



October 2011 Newsletter

Coaches Report

I hope everyone had a great break from school!

Back to 4th term and school swimming program will be commencing and also club nights on Thursday night. Make sure you nominate for club night and make sure Mum and Dad come along to help with timekeeping and enjoy time with other club parents.

Squad sessions have changed slightly and some swimmers have moved into others squads.

Congratulations to all swimmers who have stepped up and done a great job ! Please see me if there are any issues regarding these changes.

On 29th October we are organising a bus trip to Cooroy for a fun swim meet. All competitive swimmers from 6 years up can nominate for this meet. I would like to see everyone attend on this day. See a committee member for information.

Looking forward to the Summer season !

Coach Steve

Parking for Squad

The school have advised that they do not want anyone parking on the footpath or in the "No Standing" zone in front of the pool. They also advise that leaving the pool heading South, cutting in front of the traffic island contravenes the road rules.

The school recommends parents park in the large staff car park, accessed by the roadway between the tennis courts and the high school (just before the pedestrian crossing lights). When school resumes,

Steve will be opening the rear gate for pool access for those who wish to park in the staff carpark.

Parking for Club Nights

As the areas in front of the school are now permanent bus zones, the parking options include across the road outside the ATC, on the side road opposite the pool, and the staff car park, which has lighting. Both the front entrance and the rear canteen door at the back of the pool will be open for club night access.

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 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).

Presidents Report

Hello all

With the weather finally warming up and our club nights starting next week **Thursday 6th October 11**, our swimming season will finally be in full swing. Our club nights are a great opportunity for all our swimmers and parents to come to the pool and have some fun and get involved in some great racing. We need the support of all parents to make these club nights a success. At each club night there will be a list at the front gate where you can nominate what job you would like to help out with. The BBQ and Canteen will be available from 5:30pm each club night, so please support this as all money raised goes back into the kids at the end of the season. Don't forget to have your Club Night nominations in by the Tuesday night, prior to club night.

As previously advised our Race Secretary Susan Weldon has resigned from this position and has left SCSC, I would like to take this opportunity to wish Susan and her family all the best in the future and thank her for her efforts as the Club's Race Secretary. Please assist our new Race Secretary Donna Clarke by emailing all you meet nominations prior to the advertised closing date.

Well done to the swimmers who have moved up into Gold Squad recently, keep up the good work at training and I am sure you will enjoy the new challenge of these sessions.

We are arranging a Club Bus Trip to the Cooroy Dolphins Twilight Meet on Saturday 29th October 2011. This is a Short Course meet in a 25M pool. The club will provide a Bus for all our swimmers and parents who wish to attend. We will also arrange for a meal stop on the way home which the club will fund for all the swimmers who attend this meet. At this stage the Bus would leave the club at about 10.00am. This meet is open to all swimmers from 6 years and older. If you are interested, please email the Club ASAP as places are limited, more details will follow shortly. This will be a great opportunity for our club members of all ages to have a fun family day out.

For our swimmers who are eligible to swim at Queensland State Championships in December 2011, don't forget to start targeting swim meets that will give you an opportunity to gain qualifying times for the swims you are wanting to enter. Make sure you talk to Coach Steve about this, and don't leave it too late.

I look forward to seeing everyone at our first Club Night, so don't forget to nominate by **Tuesday the 4th October 2011**.

Thanks

Stuart

Next committee meeting will be Tuesday 11th October 2011 at 4.45pm in the club room

Bus Trip to Cooroy Twilight Meet

Southern Cross Swimming Club is inviting families wishing to join us for a Bus Trip to the Cooroy Dolphins Twilight Meet on Saturday 29th October 2011. This is a Short Course meet in a 25m pool. It is open to all swimmers from 6 years and older. The club will provide a Bus for all our swimmers and parents who wish to attend. We will also arrange for a meal stop on the way home which the club will fund for all the swimmers that attend this meet. The club will also pay for up to 5 events nominations per swimmer.

At this stage the Bus would leave the club at about 10.00am. If you would like join us attending this Club meet at Cooroy (Near Noosa), please let us know numbers of swimmers and Adults who will be attending, ASAP. Nominations and final numbers for the bus need to be in by Wednesday 12th October. This would be a great opportunity for our young swimmers to travel as a team and experience the fun of competing with a team. Please feel free to give Stuart a call on 0418195078 or see me at the pool if you would like any additional information.

We should be back in Brisbane by about 7.30pm

Cookie Dough Fundraising Event

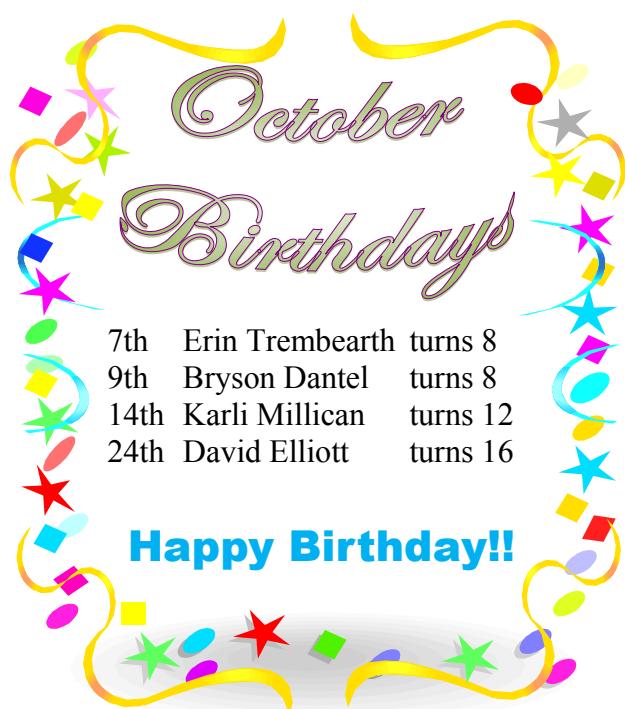
On the second club night (Thursday 13th October) we commence our Billy G's Gourmet Cookie Dough Festive Fundraiser. It is a great opportunity for you to bake up your very own home style cookies, biscuits, muffins and Christmas Cake. We hope as many families as possible support this fundraiser. Please sell to relatives, neighbours, friends and work colleagues.

Some details on the cookie dough, muffin mix and Christmas Fruit Cake include:

- It is packed in a re-usable 1.3kg tub which makes 52 x 25g cookies. That's just 29-31 cents each.
- The low fat muffin mix is also in a re-usable 1.3kg tub, making 26 x 50g muffins at just 62 cents each.
- The Christmas Fruit Cake is in a re-usable 1.3kg tub, making a whole cake, or 26 x 50g cakes or puddings at 65 cents each.
- You can keep the cookie dough frozen and thaw it out as you require for your baking.
- You can keep the thawed cookie dough in your refrigerator for up to 4 weeks or re-freeze it.
- You can keep thawed muffin mix in your refrigerator for up to 10 days. **DO NOT USE AFTER 10 DAYS**

Order forms will be hand out at the second Club night 13th October. Money and orders due back to Stuart or Maria by 3rd November. Delivery will be approx. 21st November.

Our fundraising for this season will be working towards purchasing a semi-automatic timing system for the club.



Playing, Borrowing.....or Stealing?

There have been a number of instances recently where items have been taken from peoples gear bags and squad bags. Some of these items have turned up in unusual locations within the pool enclosure, one was handed in to the local police station and some have disappeared completely.

Parents are asked to remind their children to respect other peoples property—if it is **not yours, don't touch it without permission from the owner.**

Any cases of theft will be dealt with severely.

BSA Meet Dates for 2011/2012

January 2012	28th & 29th	Brisbane Sprint Championships, Chandler
February 2012	8th & 9th	Brisbane Junior Metropolitan Championships, Chandler
March 2012	10th & 11th	Brisbane Senior Metropolitan Championships, Chandler
March 2012	31st	Brisbane Metro Relay Championships, Chandler

Club Nights 2011/2012

Club night resumes Thursday 6th October. Participation is open to all club members, both Recreational and Competitive. Nominations need to be in by Tuesday evening and can be submitted online through the link on the Club Home page (preferred option) or hard copy handed in at the pool office.

Entry is \$5 per family with a lucky door prize drawn each club night.

A responsible adult must accompany all swimmers and be present for the entire evenings activities. Swimmers are not to leave the pool area, and the school buildings and playgrounds are off limits.

BBQ dinners is available from 5.30pm Marshalling starts at 6pm with the first event commencing no later than 6.15pm. The evening is usually finished by 7.30pm

Club Night Duties

All families are required to assist with club night duties, particularly time keeping. We also need:

- A **check starter** to make sure the swimmers are lined up in the correct lane and ready for their race,
- An **announcer** to call the events for marshalling.
- Someone on gate entry to check off arrivals & collect monies etc.
- A second person to run the canteen
- Set up and pack up helpers

Starter	Vic Dantel
Chief Timekeeper	Rob Walker
Referee	Michelle Ditton
Club Night Canteen	Stacey Koch
Announcer	<i>Vacant</i>
Check Starter	<i>Vacant</i>
Marshall	Kelly Trembearth
Club Night Recorder	<i>Vacant</i>
Timekeepers	<i>x 15 required</i>

A minimum of 10 nights help per family is required for swimmers to be eligible to compete at the club championships in March/April 2012

Events

Each Club night is made up of 1 Distance (200/400m) event and 3 sprint (12.5/25/50/100m) events. Swimmers need not be experts, as you are racing against your own time, not other swimmers. Points are awarded for each swim, with higher points for PB's. At the end of the season the points are aggregated and trophies awarded at presentation night.

The Club has adopted the QSA Rules for each stroke, a copy of which is available on the Swim Qld web site. No swimmer 7 or under will be disqualified, and the "one start" rule applies.

Younger swimmers can start off with the 12.5 or 25m races. Once they achieve the following times in the 25m, they **MUST** move up to the 50m:

Freestyle 25 secs	Breaststroke 28 secs
Backstroke 27 secs	Butterfly 25 secs

There are also club qualifying times for the distance (200/400m) events which can be found in the hand-book.

Heats are arranged according to the competitors times, regardless of their age or gender, and times carry over from the previous club season, including Club Championships. Club times are independent of BSA meet result times, and the two are not interchangeable, however BSA times can be used to qualify for Club distance events.

Meet Results

CT Cyclones Swim Meet Cotton Tree 3rd September

Maddy Clarke
 Ayshia Collingwood
 Ethan Collingwood 2 x pb
 Rebecca Edwards 3 x pb
 Caitlin Hall 1 x pb
 Josh Hall 1 x bronze, 2 x pb
 Tia Hall 2 x pb
 Amy Koch 1 x gold, 2 x pb
 Lauren Koch 1 x gold, 2 x pb

Miami Spring Meet 10th September

Amy Koch
 Lauren Koch 3 x pb



9yrs girls Breaststroke medalists at Cotton Tree.

Downs Syndrome SC Champs 24th & 25th September

Nick was at the Downs Syndrome Short Course Swimming Champs where he competed against teams from all over Australia and New Zealand.

Nick is a world record holder in a number of events and won 2 Gold, 2 Silver and 1 Bronze medals over the weekend.

Congratulations to Nick



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

Upcoming Meets

Date	Location	Noms	Qualifying details
8 th Oct	Kawana LC Challenge, Bokarina	Closed	Qualifying Meet
9 th Oct	River City Rapids LC QualMeet, South Brisbane	Closed	Qualifying Meet
9 th Oct	Redcliffe Spring LC Qualifying Meet	Closed	Qualifying meet
15 & 16 Oct	Speedo LC Qual Meet 1		Online noms. QT apply
29 Oct	Cooroy Dolphins Twilight Meet (SC)	12 Oct	Qualifying Meet
30 Oct	Pine Rivers LC Qual Meet	10 Oct	Qualifying Meet
12&13 Nov	Speedo LC Qual Meet #2		Online Noms, QT apply
10-16 th Dec	SQ State Champs ages 11+	TBA	(QT's apply)

Photo Gallery



Cody Starr, all ready for a swimming lesson with Steve.



Jayden stopped in to run a session on stretching and core strength exercises.

School Holiday Learn to Swim Clinic

During the second week of the school holidays the Club's Learn to Swim Clinic was run by Michelle Ditton, one of the club's qualified Learn To Swim Instructors.



We had 7 children aged between 6 to 9 yrs, spread over 2 classes. After a few tears from some, everyone settled in and got into some great swimming. All the children have made great progress and will be more than ready for the School Prep to Gr 2 swimming program which should be starting in the 3rd week of the coming term. We may even see some of them returning for weekly after-school lessons

Thanks to Maddy, Maddie and Tia for coming along to help.

