

Gatton Swim Centre

Another Great Season! Thanks to our Teachers/Coaches/Swimmers!

Congratulations to our swimmers on another great season. Dedicated training and lessons have seen some amazing improvements and in our various levels we have some great swimmers like my whole baby class on Tuesdays! They never miss a class and this group of mums know what it is all about, about consistency establishing great skills. If you are looking for improvement, good technique and great attitude in your swimmer, then make sure above all that you are consistent in your lessons!!!

Connor Crane, Sarah McNeil, Harry Van Rompaey, Jamie Burns, Hayley Hilton, Sophie Martin, Jorja Poldevaart, Luke Naumann, Daniel Nolan, Bradley Van Drie and Megan Rutherford are just some of the swimmers who have shown amazing improvement in skills and/or in attitude or times this season. Well done to all our swimmers!

A reminder that it is our policy that swimmers do not graduate from any level from Water Babies through to squad

unless they are booked for the following month.

Very few graduations will occur in March, and those that do move during the month in order to get a taste of the higher level, will generally need to step back a level for a quick revision after a break from swimming.

All our squad swimmers will recommence next season in Junior Squad, unless they are 13 or over, or have qualified in an individual event at State Championships.

Swimmers will be moved to Senior Squad on merit once the season commences.

Pittsworth Swimmers

Gabrielle Bendell, Sabrina Baratta, Luke Naumann, Daniel Nolan, Caitlyn Nolan, Ashleigh Nolan, Kyle Stewart, Abby Naumann and Aiden Van Ee attended the Pittsworth Carnival in March. Well done to all our carnival Competitors this season!!

Please ensure you speak to your coach or teacher before we finish lessons at the end of March. Do check on your child's progress and where your teacher expects to be going with your swimmer next season. Express any concerns you might have and ask questions! Do also discuss winter swimming with our staff.

Once again Thank You to you supportive parents out there and our terrific swimmers.

Also thanks to our amazing staff: Leland, Karen, Louise, Jan, Ashleigh, Kel, Jill, Naomi, Shannice and Laurie!

Well done guys!☺



Winter Swimming

Once again it's time to think about winter swimming and it's great to see so many of you looking to continue with your lessons through the winter.

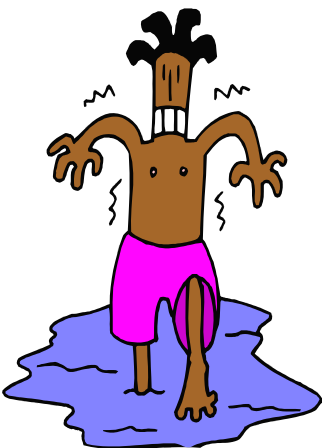
We will be making arrangements for winter swimming as per usual. Lessons in Gatton will finish at the end of March. The pool will close in April and we will head to Age Nationals shortly after in Sydney. In May

we will attend the annual Aust Swim Teachers and Coaches Conference, to give us lots of good ideas and new tortures to bring back to you! Then in June we will look to start winter swimming.

Presently we are making arrangements with Fairholme and Withcott and we hope to swim with them as we did last off season. Both venues are always

very welcoming and it works well for us. Further information will be on the website, but for now please indicate your interest to staff in the shop and you will be placed on a call back list. As soon as we finalize arrangements we will call you to make a booking!

If you can't swim with us, then do talk to us about which programs/swim school we recommend.



Coaches Corner by David Reinhardt

Once again another summer is over and I would like to take this opportunity to congratulate not just the swimmers but also the parents who have shown great tenacity this season. We have seen quite a few swimmers step up to the plate and really lift their game with regard to their commitment to swimming and this is reflected in some great results.

From first-time racers Ashleigh Nolan and Luke Naumann at Pittsworth, through to Jess achieving two additional National Qualifying times in Brisbane, we have seen some terrific swimming at carnivals and some great training in the pool.

Those swimmers seeking strong results next season need to seriously consider winter training. Swimming through winter, even on a lesser intensity or frequency, keeps the 'feel' for the water as well as swimming fitness. If you choose not to swim in winter then you MUST do some other sport to maintain cardiovascular fitness! I always find that those swimmers who train through the winter, even if having started later in the winter, will come back at September streets ahead of those who do not swim at all from April to September.

Jess and Ash recently attended a Bronze Clinic for National Qualifiers, where they had an opportunity to speak with a

sports physiotherapist and have their bodies and muscles checked over, and a sports psychologist to check on their attitudes and egos!

10 of our swimmers attended a starts clinic we organized with Glen from Academy and we would like to thank him for his expertise and the use of his blocks at Centenary!

School State Championships are looming once again and congratulations to Nick Schulz and Daniel Nolan who will compete at Primary and to Ashleigh Olive, Matthew Cumner, Merryn Ford, Megan Rutherford and Jess Reinhardt who will compete at Secondary School State Championships. Good Luck!



"I wouldn't say anything is impossible.

I think that everything is possible as long as you put your mind to it and put the work and time into it."

Michael Phelps

Our swimmers at State Championships: Megan Rutherford, Jess Reinhardt, Ashleigh Olive, Daniel Nolan, Matthew Cumner and Matthew Olive.

Top 25 Australian Rankings (http://swimclub.com.au/swimming_rankings.htm)



Did you know that both Ash and Jess both feature in the Top 25 Australian Rankings for this season?

If you look up the web page above, under the tab 'GIRLS TOP 25' you can find Jess in the 15year old 50m Fly and Ash is currently 16th in the GIRLS 16yo 50m Breastroke. Jess is also 16th in the 100m Fly.

Good luck to both our girls at the Age National Championships in April in Sydney!

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