



BURNSIDE SWIMMING CLUB NEWSLETTER

June '09

www.communitywebs.org/BurnsideSwimmingClub

Dear Members

Welcome to my first article as President of the Burnside Swimming Club (BSC).

Firstly, I must once again thank Tim Jordan and the immediate past committee for all the work that they have undertaken to place the BSC in such a strong position. The previous committee took over the club at a critical time in our history, and without any fuss transformed the club into an organisation in which all swimmers and parents or guardians can be proud. Recent achievements at the Age Nationals in Sydney clearly demonstrate that we are a club with a very bright future.

Another person who has helped put us in this position is our Coach, Shelly Camy. Her dedication to the swimmers is remarkable, and without her guidance I am of the belief that we would be much further down the ranks than we are at this time.

The one thing that I would like to impress upon all at the club is that we are a club, and not a group of individuals. Every week I see our athletes at the club supporting each other, ensuring that victories are celebrated and losses are learnt from, but not taken too much to heart. The younger competitors in the club are learning from our more senior swimmers, which is a great advantage to our club. This sort of support for the individual is something that many other clubs in our sport lack and it is something we should encourage, so that BSC becomes one of the best clubs in Australia.

In trying to foster an attitude of success for the BSC, I would like to ask all swimmers and their parents or guardians, to assist the club where possible. Remember, that those of us who are on the committee or assisting in one of the many supporting roles at the club including Uniform representatives, Nominations Officer and the Registrar, are volunteers who also lead busy lives working and attending to family commitments, which means much like you, we have little spare time. It would be appreciated that if you are asked to assist the committee or its members, that you do so to the best of your ability, as many hands will make light work. We understand that many people are busy, but it is often the seemingly minor instances of assistance that are the greatest help. It must be said that we are all here for the swimmers, and any support we can give them to achieve their best, is a small ask really.

For all those new members that I have not had the pleasure of meeting yet, I offer a warm welcome. To all those old hands, I'll see you all most mornings. As my employment can see me away from Adelaide for periods of time, all members should feel free to contact me on my mobile or at my email addresses:

mjrobertson4@bigpond.com or michael.robertson@guild.org.au .

I look forward to the new year with great anticipation.

Regards

Michael Robertson
President





Birthday Greetings for June

Claire Robertson	1 st
Alexander Gabrovsek	5 th
Alex Kouchinsky	15 th
Olga Kouchinsky	15 th
Yan Tkachenko	19 th
Peter Wareing	28 th

New Club Members

We welcome to the club the following new members;

Eddie Little
Kate Hofmeyer
Chris Williss
Peter Burgess
Rachel Disney
Esther Riebe



Technical Officials

Ever wonder where those officials in their attractive blue and white shirts come from? They are the volunteers that keep your child's sport running. Imagine turning up to a meet and being told that your child is not allowed to swim because there are no officials. If you sit up in the stands bored between your child's swims consider becoming a technical official. The process is easy - you can even do it by correspondence - see the Swim SA website for more information.



Don't complain about the cold. We managed to find this old photo of Shelly's squad back in England, starting a training session.

Coach's Word

Welcome back! We are once again at the start of the season. I can't believe how fast my first year has passed!

Firstly I must congratulate those swimmers who attended the National Championships in Sydney. They were: Brianna Jacobson, Charles Jordan and Yan Tkachenko. All 3 of these swimmers swam personal best times whilst competing. Yan Tkachenko came away with 4 Bronze medals and 4 other final placings all in personal best times and Charles Jordan won 1 Bronze medal and made 3 other finals too, once again all his swims were personal best times!

Congratulations must also go to Kieran Murphy who swam for Australia for the 1st time at the Arafura Games in Darwin! (Check out Kieran's article in this edition!) In his Green and Gold fast skins he came away with 4 Bronze and 2 Silver medals!! I am sure this is only just the start of many more trips away with the team for him.

It was also great to see many of you at the Club's presentation afternoon. It is a time for reflecting on last season's triumphs and looking forward to the season ahead.

Racing has already got under way this month and I was pleased to notice several of our junior swimmers starting to compete. Well done to Alexander Gabrovsek and Tareena Martin (who competed at the Division 1 meet 2 this recently) for qualifying for the Senior Shortcourse Nationals that are being held in Tasmania! It will be the first time at these Championships for both swimmers.

All of the shortcourse (winter) swim meet details were emailed out last season and I am hopeful that we will have even more of our junior squad swimmers racing in the Division 2 and 12 and Under competitions. (Please take note of the closing date for entries to these competitions) If any further assistance is required for entry to these meets please do not hesitate to ask myself or Julie Jacobson the Nominations officer. Please remember to check your emails regularly. Most of the clubs notifications are done using this form of communication.

Keep up the hard work in training and I look forward to seeing you all at the pool!!

Shelly Camy
Head Coach

The Arafura Games

Determination, commitment and greed, these are three key traits a swimmer should carry in order to become the best. My recent trip to Darwin as part of the Australian Flippers Swim team was great; I got to mingle with the other members of my team, and I really enjoyed the team atmosphere.

There were a lot of fun moments of the trip, however there were also a number of important ones. Apart from racing at the Arafura Games, we had many talks about being the best, and to be the best, you have to be better than the rest, in and out of training. Whether its making sure you are doing your fly kicks off the wall, or pushing yourself during that land training set, every little bit of training helps, and just remember, that it's easy to sleep in and not go to a morning set, however that's one more set your competitors are doing, and over time, it all adds up.

Being my first time in an Australian team, I had no idea what to expect, however once I arrived in Darwin, received my uniform, and met my other team mates, I knew what all that hard training was for. The competition was great, there were athletes from all over the world competing, and the aim was simple, PB in the heat, and PB in the final, then you could be considered a winner. How did I go, well I did that twice, and also came away with 4 bronze medals, and 2 silvers.

One interesting talk the group had with the coaches was about how hard the able bodied swimmers work, and how they 'want it'. One of the coaches who attended this trip had previously worked with Ian Thorpe and his coach. He was saying how after Thorpe was completely 'flogged' in the water, the training set finished, and everyone got out of the water and started to get changed. However Thorpe and his coach did 40 freestyle finishes, just so he could perfect his finish. This made me think about just how hard you need to work to be the best, anyone can get in and complete a training set, however unless you are determined enough to be the best, and do your fly kicks off the wall, and not breath on the first stroke, you're just like any other swimmer, and to be the best, you have to be better than the rest.

On the whole, my trip was terrific, there's something about being in a team environment that excites you, and once you've had a taste, you're hungry for more. And now I know what is expected from me to be the best, I'll train harder than ever to get there, so one day, I can be crowned a Paralympic Champion.

Hope to see you all at the pool.
Kieran



ProSwim specialises in teaching babies, children & adults to swim at our indoor and outdoor heated swimming centres.

We also run children's birthday parties.

Our friendly experienced instructors are fully qualified and ready to teach you and your children to swim.



ProSwim Plympton Park also offers public lap swimming and aquarobics for all ages.

Holiday Fun for the Kids

Lock-Ins (No parents!)

Tue 7th July 09 12-2pm (Plympton)

Head Start (5 lessons)

13th-17th July 09 (Plympton)

For more information:

Phone: 8276 8622

Email: lessons@pro-swim.com.au

www.pro-swim.com.au



2009 winter competitions

Date of Event	Event	Burnside Closing Date
June		
20	Division 1 – Meet 3	closed
21	South Coast Carnival (SC)	closed
28	12 & U – Meet 2	closed
July		
4	Elizabeth Open Carnival (LC)	closed
11	Whyalla Carnival (SC)	closed
17 - 19	Open, 12&U & Relay State Short Course Championships	16 June
August		
8 - 12	Telstra Australian Short Course Championships	TBA
16	12 & U – Meet 3	17 July
21 - 23	13-18 Years State Short Course Championships	21 July
September		
20	12 & U – Meet 4	21 Aug

Committee Members 09/10

Position	Name	Phone	Email
President	Michael Robertson	8351 6155	mjrobertson4@bigpond.com
Deputy President	Brendan Jacobson	8288 0824	mo81116@bigpond.net.au
Secretary	Gaye Lewis	0430 160 132	gaye.lewis@unisa.edu.au
Treasurer	vacant	vacant	
Junior Swimming Rep	Astrid Little	0430 117 804	grawl.63@bigpond.com
Head Coach	Shelly Camy	0433505555	shelly_camy@yahoo.co.uk
Billing Co-ordinator	Joanne Ford	8369 0327	ozford@bigpond.com
Ordinary Member	Zoe Murphy	0414 855 810	smuurph@yahoo.com.au
Ordinary Member	Deb Gabrovsek	0412 280 564	gabrovsek@bigpond.com
Ordinary Member	Tim Jordan	8338 4838	tim@rvjordan.com.au

Other Club Positions

Uniform Officer	Deb Pate	0433 365 341	debbiered@live.com.au
Uniform Officer	Anele van Renen	0419 039 661	gvanrenen@ozemail.com.au
Statistician	Bob Lemar	8332 0641	bob.lemar@bigpond.com
Webmaster	Brendan Jacobson	8288 0824	mo81116@bigpond.net.au
Nominations Officer	Julie Jacobson	8288 0824	mo81116@bigpond.net.au
Newsletter	Bob Lemar	8332 0641	bob.lemar@bigpond.com