

# Ryde-Carlile Swimming Club Inc.

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## The Fast Lane

### WINDSOR MEET REPORT

The recent junior trip away to Windsor culminated in the Windsor Meet where a number of swimmers performed exceptionally well. Congratulations to Andrew Noh: 3 x 1<sup>st</sup>, 1 x 2<sup>nd</sup> and 1 x 3<sup>rd</sup>, Christina Shin: 3 x 1<sup>st</sup>, 2 x 2<sup>nd</sup>, Nicola Fiore: 2 x 1<sup>st</sup>, 1 x 2<sup>nd</sup> and an 11<sup>th</sup>. Other swimmers to win medals were Danielle Kenny: 1 x 2<sup>nd</sup>, Patrick Russell: 2 x 3<sup>rd</sup> plus 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>, Elise Webb: one gold, Ashleigh Wisniewski: 1 x 3<sup>rd</sup>, Shauna Murray: 1 x 3<sup>rd</sup>, Catherine Ogilvy: 2 x 3<sup>rd</sup>. Lots of people had 4<sup>th</sup> and 5<sup>th</sup> – Kai Glennie managed to rock up 72 points with just 4<sup>th</sup> and 5<sup>th</sup> and Sam Clarke 56 points. A fantastic end to a great weekend!

### WINTER METROPOLITAN REPORT

The Winter Metropolitan meet was held at SOPAC on 27<sup>th</sup> and 28<sup>th</sup> June, where despite the team being hit by injury and illness Ryde Carlile finished 6<sup>th</sup> overall in a tightly contested meet. The club was represented by 53 swimmers who competed in 178 events.

12 swimmers won medals. Top points scores were achieved by Catherine Ager and Billy Clarke, both on 86 points, Sophie Taylor 81 points, Won Ho Kim and Brian Yung 70 points each and Laura Crockhardt 69 points. Other medal winners include Clemmie Churchill, Johnny Goo, Jennifer Nam, Liam Wood and Chloe Yoo.

Others to win medals were Kevin Sohn, Christina Shin, Elise Webb, Conor O'Doherty, Jenny Li, Catherine Ager, Tom Donaldson, Kirsten McSpadden, Duncan Vincent, Jacob Molloy, Kai Glennie, Andy Hwang, Justin van Hulsen, Clemmie Churchill, Cohen Wisniewski and Patrick Russell. Congratulations to you all!

**Special mention must go to Laura Crockhardt who took both Metropolitan and State 14 years records in the 400 freestyle and the 800 freestyle. CONGRATULATIONS LAURA!**

### METRO SOUTH EAST MEET REPORT

A group of mainly Bronze Squad swimmers attended the Metro South East Meet at SOPAC on 11<sup>th</sup> July under the

Newsletter Date  
3<sup>rd</sup> August 2009

#### IMPORTANT DIARY DATES

- **7 AUGUST-NEXT GENERATION: SPORTS DIETICIAN TALK 7-8PM**
- **28 AUGUST-RYDE CLUB RACES**
- **25 SEPTEMBER-RYDE CLUB RACES**
- **25 OCTOBER – RYDE CUP CHALLENGE, SOPAC**

#### POOL ENTRY

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

**\$2.60 swimmers**

**\$2.30 Spectators**

watchful eye of Gayle Camroux and Nathan Cobbin, along with Idessa for the 2 silver squad swimmers. Alexandra McConnell swam all PBs and came 3<sup>rd</sup> in the 400FS, 4.40.51.

Congratulations to the following Bronze swimmers:

Andrew Noh - 4 x 1<sup>st</sup> and 2 x 2<sup>nd</sup> with a PB in 100BS; Patrick Russell 3 x 2<sup>nd</sup> and 2 PBs; Taylor Burbridge 1 x 2<sup>nd</sup>, 2 x 3<sup>rd</sup> and 5 PBs; Lauren Cantrell 1 x 1<sup>st</sup> and 1 x 2<sup>nd</sup>. Other swimmers to get 1 medal were Ruby Borozan, Shauna Murray, Catherine Ogilvie and Justin van Hulsen. A fantastic effort once again from our swimmers.

## METRO NORTH WEST DEVELOPMENT GROUPS

Congratulations to the following swimmers on their selection to the Metro North West Development Groups:

### Bronze Squad

Ruby Borozan  
Nicholas Harris  
Danielle Kenny  
Bayley Lucas  
Catherine Ogilvie  
Ashleigh Wisniewski  
Rhys Wisniewski  
Kenneth Russell  
Ellie Burbridge

### Silver

Nicola Fiore  
Patrick Russell  
Liam Wood  
Jennifer Nam  
Andrew Noh  
Jackson Pittorino

## GO CLUB GOLD

Fantastic news – Ryde Carlile Swim Club has once again been recognised with the award of GOLD in the 2009 Australian Unity GO Club PB program. This is an amazing effort on the part of the committee who put in many hours of work behind the scenes to make our swim club one of the best. Special thanks to Katrina Doring for her efforts pulling the application together.

## STOP PRESS.....



[www.metronorthwest.nswswimming.com.au/](http://www.metronorthwest.nswswimming.com.au/)

Metro North West Swimming has a new website, and a new logo. This replaces the old Castlereagh site.

## **Sports Dietician and Nutrition Presentation**

**Friday 7 August 7-8pm**

Alison Miles will present a talk entitled “Maximising Performance through Nutrition” at Next Generation (Level 2). For more information about Alison:

[Click here to visit Alisons Nutrition Lab website](#)

This session is to include swimmers in Sharks, Bronze and Silver squads.

## **FINA Ruling on Swimwear**



Following the most recent announcement by FINA regarding swimsuits, Swimming Australia has amended its Australian Championships By Laws (CBL 14), covering swimsuit guidelines for Swimming Australia events.

**Effective 1 July 2009, swimmers competing in Swimming Australia events can only wear FINA-approved swimsuits as outlined on page 3 of this advice. Additionally, since the FINA-approved list only addresses ‘new model’ swimsuits submitted by swimsuit manufacturers, swimmers will, until otherwise directed by SAL or FINA, also be able to wear ‘traditional’ swimsuits provided the suits meet the following criteria highlighted in the revised CBL 14.1 (3) below.**

### ***CBL14.1 General Swimsuit Guidelines***

*(1) The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.*

*(2) All swimsuits shall be non transparent and must conform with FINA approved standards in all respects.*

***(3) For the avoidance of doubt, swimmers, until otherwise directed by SAL and/or FINA may wear ‘traditional’ swimsuits provided the suits meet the following criteria:***

***(i) Men’s swimwear may not extend above the waist or below the knees;***

***(ii) Women’s swimwear shall not cover the neck, extend past the shoulders or past the pelvis.***

*(4) The referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this rule.*

*(5) Swimwear is limited to one (1) swimsuit.*

**It should also be noted that swimmers in Swimming Australia Age Group Events must also still abide by the current CBL 14.2 outlined on the following page.**  
***CBL14.2 Additional Swimsuit Guidelines for Age Group Events***

*(1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.*

*(2) Swimwear worn by competitors in Age Group Events shall conform to the following design:*

*(i) Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from hips to knee. Swimwear may not extend above the waist or below the knees;*

*(ii) Women's swimwear is limited to one (1) swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees. Swimwear must not have a zipper or any type of fastening system.*

At the upcoming Telstra Short Course Championships and State Age Short Course Championships all swimwear will be checked during marshalling and swimmers will be asked to record the make and manufacturer of their swimsuit.

If you have any questions in relation to this please do not hesitate to contact Tim Arnold on 02 6219 5645.

A full list of approved swimsuits is available on the website.

## FUNDRAISING CALLING FOR SPONSORSHIPS

The Fundraising Committee has decided to offer \$20.00 sponsorships to families of the club for each event at this year's Ryde Club Challenge. With a total of 92 events to choose from you can sponsor an event of your choice. You may sponsor more than one event and the name of the family sponsoring the event will be announced when the medal winners are announced on carnival day.

If you would like to sponsor an event please email Jodie Wisniewski at [jwis2002@yahoo.com.au](mailto:jwis2002@yahoo.com.au) To avoid disappointment and ensure your preferences are available nominate your events early. You will receive confirmation via email. Payment can be placed in the box provided for race entries up at the pool.

The Fundraising Committee thanks you for your support.

## FROM THE COACHES Key Performance Factors

More words of wisdom from Bill Sweetenham, Head Coach of UK from 2000 - 2008 and former head of Australian Youth Development and the AIS. Have a read and think about how it applies to you. Bill suggests some questions that may help you to become a winner.

**Punctuality:** Don't be on time – be early!

**Kit at meets:** No need to be made or told to wear it – wear it with pride

**Body language - relaxed enthusiasm:** Show and sell unconditional confidence

**Unconditional support:** – as a team and home programme. Always focus on winning skills

**Empathy and understanding of other team members:** When an athlete performs above themselves, all in the team should celebrate.

**Be a “Seller” – believe in what you sell:** Positive athletes and staff always win! Negative athletes and staff never win! No negative comments on any other team members.

**Clear understanding of your role in the team:** Total commitment to the team effort from everyone – swimmers and coaches.

**Be the best prepared:** Learnt skills in advance of raw talent

## UNIFORM AT MEETS

When swimmers represent the club at swim meets, and compete against members from other clubs, it is a requirement to wear our new club uniform. The uniform consists of:

- Club swim cap
- Club polo shirt
- Club / black shorts
- Club / black tracksuit pants

## RYDE-CARLILE CLUB CHALLENGE CUP

The annual Ryde-Carlile Swimming Club Challenge Cup will be held at SOPAC on Sunday 25<sup>th</sup> October 2009. Entries are limited to 2800 to avoid a very late finish. **PLEASE MARK THIS DATE IN YOUR DIARY AS IT IS A MAJOR FUNDRAISER FOR THE CLUB AND ALL FAMILIES ARE EXPECTED TO HELP ON THE DAY.** The full programme is available towards the back of this newsletter.

## HAWAII 2010

Following the highly successful trip in 2008, planning is in its early stages for the club's second trip to Hawaii in October 2010.

*More news about this exciting opportunity will be available soon.*

## CLUB RACES

**Don't forget club races run throughout winter on the last Friday of the month! The Club meets next on 28<sup>th</sup> August.**

## Australian Unity Learn to Swim Website

Australian Unity is launching its new Learn to Swim website "Darcy's Splash Club" - [www.australianunity.com.au/darcy](http://www.australianunity.com.au/darcy)  
The website centres around Australian Unity's Learn to Swim mascot, Darcy the Kookaburra, and aims to promote swimming and its benefits. It has great educational games, swimmers' profiles and heaps of information for parents.

To celebrate the launch of Darcy's Splash Club, Australian Unity is giving away 50 beach towels and we would like you to tell your customers about the competition.



Ryde-Carlisle Swimming Club  
Inc.

## 2009 Events Calendar

Date	Event	Location
<b>August 09</b>		
7	Sports Dietician & Nutrition Presentation "Maximising Performance Through Nutrition" Alison Miles	Next Generation (Level 2)
28	Friday Night Club Races	RALC
28-30	NSW State Age Short Course Championships	SOPAC entries close 10th August
<b>September 09</b>		
25	Friday Night Club Races and 2010 Registration Night	RALC
<b>October 09</b>		
5-10	Senior Meet Away	Thredbo
25	Ryde-Carlisle Swimming Club <i>Club Challenge Cup</i>	SOPAC



# Ryde-Carlisle Swimming Club

## CLUB CHALLENGE CUP

**SUNDAY**  
**25<sup>th</sup> October 2009**

**Sydney Olympic Park Aquatic Centre**  
(50m Long Course Pool)

**Warm Up: 7.30am**

**Start: 8.30am**

**\*\*\*\* ENTRIES**

<u>M</u>	<u>F</u>	<u>QT</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>
1	2	**	All Age	200	Free (TT)
<b>3 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Free</b>
5	6		8&U	50	Back
7	8		9/10	50	Back
9	10		11/12	50	Back
11	12		13/14	50	Back
13	14		15&O	50	Back
<b>15 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Back</b>
17	18		9/10	100	Back
19	20		11/12	100	Back
21	22		13/14	100	Back
23	24		15&O	100	Back
25	26		All Age	200	Fly (TT)
<b>27 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Fly</b>
29	30		8&U	50	Breast
31	32		9/10	50	Breast
33	34		11/12	50	Breast
35	36		13/14	50	Breast
37	38		15&O	50	Breast
<b>39 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Breast</b>
41	42	1.52	9/10	100	Breast
43	44	1.48	11/12	100	Breast
45	46	1.40	13/14	100	Breast
47	48		15&O	100	Breast

<u>M</u>	<u>F</u>	<u>QT</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>
49	50	**	12&U	200	IM
51	52	**	13&O	200	IM
53	54		8&U	50	Free
55	56		9/10	50	Free
57	58		11/12	50	Free
59	60		13/14	50	Free
61	62		15&O	50	Free
63	64		9/10	100	Free
65	66		11/12	100	Free
67	68		13/14	100	Free
69	70		15&O	100	Free
71	72	**	All Age	200	Breast (TT)
73	74	1.00	8&U	50	Fly
75	76	55	9/10	50	Fly
77	78	46	11/12	50	Fly
79	80	44	13/14	50	Fly
81	82		15&O	50	Fly
83	84	1.45	9/10	100	Fly
85	86	1.37	11/12	100	Fly
87	88	1.28	13/14	100	Fly
89	90		15&O	100	Fly
91	92	**	All Age	200	Back (TT)

**LIMITED to 2800 \*\*\*\***

<b>** Qualifying Times on all 200m events are State LC plus 10 seconds</b> <b>QT will be enforced &amp; must be certified by Race Secretary</b>	<b>TT=Time Trial</b>
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### CONDITIONS OF ENTRY

- Meet conducted under the rules of SNSW Ltd and is an Area approved meet. One start rule will apply.
- All events are timed finals & results forwarded to SNSW Ltd
- A LUNCH BREAK will be taken at the discretion of the Meet Director (a notice will be posted on our website after entries close)
- The Meet Director reserves the right to amend the program & conditions of entry

#### **Entries:**

- Close: **when 2800 entries reached**, but no later than Friday 9-Oct-09  
(Website will be updated with number of entries received to date)
- \$5.00 per individual event
- Age: as at 25<sup>th</sup> October 2009
- Entries to be submitted on SNSW **multi entry cards** with Summary Sheet  
e-file: [www.rydeswimmingclub.com.au](http://www.rydeswimmingclub.com.au)  
email to: [entries@rydeswimmingclub.com.au](mailto:entries@rydeswimmingclub.com.au)  
post to: Ryde-Carlisle Swimming Club, PO Box 3209, PUTNEY NSW 2112

**Pool Entry:** \$4.00 Adults, Swimmers & Children FREE  
**Programs:** \$4.00

#### **Awards:**

- Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in all age events, including each age in double age group events
- No awards for time trial (TT) events
- Club points awarded to 20th place

**Results:** Results will be on our website

**Enquiries:** Katrina 0410 507 079, [enquiries@rydeswimmingclub.com.au](mailto:enquiries@rydeswimmingclub.com.au)





# ANTHEA'S MUESLI BAR RECIPE

- 2 cups rolled oats
- 3 cups cornflakes
- 1/3 cup dessicated coconut
- 1 cup chopped dried fruit
- 1/3 cup chopped nuts or seeds
- 400g can skim sweetened condensed milk

Preheat oven to 160 C. Line a lamington tray with non-stick baking paper.

Heat condensed milk in a microwave on medium for up to four minutes, stirring occasionally until it slightly thickens (I don't bother with this step and it doesn't seem to matter!)

Combine all dry ingredients in a mixing bowl.

Add condensed milk to dry ingredients and mix well.

Press mixture into lined tray.

Bake for 20-25 minutes until golden.

Transfer to a wire rack for cooling.

Slice into 24 bars - and enjoy!

You can play about with the recipe, size, thickness, and different nuts or types of fruit to match your particular family's tastes.

Hope your families enjoy this as much as mine does! Vickie

# 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)

## Price list for uniforms

Caps	\$10
Shorts (Child 8 - 12 Adult S,M,L ,XL,XXL)	\$25
Polar Fleece (Child 8 - 14 Adult S,M,L,XL )	\$30
Club Shirts (Child 8 - 14 Adult 10 - 20 )	\$35
Club Tracksuit Top	\$70 (orders placed on request)
Club Tracksuit Pant	\$35 (orders placed on request)
Supporters Shirts (S,M,L)	\$25

## 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 3)	\$20
Jammer - size 10 x1	\$30
Girls Powerflow ( size 6 x 4 )	\$25

## 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@rydeswimngclub.com.au](mailto:marywilson@rydeswimngclub.com.au)

