

CENTRAL



Swim News

February 2020

Coaches Corner

Jazz up your Toast

Change of pace this month with some easy breakfast/snack ideas for all our hungry swimmers....



Toast. Possibly the most simple food around, but also one of the most versatile. Great just slathered with butter, but there are also endless possibilities to jazz it up to satisfy every swimmers appetite. It's also quick to make as you're heading in or out the door, which as we know is important when life is so fast paced.

Avocado - add cooked mushrooms, an egg, smoked salmon, bacon, some homemade baked beans, spinach, tomato or a handful of mixed berries. Yes, typically avocado is associated with savoury dishes....but it is also quite a neutral taste, so if you're feeling like something sweet, add a drizzle of honey to the fruit topping to satisfy the cravings.

Nut butters - peanut is the most commonly available, but you can also get almond and hazelnut butters fairly readily. **Jazz it up** with banana, strawberries or blueberries, along with some honey or maple syrup, and a pinch of cinnamon!

Ricotta/cottage cheese - another great base that can be sweet or savoury. Top with fruits and honey or maple syrup and crushed nuts, or poach an egg and add some salmon, lemon juice and sprouts (also try yoghurt or cream cheese as an alternative).

And don't forget that it doesn't have to be wheat toast, rice cakes, corn tortillas, gluten-free breads, sliced vegetables such as sweet potato and mushrooms or even cauliflower bread or even an omelette are great!

Happy snacking!!

<https://www.tristarathletes.com/nutrition-meals-blog/ezikielbread>

<https://kellyjonesnutrition.com/healthy-toast-toppings>

<https://www.organics.org/13-clever-gluten-free-alternatives-to-bread>

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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



[@centralaquaticswimmingandlifesavingclub](https://www.facebook.com/centralaquatics)



[@centralaquatic](https://www.instagram.com/centralaquatic)

Upcoming Events

- 22nd Feb - Book and Bake Sale
- 29th Feb - Club Premierships
- 2nd Mar - Scarborough Open Water
- 7th Mar - Zone Championships
- 9th Mar - Club Night
- 13th-15th Mar - **ROTTNEST CAMP**
- 23rd Mar - Club Championships
- 27th Mar - Junior State Champs (3 days)
- 30th Mar - Club Champs Bring a Plate
- 7th Apr - Age Nationals (8 days)
- 17th Apr - Open Nationals (6 days)
- 3rd May - AGM Save The Date



Lifesaving news

Want to get a job as a lifeguard or get into surf lifesaving?? You can train for your Bronze Star or Medallion with CAQ!!

Lifesaving is on every Saturday with a few exceptions. This is free for members or \$50 for non-members so bring your friends too!!

Check out the [link](#) for the summer calendar

Happy Birthday Fishes to....

February

- 1st Kaylee
- 9th Georgina
- 10th Thomas
- 12th Caleb, Harry A
- 17th Ruby
- 18th Meg
- 21st James B



March

- 2nd Jasmine
- 7th Kasie
- 6th Gemma
- 10th Grace
- 14th Carter

April

- 13th Dion
- 14th Finn V
- 24th James H

Latest News....



We couldn't have been prouder of our age swimmers who competed at the **WA State Championships** just before Christmas. You made all four very tiring, exhilarating and nerve-wracking days worth it for all involved. Harry took home 6 gold medals, 1 silver, 8 national qualifying times and a PB in every race. Andrew chased him down with 3 finals berths, narrowly missing national times in the 200 and 400m free. Meg swam some cracking freestyle races 200m, 400m and 800m with some gutsy PBs, Kara swam a fantastic 100m fly, her first in a while, and Em and Finn made finals in the

breaststroke with Em taking home a bronze medal in the 200 breast. Joined by Jas, Aimee and Tom T on Saturday night, they ripped out some amazing medley relays, to take 5 secs (girls) and 7 secs (boys) off their entry times. Great displays of not only your swimming prowess, but more importantly, your outstanding support of one another, your resilience and your great sportsmanship.



Jas and Finn did CAQ proud last month in the **National Pool Life Saving Championships**. Being relatively new to the competition did not dampen their enthusiasm and their determination was inspiring over the 3 day competition. Their first time competing in the Simulated Emergency Response Competition (SERC), demonstrated how working effectively as a team earned them the 2020 Australia U16's SERC champions. Their performance was a standout for their coaches and everyone else spectating. They also medalled in the U16's 12.5m line throw (Finn silver and Jas bronze), and in the 8 x 50m fin relay (bronze). Kudos to Tom Ballantyne for his amazing coaching over the last few years.

After doing every single open water round last season and working hard in the training pool for the last 12 months, **Andrew Morris** earned his place at the **Age Open Water Nationals** in Adelaide. Finishing 22nd with a time of 1:07.09, the stage is set for a 2021 qualifying time. Special thanks to Coach Wayne for making the trip with him to keep him calm and focussed in his Nationals debut!



We had some special visitors in January. **Tom Foster and Sally Hunter** popped in to share a bit of wisdom with our kids. Sally took time to speak with our breaststrokers and give them some pointers, and Tom shared his journey from training injury to rising above it all to compete and earn gold medals in the Invictus Games. We feel very blessed to have them as part of our village and grateful they are able to make the time in their very busy lives.



Australia Day saw over 20 of our swimmers compete in the open water swim at Sorrento. It was fantastic to see the future of open water swimming at the club is in good hands with nine juniors swimming up a storm, as well as one of our Junior Dolphins, Hope, taking part in the Open Water Clinic for 5-8 year olds!! Well done to Riley and Olivia for completing their first Splash and Dash!!



It was a sea of red at HBF on Feb 1st, as 33 of our swimmers sprinted their way to a top ten finish in the team scores at the **Sprint Championships! Finishing 9th overall**, we saw Gemma, Jada and Hana make a stunning debut to competitive swimming. Well done girls...we're looking forward to seeing what you can do next! Special thanks to Coach Wayne and Coach Deb who managed to wrangle all the kids and lend us their wisdom.



Our annual beach day took our swimmers out of the familiar pool environment and introduced them to some Surf Lifesaving. Providing a diversity of swimming experiences is part of our culture and our beach swimmers were not disappointed with tube rescue and board training in water and weather conditions that were just perfect.

Thanks to our terrific CAQ coaches; Tom, Deb and Wayne, our President Perry, and Lisa and Matt for giving up their precious Saturday morning and organising such a great day out for our kids.



Ongoing Thanks to our Sponsors and our Partners

