



ITHACA CREEK SWIMMING CLUB

Established 1968

PO Box 673
Ashgrove Qld 4060
Dacca Street
Red Hill Qld 4059

Phone: 07 3369 6079
Fax: 07 3876 2939
Email: ithacaswim@virginbroadband.com.au
President: Desley Doyle 0401 801 002
Head Coach: Carol Anderson 0439 075 442

NEWSLETTER 16/10/09

Hi there!!! It was wonderful to see so many new faces taking the plunge for the first time last Friday night and so many PB's obtained by all our swimmers.

Nominations for Club Nights

Please remember that you must nominate your child by **5.00 pm Thursday** for the following Club night otherwise your child will only be hand-timed for their events. Most Club nights (*except on 25m night*), there will be four events on offer – 3 x 50m events and one 100m event with the strokes varying from week to week. To avoid confusion for our new Computer Manager, Pete Johnston, please only nominate for **THREE** computer times swims. If your child would like to swim all four events, they are more than welcome, but the fourth swim will only be hand-timed.

Also, for a child to swim a 100m computer timed event, they need to meet certain criteria ie; for the 100m IM they can be aged 9 years and over; for a single stroke event eg freestyle they **must** be aged 10 years and over and have a qualifying time. Children can swim the 100m events as a hand-time to gain experience at this distance, but there will be no aggregate points awarded. Please see page of the Handbook for further information or have a chat to any of our Committee Members who will be more than happy to assist. *Don't forget to nominate (sheets are on the table outside the canteen) for next Friday's Club night before you leave!*

Roster System for Club Nights

There's still lots of room on the roster sheet for this term so help us to make your Club night even more enjoyable by nominating for a roster duty. Remember – all families need to complete 6 roster duties to receive their levy at the end of the season.

So, if you haven't already done so, please take the initiative and sign up tonight for 3 duties for this term. **The roster sheet is also found on the table outside the canteen.**

The following people are nominated for roster duties next **Friday, 23rd October:**

Becky Williams, Kerry-Anne Cameron, Rachel Doherty, Alice Stokes, Karen Castle, Alex Feltham, Andrew Jones, Glenda Hawley, Richard Powell, Dom Boland, Derek Treacy, Julie Snellgrove, Rob McPhee, Sarah Smith, Janice Lee and Barbara Roads

We still need **one more person for canteen duty** – so if you can assist – please put your name on the roster. Remember - should you be unable to make your roster night, please arrange a swap with another club member. If you have any queries on the roster system, please contact **Adrian Giacoboni** on **3369 2278**.

Club Handbook 2009/10

If you haven't already received your Club Handbook 2009/10, don't forget to collect it from the canteen before you leave tonight. The Club Handbook is your record of how our Club is run and is also a valuable record to keep your child/children's Friday night race times in.

Club Captains

Nominations are being called for the positions of Club Captains and Vice-Captains (Boy and Girl). To be eligible for nomination, the swimmer must be in **Year 7 or higher grade** at school and have been a member of the club for at least **3 years**. Check out the full criteria requirements and the roles of being a Club Captain in the Club Handbook on page 5. This year we are asking all interested swimmers to nominate themselves by forwarding a letter to the Committee. Letters can be given to Carol Anderson, Head Coach.

Nominations close Friday, 23 October.

HEATED POOL
ALL YEAR ROUND COACHING
SCHOOL PROGRAMS – CLUB NIGHTS – SWIMMING CARNIVALS
ADULT FITNESS CLASSES
WE COACH, WE ENCOURAGE, WE CARE

Fundraising

This is our first fundraising event for the season with the Club running the BBQ stall at the Ithaca Creek State School Movie Night on **7th November**. We need volunteers to set up, cook, serve, clean up. Approximately 12 people will be needed on the night with set up commencing at 4.00 pm. The BBQ will run from about 5.00pm until we sell out of food with the movie finishing before 9.00pm. Bring the family along for a great night of movie watching. Please see **Desley** if you would like to volunteer.

Top Club Night Swimmer

For all new families to the Club, this is the award that every swimmer has a chance to win as it is based on your own performance at Club Nights against your own PB's (personal bests). The top swimmer of the night will receive a medal and **McDonalds'** voucher.

Congratulations to our first Top Club swimmer of the night – **ALEX SNELLGROVE** who amassed the maximum number of points – 21. Check the noticeboard as you come in the gate for your name on the Top 40 list!

CARNIVAL CONNECTION

Don't forget to check our "Carnival Corner Noticeboard" at the deep end of the pool as November has become "Carnival Month" with an event on nearly every week-end. This is a great chance for our Ithaca Creek swimmers to compete against other Clubs in a friendly and fun environment. Thank you to those swimmers who have already nominated for events, but we need lots more competitors so we can field a full team. Don't forget to nominate before you leave tonight!!!!

If you have any questions regarding Inter-club carnivals please have a chat with either Carol or myself at Friday Club night or call me on 3356 6368. You may even find us floating around down at the pool, most afternoons.

7th November - BSA 3rd Division Interclub Meet at Southern Cross

14th November - Moorooka/Wishart/Ithaca

3-way Inter-Club Meet held at Moorooka
Nomination forms at the canteen now with nominations closing on 6th November

28th Arch Bevis Invitational Cup

6-way Inter-Club Meet at Ithaca

Invitations will be sent out by 16th November

Happy swimming everyone. *Don't forget to sign up for the Moorooka Carnival NOW!!!*

Kerry-Anne Cameron, Carnival Coordinator

BSA/SQ Swimming Meets

Swimming Queensland(SQ) and Brisbane Swimming Association(BSA) have various swim meets during the 2009-2010 season. Swimmers are encouraged to enter all the BSA meets and should they gain qualifying times at these BSA meets then go onto swim at a SQ meet. Our Club is presently in Third Division for BSA and we receive points for every swimmer attending the BSA meets. Below are the meets for the rest of the season:

- **SQ Zoggs Queensland Championships** 12 – 18 December 2009
- **BSA Restricted Meet** 30 & 31 January 2010
- **SQ Zoggs Queensland Sprint Championships** 6 & 7 February 2010
- **BSA Senior Metropolitan Champs** 11 -14 February 2010
- **BSA Junior Metropolitan Champs** 12 – 14 March 2010

For further details please contact Cameron Doyle.

Coaches Corner

It was wonderful to see so many children attend last Friday's first Club night. Lots of PB's so all the training during Term 3 has paid off.

With the increased number of squad swimmers, we are now asking that ALL squad members supply their own fins – we only have a limited number of spare fins to borrow so unfortunately cannot supply everyone. Fins are available to purchase at the canteen (with most sizes in stock) at very reasonable prices along with togs, caps and goggles.

Coach's tip – STREAMLINE!!!!!!

Good luck to those children competing in the Albany Creek and Clem Jones Memorial carnivals this week-end. Happy swimming – we look forward to seeing you back here next Friday!