



# The swimmer

September 2009

## Inside this Issue

- 1 Welcome
- 1 Junior swimmer
- 1 Volunteers
- 1 First Club night
- 2 BBQs
- 2 Inswim Carnival information
- 2 Captains Nomination form
- 2 What's CTS?
- 2 Key dates

Glenbrook Swimming Club  
PO Box 205  
Glenbrook NSW  
[www.glenbrookswimmingclub.com.au](http://www.glenbrookswimmingclub.com.au)

# Welcome to a brand new season!

*Time to get in the swim*

The 2009-10 season is already here, and there are lots of fantastic competitions coming up for swimmers to try their hand at. See important dates over the page and plan your summer long course season. Our Club Race Secretary (Fiona Neale) is the person to see if you want to find out what carnivals might suit you.

Are you in training? If you think you'd like some extra tips, you could join our free stroke development classes which are held every Monday from 5-6pm. Stroke Correction is a series of **free** coaching session offered to junior members of GSC. The sessions are run by senior swimmers, supervised by an adult Coordinator. Participants must be aged 6 and up and be able to swim 15m without aid. This is a free service (except for pool entry) and is available only for Club members.

## Junior swimmer makes a splash

*An up-an-coming star*

10-year old Club swimmer Daniel Neale recently represented NSW by competing at the Australian All Schools Swimming and Diving Championships in Perth, with a great time of 3:03.53, placing him 5th in the 10 years boys 200m individual medley. Daniel is a keen swimmer and has spent many months in training preparing for this event. What a great result!

# Volunteers

*Your help is required!*

Without our volunteers on the Club Committee and also helping on Club nights, our Club would not function so, thank you for your time and dedication to the running of the Club.

Club nights are run by parents and friends, so if you have never picked up a stopwatch before here's your chance to learn. We usually team newer timekeepers up with old hands, so don't feel nervous if you've never done timekeeping before. Listen out for the announcement made at the beginning of the night calling for timekeepers. For those wishing to help out in other ways, Club nights need runners, marshalls, announcers, and the more technical roles of judge, referee and starter. Swimming NSW offers free accredited training to people wishing to obtain qualifications as timekeepers, referees, starters, judges and other roles. Matt Neale is our Technical Training Coordinator, so check with Matt if you are interested. For high school students, this sort of role can assist with your CV and also your Duke of Edinburgh award.

## First Club night

*19<sup>th</sup> October*

First regular Club night is Monday 19 October. Make sure you get your race cards in by 6:45pm, as that's when the Club Night Race Secretaries begin seeding races. If you know you're going to be late, you can always write on the top of

your race card "LATE HEAT PLEASE" and you'll be seeded into a later heat. This may mean swimming against others not necessarily your time though.

## What's CTS?

*Face the competition*

Central Tablelands Swimming is the next level up for swimmers to try their luck competing against competitors from our area, which includes Bathurst, Lithgow, Katoomba, Lawson and Springwood clubs. See the key dates on this page which tell you when the CTS carnivals are on, and put in your entries with Fiona Neale, our Race Secretary. There is a cost per race, which goes towards the running of the event. You also need to get your entries in by the

cutoff date – check the Club Booklet for further information.

## BBQs

*Don't feel like cooking?*

The Club offers regular BBQs in the program – great sausage sandwiches cooked to perfection. Check the program for dates, and look for the symbol.



## Inswim Q/Fying Meet

**INSWIM** SWIMMING CLUB

1st November - get your entries in to Fiona Neale if you'd like to go.

### KEY DATES 2009-10

#### Registration Days

Saturday 26th September 2009  
Saturday 17th October 2009  
Monday 19th October 2009

**School holidays** start Saturday 3 Oct and end Sunday 18 Oct. First day back to school is Monday 19 Oct.

**First Club Night** Monday 19th Oct - Registration / fun night

**First competition night**  
Monday 26th Oct

**Glenbrook Festival Carnival**  
Sunday 15th Nov

**Xmas Break** - Monday 21st Dec returning Monday 11th Jan 2010

#### CTS carnivals

CTS1 31st Jan  
CTS Sprint/Speedo Heats 6th Feb  
CTS2 7th Feb

**Last Club Night** - Monday 22nd March

#### Other Dates

**1<sup>st</sup> Nov 2009** – Inswim Metro and State Qualifying Meet - SOPAC  
**29<sup>th</sup> Nov 2009** - CTS Summer Qualifying Meet - Bathurst  
**4<sup>th</sup>-9<sup>th</sup> Jan 2010** - NSW State Age [13-18yrs] - SOPAC  
**16<sup>th</sup>-17<sup>th</sup> Jan 2010** - NSW State Age [10yrs & Under to 12yrs] - SOPAC  
**23<sup>rd</sup>-24<sup>th</sup> Jan 2010** - Country Regional Meets (Glenbrook targeting Mingara)  
**12<sup>th</sup>-13<sup>th</sup> Feb 2010** - NSW State Open Championships - SOPAC  
**27<sup>th</sup>-28<sup>th</sup> Feb 2010** - NSW Country Championships - SOPAC  
**13<sup>th</sup> Mar 2010** - NSW Speedo Sprint Finals – SOPAC  
**16<sup>th</sup>-21<sup>st</sup> Mar** – Australian Open Swimming Championships – SOPAC

## 2009/10 Club Captains Nomination Form

Nominations are now open for Club Captains and Vice Captains. It is expected that Captains and Vice Captains will perform the following duties :

- Provide poolside assistance to Referee for all 25m Pointscore swims.
- Attend CTS meets and assist Race Secretary.
- Attend Club Carnival and other Club events and assist Committee and Officials where necessary.
- Assist Club Committee with activities on Club Nights and be regularly available throughout the night.
- Assist Club Committee with social functions.
- Encourage attendance at monthly Committee meetings and contribute to discussion and decisions on behalf of all club swimmers
- (Captains only)
- Wear club uniform and apparel and be a role model for all club swimmers.

Captains and Vice Captains will be elected by the committee in accordance with GSC constitution.

Please sign below to indicate your acceptance of nomination.

_____	_____
(Name)	(Position)
_____	_____
(Nominee Name)	(Position)



