

The past couple of months have seen some outstanding performances by our swimmers. The strength of our local clubs was clearly demonstrated by the relay teams at State Age where our clubs picked up a number of medals.

In early December quite a few of our swimmers competed in the NSW State Age and Open 5km (and 7.5km) Open Water Championships with quite a few coming away with medals.

The second Summer Series meet, hosted by Goulburn, was very well supported with plenty of PBs.

The Canberra Christmas Classic received a huge number of entries, many from outside of our area. The demand for two day competitions was once again very evident with so many visitors taking advantage of the well run two day meets being offered here.

45 of our swimmers competed at Little State and accounted for less than 4% of the 1218 competitors yet they made up almost 8% of the individual entries and almost 10% of the points. These statistics are even more impressive when you consider that our areas' membership base is only small when compared with most of the other areas within the state. In 2010-11 our members made up 4.7% of the membership of SNSW so swimmers on a par but fabulous performances by the youngsters.

Then came Big State. What an awesome 6 days of competition that was! There were some amazing performances. Our swimmers made up almost 6% of the entrants with just over 9% of the individual entries and got over 10% of the points.

Swimmers, coaches and supporters ... keep up the good work!

The NSW Country Regional meets are held in 3 centres around NSW in January and this year it

was our turn to host a meet in our area. Tuggeranong Vikings put their hand up, were awarded the meet, and did a fabulous job making sure that we had the very best conditions for the competitors. The meet drew a record number of entries and entrants for a country regional meet. Feedback from participants was very positive and Phillippa Roberts, the meet director, and her team are to be congratulated for a job well done.

Check out the rest of the newsletter for all the other local news as well as the key results from the major meets.

Lorraine Wuth
President

Cec Leck

The swimming community lost a long time supporter and official in September with the death of Cec Leck.

Cec was a Life Member of the Queanbeyan Leagues Swimming Club and a valued local official.

Cec got involved as a technical official when asked to start at a meet in Cooma. This was only the third meet that the family had attended so Cec was relatively new to the world of competitive swimming. The starter had not turned up and he was asked "... can you do it?". He replied "I haven't done it before, I don't know what to do!". He was told that that was OK and the referee would guide him. That was start of Cec's long stint as a starter. He really enjoyed starting and he worked at local as well as state and national meets over many, many years.

Cec will be sadly missed by his family and all those who knew him.

Sandra Carr

Many of our local swimming community will have come across Sandra when attending meets down on the South Coast. She was a stalwart of the old Southern District and a very supportive member of the Narooma community and swimming club.

Sandra passed away late last year and she will be sorely missed.

Squads**D Squad**

In the last Newsletter a number of swimmers were omitted from the list of medallists at the NSW Development Short Course meet on 24 September at SOPAC. I apologise for missing them out of the previous Newsletter.

Congratulations to the following swimmers who also won medals at the meet.

Nadine Lowey-McDonald (13)	Breast silver
Caitlin Manning (12)	Breast gold
Connor McGuirk (11)	Breast gold
Emma Miller (13)	Breast bronze
Peeter Mirlieb (10)	Fly silver
Claire Molineux (10)	Back gold

All individual events were 50m.

The **2012 Squad Selection Criteria** was agreed at the November General Meeting and can be found on the Swimming ACT web site.

Wanted: Team Managers and Coaches

Team Managers and Coaches are needed for the ACT teams at the Speedo Sprint Finals on 11 March at SOPAC and the Brophy Meet on 25 March at the AIS.

Both teams will have around 60 swimmers.

If you can help or would like more details please contact Lorraine Wuth at lwuth@hups.net or phone 62310017.

2011 NSW State Age & Open 5km Open Water Swimming

Held on 3 December 2011

Congratulations to our swimmers on some great performances.

Medal winners were:

Liam Barber (Telopea)	2 nd 14 years 7.5km
Megan Bourne (Ginninderra)	3 rd 15 years 7.5km
Oliver Bourne (Ginninderra)	2 nd 17-18 5km
	3 rd 17-18 7.5km
Lachlan Colquhoun (Woden)	1 st 15 years 5km
Isabella Marinelli (Woden)	2 nd 13 years 5km
Alexander Ryan (Woden)	2 nd 14 years 5km
Jessica Traficante (Telopea)	2 nd 19 & over 5km
	2 nd 19 & over 7.5km
Jordie Welch (Ginninderra)	1 st 14 years 7.5km

Club rankings:

6	Woden	158
7	Ginninderra	149
9	Telopea	123
40	Canberra	20
43	Tuggeranong Vikings	17

NSW State 10 & under to 12 Years Age Championships

7 and 8 January 2012

Congratulations to all the swimmers who competed at this meet. There were some great results and a considerable number of PBs.

Medal winners were:

David Allen (Canberra):

- 2 - 11 & under 200m Free
- 2 - 11 & under 200m Back
- 3 - 12 & under 400m Free

Rebecca Cross (Tuggeranong Vikings):

- 2 - 12 years 100m Breast
- 2 - 12 years 200m Breast

Andrea Forshaw (Tuggeranong Vikings):

- 1 - 10 & under 100m Fly
- 2 - 10 & under 100m Free

Amelia Laudenbach (Tuggeranong Vikings):

- 2 - 11 years 100m Back
- 3 - 11 years 100m Breast
- 3 - 11 & under 200m Back

Ebony Norris (Woden):

- 3 - 12 years 200m Fly

Phoebe Ross (Woden):

- 2 - 11 & under 200m Breast

Amy Sokic (Tuggeranong Vikings):

- 1 - 11 years 100m Breast

Madaleine Thomas-Beck (Woden):

2 - 12 years 200m Fly
3 (2nd NSW) - 12 years 100m Fly

Abbey Webb (Tuggeranong Vikings):

1 - 10 & under 100m Back
3 (2nd NSW) - 10 & under 50m Free

Relays:

1. Tuggeranong Vikings Girls 10 & under 4 x 50m Free
1. Tuggeranong Vikings Girls 10 & under 4 x 50m Medley
1. Tuggeranong Vikings Girls 12 & under 10 x 50m Free
2. Tuggeranong Vikings Girls 12 & under 4 x 50m Medley

Club rankings:

3 Tuggeranong Vikings	622
18 Woden	232
24 Canberra	172
45 Queanbeyan Leagues	53
51 Ginninderra	37
60 Telopea	14
62 Burley Griffin	13

NSW State 13 to 18 Years Age Championships

10 to 15 January 2012

Our swimmers were well represented in the finals at Big State and the performances of our swimmers can only be described as inspiring. Many of our swimmers had unbelievable heavy schedules and some of them managed to achieve a significant number of PBs across the six days of competition.

Congratulations to all our competitors on the outstanding results you achieved. A full listing of the results of our swimmers can be found on the Swimming ACT web site. Medal winners were:

Leah Allen (Canberra):

2 – 13 years 400m IM

Lachlan Colquhoun (Woden):

1 - 15 years 1500m Free
3 - 15 years 400m Free
3 - 15 years 200m Breast

Nathan De Meillon (Tuggeranong Vikings):

3 - 13 years 200m Fly

Sarah Friend (Woden):

3 – 17-18 years 200m Back

Angus Funnell (Ginninderra):

3 -14 years 200m IM
3 -14 years 400m IM

Emma Gillingham (Tuggeranong Vikings):

1 - 13 years 200m Fly

Ryan Hore (Woden):

2 – 17-18 years 100m Back
2 – 17-18 years 200m IM
2 – 17-18 years 200m Back

Natasha Kosev (Ginninderra):

2 - 15 years 100m Breast

Sean Maloney (Woden):

1 - 16 years 400m Free
1 - 16 years 1500m Free
3 - 16 years 100m Free
3 - 16 years 200m Free
3 - 16 years 200m IM

Shannon Maloney (Woden):

1 - 14 years 800m Free
2 - 14 years 400m Free
2 - 14 years 200m Free

Isabella Marinelli (Woden):

2 - 13 years 200m Fly
3 - 13 years 400m IM

Rebekah McCoy (Tuggeranong Vikings):

3 - 13 years 800m Free

Alec Morris (Woden):

2 - 15 years 1500m Free

Hugo Morris (Woden):

1 – 17-18 years 400m Free
1 – 17-18 years 200m Free
1 – 17-18 years 1500m Free
1 – 17-18 years 200m Fly
2 – 17-18 years 400m IM
2 – 17-18 years 100m Fly

William Pulley (Woden):

3 – 17-18 years 200m Fly

Alexander Ryan (Woden):

3 - 14 years 100m Fly
3 - 14 years 200m Fly

Cameron Tysoe (Ginninderra):

1 - 15 years 200m Back

Jordie Welch (Ginninderra):

3 - 14 years 1500m Free

Relays:

- 1 - Woden Boys 13-18 4 x 200m Free
- 1 - Woden Boys Open 10 x 50m Free
- 2 - Woden Boys 13-18 4 x 100m Free
- 3 - Woden Boys 13-16 4 x 100m Medley
- 3 - Woden Boys 13-18 4 x 100m Medley

Club rankings:

2	Woden	1,734
16	Ginninderra	549
36	Tuggeranong Vikings	264
40	Canberra	189
53	Telopea	59

Well done!

Officials

Congratulations to the following people who have gained official accreditations over the past couple of months:

First accreditation:

- Claudia Tong (Canberra) - timekeeper and chief timekeeper
- Cathy Blacka (Cruiz) - timekeeper and chief timekeeper
- Evie Turner (Cruiz) - timekeeper and chief timekeeper
- Lisa Greenlees (Goulburn) - timekeeper and chief timekeeper
- Stephen Greenlees (Goulburn) - timekeeper and chief timekeeper
- Melissa Cummins (Goulburn) - timekeeper and chief timekeeper
- Melissa Maddren (Goulburn) - timekeeper and chief timekeeper
- Cindy Charles (Goulburn) - timekeeper and chief timekeeper
- Delene Mason-Waugh (Canberra) - timekeeper and chief timekeeper
- Vicki Jelfs (Cruiz) - timekeeper and chief timekeeper
- Michael Craig (Goulburn) - timekeeper and chief timekeeper
- Scott Cooper (Goulburn) - timekeeper and chief timekeeper
- Warrick Elliott (Queanbeyan Laegues) - judge of stroke and inspector of turns
- Danielle Cowan (Tuggeranong Vikings) - timekeeper and chief timekeeper
- Shane Jones (Tuggeranong Vikings) - timekeeper and chief timekeeper
- Robyn Brandon (Tuggeranong Vikings) - timekeeper and chief timekeeper
- Vanessa Essam (Tuggeranong Vikings) - timekeeper and chief timekeeper

Additional accreditations:

- Mark Cummins (Goulburn) - timekeeper and chief timekeeper
- Anne MacKinnon (Ginninderra) - timekeeper and chief timekeeper
- John Waugh (Canberra) - marshal
- Phillippa Roberts (Tuggeranong Vikings) - judge of stroke and inspector of turns
- Shaun Fletcher (Cruiz) - judge of stroke and inspector of turns
- Gina Gatica (Woden) - judge of stroke and inspector of turns
- Yuni Ryan (Woden) - judge of stroke and inspector of turns
- Jenny Dunstan (Canberra) - judge of stroke, inspector of turns and AOE operator

If you are interested in gaining a credential please contact Jenny Dunstan by email alecconvenor@swimmingact.com.au or let her know when you see her at the pool.

Technical Swimming Committee Forum

The Swimming NSW Technical Swimming Committee was planning to conduct a forum for technical officials in conjunction with the Country Regional Meet. Thanks to everyone who sent issues to Jenny to be raised at the forum. Unfortunately, due to the size of the meet, the forum did not take place. Hopefully we will be able to schedule a forum some time in the near future.

Supporting your Swimmers

It was terrific to see all the timekeeping chairs filled at the Country Regional Meet hosted by Tuggeranong Vikings. The effort of our parents and supporters is greatly appreciated especially by swimmers when the touch pad isn't activated or is done so late. The time keepers ensure that all our swimmers get the time for their swim.

If you have been up at the recent State Age meets you will have noticed that timekeepers are few and far between. This is not ideal. Swimming ACT is encouraging anyone who is intending to attend State and Country meets to consider putting their hand up to do at least one session as an official. It would be great to see all the timekeeping places filled at Country!

Provisional NSW Records

Andrea Forshaw (Tuggeranong Vikings) is stamping her name on the 200m butterfly event. She provisionally broke the NSW and the NSW Allcomers girls 10 & under 200m Fly records at

the Canberra Christmas Classic. Her time was 2:47.71 taking over 3 seconds off the previous mark of 2:51.42.

David Allen (Canberra) did a similar feat at Little State when he recorded 4:37.36 for the 12 & under 400m freestyle. The NSW and NSW Allcomers record for 11 year old boys stood at 4:40.57.

These records are still to be ratified.

Volunteers of the Month

The Volunteer of the Month for October is Rod Saywell. Not only has Rod agreed to take on the Property Officer role he is a regular official at local meets ... pitching in and lending a hand whenever he can.

The Volunteer of the Month for November is Ian Lamb. Ian has been actively training people for Judge of Stroke, Inspector of Turns, Referee and AOE Operator roles. His knowledge and support of trainees has contributed to the growing list of accredited officials in these areas.

In addition, Ian volunteers and works at most local meets as well as supporting club nights.

Rod and Ian, thank you for your contribution to our sport and congratulations on being selected the Volunteers of the Month for October and November.

Volunteer Recognition

Following on from the 2011 Tanks Awards which recognised Rod and Karen Hore for their contribution to our sport there have been a number of other awards granted to our members. Firstly, our very hard working disability program co-ordinator, Margaret Roberts, was recognised at the ACT Water Safety Awards hosted by Royal Life Saving ACT in early December when she received the **Ministers Award for the Most Significant Contribution to Water Safety by an Individual**.

Then, Jenny Dunstan was recognised as the outstanding ATSC Co-ordinator for 2011 at the SNSW Technical Officials dinner earlier this month.

Congratulations to both Margaret and Jenny on this well deserved recognition of your contribution to swimming.

Andrew Metcalfe OA

Congratulations to Andrew Metcalfe who was awarded an Order of Australia in the Australia Day Honours.

Andrew is a member of the Canberra ASC and regularly helps out at swim meets.

The Forbes Carlile Distance Coach of the Year Award

Some would think that Swimming ACT, its clubs and coaches had a thing about distance swimming. A quick look through the results from Country, State and National meets will see local swimmers competing and achieving was excellent results in events from 200m and upwards. At a national level we have been achieving a significant level of rankings in the national age top 25 for distance events.

There are a number of reasons why our swimmers are doing well in the longer distances. We offer opportunities for them to compete over distances greater than 100m across the year at a significant number of meets. The summer and winter distance meets have contributed to the opportunities available to our swimmers, too, allowing them to have a go at distance events without jeopardising other objectives.

In addition, the coaches have supported and encouraged their swimmers to tackle distance events.

It all helps!

In 2011 it was announced that the NSW distance coach of the year would be recognised through a new award: The Forbes Carlile Distance Coach of the Year. This is a great initiative which recognises the contribution of the great Forbes Carlile and, in a contemporary setting, recognises the on-going contribution of coaches to distance swimming ... a discipline that Australia once viewed as its own but, sadly, a crown that has been slipping away from us for some time.

It was delightful to learn that one of our coaches is the recipient of the inaugural Forbes Carlile Distance Coach of the Year award. Congratulations to Steve Young, head coach of Woden, on receiving this prestigious award.

Reminder

Do check the meet results which are posted at the pool before you leave the pool at the end of the session/day. Queries are much easier to resolve when all the officials are readily at hand.

If you believe that you have broken a NSW or Australian record at a local meet please notify the Recording Table on the day of the swim. Record applications require a number of signatures and chasing people after they have left the pool can be problematic.

Recognition of PB Split Times

PB split times for freestyle, breaststroke and butterfly events swum at most local meets are extracted and added to the National Results Database. While the process is manual, and takes some effort, it does ensure that PBs are recognised for ranking, record and meet entry purposes.

While this service is offered as a matter of course for most Swimming ACT conducted meets the same is not the case for other meets.

Where a swimmer wishes to get a PB split time recognised for a swim at a SNSW conducted meet they will need to contact Cherry Smith in the SNSW office and specifically request the recognition of the split time.

A number of swimmers swam PB split times at the Country Regional meet conducted here at the AIS. These split times will not be automatically recognised. You will need to contact Cherry Smith to get those split times added to the National Results Database.

If you are going to put through a request to Cherry to have a split time recognised do ensure that it really is a PB before submitting your request.

If the split time was achieved at another meet check with the Chief Recorder to ascertain if the split time can be recognised and what action is required for this to happen.

Some Dates for the Diary

Tuesday February 14 – Competitions Committee Meeting at the Hellenic Club at 8pm. This meeting will be looking at the calendar for 2013.

Wednesday February 28 – General Meeting at the Hellenic Club at 8pm ... the final one for the year.

Upcoming Meets

Sunday 5 February – Speedo Sprint Series ACT heats ... at the AIS

Sunday 5 February – ACT Relay Championships following the Speedo Sprint Series heats ... and don't forget the parents relays ... at the AIS

Friday 10 to Sunday 12 February – NSW State Open Championships ... at SOPAC

Sunday 12 February – Summer Series Meet 4 (hosted by Tuggeranong Vikings) ... at the AIS

Friday 17 to Sunday 19 February – Australian Open Water Championships

Saturday 25 and Sunday 26 February – NSW Country Championships ... at SOPAC

Friday 2 to Sunday 4 March – ACT Championships ... at the AIS

Sunday 11 March – Speedo Sprint Series finals ... at SOPAC

Thursday 15 to Thursday 22 March – Australian Swimming Championships (and London Olympic Selection Trials) ... in Adelaide

Sunday 25 March – Brophy ... at the AIS

Monday 9 to Saturday 14 April – Australian Age Championships ... in Brisbane

... and finally

Best wishes are extended to all our swimmers who will be competing at the various championships and other meets over the next few months. Swim well and enjoy the experience.

Keep an eye out for our local swimmers as they vie for places on national teams.