



November 2011 Newsletter

COACHES REPORT

Congratulations to all the swimmers who travelled to Cooroy last weekend. **What a fantastic day!**

Southern Cross swimmers were the standout performers – fantastic swimming, beautiful strokes and excellent behaviour. I hope everyone enjoyed the day.

A special thanks to our awesome bus drivers, Levi and Kochie, Andrea for giving up her weekend to have an awesome time with Southern Cross Swim Club, and Paulo and Sam Edwards who did an awesome job of organising the kids on the bus.

Stacey and Donna spent many hours of organisation along with all the parents who contributed to a great day for our fantastic swimmers. THANKYOU!

Back to basics – there are to be no swimmers playing out the front of the swimming complex in the afternoon, before or after training. Please ensure children are collected from the pool promptly after training.

Queensland State Championships are on from 10th-16th December. This is a great opportunity to see some of our top swimmers in action.

As you know the pool will be closing 12th December until 3rd January.

There will be a revised fee structure for December due to the closure. This will be emailed shortly.

Coach Steve

WELCOME!!

We would like to welcome a number of new families to our club: The Guiotto Family, the Halcrow Family, the Spiller Family, the Van Niekerk Family and the Husson Family. We would also like to welcome back Zara McNeil and her family.

We look forward to seeing you all join in for our Club Nights, Thursday evening. Marshalling starts at 6pm.

SCHOOL GROUNDS

All swimmers Please Note, & parents remind your children that, as stated in the Club Handbook, the **School grounds** are **OUT OF BOUNDS** after School hours. This includes before Club Night and before & after squad.

CLUB NIGHTS

A reminder to all new and existing Club Members, that Thursday Club Nights are open to all members of the club, regardless of their swimming ability. The distances start from 12.5m for our novice swimmers, and all races are against your own times, not against the other swimmers in your event.

Club Night Nominations are best lodged on-line through the Club's Web Site and are free. Gate entry is \$5 per family.

CLUB HANDBOOK

The 2011/2012 CLUB HANDBOOK is available on the DOWNLOADS page of the Club Web Site. It is a wealth of information about many Club and Club Night matters

PRESIDENTS REPORT

Well, the weeks are flying by. This week is week 5 of our Club Night season, meaning we are a quarter of the way through our club season already. It has been great to see all our new families getting involved, helping out with time keeping and all the other things we need to do to make the night run smoothly. There have been some excellent swims from our juniors over recent weeks, all looking to improve their times every time they race.

I would like to extend a big thank you to every one involved with our club trip to Cooroy. First of all to all our swimmers, 37 in total, who represented Southern Cross Swimming Club, you all did so well. The support you gave to all your team mates was really good to see. So many of our first time carnival swimmers won medals and ribbons - walking around looking so very proud - this was what this trip was all about. The swimmers really appreciated having Coach Steve and Andrea there to help with those pre-race nerves, so a big thanks to Steve and Andrea. I think everybody would agree that Paulo excelled in keeping track of all our swimmers, ensuring that we did not leave any one behind and providing fantastic support to Steve and Andrea. Thanks so much Paulo!!

I must not forget all the parents that made this trip possible; our great Bus Driver Levi DeBilde who did a great job arranging the transport and ensuring all our swimmers arrived safe; Sam Edwards for arranging the catering orders; and to all the other Mums and Dads who time-kept throughout the day and helped out with all the behind the scene arrangements, a big thank you.....

Unfortunately we had to leave before the meet was completed due to the time constraints we were under, however I think everyone would agree that it was a good call to leave when we did (only IM to be swum). I think the organizers of this meet would need to look at starting earlier in the day if they have the large numbers of entries again (Over 320

swimmers).

An update on our fundraising for this season, we have been able to secure a BBQ/Drink Stall at the Scarborough Christmas Light Festival on Saturday 3rd December 11. We will need all parents to get involved with this one, so if you can keep that date clear for a few hours between 10.00am and 8.00pm that will be great. This event has the potential to earn the club really good money, if everyone gets in and helps out. More details on this event will be out, over the next few weeks.

Please don't forget our Cookie Dough Drive which closes this Thursday night, 3rd November 11 so please ensure every one hands back the forms and money by this date.

Over the next few weeks we will be checking on availability of our State Relay team swimmers to compete at the QLD State Championships at Chandler Saturday 10th December 2011. Steve will be selecting the teams from our 10 to 17 year old boys and girls for these Relay Teams.

Don't forget that all Squads will finish on Friday 9th December 2011 due to the Demolition of the Grandstand. All State Swimmers will train with Steve at Chandler during the week commencing Saturday 10th December thru to Friday 16th December 11. Squads will recommence at Southern Cross on Tuesday 3rd January 2012. If there are any changers to this program we will notify all swimmers.

With a busy end of the year coming up, all swimmers are reminded to make sure you get your meet nominations in on time, and select the events that you may need State qualifying times for, after checking with Coach Steve.

Wherever you are swimming at over the next few weeks, good luck and swim well.

Regards
Stuart

The next Committee Meeting will be on Tuesday 22nd November, 4.45pm in the Club House.

COOKIE DOUGH

Remember to return your Cookie Dough form and money at Club Night on Thursday 3rd November.

Upcoming Meets

Date	Location	Noms	Qualifying details
12&13 Nov	Speedo LC Qual Meet #2	Closed	, QT apply
19th Nov	Lawnton A Grade Meet	Closed	
19th Nov	Clem Jones Memorial Twilight Qual Meet	Closed	
20th Nov	Brothers LC Qualifying Meet	6th Nov	Some QT's apply
20th Nov	Pine Rivers Start-up SC Meet	TBA	Non Qualifying meet
26th Nov	Gympie Gold Rush Spring LC Meet	6th Nov	
10th Dec	SQ State Champs Club & Regional Relays	14th Nov	Ages 9+ only
11-16 th Dec	SQ State Champs ages 11+	TBA	(QT's apply)

Squad Fees & Other Club Payments

Please ensure any monies paid by internet transfer are paid to the correct accounts.

Squad fees are payable to **Colleen Hadler BSB 064 166 A/C 10429479**.

Club related payments are to **BSB 064166 A/C No. 10254947**. This includes all meet nomination fees, membership, uniforms and any club related items.

For all payments, please quote surname and description, eg Elliott Memship; Elliott Redcliffe Noms, or Elliott Oct fees (for squad fee payments).

MEET NOMINATIONS & PAYMENT

Nominations: Our closing date is usually a week before the final closing date, so that we have time to process all the nominations. Make sure you email your nominations before the club closing date, as any late nominations may not be processed.

Event Nomination payment: Please make sure that you pay for your nominations by the final closing date specified by the hosting club. Payment can be made by internet transfer, EFT at the club office or cash to Maria, our Treasurer.

Email Nominations to:
scsaintsswim@gmail.com, Attn: Donna

An Entry Report is usually emailed out before we send the Nominations to the hosting club. Make sure you check this and email Donna ASAP, as above, if any details are wrong.

DIARY DATE: Saturday 3rd December

We are having another go at a BBQ & Drinks stall at the Scarborough Christmas Lights Festival this year. Let's hope this one doesn't get rained out!!

We will be calling for volunteers closer to time. The stall runs from about 10am to 8pm. It is a long day, so the more people helping out, the easier and shorter it is for everyone. This is one of our major fund-raising events for the year, so keep an hour or two free to help out.

Club Email Contacts

General Club Email: scsaintsswim@gmail.com

Secretary Email: secretary@scsaints.org.au

Meet noms: to scsaintsswim@gmail.com

Newsletter subs: scsaintsnews@gmail.com

GRANDSTAND

The demolition of the grandstand will start on 12th December. It has asbestos in it so needs to be treated appropriately. The pool will be closed from 10th December, reopening on 3rd January.

The gym and kitchen contents all belong to the club, so will need to be removed beforehand. Once we know where we can store things, a working bee will be held to clear everything we wish to save.

We do not have any details yet, as to what will replace the grandstand.

Happy Birthday to you,

November Birthdays

7th	Coach Andrea	
14th	Chloe Buchan	turns 9
18th	Leighella Parker	turns 12
19th	Rebecca Edwards	turns 9
19th	Ella Halcrow	turns 5
20th	Scott Ditton	turns 9
21st	Rachel Walker	turns 14

Congratulations & Happy Birthday!



SQUAD ETTIQUETTE

- BE READY TO SWIM ON TIME.** Be on the pool deck ready to go 5 mins before your session is due to begin. Seniors, do your stretching & exercises before squad.
- HAVE ALL YOUR GEAR READY.** This includes **your own** Cap and Goggles, gear as detailed below and drink bottle. Every swimmer should have a spare cap & pair of goggles in their bags. Do not rely on getting a spare pair from Steve. **BRING YOUR OWN.**
- SHOW RESPECT TO YOUR COACHES.** They are trying to help you swim better, so be quiet and listen to instructions.
- SHOW RESPECT TO YOUR FELLOW SWIMMERS.** It can get full in your lane, so be considerate and make sure you move over so incoming swimmers can finish on the wall.
- PUT YOUR GEAR AWAY AT THE END OF YOUR SESSION.** It is not the coaches job to clean up after you. If you used it, put it away neatly where it belongs. If it's yours, put it in your gear bag & put it away. Andrea will have a new supply of colourful Gear Bags in a couple of weeks.
- DON'T MESS AROUND IN THE CHANGEROOMS OR ON POOL DECK.** Accidents can easily happen in wet environments and there are lots of little people around. No ball play (boys!!) and don't spend hours in the shower. There are limited heated showers and everyone wants their turn.
- MAKE SURE YOUR PARENTS ARE READY TO COLLECT YOU AT THE END OF YOUR SESSION.** The pool is not a child-minding centre, and the coaches need to concentrate on the kids in the pool, not tripping over those milling around on the pool deck, waiting for their parents.

REMEMBER TO SAY THANK YOU OCCASIONALLY!!

SQUAD EQUIPMENT REQUIREMENTS

Bronze & Silver Squad	Everyone	Gold Squad
Fins Kick Board Pull Buoy	Goggles Cap Drink Bottle Right Attitude	Fins Kick Board Pull Buoy Finger Paddles Snorkel

October Meet Results

River City Rapids, Sth Brisbane 9th October

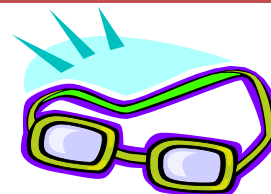
Ayshia Collingwood 4 x pb
Ethan Collingwood 3 x pb

Heritage City Meet, Hervey Bay, 22nd October:

Max De Bilde 2 x Silver, 2 x bronze (2pbs)
Caitlin Hall 3 x pb
Josh Hall 2 x silver, 1 x bronze
Tia Hall 3 x pb
Jade Starr 3 x silver, 1 x bronze

Pine Rivers Spring Swim Meet, Redcliffe 30th October

Nicole Ditton 1 x pb
Maddison Delaney 1 x Silver, 1 x New Time



Redcliffe Leagues Spring Meet, 9th October

Grace Chalmers 1 x Silver, 2 x pb
Maddy Clarke 2 x pb
Joey Dantel 1 x bronze, 3 x pb
Maddie Delaney 1 x silver, 2 x pb
Rebecca Edwards 3 x pb
David Elliott 2 x gold, 3 x pb
Deanne Elliott 2 x pb
Dominic Elliott 2 x gold, 1 x silver, 1 x
bronze, 5 x pb
Josh Hall 1 x gold, 3 x silver, 5 x pb
Amy Koch 1 x silver, 2 x pb
Lauren Koch 1 x pb

Karli Millican 1 x bronze, 5 x pb
Bailey Parker 1 x god, 1 x silver, 2 x
bronze, 4 x pb
Daniel Parker 1 x gold, 1 x silver, 1 x
bronze, 5 x pb
Leighella Parker 3 x gold, 3 x silver, 2 x pb
Jade Starr 4 x gold, 5 x pb
Erin Trembearth First meet!!
Rachel Walker 1 x gold, 1 x bronze, 4 x pb

Extra Congratulations to all those who made pb's of more than 10 seconds: Maddie Delaney, Rebecca Edwards, Deanne Elliott, Dominic Elliott, Karli Millican, Daniel Parker & Rachel Walker.

Redcliffe Age Champions:

Leighella Parker, 11yrs Girls



Dominic Elliott, 11yrs Boys



Jade Starr, 8yrs girls



COOROY DOLPHINS TWILIGHT MEET

Saturday 29th October 2011



RESULTS

A great effort from all the team with lots of medals & lots of PB's.

Maria Alvear-Fujii	All new SC Times	Tia Hall	3 x Bronze (2 x pb)
Naomi Alvear-Fujii	All new SC Times	Amy Koch	1 x Silver, 2 x pb
Brianna Best	3 x Silver, 2 x Bronze 4 x pb	Lauren Koch	1 x silver, 4 x pb
Grace Chalmers	1 x Silver, 2 Bronze, 1 x pb	Kate Lepou	All new SC Times
Maddy Clarke	1 x Gold, 3 x Silver 3 x pb	Karli Millican	1 x pb
Ayshia Collingwood	All new SC Times	Charnelle Palethorpe	2 x Gold, 1 x Silver, 1 x Bronze
Ethan Collingwood	1 x Silver, 2 x pb	Bailey Parker	1 x silver, 1 x bronze
Bianca Cooper	All new SC Times	Leighella Parker	1 x gold, 2 x silver, 1 x bronze (1 pb)
Colby Cooper	All new SC Times	Ellyse Roper	3 x Gold
Bryson Dantel	All new SC Times	Jessica Spiller	1 x gold, 1 x silver,
Joey Dantel	1 x Gold, 2 x Silver, 1 x Bronze (2 x pb)	Lauryn Spiller	All new SC Times
Max De Bilde	1 x Silver, 4 x pb	Jake Sykes	2 x gold, 1 x bronze
Maddie Delaney	2 x gold	Nathan Sykes	All new times
Nicole Ditton	4 x pb	Abby Trembearth	2 x bronze
Rebecca Edwards	All new SC Times	Erin Trembearth	All new SC Times
Lilliana Fallon-Marin	1 x gold, 1 x silver, 1 x bronze	Hayley Trembearth	3 x pb
Ambra Guiotto	All new SC Times	Luke Trembearth	All new SC Times
Josh Hall	1 x gold, 3 x silver (1 pb)	Taylah Wardley	All new SC Times

Congratulations to our Age Champions, Ellyse Roper (15 & Over girls) and Jake Sykes (13yrs Boys)

Winners & Grinners from the Cooroy Twilight Meet 2011

