

Fun

Friendship

Family

LISMORE WORKERS SWIM TEAM

October Newsletter 2014

www.lismoreswimteam.org.au



LWST Coach Report Oct. Meeting 2014

'Team spirit can be hard to define and it can, be even harder to create.

But when a team has it that team is almost guaranteed to play better than the talent it possesses.'A quality that we need to strive for..

We are now in the mist of the summer season, at home at LMB and our club is looking forward to another great season ahead.

We are a week out from our Traditional Lismore Spring Carnival, 19th Oct 2014. The committee is hard at it preparing, not that they have been resting. The committee have been busying themselves, making sure all indicators are pointing to a great season ahead.

- **Congratulations Dennis** on the birth of his daughter Maïna
- Not to be out-done **congratulations go to Jason** as well, our strength and conditioning coach on the birth of his daughter Mia. Looks like the M's win-out on the name stakes
- Many thanks to George who took over the training of the 'Dry-Land' for Jason two weeks off. **We appreciated it.**
- All reports show the development squads did our club proud; we had swimmers representing North-Coast Swimming in the Target and Achiever's Squads all giving their all and being ambassadors to LWST, **Many thanks to Peter** for his time coaching in Sydney
- With our season started; our swimmers should have been discussing their **goals (short and long term)** with their families, friends and Coaches. In readiness for the season ahead. **Write your goals down read them every day, out-loud.**
- Our first two Friday Club nights were witnesses to how our season will unfold. **Again we have seen an increase in swimmers, in particularly at the entry level.** These swimmers are the future of our Swimming Club. With many new parents putting up their hands to help make these nights a success. **Thank You** – 'work shared / work halved'
- Our swimmers have developed their technique under the guidance of their coaches and are enjoying their time in our club. **Welcome.**



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- Our swim teaches / coaches are very proud of the effort and enthusiasm the swimmers bring to the pool. A **true reflection of the effort and time** our swim teachers / coaches put in.
- Thank you Graham Canning for the **mega effort in getting** so many new swimmers on the system and managing the trailing of our club's new timing gear. **What a couple** of Club Nights you had!! And hopefully more to come!!
- Holiday Intensives sessions were **well represented**. Swimmers worked hard on Starts, Turns and Finishes. These **all-important skills (Starts, Turns and Finishes** account for about 30% of your races). So keep working on them. **Swimmers and coaches alike** were delighted and enjoyed the guest visit by Coach Peter Freney
- Well done to the **Walker twins and Abbey Bailey for breaking the ice** and being the first LWST swimmers to attend the early spring carnivals, Palm Beach and TSS carnival (Southport). Thank you De for looking after them. All swam well, achieving some PBs.
- **My thanks to all the coaching staff**, who help, our swimmers with this, **life skill!** Thank you all for the commitment and dedication in channelling so many new swimmers to LWST.
- **Please support our LWST fund raising Dog Night 28 Oct 2014 at Lismore Grey Hound Track 6.30pm**. This is a major Fund-raising opportunity for our Club. A great night; kick back, have a meal and enjoy the racing or just a chat.
- One of LWST goals for this season is to **take a team of swimmers to compete at the NSW Country Championships**. Relay teams are a big part of this goal. Please get behind this Club goal. Qualifying Times are now set. Now, let's get qualifying!!!!!!

We are 88 years Young and LWST is this full of life, Family, Friendly and Fun. So climb aboard, get involved and ENJOY the ride

"through persistence come success"

Gary Dardengo
LWST Coach
0417 222058
gjdardengo@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 – 7:30am – senior squad LMB (Gary)	7:00 – 8:00am – senior squad (De)LMB Strength Training GSAC Gym (Jason)	6:00 – 7:30am- senior squad LMB (Gary)	7:00 – 8:00am – senior squad (De) LMB Strength Training GSAC Gym (Jason)	6:00 – 7:30am - senior squad LMB (Gary)
3:30 – 6:15 *Junior squad/stroke dev 4:15 – 6:15pm - senior squad LMB (Gary)	3:30 – 6:15* Junior squad/stroke dev 4:15 – 6:15pm – senior squad LMB (Graham)	3:30 – 6:15* Junior squad/stroke dev 4:15 – 6:15pm - senior squad LMB (Gary)	3:30 – 6:15* Junior squad/stroke dev 4:15 – 6:15pm - senior squad LMB (Gary)	5:30 - Club night LMB Please confirm times at LMB desk*

Fun

Free for water

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News From the President:

Welcome back to term 4 and swimming club! We had a large turnout of swimmers last Friday night which was great to see after the school holidays. Remember it can get cool during the evening at the Memorial Pool so remember to pack an extra towel and a warm coat for you children to keep them warm between races on Friday nights.

In the interest of child safety and welfare I would like to remind all families that as a club we adhere to the pool attendance policy of the Memorial Pool and GSAC, and the centres policy states "that children who enter the pool area who are under the age of 12 must be accompanied by a person over the age of 16, and must be supervised at all times."

Thank you to all the volunteers each Friday night who have been assisting in timekeeping and at the BBQ. It is a great way to get to know other families and make new friends. Each Friday night every volunteer will be given a ticket and entered in a draw for a prize. There will be many prizes such as chocolates each week. Last week's winner was Tracey Webster who won a kilo of honey. Thanks to Jodie and Gary for organising this each week.

Each week all registered swimmers will go in a draw to win a movie pass. There is also a point score prize each week for the swimmer who earned the most points from the previous Friday night swimming. This is a water bottle or a towel and has been donated by GSAC. Thanks to Graham Walker for these prizes. This weekend sees our first carnival for the season at our pool. There has been a lot of organising behind the scenes from the club members. Susie has been busy organising the food which is supplied to the officials and timekeepers which the carnival host club supply. If you would like to contribute please see Susie on Friday night as I'm sure it's not too late to offer to help. It is however too late to enter the carnival. The official cut off was on Sunday and as you all can appreciate it is a huge job to enter all our swimmers. Thank you to Jodie for this big job! And thank you to all our members that had their entries in on time. Remember these deadlines must be adhered to.

On Tuesday, 28th October we will hold our first fund raiser for the season and it will be at the Lismore Greyhound track. You can purchase tickets on Friday at swim club from Tracey Webster at the sign on desk. They are only \$5 each and children under 16 are free. In the past it has been a social and fun night with the children all enjoying the evening as well as the adults. Previously the swimmers have had a photo with the winning dog of the main race which has appeared in the Northern Star. We are currently fundraising to purchase more timing gear.

If you have any ideas or would like to help with fundraising please see Tracey or myself. We would love a few more helpers. If you are interested in attending our monthly meetings they are held on the second Wednesday of the month at 6pm at the pool. The next meeting will be Wed., 12th November. All welcome. Regards

Kerry Flick ☺



How to look after swimwear:



- Rinse new swimwear in; 1 tablespoon vinegar/ 1 litre water. This sets the dye and doubles the lifespan.
- Rinse swimwear before swimming to prevent over absorption of chlorine.
- Hand wash only in mild detergent, dry flat in shade.
- Use an Aquarium de-chlorinator solution (bought from pet retailers), to rinse out chlorine.
- Always sit on a towel poolside.
- Do not wear swimwear home from training or carnivals.



Carnival Entries

Please SMS Jody Everson (new Race Secretary!): 0435217325 or email: jody.everson@bigpond.com. Preferred entry fee payment is via the clubs direct deposit. Please enter family name as reference; however entries can also be placed in an envelope with correct money and handed to Jody @ club nights.

Summerland Credit Union

BSB: 728-728

* Insert name as reference.

A/C No: 22297569

A/C Name: Lismore Workers swim Team Inc

Ref: insert surname

★ **HAPPY** ★
BIRTHDAY!

*Flynn Cutis, Alannah Mc Grath,
Charlotte Menger, Liam Pollack,*

Quote of the month

“Never put an age limit on
your dreams.”

—Dara Torres, USA gold medalist in swimming