



The swimmer

January-February 2010

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NSW Country Championships

Good luck swimmers!

NSW Country Championships will be held on the weekend of 27th and 28th February at SOPAC and we are very proud to announce some first-time country champ representatives who have qualified:

Fraser Brown, Alysia Hughes, Georgia Mazenauer, Gabrielle Neale, and Madison Hughes.

Competing again this season are:

Siobhan Clifford, Nicholas Hawkins, William Healey, Bradley Hoffmann, Christine Kidd, Daniel Neale, Ellen Schulze, Maya Suzuki, Eloise Trotter, and Cherise Terry.

Best of luck to all these swimmers and we hope you have a successful weekend with lots of PBs! Thank you in advance to all those parents and Club members who are helping out on the day as volunteer officials.

Upcoming carnivals

Get your entries in

The next carnival entries are for the Swimming NSW Qualifying Meet held at SOPAC on the 6-7 March. Can the swimmers with qualifying times please make sure they have their cards to me no later than 26-2-10. For this event you will need special cards (not the normal multi entry cards). You will need to let me know early if you will need one so I can contact NSW and have it supplied (they are not given out by NSW Swimming unless the swimmer has the QT).

Club Championships up soon

From the 1st of March you'll notice a big program of Championship events in the program booklet – this is where you get to swim against competitors your own age. See below for entry tips – remember you must fill out a pink card, and don't forget to write your event number on the top right hand corner.

CHAMPIONSHIP CARD – HOW TO...

- 1. Write event number on top RH corner (some pink cards don't have "event Number" stamped on them, but still write in the number)**
- 2. You can't write "TT" as your time – you have to write in a time you've done in that stroke/distance**
- 3. 6:45pm is the cutoff – your card cannot be accepted as the races have to be seeded then and there.**

Sydney Uni Squad for Christine

A great all-round achievement

Club Captain Christine Kidd received a highly sought-after invitation to join the elite Sydney University Swim Squad, which is a tough squad to get into. Christine was accepted into the squad on the basis of outstanding academic achievement in the HSC, and excellent swimming record, having competed at various State and National events during her long swimming career. The scholarship means Christine will be training with

her new squad at the Sydney Uni pool, receiving extra tutorial support during her degree program, and opportunities to compete at various swim meets, including national and international intervarsity competitions. A great result after years of hard work in the pool and in the classroom – congratulations Christine!!

Extra Pointscore events

From 2010, Club nights will consist of an extra Pointscore 50m event, which will be the formstroke from the next week's program. A great way to practise for those school swimming carnivals in February! Write them in your program so you don't forget.

NSW State Open

Great swims girls!

At the recent NSW State Open Championships Glenbrook Swimming Club's top swimmers qualified to swim several races. This was a great experience for the girls, as it was an open event meaning they were competing against Stephanie Rice, Leisel Jones, and other big names in the swimming world. Lauren Silk placed best, with a fantastic 50m backstroke race in a personal best time of 31.77. This qualifies Lauren to compete at the upcoming Commonwealth Games trials in March. The swimmers' race results are:

Christine Kidd: 59th 50m Butterfly 30.32, 63rd 100m Breaststroke 1:22.27, 46th 50m Breaststroke 37.28, 62nd 200m IM 2:36.21

Lauren Silk: 39th 100m Backstroke 1:08.88, 25th 50m Backstroke

31.77(PB)

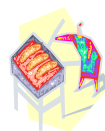
Maya Suzuki: 67th 50m Butterfly 30.64 (PB), 78th 100m Freestyle 1:01.67, 55th 50m Freestyle 28.34, equal 103rd 100m Butterfly 1:10.62

The Club also entered its first-ever women's 400m IM relay team, including the above three girls and Ellen Schulze as 4th swimmer, and came a respectable 20th against some very tough competition. The team's time was 4:46.28.

Other recent swim meets include the Country Regionals held in Mingara, CTS1 and CTS2, and Speedo Sprints. For full results and details check the website and keep an eye on the Gazette for regular reports and updates.

BBQ Nights

Easy dinner



Remember our BBQ nights support the Club's fundraising activities and also make it easy for feeding the family on a Monday night. Check the program booklet for the little picture of a BBQ so you know which weeks have a BBQ running. Many thanks to the Gaegin family and other volunteers for their tireless running of the BBQs on both Club nights and at many carnivals.

Calling for Committee members

Get involved in your family's sport

Every third Tuesday evening there is a Committee meeting at the pool in the meeting room. Tomorrow night (February 23rd) is a delayed meeting for February, so come along if you want to have your say in how this

KEY DATES 2010

Club Championships – 1st, 8th and 15th March

Last Club Night - Monday 22nd March

Other Dates

27th -28th Feb 2010 - NSW Country Championships – SOPAC

13th Mar 2010 - NSW Speedo Sprint Finals – SOPAC

16th - 21st Mar 2010 – Australian Open Swimming Championships / Commonwealth Games Trials– SOPAC

5th -10th Apr 2010 – Australian Age Championships – SOPAC

1st May 2010 – Presentation Night (VENUE change – TBA)

15th August 2010 – Bunnings BBQ fundraiser – M4 Bunnings

Club is run. There are various roles available, both big and small, and we need the expertise of various people to help ensure all members get a fair go and are equally represented. Come along and meet the executive, sit in on a meeting, then maybe have a think about putting in your nomination for a role at the AGM in May.

