

# BETWEEN THE LANES

Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro  
Phone: 9593 4000 Email: rockswim@iinet.net.au

SEPTEMBER, 2011



**Optic Nerve**  
WEBCRAFT  
www.optic-nerve.com.au

*Dream, Believe, Achieve*

## CLUB CALENDAR SEPTEMBER AND OCTOBER



25/9: 11.30 - 2.00pm WINTER WIND UP  
AND TROPHY PRESENTATION AT AMF  
BOWLING

8/10: 2011 SWIMMING WA LONG  
COURSE QUALIFYING MEET - ONLINE  
ENTRIES DUE BY 26/9/11: Visit  
<http://www.wasa.asn.au/>

15/10: NO TRAINING FOR ALL SQUADS  
(COACHES ATTENDING CONFERENCE)

22/10: 2011 SOUTHSIDE PENRHOS  
WESLEY LC MEET (OPTIONAL) - ENTRIES  
DUE ONLINE 11/10/11 [www.sspw.org.au](http://www.sspw.org.au)

23/10/11: BUNBURY OPEN CARNIVAL -  
ENTRIES FROM CLUB OFFICE OR CLUB  
WEBSITE. DUE TO OUR OFFICE BY 5.30pm  
THURSDAY 6/10/11



Bianca Russell and Sharon Shepherd

29/10: ROCKINGHAM OPEN  
SEASON CARNIVAL 2011:  
Open to club swimmers only! Manual  
entries due 9.30am 20/10/11 to Club  
Office

NOTE: The success of our carnival  
depends on parent help. Please check  
the jobs list on the office door and add  
your name. Thank you!

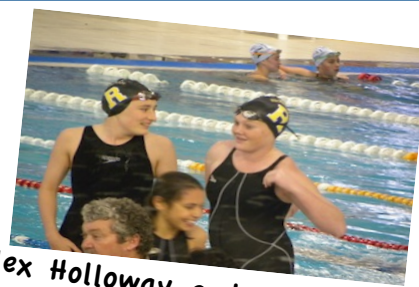
30/10/11: SWIMMING WA OPEN  
WATER: Swimmers aged 11+ Online  
entries due 24/10 5.30pm SWA Open  
Water website:  
<http://openwaterswimming.com.au>

IMPORTANT: Enter meets before the  
due date and cut off time to ensure  
your entry form will be processed as  
late entries are not accepted.

CONGRATULATIONS  
TO THE  
HOULIHAN FAMILY!



Rockingham Stingrays would like to congratulate the Houlihan family, including swimmers Kali and Neve, on the arrival of their new baby brother, Finn Jason Houlihan.



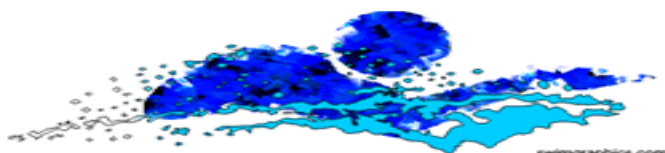
Alex Holloway and Amy Pearson

**CORRECTION:**

*In the last newsletter, it was reported that Peta Collard won a bronze medal in the 50m Backstroke and 50m Freestyle. In the 50m Freestyle, this talented young swimmer actually won a silver medal - well done, Peta!*

**IN THE NEWS...**

**Sound Telegraph newspaper featured an article submitted by Lisa McAleese last month about our junior swimmers competing at the Kalamunda meet.**



Chris Hills and Kieran Hills

Happy Birthday to the following swim club members in September:

- 6/9: Sharon Shepherd
- 7/9: Atatria Devery
- 11/9: Jett Shepherd
- 13/9: Amy Pearson
- 14/9: Felicity Spencer
- 15/9: Hine Te Ao Devery
- 20/9: William Lorimer
- 21/9: Mia VanStokkum
- 21/9: Kaitlin Bevan
- 29/9: Chloe Gwynne
- 30/9: Olivier Ouellet

"I have never been disappointed with what I achieve when I swim. This is because I always put as much effort as I possibly can into my training." - Ian Thorpe

Avoid processed, fatty foods for swim training and competitions. Choose snacks such as fruit and yoghurt, cereal bars, fruit loaf, buns or scones, pasta or rice salads with protein, smoothies, fruit and drink lots of water! Swimmers become easily dehydrated and may be less aware of overheating due to training in water. Our coaches recommend swimmers bring two bottles of water to training, especially during the warmer seasons.



## INTRODUCING OUR ROCKINGHAM SWIM CLUB COACHES:



Danielle Purdue, Brittany Russell and Pip Weymouth

We are lucky enough to have a team of fantastic and talented coaches, who are dedicated to their squads. Each month, we will introduce you to each coach.

Brittany Russell, our Junior Coach, swam for Rockingham Swim club for 14 years, and says her favourite events are the 100 Breaststroke and the 800 Freestyle. Brittany has successfully competed at the State level in the pool. She has competed at a National level in the Open Water Championships three times in 5km and 10km in Perth, Brisbane and Sydney.

If this wasn't enough achievement already, she has also successfully completed two solo crossings to Rottnest, placing 7th and 6th. She also participated in a duo swim to Rottnest and placed 2nd!

Brittany is putting her extensive swim background to further academic use, pursuing a Bachelor of Exercise and Sports Science degree at Notre Dame University. She is a fully qualified swim teacher, and is currently completing her bronze level coaching licence.

Brittany says that she loves to share her knowledge and experience with our younger swimmers, and says that they are a joy to teach.

Pip, a Junior Coach, also swam with our swim club, and has been a swimmer from a very young age. Swimming runs in the family, as her mother has been an instructor for many years. Pip has been a qualified swim teacher for three years, doing Vacswim, Education Department and Aqua Jetty lessons as well as squads. She also finds the time to study a Bachelor of Arts degree at UWA, and looks forward to continuing her coaching career.

Danielle is an Assistant Coach for all of our Junior Coaches. Danielle swam with our club for six years, and has won many State medals over the years. She also competed in the 2008 National Age Open Water Championships for the 5km event.

Danielle's favourite event is time, she loves to read and Computer Programmer and

the 200m Butterfly. In her spare time, she looks forward to studying to be a Swim Coach!





# Dream, Believe, Achieve



\$20.00

*Unique mugs with our swim club Stingray and logo: a great way to start the day with our club motto!*

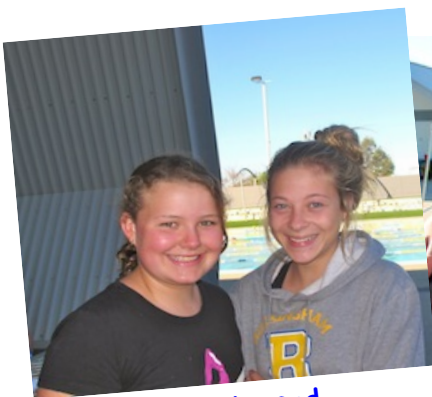


\$30.00

*Out of the pool, protect yourself with these stylish caps - 100% cotton and in cool white.*

THE SUMMER SWIM SEASON IS ALMOST HERE, and to celebrate, Rockingham Swimming Club is selling club merchandise to members. These limited editions make a fantastic gift for swimmers and their families and friends. T-shirts and drink bottles may also be ordered soon.

All proceeds will be passed on to the club, which directly benefits and supports our members' club functions and social activities. Buy more than one of each product, and discounts apply. Please place your orders through the office.



**Bronwen Hills and Avalon Browne**



**Kelsey Jones and Chloe Gwynne**

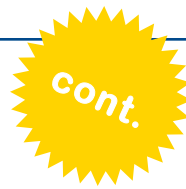


**Ethan McAleese and Dylan Martin-Rose**

*Swimmer Quote: You say, 'how can you swim every day' - I say, "how can't you?"*



Brooke Searle and Ataria Devery



Molly Wilson

**SWIMMER OF THE MONTH:**

Brooke Searle has been nominated by her coaches for the month of September. Well done, Brooke!

**SWIM MEET CHECKLIST:**

- ✓ Pack your swim bag the night before meet - check you have spare goggles, bathers, towels and any training equipment. A highlighter and marker pen is useful for events. Spare clothes are needed to stay warm, and bring appropriate footwear.
- ✓ Check the warm-up time beforehand - dryland training is 30 minutes before swim warmup
- ✓ Pack healthy, wholegrain snacks and meals and plenty of fluids
- ✓ See your coach before and after your races for preparation and feedback
- ✓ If you're unable to attend the meet, you must let both the coach and the meet registrar know so that you are scratched from the event.

**ROCKINGHAM SWIMMING CLUB**

**Uniform Shop SPECIALS:**



**A**

**Pack A: Summer Bag**  
 • T-shirt  
 • Shorts  
 • Deck bag  
 Limited sizes available  
 Purchase individually €65



**B**

**€40**

**Pack B: Winter Bag**  
 • Tracksuit jacket  
 • Tracksuit pants  
 • Deck bag  
 2 ONLY SIZES 14 AND 16  
 Purchase individually €95

**€50**



Mia Townrow

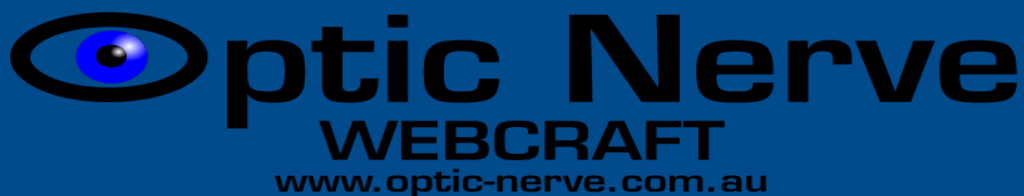
**HELP URGENTLY REQUIRED!**

We need a parent to volunteer to spend time in the office on Tuesday afternoons. Any offer of help will be hugely appreciated. Please email the club if you are available.



# SPONSORS

WE WOULD LIKE TO THANK THE FOLLOWING SPONSORS, AND ASK ALL OUR CLUB MEMBERS TO SUPPORT THEIR BUSINESS:



**INFORMATION CHECKPOINTS:** Parents, please ensure that you are aware of club information by checking your emails, reading the newsletter, the noticeboards at the Aqua Jetty entrance and outside the office, as well as remembering information may provided by your swimmer's coach verbally or by note.

**CLUB POLICY:** Please be aware that swimmers aged 10 years or under must be under the supervision of a person aged 16 years or older at all times during swimming club activities at the Aqua Jetty, including: training sessions, club Time Trial nights, club sponsored competitive meets and club



Caitlin Silas

## CONTACT US

EMAIL: [rockswim@iinet.net.au](mailto:rockswim@iinet.net.au)

WEBSITE ADDRESS: <http://rocky-stingrays.com>

OFFICE HOURS:

- Monday 4.00pm – 5.30pm
- Tuesday 4.30 – 5.30pm
- Wednesday 5.00 – 6.30pm
- Thursday 4.00 – 5.30pm
- Friday 4.00 – 6.30pm
- Saturday 7.00 – 9.00am

**SUPPORT OUR CLUB!**  
Simply join the Rebel Sports store's Season Pass program, either online, or at the Waikiki Village shopping centre or Rockingham City shopping centre stores.  
You'll receive preferred pricing, exclusive offers, VIP shopping nights and member only competitions. Buy any of your sporting gear from Rebel, flash your Season Pass and tell them you are from Rockingham Swim Club. After 12 months, our club will be able to purchase discounted sports equipment for the club. Any questions? Call Louise on 0411804011

Do you have any club photos, stories, healthy recipes or swimming achievements you would like to share in our club newsletter? Please send to Raechelle Bidesi [ellie@lasar.net.au](mailto:ellie@lasar.net.au) with "Newsletter" in the subject window. Newsletters are to be published within the first week of every month, so please submit a week prior to this date.

Swim Graphics by: [SwimGraphics.com](http://SwimGraphics.com)



Graphics:  
<http://swimgraphics.com>