



NEWSLETTER

Keiren Perkin's Visit

What a great way to start the season with a visit from a gold medalist! All members that participated learnt a lot. Below are some shots of our members stretching out and listening intently to Keiren's words of wisdom.



LEARN TO SWIM NEWS

Learn to Swim has started very well with nearly 80 children enrolled!! Kerri-Anne is doing a brilliant job helping with water confidence and stroke correction with ages ranging from 3 to 10 years. Rosa will be starting also on Friday afternoons and Saturday mornings after the holidays. Very few vacancies are available, so if you know anyone interested in enrolling their child, please contact Daria Kearon on 40699680 ASAP.

Just A Reminder

- All participants are working hard.
- Remember to tie hair back if it is long and you have no cap, bring a water bottle, your goggles and no chewing gum.

Holiday Training

Training during the holidays is dependant on numbers. If you wish to train during this time please see Kerrie - Anne or Angela

Club Nights

Club nights have been off to a great start so far this season. Please remember to arrive at 5.30pm and report straight to the race secretary. This will assist in ensuring races start promptly at 6pm.



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
Lisa Stamm

WE NEED YOUR HELP

Are you interested in helping out? The club is in need of an inventory officer to assist in keeping our cupboards well stocked of cordial, chips etc that we sell at the pool to raise money. For more info contact Angela.

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Also, it would be great if club parents at the pool while their child is training could sell kiosk goods as required.

**Timekeeping**

Without timekeeping, racing is pointless – without good timekeeping, swimming records are pointless. Some tips to help us parents to maintain a high standard of timekeeping for our kids are:

- o Look for flash or light from the starter gun to start your watch. Do not use the sound of the gun unless light source is unavailable.
- o Start your watch every time, even if there is no swimmer in your lane ... someone else may have made an error and your watch may be needed.
- o Look down at the end of the pool and wait for the first part of the swimmer to touch the wall, do not follow in and anticipate a certain part of the swimmer to touch first.
- o If 3 timekeepers were timing one racer, the goal would be for the difference between them to be less than 0.05 seconds!

**WEBSITE**

Have you seen our own webpage on [www.fngswimming.asn.au](http://www.fngswimming.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.

**Swimming Gear Available**

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. If you have old club togs that are no longer needed and are in good condition someone else in the club may be able to make use of them. Just put them in a sealed plastic bag with you name and the price on them and pass them to Simone. She is at the pool on Wednesday's at 4pm

**International Point Score ... IPS**

Using IPS is one way to introduce some competition within each swimmer in the absence of as many carnivals as non-Weiparians would experience. 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. See [www.swimnews.com](http://www.swimnews.com) for more info and our chart of times (extrapolated back to 25m races for the young'uns)