



# WEIPA SWIMMING CLUB INC NEWSLETTER

August 2008

## Welcome

Welcome to 08/09 for the Weipa Swimming Club. We've had a long rest so we're breaking in the new facilities with an early start to the season. The structure of the season has changed with Club Night now on a Friday night. The start time is yet to be confirmed.

The aim of our club is to promote the sport of swimming, the bond of community and the value of the individual; with our members enjoying their swimming regardless of their capabilities.

We rely heavily on volunteers for support throughout the season, so please make yourself known to a committee member, join in and share the load – especially on club nights!

With the early start to the season we will get plenty of training under our belts, I would encourage you all to think about attending one or two carnivals outside of Weipa: Mossman in December and Atherton in January are popular family events and it would be great to have a strong Weipa contingent.

## Swim Clinic with KIEREN PERKINS

On September 6<sup>th</sup> we're very excited to be hosting Kieren Perkins here who will be running 2 coaching clinics: one for 12 to 16 yrs and one for 17 yrs and up. This is a result of the Qantas Sharing the Spirit program and gives us an opportunity to learn from a true legend of Australian Swimming!

For further info or to book, go to  
[www.qantasboxoffice.com.au](http://www.qantasboxoffice.com.au)

## Coaches

We are fortunate to once again have the services of two very experienced coaches in Rosa Murray and Kerrie-Anne Anstis. Please give your support to them both.

## Season Dates

Training starts on Monday 11<sup>th</sup> August. The first club night is scheduled to be Friday 5<sup>th</sup> September and last club night for the term will be Friday 5<sup>th</sup> December. Next term's date will be advised.

## International Point Score ... IPS

Using IPS is one way to introduce some competition within each swimmer in the absence of frequent carnivals. The IPS rating system was developed by Swimnews (a world renowned on-line swimming site & magazine) to allow comparisons among different events. Points from 0 to 1100 are awarded for race times. When our swimmers reach new point bands, certificates are awarded. (We've scaled them down for 25m races for the young'uns – see attachment.)

## Committee

President:-

Adrian Third 0429 649 371

Vice President:-

Daria Kearon 4069 9680

Secretary:-

Rebecca Boehm

Treasurer:-

Viv Ball

Coaching Convenor:-

Barry Murray

Registrar:-

Angela Third

Race Secretaries:-

Angela Third,  
Shona Irving

Publicity:-

Simone Atkinson

### Swimming gear purchases

The club keeps a stock of togs, swim caps, goggles, water bottles and club shirts in all sizes. These can be purchased at very reasonable prices. See a committee member.

### WEBSITE

Have you seen our own webpage on [www.fnqswimming.asn.au](http://www.fnqswimming.asn.au)? This is a static page to introduce us to the world: It links back to a page we have at [www.weipa.biz](http://www.weipa.biz) which we can update regularly.

## Club Nights

Club nights are on Friday afternoons. It is planned for them to start at 5:00pm (yet to be confirmed at time of printing). You should arrive at the pool 15 min prior to start time and present to the race secretaries. A typical program will include 4 strokes at 25m to 50m distances plus one stroke at 100m or greater. (Depending on age) Parents are required for timekeeping on these nights, so don't be shy to grab a stopwatch.

## Registration Fees

\$ for family members	Competitive (carnivals, club nights & training)	Non comp (club nights &/or training)
<b>1<sup>st</sup></b>	<b>\$85</b>	<b>\$45</b>
<b>2<sup>nd</sup></b>	<b>\$85</b>	<b>\$45</b>
<b>3<sup>rd</sup></b>	<b>\$70</b>	<b>\$35</b>
<b>4<sup>th</sup> +</b>	<b>\$35</b>	<b>\$10</b>

## Training Fees

Training fees are paid by the 1/2 season. Payments should only be made to treasurer or registrar, not coaches.

# trainings per week	1/2 Season (to 5 <sup>th</sup> December)
<b>1</b>	<b>\$100</b>
<b>2</b>	<b>\$200</b>
<b>3</b>	<b>\$295</b>
<b>4</b>	<b>\$390</b>

## In-house 'carnivals'

During the season there are special club nights: These may include ...

Ribbon night:- swimmers compete against own age group for ribbons.

Green & Gold night:- two big teams are formed, including parents, and everyone races their hearts out for the coveted Green & Gold shield!