

CENTRAL



# Swim News

February 2019

## Latest News....

The weekend of January 11th 2019 saw two of our own, **Jasmine** and **Finn** representing WA and Central Aquatic at **Lifesaving Nationals** in Sydney. Amazing efforts with overall finishes of 4th (Finn) and 7th (Jasmine) in their age categories. Finn also managed a silver in the line throw, missing out on the gold by only 0.09sec. Both kids made such an impression they were invited to compete with the U16 State Development team—what an opportunity to build your skills guys!! Finn was also offered a spot on the Queensland U16 State Team.....sorry guys....we'd like to keep him!!!



**State Age Championships** in December saw six of our swimmers competing with gusto....a big ask right before Christmas. Well done to **Finn V, Kasie, Adrian, Riley, Meg** and **Aimee**. You guys earned your Christmas pudding. Special mention goes to Aimee for cracking the 30sec barrier in her 50m free!

Well done to our swimmers who competed at both the **Sprint meets** this month, a great turn out with eleven swimmers and nine swimmers in the SunSmart and South Shore meets respectively. We are particularly proud of our junior swimmers **Tahlia, Will, Sasha, Maya, Madison, Dion, Jordan, Savannah** and **Kenzie** who continue to improve their technique and their racing confidence. Remember kids, although a PB is great, it's more important to keep working at those skills and having fun while you do it. Thanks to Coach Deb who nurtures the future of our club. We love and appreciate everything you do!! xx

Certificate of excellence to **Emily Barwick** for an outstanding performance at the **LC Junior Challenge** in January. Em swam 5 events, PB'ed in 5 events, achieved state times in 5 events and narrowly missed National Times for the 100m and 200m breaststroke. Stellar effort Em, we are so proud of you!

## Upcoming Events

**23rd-24th February** - Summer Sensation

**2nd March** - Club Premierships

**4th March** - Scarborough OW relay round

**16th March** - Club Canoe Day

**17th March** - Western Sprint

**31st March** - Bunnings Sausage Sizzle Fundraiser

**12th-14th April** - Junior Long Course Championships

**5th May** - AGM and Awards Night

Special thanks to Zafar Iqbal for designing our website. If you haven't already checked out all the information on the website, please do!

Any website feedback email [memberservices.CAQswim@gmail.com](mailto:memberservices.CAQswim@gmail.com)



Wishing the following people a **fin-tastic** Birthday...



### March

2nd Jasmine M

7th Kasie S

10th Grace A

### April

7th GP

13th Dion VdN

14th Finn VdN

24th James H

28th Kenzie

### May

4th Andrew M

## Stay Informed....

Up-to-date information can be found on our website

[www.centralaquatic.com.au](http://www.centralaquatic.com.au)

Email the committee - [memberservices.CAQswim@gmail.com](mailto:memberservices.CAQswim@gmail.com)

Keep an eye on the whiteboard on pooldeck

Find us on Facebook and Instagram



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## Coaches Corner

*The training pool is where you make it happen. The racing pool is where you let it happen.*

In-season meets are designed to teach racing skills, educate swimmers on race preparation, encourage team building and teach swimmers how to race when they're tired. Using the clock to determine whether a swim was good or not, is a problem because the clock isn't the only marker of improvement in the water.

**Forget the Clock.** Improvement in the water isn't always reflected by the time. Even though you might have added to your PB, you may have had a better technical swim. Change and improvement doesn't happen uniformly. When we start swimming, we improve by leaps and bounds, not only because we are learning at an accelerated rate, but because we are growing and changing physically. **The faster you get, the slower you improve** is one of the less-talked about aspects of high-performance swimming. When we commit to getting better, we improve quickly. As we master it (whether it's a skill, a conditioning level, or a higher elbow catch), improvement starts to slow down. It might even completely stall. Even though we are working super hard and doing everything right; we plateau. When this happens, we need to focus our efforts on swimming better. Bursts of improvement come when you are swimming harder **and better**. Make sure **you** are doing everything to be the best swimmer you can be. Look at your preparation and process, listen more at training, refine your stroke.

Importantly, when we train hard, the more fatigue we carry around with us. The effects of yesterday's hard set doesn't disappear after a night of sleep. The stockpile of fatigue that comes from weeks and months of hard training is the burden of swimmers who show up and train hard every day. **Recovery is important.** How hard do you work at recovering? How much sleep are you getting? How well are you eating before, during and after your swim practices? How hydrated are you? **Working hard is awesome, but recovering hard is just as important.**

At lastly, and most crucially, show up, give your best, and good things will happen. **Practice with persistence and be patient.** The breakthrough you want might not happen today. Maybe not tomorrow. But it's coming; as long as you **keep showing up.**

Adapted from the [article](#) by Olivier Poirier-Leroy.



### Member Spotlight

Shout out to Andrew Morris who has committed to swimming every open water event for the series....yep all twelve rounds from Harvey to Mullaloo! Andrew started the season with a 24m50s 1.25km time and has taken over 4 and a half minutes off as the season has progressed. He's graduated to 2.5km swims now and those times aren't too shabby either, with his swim at Bunbury clocking in at 37m01s. Hats off to you Andrew, we applaud your determination and commitment! Good luck for the final round at Scarborough!

### Ongoing Thanks to our Sponsors



### Events in the Pipeline

**Canoe Day** is coming....this was a huge hit last year! The Committee are subsidising the cost with those interested required to pay only \$10 up front. There will be a free sausage sizzle afterwards. 9.30am Saturday 16th March at Riverside Gardens Bayswater.

**Club Premierships** is the 2nd of March. All swimmers will be travelling by bus to the pool as a team. Please be at Baysie Waves by 7.15am. The Committee have also organised a celebratory lunch afterwards. Please bring a hat, sunscreen, a ball to kick and maybe a deckchair or picnic rug for your chauffeur(s). After the swimming, head over to the Perry Lakes Reserve Playground and set up under a tree.

**Scarborough Relay Round** is on the 4th March. It is the final open water round for the series. Kicking off with individual swims first, teams of three compete in a 1.6km relay (400m, 550m, 650m) in Open and U18 categories. The relay is expected to start at 10am. Please register your interest with Wayne ASAP.