people willing to assist means less pressure on everyone. Listed below are those who were elected and the roles that they have undertaken.

Please contact any of the committee should you have any questions or ideas. Meetings are held on the third Monday of the each month at Ryde Eastwood Leagues Club at 7.30pm and all members are welcome to attend.

PRESIDENT	Katrina Doring	president@rydeswimmingclub.com.au
VICE PRESIDENTS	Terry Wilson	vicepresident@rydeswimmingclub.com.au
	Greg Laws	vicepresident2@rydeswimmingclub.com.au
SECRETARY	Vicki Marchant	secretary@rydeswimmingclub.com.au
TREASURER	Lynn Herisson	treasurer@rydeswimmingclub.com.au
REGISTRAR	Mary Wilson	registrar@rydeswimmingclub.com.au
COMPETITION RACE SECRETARY	Glenyss Laws	raceseecretary@rydeswimmingclub.com.au
CLUB RACE SECRETARY	Karen Perrone	clubraceseecretary@rydeswimmingclub.com.au
COMPETITION HEAD COACH	Toby Condon	headcoach@rydeswimmingclub.com.au
PUBLICITY OFFICER	Helen Long	newsletter@rydeswimmingclub.com.au
SPONSORSHIP & FUNDRAISING	Peter Kenny	fundraising@rydeswimmingclub.com.au
UNIFORMS OFFICER	June Donaldson	uniforms@rydeswimmingclub.com.au
NW AREA DELEGATE	Dianne Seary	
COMMITTEE	Ursula Carlile, Lawrie Ager, Ray Seary, Terri McConnell, Janelle Murray, Merryn Doyle, Sally-Ann Dawking, Sharon Zimaras, Janet Cobden, George Herisson	

Fundraising Sub-committee	Jenny Borozan, Joanne Webb (food+setup) <b>ROSTER required for cooking</b> Fran Ward, Jodie Wisniewski (meet raffles) Sharon Zimaras (Race night raffles) Judy Kenny (ticket sales)
Uniforms Sub-committee	Helen Burton, Terri McConnell, Jenny Crockart
Club Races Sub-committee	Jimmy Chien (Computer), Fran Ward, Janet Cobden (Awards)

**TIMES ACHIEVED IN OUR CLUB CHAMPIONSHIPS IN MARCH ARE OFFICIAL TIMES AND CAN BE USED WHEN YOU ENTER ANY MEET INCLUDING STATE AND METRO**

*Did You Know.....*

*Our team of club chefs cook up a mean BBQ each Friday night. So why not take the night off and enjoy a kebab or sausage sizzle. A yummy way to help our club raise funds. If you would like to offer some assistance in serving—just let us know!*



*Menu Prices*

*Sausages 2.50 ,Kebabs 3.50, Hamburgers 4.00, Drinks 1.50*

## From Our Head Coach

The winter competition period has begun in the best possible way. Ryde-Carlile has won the first two meets of the winter season with victories at the Speedo-Carlile Cup and the inaugural North West District meet.

For those new to the competitive side of swimming the winter schedule provides a progressive competition programme. As the season progresses each meet offers a higher competitive level as the qualifying times for these meets gets tougher. As a swimmer progresses their competitive season gets longer. Below is the competition schedule or progression;

- Club Meet
- District Meet
- Metropolitan Championships (June)
- NSW Age Championships (August)
- NSW Open Championships (August)
- Australian Short Course (September)

Soon the championship meets will begin with Metropolitan and this is a great time to focus competition preparation into training. Considering its an Olympic year I have included some insights into [Pieter van den Hoogenband's](#) Olympic preparation. Pieter is attempting to win 3 consecutive 100m Freestyle Gold medals. In his way is our own Eamon Sullivan, the current world record holder.

*"During competition, you always need to focus on your own race to swim the best race possible. That should be the goal of every swimmer; to improve yourself instead of wanting to win." From van den Hoogenband's perspective, he doesn't feel any stress before a major race: "I'm just focusing on my race and pumping myself up. Swimming is a sport in which you can't do more than perform at 100 percent, so why should you worry? You shouldn't complicate things too much."*

*Before the "big race," Hoogie likes to get plenty of sleep as well as finding enough time to prepare himself mentally. "I'm not stressed by the fact that others are better starters and turners the swimming will take care of itself. Everything adds up to the final time, and the only thing that matters is the final time."*

*But the way Verhaeren (Coach) sees it, achieving your best "final time" still comes down to one simple, but critical element: "Even at this level, technique is still the most important."*

*"Until the day of the competition, we keep working on the little details, such as reducing drag by improving body position and by working on technique. We also try to learn something from every workout. Everything you do needs to have a purpose. I want to see the effect of every set." – Swimming Technique Magazine*

Toby Condon

## Club Uniform—Team Ryde Looking Our Best

An important part of any club is the Team Uniform. What better way to show our team spirit when representing the club than to have all members kitted out in all the essentials. Purchases can be made at Ryde-Carlisle club nights or by placing an order via e-mail to:

[uniform@rydeswimmingclub.com.au](mailto:uniform@rydeswimmingclub.com.au)

Thankyou  
June

### Price list for uniforms

Caps	\$10	
Shorts	(Child 8 - 12 Adult S,M,L ,XL,XXL)	\$25
Pola Fleece	(Child 8 - 14 Adult S,M,L,XL )	\$30
Club Shirts	(Child 8 - 14 Adult 10 - 20 )	\$35 <i>Given to all new swimmer members.</i>

### Limited stock of discontinued styles incl.

Long sleeved T shirts ( Adult 14 - 22 )	\$10
Shorts (XS, L, XL,2XL )	\$ 5
Beanies (one size fits all ) x 3 only	\$10
Boys Powerflow Costumes ( size 6 x 4, 14 x 1 )	\$20
Jammer - size 10 x1	\$30
Girls Powerflow ( size 6 x 4 )	\$25
Ryde State Embroidered Towel	\$15

### NEW CLUB SWIMWEAR

Girls	\$50
Ladies	\$60
Boys & Mens	\$30

There are limited sizes available otherwise an order will be placed. A minimum of 20 swimmers is required before an order can be made. All enquires for the new swimwear should be directed to Mary Wilson at the following e-mail [marywilson@rydeswimmingclub.com.au](mailto:marywilson@rydeswimmingclub.com.au)



PLEASE NOTE that unless swimmers are **registered** prior to competing they are not covered by Swimming NSW Insurance policy and **will not be permitted to compete**

### RYDE-CARLILE DIARY DATES

## 2008 Winter Calendar

Date	Event	Location	Closing Date with Ryde
<b>June</b>			
27	Club Races	RALC	
28-29	Metropolitan Short Course Champs	SOPAC	Monday 9 <sup>th</sup> June
<b>July</b>			
4 – 6	2008 Telstra Grand Prix 2	Sydney	Wednesday 18 <sup>th</sup> June
25	Club Races	RALC	
<b>August</b>			
2	Swimmers with a Disability Meet	Blacktown Aquatic	
8 – 24	2008 Olympic Games	Beijing, China	
8-10	NSW Age Short Course Championships	SOPAC	Monday 21 <sup>st</sup> July
6-16	UK Billets	Various Families -	
15	Special Club Race night (with MLC & UK Billets)	RALC	TBA
22-23	NSW Open Short Course Championships	SOPAC	Monday 4 <sup>th</sup> August
29	Club Races	RALC	
<b>Sept</b>			
6 - 17	2008 Paralympics Games	Beijing, China	
20 – 24	2008 Australian Short Course Championships	Melbourne	TBA
21	Ryde-Carlile Club Challenge Cup	SOPAC	TBA
26	Club Races & Registration Night	RALC	
<b>Oct</b>			
29/9 – 10/10	Ryde-Carlile Hawaii Trip	Hawaii	N/A
3 (TBC)	Summer Club Races Commence (now weekly)	Ryde Pool	
11	Swimmers with a Disability Meet	SOPAC	

#### Did You Know.....

Ryde Swimming Club won the very first Speedo Cup in 2004 (previously called the Carlile Winter Meet) It was held at Warringah Aquatic Centre. The picture right shows the Speedo Representative presenting the trophy to club captain Darren Long.

