



The swimmer

March 2010

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Glenbrook Swimming Club
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Telstra Champs

Good luck Lauren!

Lauren Silk will be representing our Club at the Commonwealth Games Trials in her pet events – 50m and 100m backstroke. All the best to Lauren, and what a fantastic achievement to have qualified for this elite level meet. The Silk family certainly have sporting genes!!

Also, Nicholas Hawkins and Laura Mitchell are volunteering at the Telstra Champs. They will be assisting spectators, running results and most importantly, assisting with the medal presentations. Nicholas hopes to meet up with Brenton Rickard again while Laura would be happy to meet Stephanie Rice.

They will be working Sunday 14th at the pre-meet training sessions, Thursday 18th Finals session, Saturday 20th and Sunday 21st all day and finals. They will be exhausted but what a fantastic experience for them.

Next Committee meeting

Presentation Night arrangements

The next Club meeting will be on Tuesday 16th March at Glenbrook pool. Our main focus at the moment is Presentation Night and we are looking for two volunteers to form the trophy committee. Duties include:

- Selecting trophies for pointscore, championships, etc.
- Providing result to trophy supplier for engraving
- Picking up trophies from trophy supplier
- Checking engraving
- Having any errors corrected
- Bring trophies the hall for set up prior to presentation night.

The trophy supplier is Western

District Trophies at Springwood.

Any volunteers please let Brad Kidd know so we can kick this off as early as possible.

You'll find attached a Committee Nomination form – we are looking for some new faces on the Committee as some of our members are leaving as their children finish school, or move into different sports. Please consider nominating for a role, as this means the interests of the broad range of swimmers from the Club (from very young to more mature!) are catered for as much as possible. Roles which will become vacant and require filling include:

- President
- Treasurer
- Publicity Officer
- Race Secretary

For a full list of available roles, please see the 1st page of the Club Booklet. Feel free to ask any of the existing Committee about the requirements of the position to see how it fits with your schedule and preferences. Committee nominations can be handed to any member of the current Committee.

Final Club night

Summer's finally over

Yes, the cooler evenings are here and after 22 March we will all have our Monday nights free again. As 22 March is our last night, instead of races there will be a 2 x 50m Timed Relay with prizes available to the winning team. A free BBQ will be



running so no worrying about what to cook for dinner!

Winter Club nights

Keen to swim through winter?

From 6 May, Combined Winter Club nights will commence at Springwood Aquatic Centre. The nights are usually over within an hour or so, and give swimmers the opportunity to race in the short course (25m) rather than long course format. The same kinds of swimming carnivals as long course are held throughout the winter season for short course. Keep your eye out for more information on the Springwood Swimming Club website: www.springwoodswimmingclub.com/

NSW Country Championships

Great turnout

The weekend of 26 and 27 February saw SOPAC inundated with country swimmers from all over NSW, from as far away as Dubbo, Coffs Harbour and Griffith. Amongst the swimmers were 16 competitors from our Club who, along with swimming, also took part in the traditional march-past of clubs. Over the two-day event Glenbrook boasted 6 finalists, and some great personal bests. Congratulations to all those who spent the long two days at the pool, and also many thanks to the parents and friends of the Club who volunteered in time-keeping, marshalling, starting, judging and other important roles. Glenbrook Swimming Club was very well-represented as technical officials, a great credit to our in-house technical training program. Great results for our two relay teams and finalists, but congratulations to all those who

qualified to compete.

Relays: Mens - 200m Freestyle Relay 7th 200m Medley Relay 6th : Lauren Silk, Christine Kidd, Maya Suzuki, and Ellen Schulze

Womens - 200m Freestyle Relay 12th, 200m Medley Relay 16th: William Healey, Nicholas Hawkins, Bradley Hoffman, and Madison Hughes

Finalists:

Brown, Fraser 50m Freestyle 10th 33.24 (PB), Kidd, Christine 50m Butterfly 8th 30.70, Neale, Daniel 50m Freestyle 4th 32.45 (PB), 100m Freestyle 6th 1:12.93, Silk, Lauren 50m Backstroke 5th 31.87 (PB), 100m Backstroke 9th 1:09.84, Suzuki, Maya 50m Butterfly 9th 30.82 (PB), Trotter, Eloise 50m Freestyle 9th 30.51 (PB), 100m Freestyle 8th 1:07.09 (PB)

Other Club swimmers who qualified to compete at country are Siobhan Clifford, Alysia Hughes, Georgia Mazenauer, Gabrielle Neale and Cherise Terry.

Presentation night

15th May

Our annual Presentation Night will be held at Glenbrook Primary hall on Saturday 15 May. The evening will begin at 5:30pm with finger food, followed by the presentation at 6:30. Afterwards, there will be a disco, with more food and drink provided. Please RSVP number of people and the time you will be arriving (eg 5:30 or 6:30) to matthewneale@people.net.au by 1st May for catering purposes. So you think you can dance?? See you there!

P.S. could any members who were recipients of perpetual trophies last season please bring them to the Club room over the remaining Club nights.

KEY DATES 2010

Last Club Night - Monday 22nd March

15th May 2010 – Presentation Night , Glenbrook Primary School, Woodville St, Glenbrook (from 5:30pm)

15th August 2010 – Bunnings BBQ fundraiser – M4 Bunnings

Other Dates

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

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



