

September saw a flurry of activity in and out of the pool with some awesome results in the water. Our swimmers certainly benefited from two early long course meets held during the month (the Canberra ASC Pentathlon and the Burley Griffin meet).

It was great to see three Woden swimmers compete at the National Teams Short Course Championships as part of the NSW State Team. Well done to Hugo Morris, Ryan Hore and Lachlan Colquhoun. The swimmers put in some great swims with Hugo being a standout in the butterfly events and it must also be noted that Lachlan put in a grand effort to finish 2nd in the 14/15 1500m freestyle coming from 4th with just 8 laps to go. Steve Young must also be congratulated on being selected onto the NSW team's coaching contingent.

Following on from the National Short Course teams event, Hugo, Ryan and Steve had a further week of training with the Australian Youth Squad at the AIS and Thredbo. The camp was of great benefit to all.

Both the C and D Squads had a pool session and away trip during September. I would like to acknowledge the support of the coaches and team managers for their contribution to our squads. Without your support we would not have squads and the opportunities it gives to our youngsters to step up to another level in their sport. Thank you to David Murphy, Ping Pulley, Jan Eldridge, Bethany Hooper, Les Barclay, Neil Hindson, Shannon Bunt, Andreas Falkenau, Caroline Webb, Claudia Lopez, Lily Gilroy and Michelle Tuck. I know that the swimmers really appreciate the time and effort you put in to the squads. Reports from the trip can be found later in this newsletter.

The B Squad participated in a camp at the AIS which was a great experience and the swimmers reported that they got a lot out of the camp, too.

Officially the short course season closed off on 30 September. The Top 10 and short course records have been updated and posted to the Swimming ACT web site. It is really worth taking a look at the performances of our swimmers across the winter. Have a look at the short course Resident records and see just how many have been broken (and some have been broken multiple times!) during the winter. Congratulations to the many swimmers who have helped to re-write our records.

October was a relatively quiet month in the pool. The first of the Summer Series meets was hosted by Ginninderra on the 16th. It is encouraging to see the numbers competing in the development series being maintained.

The Australian MC Age Championships were held at the AIS in early October. It was great to see many of our local officials and volunteers helping out at this meet. Queanbeyan swimmer, Brad Jones, achieved some outstanding results during the three day program.

Telopea held their main meet on the last weekend in October. Once again the knock out relay was the highlight of the weekend with some very spirited competition. A large contingent of NSWIS swimmers attended the meet and this provided some excellent competition for all competitors.

The lead up to Christmas is going to be busy with quite a number of meets scheduled. Our local swimmers certainly have plenty of opportunities to obtain qualifying times or improve their times for State and Country.

It was a thrill to see two of our hard working volunteers recognised in the Thanks Awards last month. These awards are a legacy program of the 2001 International Year of Volunteers and provide recognition of the valuable contribution made by volunteers to sport and recreation within the ACT. Swimming ACT and the Tuggeranong Vikings Swim Club jointly nominated Rod and Karen

Hore. Both richly deserved the recognition and it was wonderful to see their contribution to our community recognised through the Thanks Awards.

I would like to extend my thanks to Rod Hore, John Skene, Joan Kellett and Karen Hore who kept the organisation ticking over while I was overseas.

Lorraine Wuth
President

Working with Vulnerable People Act

ACTSPORT submitted a discussion paper on behalf of its affiliates ahead of the Bill being considered in the Legislative Assembly.

The Working with Vulnerable People (Background Checking) Bill 2010 was passed in the Assembly on 25 October. The Act introduces a requirement for people who have contact with vulnerable people in the course of engaging in certain regulated activities or services to be registered with a Statutory Screening Unit (Background Screening Unit) to be established in the Office of Regulatory Services, Justice and Community Safety Directorate.

The Act will commence no later than 12 months after being notified on the Legislation Register.

Throughout the development of the Working with Vulnerable People (Background Checking) Bill 2010 and the Bill's supporting legislation, the ACT Government consulted with stakeholders. Comments received were invaluable in assisting to shaping the Act

The Office of Regulatory Services has established transitional provisions about the introduction of the scheme.

Further information will be provided as it comes to hand.

Publicity

It was great to see Hugo Morris and Woden head coach, Steve Young, interviewed on TV during the National Teams Short Course Championships meet back in September.

Don't forget to get your club news items to Jenny Andrew, our publicity officer. Jenny will do her utmost to get your news out and about and in the media.

Molonglo Aquatic Sport and Rec Facility

Joan Kellett attended a feasibility workshop regarding the future development of the Stromlo precinct which is likely to include an aquatic facility. The workshop was also attended by ACT Water Polo and ACT Triathlon.

Disability Expo

For the past two years Swimming ACT has hosted a swimming Expo for people with disabilities so that they could gain exposure to swimming as a possible activity that they can become involved in. It is also a good opportunity for carers to find out more about what is offered in the way of swimming for their charges.

The 2012 Expo will be held on Sunday 20 November. Please contact Marcel at the Swimming ACT office for more details.

If you know of someone who has a disability who is not already in a swimming program suggest that they come along to the Expo and give swimming a go.

Squads

C SQUAD: Trip to the Toukley

Coaches: David Murphy and Ping Pulley
Team Managers: Claudia Lopez and Caroline Webb

The C Squad attended the Toukley LC Qualifying Meet on 18 September. The away trip provided a great opportunity for the members of the squad to socialise and forge new friendships with swimmers from various ACT clubs.

All aspects of the trip were well organised and of a very high standard including the transport, resort style accommodation and meals. We found the Toukley Club to be very accommodating and welcoming to our swimmers, providing and setting up a much needed sun shelter for our use.

The swimmers themselves made the job of team managers a pleasure and they should be commended on their excellent behaviour.

Medal winners were:

Rebecca Cross (12)	Gold 50 Breast, Silver 50 Fly
Amelia Laudenbach (11)	Bronze 50 Free and 100 Back
Ebony Norris (12)	Silver 50 Free

Xavier Pearson (11)	Gold 50 Back
Phoebe Ross (11)	Gold 50 Breast
Chelsea Stewart (13)	Bronze 100 Fly and 50 Fly
Kate Tabke (12)	Bronze 50 Fly
Abbey Webb (10)	Gold 50 Free Silver 50 Back
Lachlan Webb (12)	Silver 50 Free
Harrison Webster (11)	Bronze 50 Fly
Dylan Weir (12)	Gold 400 IM Bronze 200 IM

D Squad

The D Squad attended the NSW Development Short Course meet on 24 September at SOPAC.

Our team came 4th in the pointscore even though we were only entitled to have 200 entries whereas all the other teams could have 400. We were ranked higher than two of the Met areas. Well done to our swimmers!

All individual events were 50m.

Medal winners were:

Jarrold Barber (12)	Fly gold Back bronze
Tyler Beecher (12)	Back silver
Yi Lerk Chin (12)	Breast gold
Lauren Elliott (11)	Breast gold Fly & free silver
Peta Falzon (12)	Back gold Free silver
Kimberley Fehringer (12)	Fly bronze
Jessica Holland (11)	Fly bronze
Kieran Howell (12)	Fly bronze
Laura Sutton (12)	Breast silver
Bradley Tuck (11)	Fly bronze
Bella White (10)	Fly gold Free silver
11-12 4x50m free relay (Jarrod, Kimberley, Yi Lerk and Peta)	Gold

Australian MC Age Championships

17 year old Queanbeyan Leagues swimmer Brad Jones was the only local swimmer who competed at the MC Age Championships. He had some outstanding results.

Brad was placed second in the 17-18 years 50m fly, 50m and 100m free and 50m and 100m back and third in the 50m and 100m back.

All up Brad came away from the Championships with seven medals. Awesome!

Competition Matters

The list of meets through to the end of 2012 will be up on the meet calendar page on the Swimming ACT web site as soon as pool bookings are confirmed.

The Competitions Committee had agreed that the youngest age group to be catered for at qualifying meets will be 10 & under. There will be an amendment to the 9 & under break times that apply for the development meets so that younger swimmers are not disadvantaged by this decision.

NNSW is now looking at the length of time that meets are running. Whilst we believe that we are managing our meet run time reasonably well we do need to be aware of possible blow outs in time and have plans in place to deal with situations should the run time look unacceptably long.

National State Teams Short Course Championships

Three of our swimmers competed as part of the NSW team. Here are their results with their place in the brackets following their time:

Lachlan Colquhoun (14)

14-15 50 Breast Skins Prelims	31.87 (11)
14-15 200 Breast	2:24.49 (4)
14-15 1500 Free	16:03.21 (2)
14-15 100 Breast	1:08.64 (9)

Ryan Hore (16)

16-17 50 Back Skins Prelims	26.26 (6)
16-17 100 Back	56.32 (6)
16-17 200 IM	2:07.00 (5)
16-17 200 Back	2:02.90 (5)
16-17 400 IM	4:33.12(5)
16-17 100 Breast	1:07.30 (11)
16-17 4x100 Medley Relay	3:44.60 (2)

Hugo Morris (17)

16-17 400 Free	3:51.14(1)
16-17 50 Fly Skins Finals	24.42 (1)
16-17 100 Free	51.26 (3)
16-17 200 Fly	1:59.71 (1)
16-17 200 Free	1:52.66 (5)
16-17 400 IM	4:28.23 (3)
16-17 100 Fly	53.83 (1)
8x50 Free Relay	3:14.56 (2)
17&U 4x200 Free Relay	7:27.59 (2)
16-17 4x100 Medley Relay	3:44.60 (2)
16-17 4x100 Free Relay	3:26.22 (2)

Well done, boys!

Officials

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

Carlee Rusanov (Ginninderra) – checkstarter and marshal

Paula Rusanov (Ginninderra) – checkstarter

Darryn Abraham (Canberra) – JOS and IOT

Tracy Stewart (Ginninderra) – JOS and IOT

Simone Rowell (Vikings) – JOS and IOT

Anne MacKinnon (Ginninderra) – recorder

Mark Cummins (Goulburn) – JOS and IOT

Phillippa Roberts (Vikings) – marshal

Les Abel (Ginninderra) – timekeeper and chief timekeeper

Gina Gatica (Woden) – checkstarter and marshall

Jenny Dunstan (Canberra) - (AOE operator)

Jenny Wynne (Yass) - checkstarter [not really an ACT official but Jenny works at most meets here]

If you are interested in gaining a credential please contact Jenny Dunstan by email aleconvenor@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 conjunctions with the Country Regional Meet however it has now been decided to hold the forum in conjunction with the Area Championships.

If you have a topic that you would like covered at the forum please email Jenny Dunstan and let her know.

Records

Swimming ACT maintains records for swims done within its jurisdiction (ACT Allcomers Records) as well as Resident Records (swims done anywhere in the world by members of clubs affiliated with Swimming ACT). There are both long course and short course records.

Results submitted to the Registrar are automatically checked for records and certificates issued, generally at the Presentation Night, to record breakers. The records are periodically updated on the Swimming ACT website, too.

Winter Top 10

The 2012 Winter Top 10 has been posted on the Swimming ACT web site.

Volunteers of the Month

The Volunteer of the Month for August is Mark Cummings. Mark is another of our hard working volunteers and is prominent at almost every meet lately gaining as much information, experience and deck time as possible. It is fantastic to see such keenness from one of our interstate affiliates and augers well for the sport in the Goulburn community.

Mark also plays a prominent role in the Goulburn Swim Club not just as their president but in all sorts of roles.

The Volunteer of the Month for September is the Metcalfe family. Andrew, Jenny, Riley and Nellie officiated and assisted with the successful running of the Australian Age MC championships from Friday 7th October to Sunday the 9th October 2011 - a huge commitment for one family to give up this much time as volunteers but one that is greatly appreciated and respected. Jenny, Andrew, Riley and Nellie (when she is not swimming) regularly assist at meets and their contribution to our sport is greatly appreciated.

Mark, Jenny, Andrew, Riley and Nellie, thank you for your contribution to our sport and congratulations on being selected the Volunteers of the Month for August and September.

Volunteer Recognition

The valuable service provided by Rod and Karen Hore to swimming both at the club level and beyond was recognised at the 2011 Thanks Awards.

Some Dates for the Diary

Tuesday December 13 –Competitions Committee Meeting at the Hellenic Club at 8pm. This meeting will be looking at the calendar for 2013.

Wednesday November 23 – General Meeting at the Hellenic Club at 8pm ... the final one for the year.

Sunday 4 December – Summer Series Meet 2 (hosted by Goulburn)

Saturday 10 and Sunday 11 December – Canberra Christmas Classic