



Wishing *Vanessa Kreslin* (swimming) and *Tayce Fry* (athletics) all the best. They are currently attending the Pacific School Games.

## SOUTH COAST SWIMMING CLUB NEWSLETTER

[www.southcoast.swimmingsa.org.au](http://www.southcoast.swimmingsa.org.au)

December 2008

### SWIMMER OF THE MONTH

Swimmer of the Month awards for November went to *Nicole Mader* for good improvement and *Hannah Setter* for being a great leader in her lane and training hard. Well done swimmers.

#### Diary Dates

##### December

Sat 6<sup>th</sup> – Sun 7<sup>th</sup> Blue Lake Y  
 Sun 7<sup>th</sup> Crystal Brook  
 Sat 13<sup>th</sup> Murray Bridge  
 Sun 14<sup>th</sup> Henley & Grange OWS  
 Wed 17<sup>th</sup> Committee Meet  
 Sat 20<sup>th</sup> 3rd A Grade  
 Mon 22<sup>nd</sup> Xmas Fun Night

##### January

Sat 3<sup>rd</sup> – 4<sup>th</sup> Berri Carn. & OWS  
 Sun 4<sup>th</sup> Strathalbyn Carn.  
 Sat 10<sup>th</sup> – 11<sup>th</sup> Port August Carn. & OWS  
 Sat 10<sup>th</sup> Waikerie Carnival  
 Sun 11<sup>th</sup> Quorn Carnival  
 Thurs 22<sup>nd</sup> – 26<sup>th</sup> State LC Champs  
 Sat 31<sup>st</sup> Claire Carnival



Best wishes on your special day to;

Kohban Fry 2<sup>nd</sup> Dec  
 Melissa Wreford 7<sup>th</sup> Dec  
 Ellie Giffen 8<sup>th</sup> Dec  
 Tayce Fry 13<sup>th</sup> Dec  
 Alice Whiley 31<sup>st</sup> Dec



### HANDICAP CHAMPIONSHIPS

(Proudly Sponsored by MV2, Christies Beach)

Our Handicap Championships were held on Wednesday 5th November (Time Trial night). This competition was open to all swimmers both competitive and non competitive.

There was some strong competition on the night with a final battle between *Shannon Warrick*, *Nathan Hamill*, *Josh Wheeler* and *Emma Gabrielson*.

*Shannon* and *Emma* both broke time.

The MV2 Surf Shop Christies Beach Perpetual Trophy went to *Josh Wheeler* with *Nathan Hamill* a close 2<sup>nd</sup>. As there was not a 3<sup>rd</sup> place winner the boys got to share even more prize money.

**Congratulations Josh & Nathan!**

### CLUB RECORDS

Well done and Congratulations to the following swimmers who have broken Club Records recently. The latest records broken are:

8yr 50m Fly	<i>Nicole Mader</i>
14yr 200m Free	<i>Joshua Wheeler</i>
14yr 100m Back	<i>Joshua Wheeler</i>
14yr 100m Fly x 2	<i>Joshua Wheeler</i>
14yr 400m Free	<i>Joshua Wheeler</i>
16yr 100m Free	<i>Alice Whiley</i>
Open & 17/18yr 50m Brst	<i>Craig Nicoll</i>

Open & 17/18yr 100m Fly	<i>Craig Nicoll</i>
Open & 17/18yr 200m Fly	<i>Craig Nicoll</i>
Open 400m IM	<i>Craig Nicoll</i>

If you think you have broken a club record please contact Kevin Nicoll with the details as not all swimming results are obtainable e.g. school carnivals.



### Christmas Fun Night

Yes, it's THAT time of the year again, Christmas!!

Come along and have a bit of fun. There will be Pancakes...mmmmm! Novelty races, pancakes, no training, pancakes, pressies and pancakes.

Parents bring your bathers just in case you feel like a dip or just in case????

**Monday 22<sup>nd</sup> December 4:30pm – 6:30pm approx. BE THERE!!**

### COMPETITION RESULTS



During the month of November there have been several swimming events that South Coast swimmers have attended with some great results being achieved.

**Unley Open Carnival** was attended by *Aaron Reynolds*, *Courtney Reynolds*, *Nicole Mader*, *Rachael Mader*, *Abigail Roebuck*, *Lily-Beth Warrick*, *Shannon Warrick*, *Joshua Wheeler* and *Madison Wheeler*.

The weather was perfect, the team was perfect and as usual the parents were perfect...

We had a great day...bit long, again, but that is what is looking like the norm.

Our small team of 9 swimmers won 9 medals. 2 Gold, 4 Silver, 3 Bronze and 2<sup>nd</sup> 100m Dash for Cash. There was an avalanche of PB's and 4 Club Records broken.

### **The Results**

#### **Nicole Mader:**

1<sup>st</sup> 9 & Under 50m Breaststroke

3<sup>rd</sup> 8 & Under 50m Freestyle

#### **Rachael Mader.**

2<sup>nd</sup> 15-16 50m Freestyle

2<sup>nd</sup> 14-15 100m Breaststroke

3<sup>rd</sup> Open 200m Medley

3<sup>rd</sup> 14-15 100m Butterfly

2<sup>nd</sup> 100m Open Dash for Cash (\$50)



#### **Joshua Wheeler.**

1<sup>st</sup> 14 & Under 200m Free- **Club Rec.**

2<sup>nd</sup> 14-15 100m Butterfly – **Club Rec.**

2<sup>nd</sup> 14-15 100m Backstroke (without sunglasses too) – **Club Rec.**

**Aaron Reynolds** achieved State Qualifying times in the 50m & 200m Freestyle. **Courtney Reynolds** showed some good improvement and swam some great times. **Abigail Roebuck** got through to the BBB Handicap final finishing 5<sup>th</sup> and did a 2.65 sec PB in her 50m Backstroke. **Lily-Beth Warrick** swam some awesome times and has achieved State

Qualifying times in 100m Backstroke and 100m Breaststroke with a 9.27 sec PB!. **Shannon Warrick**, who is relatively new to the racing scene, did some great swims.

**Madison Wheeler** was awesome. Achieved State qualifying times in all her events and took a huge 11.63 secs off her 100 Fly, 7.57 secs off 100m Backstroke and 2.45 secs off 50m Freestyle and established a State Qualifying time in the 200m Medley. Duel medallists **Nicole Mader** continued her winning ways in the 50m Breaststroke event, her swim can only be described as awesome and broke a Club Record along the way in the 50m Butterfly. **Rachael Mader** although winning 4 medals did not achieve any PB's but provided some thrilling entertainment in a few of her swims, especially the Dash for Cash. **Joshua Wheeler** pulled out some great swims doing PBs in all of his events taking a massive 5.78 secs off 100m Fly and 4.67 secs off 200m Freestyle. **Joshua** has also broken 3 Club Records at this meet. Well done **Josh!**

### **State Open Water Championships** were held

Sunday 9<sup>th</sup> November at Brighton Beach.

Three words to describe this event...

COLD, HARD, GOLD!!

The 5km event, to be run on Saturday, was postponed due to bad weather conditions and was run in conjunction with the 10km events on Sunday. This meant that several of our swimmers could not compete due to other commitments.

**Madison Wheeler, Joshua Wheeler, Alice Whiley** and **Craig Nicoll** braved the wind, waves and the cold and headed off.

The water was cold and choppy making it hard work for the swimmers, but South Coast swimmers were not deterred and gave it their all!

**Craig** unfortunately could not finish the race and pulled out of the 5km race at about the 3km mark due to coldness. That left **Madison, Josh** and **Alice**. Oh and the Coach, Parents and Supporters braved the elements. Gold medal effort to you all.

**Madison** (12), swimming in her first long distance event, put on an remarkable performance and finished 2<sup>nd</sup> taking out the Silver in the 11/13 age group. We thought she was going for the 10km swim as she continued swimming past the finish line. South Coast cheer squad had to yell to her to stop! Maybe next year **Madison** you can do the 10km.

**Josh** (14) also swam well, finishing 4<sup>th</sup> in the 14/15 age group. **Josh** was the 1st 14year old over the line, unfortunately no medal due to the combined age grouping of his event. **Josh** has achieved Australian Age OWS Qualifying time for the 2<sup>nd</sup> year in a row.

**Alice** (16) competed in the 16/18 age group 5km event and the Open 10km event. **Alice** completed the 5km with ease (from a spectators point of view) finishing 1<sup>st</sup> and taking out the Gold. (**Alice** was also the fastest overall in the 5km but was only nominated for the 16/18 age group) **Alice** continued on her journey to the 10km finish line. The last 1km seemed to be taking its toll on her and her mother, who everyone deserted as it is well known knowledge around the Club about the bruises Anne leaves on bystander's arms! Poor Rachael was not quick enough and may never be able to play tennis again!

**Alice** mustered every bit of guts and determination and passed the finish line in an Australian Open Qualifying time of 2:22.15.

**Alice** finished 1<sup>st</sup> South Australian and took out the Gold. **Alice** will also receive prize money for this event but after paying out for Management Fee (Club), Coach Fee (Paul), Dietician (Mom), Cross Trainer (Dad), Personal Photographer and Support group (SCSC Members) **Alice** will have a few dollars left to spoil herself with and so she should....A great effort from all of our swimmers, you all deserve Gold.

Well done **Madison, Joshua, Alice** and **Craig**.

Congratulation and thanks must also go to Head Coach, **Paul Higgs**, for his preparation and encouragement given to these remarkable athletes.



**Marion Open Carnival** was held 22<sup>nd</sup> November with 11 of our swimmers attending again with great results. 2 Gold, 2 Silver and 3 Bronze medals, big PBs, State Qualifying times, broken Club Records and 3 raffle prizes!

It was a changeable day. Cold, warm, a bit of rain, sunshine and windy. One of our swimmers mentioned there was a bit of a head wind across the pool which must be the reason for some slower times but overall a good day was had by all but unfortunately has caused a few of our swimmers to be sick ! Get well soon guys...

### **The Results:**

#### **Nicole Mader**

3<sup>rd</sup> 9/U 50m Breaststroke

#### **Rachael Mader**

3<sup>rd</sup> 14/15 100m Freestyle

## Nomination card due dates

### MEET

Berri Carnival  
 Strathalbyn Carnival  
 Port Augusta Carnival & OWS  
 \*Waikerie Carnival  
 Quorn Carnival  
 State LC Championships

### MEET DATE

Sat. 3<sup>rd</sup> Jan  
 Sun. 4th Jan  
 10th – 11th Jan  
 Sat. 10th Jan.  
 Sun. 11th Jan.  
 22<sup>nd</sup> – 26<sup>th</sup> Jan.

### CARDS DUE AT CLUB

Wed. 3rd Dec.  
 Wed. 3rd Dec.  
 Wed. 3rd Dec.  
 Wed. 3rd Dec.  
 Wed. 3rd Dec.  
 Wed 10<sup>th</sup> Dec

\*There are a few members planning on attending this meet, staying at the Waikerie Caravan Park [www.waikeriecaravanpark.com.au](http://www.waikeriecaravanpark.com.au) on the Friday & Saturday nights.

**Please Note:** The Due date at Club is the very last date you can advise your nominations.

If you need help with filling in or understanding the nomination process, please ask Eric or another “old” parent on pool deck.

### *Craig Nicoll*

1<sup>st</sup> 16/O 200m Butterfly – **Club Rec.**  
 2<sup>nd</sup> 16/O 100m Butterfly – **Club Rec.**

### *Joshua Wheeler*

1<sup>st</sup> 14/15 400m Freestyle – **Club Rec.**  
 2<sup>nd</sup> 14/15 100m Butterfly – **Club Rec.**  
 3<sup>rd</sup> 14/15 100m Backstroke

*Jamie Pierpoint* swam well and achieved a JX award swim,  
*Aaron Reynolds* swam the 200m & 400m Freestyle in State Qualifying times and was in the top 8 of all his events,  
*Courtney Reynolds* swam well getting close to a PB in the 50m Breaststroke, *Esther Ribback* swam well finishing 9<sup>th</sup> in the 50m Freestyle event with *Abigail Roebuck* finishing 9<sup>th</sup> in the 50m Breaststroke and doing a 3.27 sec. PB in 50m Freestyle, *Lily-Beth Warrick* finished 6<sup>th</sup> in both 100m Freestyle and Breaststroke with huge PBs in both events and added 100m Freestyle and 200m IM to her State Qualifying times and *Madison Wheeler* finished 9<sup>th</sup> in the 50m Butterfly with a 2.91 sec. PB and a State Qualifying time.

## OTHER ACHIEVEMENTS BY OUR SWIMMERS.

At a recent Senior Surf Lifesaving Carnival held at Port Noarlunga, a competition was held for the a Male and Female Iron Person to win an all expenses paid trip to NSW to compete in the “Kellogg’s Nutri-Grain Iron Person Series Trials”. South Coast would like to congratulate not one but both winners of the competition as both the Male & Female winners are South Coast members! Congratulations and well done to *Ivana Kanyitur* and *Thomas Gray*. The event was pretty gruelling with *Ivana* and *Tom* having to compete in the event 3 times (best result after 3) with the added Ski (a long skinny boat) discipline thrown in to the usual swim, board, run event.

Again, congratulations, well done and good luck at the trials!



## UNIFORM NEWS

We have Club Towels, Club Bathers and Club Polo Shirts in stock. So if you have been waiting for your size to be in stock or need a Christmas stocking filler, make sure you get in early.

Fashion bathers or supporters/training gear order closes **Monday, 15<sup>th</sup> December.**

**Note:** Payment will be required when ordering.



**Supporters/Training Jacket** size L for sale. Worn only a few times...\$20.00 ono.

**Track Pant** size L. Make an offer.

**Supporters Shirt** Size 3XL. Brand new with tags. Make an offer.

See **Lyn Caudle** or a committee member.



## Christmas & New Year Training



Reminder - Below are amended training sessions during Christmas and New Year period.

Mon, 22 <sup>nd</sup> Dec.	Morning as usual
<b>4:30pm – 6:30pm</b>	<b>Xmas Party</b>
Tues 23 <sup>rd</sup> Dec.	Evening as usual
Wed 24 <sup>th</sup> Dec.	Morning as usual
	NO Evening session – Pool Closes early
Thurs 25 <sup>th</sup> & Fri 26 <sup>th</sup> Dec.	NO Training – Pool Closed
Sat 27 <sup>th</sup> Dec.	NO Training
Mon 29 <sup>th</sup> & Tue 30 <sup>th</sup> Dec.	All sessions as usual
Wed 31 <sup>st</sup> Dec.	Morning as usual
	NO Evening session – Pool Closes early
Thurs 1 <sup>st</sup> Jan.	NO Training – Pool Closed
Fri 2 <sup>nd</sup> Jan. & onward	Back to normal

(The above is subject to change, any changes will be detailed on Notice Board)

## COACHING NEWS

Don't forget a Thursday night session 4:30pm – 6:00pm is available for all our swimmers with a focus on Junior and Performance Squad swimmers. Fitness/Cross training

swimmers are also welcome. Coaching will be provided by our Assistant Coach and is proving to be an enormous success for the Junior Squad wanting to have a go at a longer session. They are doing really well!

## VACSWIM BBQ

VACSwim is being held at the Noarlunga Aquatic Centre 5<sup>th</sup> – 13<sup>th</sup> January. Every year we hold a Fundraising Sausage Sizzle to raise funds for various needs of the Club. One ongoing need of the Club has been Electronic Timing

equipment. This equipment would assist in the running of our Time Trials and our annual carnival. The cost of the Equipment is in excess of \$10,000. As you can see we need to do as much fundraising as possible to enable us to purchase this or any other equipment our swimmers/club would benefit from (new things are being invented all the time!). You can help by volunteering for the BBQ. A roster will be placed on the Notice Board, we require 2 people each morning from 8:30am – approx. 12:30pm. Please volunteer, we need your help.◦

## LAST 2008 NEWSLETTER

This is the last Newsletter for the year 2008. Here are some highlights of the Club's year:

*Coach, Paul Higgs* became a "Grand Pa" for the second time.

*Sports Psychologist Visit.*

*Memorable Moments – Eric Kreslin* shatters his elbow then *Sharon*, going out in sympathy, breaks her foot. Not one good intact body between them!

*Active Club Grant* – Purchased Video Camera & Underwater housing.

*Volunteers Grant* – Purchased Laptop & Printer (think that was this year???)

*Adelaide Central Community Lottery Fundraiser* – Raised approx. \$1,200-. Most of these funds have been paid out to Club Record breakers! (see below)

*Club LC & SC Records* – Long standing records across many age groups are being broken with ease, showing a strong group of dedicated & hard working swimmers "coming through the ranks". Well done! (but slow down a bit, funds are getting low)

*Victorian State Championships* – 1 Bronze. Grant Hackett & Brooke Hanson autographs!

*State LC Championships* – 6 Finalists, 4 State Medallists. 1 Gold, 4 Silver, 1 Bronze.

*Junior Sprints* – 12 Finalists with 3 Medallists – 1 Gold, 2 Bronze.

*State Surf Lifesaving Championships* – 132+ Medals!! 54 Gold, 41 Silver, 37 Bronze. Not just 1<sup>st</sup> but 2<sup>nd</sup> and 3<sup>rd</sup> Female Under 17 Iron Person, Female Under 19 Iron Person, SA Male Iron Person.

*SAPSA Championships* – 5 Medallists. 1 Gold, 3 Silver, 2 Bronze.

*Australian Age & OWS Championships* – 7 qualifying swimmers. 2 swimmers selected for the SA Youth OWS Development Squad.

*Australian Open SC Championships* – 2 qualifying swimmers almost 3.

*Olympic Trials/LC Championships* – 2 qualifying swimmers.

*Australian Surf Lifesaving Championships* – 7 Medallists. 5 Gold, 1 Silver, 1 Bronze (team).

*Pacific School Games* – 2 members selected. 1 Swimming, 1 Athletics.

*Winter Season Series* – 3 Trophy winners. 12 & Under - 2<sup>nd</sup> Female 8 & Under, 3<sup>rd</sup> Female 9 year olds. *Division 2* - 3<sup>rd</sup> Male 15 year olds.

*South Coast Carnival* – Beat the USA Olympic Team with 15 Gold, 15 Silver, 14 Bronze.

*State SC Championships* – 2 Open Medallists, 3 Age group Medallists. 3 Gold, 5 Silver, 4 Bronze.

*State SC Relay Championships* – 3 Bronze medals.

*12 & Under Pentathlon* – 2 Bronze Medallists.

*State Open Water Championships* – 2 Gold, 1 Silver.

*Kellogg's Nutri-Grain Iron Person Series Trials* – Male and Female Iron Person winning a place at the trials both from South Coast.....

As you can see we have had a busy and successful year. I hope you all have a great Christmas and happy New Year. I look forward to keeping you informed throughout the New Year. Ho! Ho! Ho! See you next year. Aileen Mader, Editor.

**Deadline** for the newsletter is 25<sup>th</sup> of each month. Information can be e-mailed to [mader@tpg.com.au](mailto:mader@tpg.com.au) with **SCSC** in the subject line.

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