Swimming
Metro North West
February 2009
Number 6

Your Area Swimming Newsletter

President's Note

By Steve Williams

Welcome back all our members – I hope that everyone has enjoyed any break, however short it may have been, that they had over the Christmas period. A very special welcome to our new members.

Congratulations to all our swimmers who competed at the recent State Championships. A review of the results shows that our swimmers are well represented. Our clubs also figured in the results with SOPAC, Ryde Carlile, Cherrybrook Carlile and Castle Hill Dolphins having great club point scores in the Age and Open Championships.

Our first Area meet for 2009 was the Speedo heats held at Blacktown Pool on Saturday 7 February. Our numbers for this meet was well up compared to the last few years. The new clubs to the area have certainly swelled the entry numbers. The Speedo series is a great concept that gives our upcoming swimmers a chance to compete at State level against other young upcoming swimmers. Thank you to all those who made our heats both enjoyable and a well run afternoon. Again it was good to see so many familiar faces on pool deck, in the stands and in the water. It was equalling pleasing to see new faces in the pool, on the deck and in the stands. Good luck to all our swimmers who have progressed to the finals.

January saw 22 swimmers attend the Silver Squad Development camp at Narrabeen. From all reports an enjoyable and worthwhile time was had by all.
Thanks to Brett Winkworth, Troy Sullivan, Nikki Siddle and John McIntosh for their time, expertise and effort in giving up their entire weekend. Thanks also to Alex Warwar who also put in time over some of the weekend to help out.

On the note of development squads – none of the squads would be possible without the support of so many people from within our area. Proceeds raised from running area meets are directed towards meeting some of the costs of the squads. This would not be possible without the support of swimmers, clubs, officials, helpers and coaches.

The squads themselves could not be run without the support of our clubs, our coaches and the committee. On behalf of the area, thank you all.

Steve Williams.

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Official's Corner

By Ron Brettle

Speedo, 7 February

Despite the fact that it was pretty warm, the Speedo heats ran fairly smoothly and I congratulate those area swimmers who made it through to the finals. My sincere thanks all those SMNW Officials who were rostered to work at Speedo and to the volunteers from our clubs who time-kept throughout the day. I also thank the volunteers who fed and watered the officials and acted as Runners. The latter roles are not 'glamour' jobs but they do make a significant contribution to a carnival's success. There was a definite need for a lot of water on that day! You cannot run a swimming meet without the help of a lot of willing people and it is always good to see how many people are willing to support their children's swimming.

Timekeepers for the Speedo Finals

The finals of Speedo are being held at SOPAC on 8 March. There is a shortage of Timekeepers for this meet. If any of our area accredited Timekeepers are available to work at the finals please email Swimming NSW ASAP at nominations@nsw.swimming.org.au. Mark your email to the attention of Jessica Morrissey.

Technical Official (TO) training and assessing

All TOs Australia wide must now be trained and assessed under the National Official Assessing Program. Training and competency assessment can only be carried out by qualified Presenters and Assessors.

Since the last report, members from Windsor, Swimwest, Hawkesbury and Riverstone clubs have been trained and assessed in a number of TO roles. Chris Evans put a lot of effort into running training over a number of nights for the candidates from these clubs. In addition, during Speedo a Galston trainee successfully completed a competency assessment. As a result of all these activities, the area now has 24 new Timekeepers, five new Finish Judges, four new Checkstarters and Marshalls and a new Starter. Congratulations to our new TOs and thank you to Chris Evans, Pascal Delahay and Rob Halliday for their work assessing our new TOs.

Coming winter attractions for the area include our Winter Championships (6/7 June at SOPAC) and our Mini Carnival later in the season. Both of these are a good meet to either assess candidates for TO accreditation or to give some sound practical experience to newly qualified TOs. Training for various positions will be scheduled around these activities and all clubs will be notified of details.

Becoming an accredited Technical Official

Without Technical Officials we can't run carnivals. Why not have a go – you will find it both interesting and rewarding. The Swimming NSW website (www.nswswimming.com.au - Select 'Resources' and scroll down to 'Technical') carries detailed explanations of the process for becoming an accredited TO. .If you are interested then talk to your club Secretary. They can then contact me to make the necessary arrangements.

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Competitions Secretary Report

By Penny Bernard

Welcome back to swimming for a new year. 2009 looks to be brighter and better than ever. We had our first competition for the year on February 7. This was the Speedo Sprint Heats. The meet was held under very difficult conditions with the outside temperature in the low 40s. The officials, swimmers and even the computers found it difficult. The meet was longer this year due to a near 50% increase in the number of entries but we managed to finish ahead of the time line. We have 143 swimmers from 16 clubs going to the finals on March 8.

Speedo Sprint Heats – comparison of entries over the last 5 years.

Year	number of clubs	boys	girls	Total swimmers	total entries
2005	18	169	184	353	1241
2006	18	160	178	338	1226
2007	17	144	173	317	1162
2008	17	145	186	331	1207
2009	22	242	236	478	1746

A big thank you to all the clubs that entered their swimmers electronically. Electronic entry means that we can have a later closing date allowing you more time to finalise your entries.

And now a short word on events and ages. (Parents of young swimmer please take special note)

You will notice that swimming meets have the events listed by event number and description. The description includes the gender, the distance, the stroke and the age. An example is

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Event16   Girls   9 Year Olds   LC   50 Meter Butterfly.
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If an event is listed as open then swimmers of any age may enter. If an event is listed as a specific age, e.g. 14 years, then only swimmers 14 years old may enter that event. If an event is multi-age, e.g. 14 and 15 years, then swimmers who are 14 or 15 may enter that event but no other age. If an event is listed as 13 and over then swimmers who are 13 years or older may enter; a 12 year old may not enter the event. If an event is 8 years and under then any swimmer who is 8 or under, e.g. 7 or 6 years, may enter. The main problem arises when an event is listed as 8 years. If the event does not have the words "and under" in the title then ONLY 8 year olds may enter, not 6 or 7 year olds. If an entry is made for a 7 year old then the swimmer will be withdrawn from the event at some time. Race secretaries should be careful of entries for young swimmers when making the entries for meets. You should set TM to enforce age restrictions to avoid the disappointment of young swimmers in not being allowed to swim.

Speedo is a good meet to look at this, as all events are single age events. There were some entries from under 8s, most of these were rejected but a few got through. This was not fair on the swimmers who read the program correctly and entered correctly. The other meet that enforces this age restriction is the Mini Meet. The youngest age for the 100m medley is 8/9, not 8 and under. The summer and winter championships have events that show each sort of age grouping. These meets have open, age , "and over" and "and under" events.

Our next competition should be the winter championships in June. I will endeavour to have the list of events and conditions of entry ready for distribution at the April meeting.

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Development Squads 2008

By John McIntosh

The 2008 Development Squads have finally concluded with a late finish for the Silver Squad in the last week of January, 2009.

Just over 70 young swimmers participated in our area's development squads for the year and these numbers were a little down on the previous year. The lower numbers for the Bronze Squad were partially due to delayed formation of the new combined area of Swimming Metro North West and for the Silver Squad the lack of pool facilities at the Sydney Academy. Feedback from many swimmers and parents indicated that the squads were again a success this year.

Several people put in a lot of time and effort to make these squads a success but as discussed at our Area meeting last week there is a need for more involvement from the clubs of the Area. We have been most fortunate that a couple of clubs and just a handful of coaches have supported the Area consistently over the years but we cannot expect these clubs and coaches to continue to bear the load for the future. There will be a meeting set up with some of the coaches from the Area to look at the development squad program for 2009. The aim of this discussion it to look to improving the program for 2009 and also look at ways to involve new helpers (parents & coaches) to the programs. These squads are a great opportunity for our young swimmers to experience the coaching methods of other coaches and also to meet and make friends of their peer group swimmers from the Area.

There is also a desperate need for better communication in the Area, particularly in the field of development squads. Despite many handouts and emails the information appears to have been missing its mark (not being handed on from the recipient) within some clubs. In the last few days you will have received a request to all clubs asking for contact information so please complete these forms and send them back to Wayne (Area Secretary). I need a contact for your Development Squad. We need your help so that we can help your young swimmers to be part of this proud swimming Area of Swimming Metro North West.

Note from the Editors:

With the establishment of the new Swimming Metro North West region we have added a new Club Profile section to the newsletter (thanks Uncle Jack's!). If you would like your club profiled please send us some information and perhaps photos at the address below.

We are happy to take suggestions and feedback on the Newsletter at the email address below.

Cheers!
Dave & Julie

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Contributions & Feedback to: dave.mason@oakton.com.au

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Uncle Jack's Swimming Club Profile

- Uncle Jack's Swimming Club was established in July 2005
- In May 2007 the club registered as a NSW Swimming Association Member
- Uncle Jack's have 4 swimming coaches and 1 sub swimming coach.

  (Roland Higgerson, Claire Wilkins, Vivian , Abbas Hussein, John Goo)
- The majority of Uncle Jack's Swimming Club members are Korean students
- The Uncle Jack's squad team train at Ryde and Enfield Swimming pools
- The Club's colours are Red and Blue (from the Korean flag)

- Uncle Jack's Swimming Club's aim is to be a top 20 Swimming Club in NSW

Uncle Jack's Swimming Club Director : Jack Bahng

- Migrated to Australia in July 1999
- Korean Federation Swimming Association Director in Australia
- Upper North Shore Sydney Region Special Olympics Swimming Coach from October 2004 - present
- Awarded a Certificate of Recognition for volunteering by the Mayor of Ryde in May 2007
- Swimming Coach of the 88th Annual Korean National Competition's Australian team.in October 2007
- Received the Tony Barr Senior Volunteer of the Year Award through the Special Olympics in May 2008
- Received the Beautiful Korean Impression Award from Korean community on the 20th September 2008

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