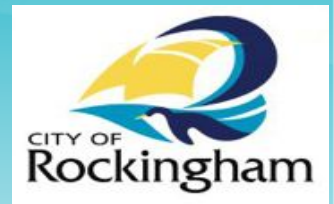


BETWEEN THE LANES



DREAM, BELIEVE, ACHIEVE

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



PRESIDENT'S PEN: STEVE JONES

Dear Rockingham Swim Club Members,

once again our club is proud to present the "Rockingham Open Sprint Carnival 2012". Excitingly, we are expecting approximately 330 swimmers from 30 swim clubs to attend, with 1659 swims currently entered.

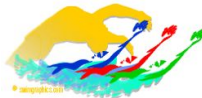
We look forward to welcoming important members of the community, our swim club's life members and valued sponsors to this event, as it is a fantastic opportunity for them to see their club swim at the wonderful Aqua Jetty venue.

I know all of our parents will get behind the club and participate in the many jobs rostered for the day, to ensure that our event runs as smoothly as possible. Please remember that we need everyone's



Congratulations to Amy Pearson, who won silver for her recent Open Water swim

Meet and Social Calendar inside!



OUR SWIMMERS FROM THE RECENT VICTORIA PARK MEET

STINGRAYS TO HOST 2012 SPRINT CARNIVAL!

help, and if you are new to the swimming community, please feel free to talk to one of our office staff if you have any questions at all. You will find that we are a friendly bunch!

This week, some of our swimmers are participating in the Age and Open States competition at Challenge Stadium, an event that has attracted some of the best swimmers in our country and beyond. Our athletes also recently attended the Metro Champs and the Swimming WA Invitational meets, and continue to shine at every competition. For some of our swimmers, it has been their first meet, and I would like to say that we are very proud of their efforts.

I would also like to note that our continual positive results and achievement of new personal best times is a direct result of our coaching team, who are of the highest standard.

We have many other exciting developments within the club to look forward to in the upcoming months. Currently we are in discussions with the Rockingham council to build a new, larger office space for our clubrooms. This will be a fantastic new area that will assist the busy and productive area of our club and we will be looking forward to fundraising for new office furniture as well.

Our Nationals team is also going to hold an event to help support our swimmers, stay tuned for more information about this in the future.

Finally, our Uniform Coordinators have been working hard to design a new uniform range to reflect the professional standard of our Rockingham Stingrays Team.

Steve Jones, Rockingham Swim Club President

THANK YOU TO OUR SPONSORS

Rockingham "Stingrays" Swim Club is proud to announce the following sponsors that have generously donated to our club. We value our sponsors and ask all of our members to remember to actively support the following businesses, as they support our Stingrays team.



"CSBP manufactures and supplies chemicals, fertilisers and related services to the mining, agricultural and industrial sectors and is part of the Wesfarmers Chemicals, Energy and Fertilisers division."



more give, less take

"Still the lowest for 30 months and counting."



IPC is a privately owned company specializing in the industrial maintenance field. Our key focus is delivering a professional cost efficient service with safety high on our priority radar . We are also a proud supporter of local grass roots sporting clubs which develop and nurture



"Proud supporters of the Rockingham Stingrays Swim Club". Stingrays swimmers choose their local Subway to "Eat Subway, Eat Fresh"! Our favourite Subway is conveniently located directly across the road from Aqua Jetty, at Shop 27, Centro Warnbro Shopping Centre, Warnbro Sound Avenue.



"Dedicated to a Beautiful World" is the Scotts Company commitment.



Port Kennedy Bunnings:
"Lowest Prices are Just the Beginning"



Mandurah Health Chiropractic:
"Changing the Way You Think About Your Health"



Ozito Industries is committed to delivering value for money power tools and power garden products.



World Leaders in being Original
MODO is a unique photography business that provides specialised artistic sport photography services across Western Australia, Australia. Parents, you can now purchase high quality photographs from many of our club meets and events! Visit www.modosport.com to discover an excellent portfolio of swimming photos.



Rockingham United Cinemas are located at 14 Leghorn Street, Rockingham.

HEAD COACH: GORDON SHAW



Rockingham Swim Club continues to "Dream, Believe and Achieve" new heights across all our squads. Much of this success can be attributed to the work of our coaching team, directed by Head Coach Gordon Shaw. Gordon has more than 20 years of experience as a swim coach. Our club is fortunate to have a Silver Licence accredited coach who works hard to ensure each swimmer is guided through our club to become the best swimmer they can be. Our Head Coach has helped many swimmers achieve State, National Age and Open Water results as well as break long standing West Australian records in the pool. Gordon is a member of the ASCTA board and is a pro-active member of the Competition Planning committee for Swimming WA. He has helped the broader school community by providing free clinics before swim carnivals. He is renowned for his ability to work with each swimmer's unique abilities, and dedication to every individual whilst at the same time focus on the strength of teamwork in our club.



Maureen Edwards has been with our club since 2004 and has many years of coaching experience. In fact, she also is a Silver Licence coach. She has successfully brought swimmers to the National Age squads within competitive swimming. Maureen is invaluable to our club, helping to coach juniors and seniors, and making sure our office procedures and communications run smoothly.

Some Swimming Quotes:

"Don't count the laps, make the laps count."

"To Swim or Not To Swim? - there is no question!"

"There is no set level of best, it is ever changing."

"Chlorine: the breakfast of champions!"

JANUARY:

*** ENTER FOR OUR CLUB MEET IN FEBRUARY AS SOON AS POSSIBLE! Entries will definitely close by 25 January, but we would prefer entries to be submitted to the office now. We want to see 100% attendance across all of our squads! ***

17/1 - 21/1: 2012 Swimming WA State Open and Age LC Championships

23/1: Online entries due by 5.30pm via SWA OW website for the Swimming WA Open Water Swim Series Round 6

24/1: Time Trial # 10

29/1: Swimming WA Open Water Swim Series Round 6

31/1: Time Trial # 11

FEBRUARY:

5/2: 2012 ROCKINGHAM STINGRAYS SPRINTS CARNIVAL!

11/2: 2012 Swimming WA Club Premiership: B and C Division *These entries will be on selection by our club's panel according to times and will be entered by the club recorder. Swimmers will be notified three weeks beforehand if they are selected.*

14/2: Time Trial # 12

16/2: Manual Entries are due for the 2012 Fremantle Port LC Swim Meet - Optional meet. Manual entries are due by 9.30am, Thursday

17/2 - 19/2: 2012 NATIONAL AGE AND OPEN WATER SWIMMING CHAMPIONSHIPS AT CHAMPION LAKES, ARMADALE: We would love to see as many Stingrays families as possible to come down and support the Nationals team over the weekend!

18/2: Rockingham Dive and Try meet entries are due today - manual entries to club office by 9.30am. This is a club nominated meet, and we want as many members to enter as possible!

21/2: Time Trial # 13

25/2: ROTTNEST CHANNEL SWIM

26/2: ROCKINGHAM DIVE AND TRY MEET AT AQUA JETTY

27/2: Online entries are due by 5.30pm Monday via the SWA OWS website for the Swimming WA Open Water Swim Series, Round 7

Do you need help understanding swim meet procedures? Your coach is the first person to talk to (not during coaching time) re: what to enter. For everything else, have a chat with our friendly office staff!



GO STINGRAYS!



Coaches have nominated Isabelle Jeminson as the Swimmer of the Month. Congratulations, Isabelle!



STINGRAYS NOTICEBOARD



Due to circumstances, a valued member of our committee will be unable to continue helping out at our Time Trial barbecue. We would like to thank Natalee Spencer for her fantastic efforts in fundraising and helping organise food for our hungry athletes, along with Sue Spencer. Thank you also to the two dads who recently helped out during the Tuesday night sessions. We need to have regular helpers to ensure that we can continue to run these barbecues, which are a fantastic fundraising opportunity and enable our kids to have a great social occasion at their swim trial nights. Please contact the office as soon as possible if you think you may be able to assist. Thank you!

We also need help from one person to answer phones and emails on Thursdays in the office.



Keep an eye out in our local papers for the good news about our swimmers' achievements! Do you have any news or photos (or even recipes) to share? We would love to know! Please send them to ellie@lasar.net.au



THANK YOU, SHARON RUSSELL!

It would be difficult to describe the positive energy and hard work Sharon Russell has poured into the heart of the Rockingham Swim Club for many years. She has been committed to serving the club and is well known for her incredible team spirit. We would like thank Sharon because she has always volunteered so much of her time behind the scenes. Sharon is looking forward to taking a well earned break from committee work and for this reason, the role of Recorder and Meet Entry processing will need to be filled.

Ssshhhh....

The new uniforms will be ready before long, and it sounds like they are going to be awesome! In the meantime, a Swim Club mum has told here are some great websites for ordering bathers and swim equipment online:

<http://www.swimdiscount.com>

<http://www.swim2000.com> <http://www.swimmersmall.com>





CONGRATULATIONS TO ALL SWIMMERS WHO COMPETED IN THE RECENT EVENTS, INCLUDING THE METRO CHAMPS, THE SWIMMING WA INVITATIONAL, AND THE OPEN WATER EVENTS!



ATTENTION ALL SWIM CLUB MEMBERS

Aqua Jetty has a rule that "**Children Under the Age of 11 are not permitted to enter the facility alone.**" The Rockingham Swim Club committee are reminding everyone of this rule. We are also asking that *all swimmers under the age of 11 to please be escorted onto pool deck to where they may train.* Unfortunately, Aqua Jetty staff will have to deny entry if children are unaccompanied by a responsible person aged 16 years or older. Both the Management Committee and Aqua Jetty staff thank you for your help with this very important matter.



Let the Coach, coach

"It is the coach's job to offer a child constructive criticism in their swimming. The parent's role is to support, encourage and recognise their child's efforts. If a parent attempts to coach their child, the child may get confused with conflicting information, and their coach may be unimpressed. It is equally important to never undermine the coach in front of the athlete, as this can be extremely harmful to the coach and athlete relationship, which is necessary for success."
- "GoSwim Parent Handbook" by Swimming Australia

All year around, but even more so at this time of year, we want to remind all Stingray families that as we attend a lot of time at outdoor meets and training sessions, we need to be aware of sun damage and dehydration. Swimmers often do not realise they are overheated because they train in water. Pack an extra bottle of water to keep refueling. All Stingray competitors and spectators must remember the sun safety message from the Cancer Council of Western Australia: Slip on protective clothing, slop on SPF 30+ sunscreen, slap on a hat, seek shade and slide on some sunglasses. For more information, visit their website: <http://www.cancerwa.asn.au/prevention/sunsmart/>



"Getting sunburned or dehydrated even by 1% could lead to a 10% drop in performance - more than enough to put you out of a final." - Giles Long MBE, three times Paralympic gold medal winner, world-record breaker and cancer survivor in his book "Changing To Win".

WHY CHOOSE SWIMMING?

- Many Australians live near the coast or have pools - swim club gives kids valuable water safety skills
- Swimming is low impact and puts little stress on bones and joints.
- It's great for cardiovascular health.
- It can help with flexibility and maintaining a healthy weight
- Swimming helps with respiration systems in the body and has been shown to help asthma sufferers
- It also keeps blood pressure levels in balance.
- It helps with coordination and symmetry of muscles and balance
- It improves alignment of the spine and posture and is wonderful for preventing or helping those with back problems.



WHY CHOOSE ROCKINGHAM SWIM CLUB? Here are just a few reasons...

- We are an established club, fully registered with the board of Swimming WA and a silver accredited member of GoClub
- Our qualified coaches are passionate about our sport and ensure that individual swimmers learn proper techniques in all four strokes, giving kids confidence in their abilities. They are committed to helping each swimmer develop at their own pace.
- Being part of our team creates new friendships and a sense of community
- There are opportunities to participate in exciting competitions with the support of coaches and teammates
- There are many opportunities for fun activities in and away from the pool environment
- We offer guidance to explore all arenas of swimming, such as Open Water events
- We encourage and support all our members of our junior and senior squads to "Dream, Believe and Achieve"!
- We train at the beautiful facilities of Aqua Jetty in Warnbro
- We are renowned for our good sportsmanship and teamwork.



UNIFORM HOURS:

Tuesday Time Trial nights and Wednesday office hours are the best time to access uniform requirements.

CONTACT US:

Phone: 9593 4000

email: rockswim@iinet.net.au

Website: <http://rocky-stingrays.com>

Office Hours: Monday 4.00-5.30pm

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



BIRTHDAYS:

Congratulations to our January swimmers: Declan Baker, Owen Dodson, Elliott Jackson, Tamarah Muthii, Adam Pearson, Kyle Smith and Nakya Vogelaar

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