

Ryde-Carlile Swimming Club Inc.

The Fast Lane

NSW AGE – Short Course Championships

Ryde-Carlile finished in 6th position with 16 medals at the recent NSW Age Short Course Championships. The result was a huge improvement over last year's performance of 17th with 10 medals.

Congratulations to all swimmers who competed and represented our Club. And congratulations also to our competitive squad coaches - Idessa Vincent, Gayle Carmoux, Nathan Corbin, Sara Maywood, Ursula Carlile *and a special thanks to James Gi.*

Medalists (16)

Harry Dai (Silver) - Laura Crockart (Bronze) - Jennifer Nam (Gold, 2xSilver, Bronze) - Sophie Taylor (Gold, Silver, Bronze) - Eric Wong (Bronze) - Liam Wood (Bronze) - Chloe Yoo (3 x Gold) - Brian Yung (Gold & Bronze)

Top 10 Performances

Max Chien - Billy Clarke - Laura Crockart - Harry Dai - Won Ho Kim - Shauna Murray - Jenifer Nam - Andrew Noh - Sophie Taylor - Elise Webb - Eric Wong - Liam Wood - Chloe Yoo - Brian Yung - Duncan Vincent

HAPPY BIRTHDAY!

...happy birthday to you! To Erika Camroux, Sidney Pierucci, Danielle Kenny, Sophie Taylor, John Murphy, Eugene Kim, Cooper Henwood, Annabel Oliveira, Isaac Kim, Eleanor Clarke, Denis Yoon, John Yun, Lachlan Seears, Matilda Simmons, Brandon Yoon and Irene Yoo, have a great year!

LAURA WINS SPORTS AWARD

Congratulations to Laura Crockart who has been recognised for her success in the pool as a monthly winner in the 2009-2010 TWT Club Six-Ryde Sports Foundation Sports Star of the Year Award.

Newsletter Date
29th September 2009

IMPORTANT DIARY DATES

- **2 OCTOBER-RYDE CLUB RACES (SUMMER SEASON STARTS) PROGRAM 1**
- **9 OCTOBER-RYDE CLUB RACES PROGRAM 2**
- **16 OCTOBER-RYDE CLUB RACES PROGRAM 3**
- **23 OCTOBER-RYDE CLUB RACES PROGRAM 4**
- **25 OCTOBER – RYDE CUP CHALLENGE, SOPAC**

POOL ENTRY

We have signed an agreement with RALC in regard to entry fee paid by club members on Friday nights.

\$2.60 swimmers

\$2.30 Spectators

RESULTS FROM SCHOOLS NATIONALS

A number of swimmers from the Club travelled to Perth recently to compete at Nationals...full results in the next newsletter.

FRIDAY NIGHT CLUB RACES – NEW ONLINE ENTRIES

You will have seen the emails about the changes to Friday night race entries. Whilst there will surely be some teething problems as we transition to the new system please bear with us. Ultimately the new system will improve race nights and streamline the workload for a number of the volunteers involved.

An entry form will be sent to all members and will also be available on our website home page, from the Carlile desk at the pool or from the Race Secretary on Club nights.

Please fill in the entry form by

- typing in the swimmers name, date of birth(d/mm/yy)
- selecting date of meet
- selecting events/distances

Online you can navigate through the form by using the TAB key and clicking on the drop down boxes. One form can be used for up to three swimmers. After completing save the form (ie: long28Aug) and send as an attachment to Karen Perrone -

clubracesecretary@rydeswimmingclub.com.au or place in the entries box in the utility room at the pool.

Just remember: **ALL ENTRIES MUST BE SUBMITTED VIA EMAIL BY 7.30PM OR IN THE BOX IN THE UTILITY ROOM BY 6PM ON THE WEDNESDAY**

REGISTRATION FOR 2009/2010

A reminder that Club registration is now due. NSW Swimming now requires all registrations to be completed online. If you have not received an email with instructions please visit the website and follow the Registration Info Pack link. Laptops will be available at the pool on 2 October if you are having difficulties accessing the internet at home.

FUNDRAISING

Family and Business Challenge Cup Sponsorship Programme

On the 25th October this year Ryde-Carlile Swimming Club will be holding our annual Carlile Cup Challenge at SOPAC. This event is our biggest fundraiser for the year. This year we are seeking a \$20 sponsorship for each of the 92 events. Money raised by the program will go towards the purchase of medals and other costs needed to run the day. We are asking families to donate or ask their employer to donate \$20 which they will then become the sponsor for a particular event. Sponsorships are not limited to a numbers of events, you can sponsor as many as you like.

What do you get for your sponsorship dollar?

1. Listed in the programme as an event sponsor with web address

2. A Certification of appreciation
3. As the sponsor of the event you will be mentioned when the event places are read out over the PA system
4. Each event sponsorship will entitle you for a ticket to go into a draw for a framed photo of Sydney Harbour.

This is a great opportunity for all members' families to get involved in this important day on our calendar. Please help make this program a success so the club can continue to support our swimmers over the next 12 months. **HURRY....there are only 31 events remaining.**

You can give any sponsorship money to any of our committee members who will then pass it onto the fundraising team. If anyone wishes to receive a tax invoice one will be arranged. We will keep you updated on how many event sponsorships have been sold.

If anyone has any enquiries please call Peter Kenny 0418161549.

RYDE-CARLILE CLUB CHALLENGE CUP

Entries are now closed for the annual Ryde-Carlile Swimming Club Challenge Cup will be held at SOPAC on Sunday 25th October 2009.

PLEASE MARK THIS DATE IN YOUR DIARY AS IT IS A MAJOR FUNDRAISER FOR THE CLUB AND ALL FAMILIES ARE EXPECTED TO HELP ON THE DAY.

A timekeeper's roster will be drawn up nearer to the time. If you have not timekept for a while please come along to the club nights between now and end of October to hone your skills and help us to ensure that all swimmers receive fair times. If you have not assisted with timekeeping before please make yourself known at the desk so that we can support you to learn this very valuable skill. Not only will you be supporting your child and your club, but you will also meet more people and have fun in the process!

The full program is available towards the back of this newsletter.

UNIFORM AT MEETS

When swimmers represent the Club at swim meets, and compete against members from other clubs, it is a requirement to wear our new club uniform. The uniform consists of:

- Club swim cap
- Club polo shirt
- Club / black shorts
- Club / black tracksuit pants

NUTRITION

How much thought do you give to your diet and how it affects your performance in training, your recovery and also your performance in competition? The Australian Institute of Sport website has some great information sheets that discuss these issues. How much of which sort of food?

Can you make do with a chocolate bar? Follow the link below to find out more about your nutritional needs for recovery:

http://www.ausport.gov.au/ais/nutrition/factsheets/competition_and_training2/recovery_nutrition

And whilst you are there have a look at other information relevant to swimming and your performance. There are some great recipes to try too for the cooks amongst you!

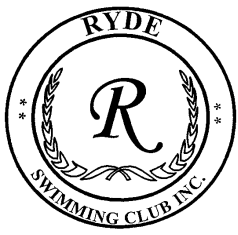
HAWAII 2010

Expressions of interest are being sought for the club's second trip to Hawaii in October 2010.

Please read more at the back of the newsletter about this exciting opportunity and respond if you are interested.

2009 Events Calendar

Date	Event	Location
October 09		
2	Friday Night Club Races Program 1 2010 Registration Night	RALC
5-10	Senior Meet Away Thredbo	Thredbo
9	Friday Night Club Races Program 2	RALC
16	Friday Night Club Races Program 3	RALC
22	Friday Night Club Races Program4	RALC
25	Ryde-Carlile Swimming Club <i>Club Challenge Cup</i>	SOPAC
December 09		
6	Long Course Time Trials 10am-12noon	RALC



Ryde-Carlisle Swimming Club

CLUB CHALLENGE CUP

SUNDAY
25th October 2009

Sydney Olympic Park Aquatic Centre
(50m Long Course Pool)

Warm Up: 7.30am

Start: 8.30am

****** ENTRIES**

<u>M</u>	<u>F</u>	<u>QT</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>
1	2	**	All Age	200	Free (TT)
3 (Mixed)			Open MD	50	Free
5	6		8&U	50	Back
7	8		9/10	50	Back
9	10		11/12	50	Back
11	12		13/14	50	Back
13	14		15&O	50	Back
15 (Mixed)			Open MD	50	Back
17	18		9/10	100	Back
19	20		11/12	100	Back
21	22		13/14	100	Back
23	24		15&O	100	Back
25	26		All Age	200	Fly (TT)
27 (Mixed)			Open MD	50	Fly
29	30		8&U	50	Breast
31	32		9/10	50	Breast
33	34		11/12	50	Breast
35	36		13/14	50	Breast
37	38		15&O	50	Breast
39 (Mixed)			Open MD	50	Breast
41	42	1.52	9/10	100	Breast
43	44	1.48	11/12	100	Breast
45	46	1.40	13/14	100	Breast
47	48		15&O	100	Breast

<u>M</u>	<u>F</u>	<u>QT</u>	<u>Age</u>	<u>Dist</u>	<u>Stroke</u>
49	50	**	12&U	200	IM
51	52	**	13&O	200	IM
53	54		8&U	50	Free
55	56		9/10	50	Free
57	58		11/12	50	Free
59	60		13/14	50	Free
61	62		15&O	50	Free
63	64		9/10	100	Free
65	66		11/12	100	Free
67	68		13/14	100	Free
69	70		15&O	100	Free
71	72	**	All Age	200	Breast (TT)
73	74	1.00	8&U	50	Fly
75	76	55	9/10	50	Fly
77	78	46	11/12	50	Fly
79	80	44	13/14	50	Fly
81	82		15&O	50	Fly
83	84	1.45	9/10	100	Fly
85	86	1.37	11/12	100	Fly
87	88	1.28	13/14	100	Fly
89	90		15&O	100	Fly
91	92	**	All Age	200	Back (TT)

LIMITED to 2800 ****

**** Qualifying Times on all 200m events are State LC plus 10 seconds**

QT will be enforced & must be certified by Race Secretary

TT=Time Trial

CONDITIONS OF ENTRY

- Meet conducted under the rules of SNSW Ltd and is an Area approved meet. One start rule will apply.
- All events are timed finals & results forwarded to SNSW Ltd
- A LUNCH BREAK will be taken at the discretion of the Meet Director (a notice will be posted on our website after entries close)
- The Meet Director reserves the right to amend the program & conditions of entry

Entries:

- Close: **when 2800 entries reached**, but no later than Friday 9-Oct-09
(Website will be updated with number of entries received to date)
- \$5.00 per individual event
- Age: as at 25th October 2009
- Entries to be submitted on SNSW **multi entry cards** with Summary Sheet
e-file: www.rydeswimmingclub.com.au
email to: entries@rydeswimmingclub.com.au
post to: Ryde-Carlisle Swimming Club, PO Box 3209, PUTNEY NSW 2112

Pool Entry: \$4.00 Adults, Swimmers & Children FREE
Programs: \$4.00

Awards:

- Medals for 1st, 2nd, 3rd in all age events, including each age in double age group events
- No awards for time trial (TT) events
- Club points awarded to 20th place

Results: Results will be on our website

Enquiries: Katrina 0410 507 079, enquiries@rydeswimmingclub.com.au

Hawaii 2010

Ryde-Carlisle Swimming Club is looking at organising a senior meet away next year.

We are looking at going to Hawaii, similar to what they did in 2008. It will be for approximately 2 weeks and will be in the September/October school holidays. The dates are Friday 24th September to 11th October 2010.

Costs at this stage are only approximate but we estimate that they will be around \$4000 per person.

We need a minimum number of people for this to get off the ground. We are limiting this trip to high school children only. While we are away they will do an open water swim and will also be doing training mornings and afternoons.

Please reply by email boroniaparkframing@bigpond.com or drop this slip of paper in our swim club box with your interest by 31st August 2009.

Thanks!

We are interested in going on the Senior meet away to Hawaii

Name.....

No of family members.....

Contact Details.....

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ANTHEA'S MUESLI BAR RECIPE

- 2 cups rolled oats
- 3 cups cornflakes
- 1/3 cup dessicated coconut
- 1 cup chopped dried fruit
- 1/3 cup chopped nuts or seeds
- 400g can skim sweetened condensed milk

Preheat oven to 160 C. Line a lamington tray with non-stick baking paper.

Heat condensed milk in a microwave on medium for up to four minutes, stirring occasionally until it slightly thickens (I don't bother with this step and it doesn't seem to matter!)

Combine all dry ingredients in a mixing bowl.

Add condensed milk to dry ingredients and mix well.

Press mixture into lined tray.

Bake for 20-25 minutes until golden.

Transfer to a wire rack for cooling.

Slice into 24 bars - and enjoy!

You can play about with the recipe, size, thickness, and different nuts or types of fruit to match your particular family's tastes.

Hope your families enjoy this as much as mine does! Vickie

Club Uniform—Team Ryde Looking Our Best

An important part of any club is the Team Uniform. What better way to show our team spirit when representing the club than to have all members kitted out in all the essentials. Purchases can be made at Ryde-Carlisle club nights or by placing an order via e-mail to:

uniform@rydeswimmingclub.com.au

Price list for uniforms

Caps	\$10	
Shorts	(Child 8 - 12 Adult S,M,L ,XL,XXL)	\$25
Polar Fleece	(Child 8 - 14 Adult S,M,L,XL)	\$30
Club Shirts	(Child 8 - 14 Adult 10 - 20)	\$35
Club Tracksuit Top		\$70 (orders placed on request)
Club Tracksuit Pant		\$35 (orders placed on request)
Supporters Shirts (S,M,L)		\$25

Limited stock of discontinued styles incl.

Long sleeved T shirts (Adult 14 - 22)	\$10
Shorts (XS, L, XL,2XL)	\$ 5
Beanies (one size fits all) x 3 only	\$10
Boys Powerflow Costumes (size 6 x 3)	\$20
Jammer - size 10 x1	\$30
Girls Powerflow (size 6 x 4)	\$25

NEW CLUB SWIMWEAR

Girls	\$50
Ladies	\$60
Boys & Mens	\$30

There are limited sizes available otherwise an order will be placed. A minimum of 20 swimmers is required before an order can be made. All enquires for the new swimwear should be directed to Mary Wilson at the following e-mail

marywilson@rydeswimngclub.com.au

