

CENTRAL



Swim News

May 2019

Latest News....

Long Course Junior States saw CAQ well represented by Emily, Savannah, Ruben, Jordan, Jasmin, Tom and Sanko. Well done to all these swimmers for qualifying. Your love of swimming and commitment to training is certainly paying off. Special mention to Emily for her 3 PB's one of which inches her closer to a National time in the 100m breaststroke, and Sanko and Jordan for 3 PB's and 2 PB's respectively. An inspiring effort after a long and tiring Term 1 at school.

Adrian Rogers represented Central Aquatic in the Australian Championships in Adelaide in April, competing in 100m, 200m and 400m freestyle events. The competition was fierce, but Adrian held his own, staying within a second of his PB in the 100m and within 2 seconds of his 200m freestyle. Well done Adrian!!

Swim Central is coming to WA. Last month, Meredith attended an information session on the new membership management tool that will be replacing the club administrative functionality of My Swim Results. And whilst we are all quite used to My Swim Results, Swim Central has some very good features for club administrators and swimming families. Swim Central, in due course will be able to link seamlessly to My Swim Results, so that coaches and parents will not lose the analytics tools available in My Swim Results. Stay tuned for the Swim Central information session before the official roll out later in the year.

Upcoming Events

1st-2nd June - Geraldton SC Meet

30th June - Officials SC Pentathlon

4th August - South Shore Super Sprint

17th August - Arena SC Meet

6th-8th September - SWA State SC Championships

21st-22nd September - Junior Long Course Championships

28th September - Renew Membership with Central Aquatic ready for the long course season

Congratulations to....

Finn, Meg, Tom and Maya for their nominations to the CAQ swimmer's representative sub-committee. The coaches and committee are proud to have you lead us into next 12 months. May you be a shining light for all of us in your inclusiveness and respect for all members of the team, positive attitude and sportsmanship. We look forward to seeing what you can achieve with the swimming group this year!!

Stay Informed....

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

www.centralaquatic.com.au

Email the committee - memberservices.CAQswim@gmail.com

Keep an eye on the whiteboard on pooldeck

Find us on Facebook and Instagram



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Happy Birthday Fishes to the following people....



June

7th Hayley T
27th Rico P
29th Madison Manning
30th Maya, Xander

July

3rd Harrison F
5th Aimee B
10th Savannah C
11th Amy T
12th Jade K
19th Adrian R

August

15th Ruben D
31st Madison Mertens

September

20th Taylor S
24th Emily B
28th Olivia O, Lorraine

Coaches Corner

Seven Things Swimming will Teach you about Life.

Swimming develops some of the most fundamental and critical life skills, applicable in your career, personal relationships, and even other sports. Swimming will teach you the importance of hard work, of being humble, and of being a team player. Below is a discussion of these seven crucial life skills.....

- 1. You have to work hard for the things you want.** Nothing worth having comes without effort. Accomplishing anything requires hard work. **Make working hard your talent and you will never go without success in the pool and in life.**
- 2. Sometimes it's just not fair.** You know that swimmer—shows up to practice once a week, but because they have plates for hands and the height of a basketball player they still crush you any time you race. In the long run though, **a work ethic will always take you more places than natural talent and physical gifts without effort. Always.**
- 3. You learn how to cope with failure and setbacks.** Things won't always go your way. There will be times where no matter how hard you work, the results won't match the effort in practice. Or there will be moments you choke when racing. These moments hurt and they take you down a peg. But they also teach you how to be mentally tough. **To overcome. To be humble.**
- 4. Being a team makes everyone better (including you).** Ever wonder why so many swimmers seem to have superhuman speed when it comes to relay legs? There is something that happens when you race for something besides yourself. The temptation to want to do it on your own and be able to say that you did it with no help is admirable, but when you can focus the effort and the will of the group for a common goal, incredible things start to happen. **One swimmer chasing greatness is powerful, but a group chasing greatness is unstoppable.**
- 5. It's a process.** Swimming will teach that wanting something is not the same thing as accomplishing something. In order to be successful, in order to crush that PB you have to do more than just dream endlessly about it, do more than writing it out, and more than telling people about it. You need to adopt the daily routines and habits that will get you there. You must, in other words, learn to love the process of becoming the swimmer you want to be. **Swimming shows you first-hand that when you master the process, you master the goal.**
- 6. You learn to discipline yourself.** As you progress through your swimming career you learn to become more reliant on your own devices to stay on top of your training. Discipline really rises to the surface the moment when it's just you and that alarm clock and not your parents dragging you out of warm sheets for early morning winter training. Conquering the alarm clock is tough, and once you do it, everything else that comes your way will seem easy in comparison.
- 7. How you lose is as important as how you win.** Winning is great and losing sucks. But how we do both matters more than the outcome. You will lose many times over the course of your swimming career. You don't have to like it, but being able to lean across the lane rope and shake the winner's hand means, that even though you didn't conquer the competition you conquered yourself.

Being a champion is more than just being the first swimmer to the wall—it's being humble in victory, congratulatory to others, and setting an example for those to come.

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



Sponsor Spotlight

Central Aquatic are very grateful for the ongoing support of our major sponsor, Williams Meats. Neville has been a swimmer and a parent at CAQ, and our major sponsor for over 10 years. He supplies all our delicious hamburgers and sausages for club nights and fundraisers and we can't thank him enough. Located in the Forrestfield Shopping Centre on Hale Road, please stop in if you can, say thank you and purchase some goods as a show of appreciation for all that he does in supporting our kids and our club.

Ongoing Thanks to our Sponsors

