

## Wide Bay Regional Swimming Association

Next Forum:  
December 7

October Carnivals:  
4: Kawana Waters  
Long Course  
Carnival

12: Burpengary  
Junior Meet

18: Nambour

24 & 25: Heritage  
City Carnival

26: Goodchild  
Shield



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## Management Committee Update

### WB QUARTERLY FORUMS

Voted by those in attendance at the September forum to continue to hold the forums in a central location (ie, Gympie). Further information, as it comes to hand, will be passed on to clubs regarding the venue for the December forum which is scheduled for Sunday 7th December

### WEBMAIL

Remind clubs to ensure someone is regularly checking webmail as this is the most efficient way of communicating with clubs in the region

### TECHNICAL OFFICIALS

WB currently does not have enough Technical Officials. We urgently need to train person for Technical Official positions. Red Books and Learner's Guides can be obtained from the WB refs at any of the scheduled upcoming meets, or email [davidtowner@widebayswimming.org.au](mailto:davidtowner@widebayswimming.org.au) to have one posted to you. The future of carnivals in our region rely on Technical Officials.

Wide Bay Committee thanks the coaches who have given time to helping with squad clinics over the winter

**Development Squad:** Brad Kydd – Flinders of buderium  
Michael sage – Coolum Peregian

**Supercamp (Achievers and Early Achievers):**  
Scott Hamlet – Fairymead,  
Di Feldman – Coolum,  
Ann Walters- Gympie South

**Junior Skills Sunshine Coast:** Di Feldman

**Junior Skills Burnett Fraser:**  
Scott Hamlet – Fairymead  
Sue Warner – Isis  
Fiona – Burum  
Jane Stebhens – Kolan

# Development Squad New Zealand 2008

- 24 September: Team leaves for Brisbane
- 25 September: Team flies to Auckland
- 26 - 27 September: Training & preparing for competition
- 28 Sept – 1 Oct: Competing at the NZ Spring Meet
- 2 October: Relaxation / Cultural experience day
- 3 October: Back to Brisbane



Send a hero message to our swimmers while they are in NZ



SMS: 0413 524 839



Email: [hero@widebayswimming.org.au](mailto:hero@widebayswimming.org.au)



# Supercamp

Super Camp held at Riverside Retreat, Bundaberg  
on the 2nd August to 3rd August 2008.

Coaches Scott Hamlett – Fairymead, Diane Feldman – Coolum, Anne Walters - Gympie

Managers Michele Watson – Fairymead, Donna Clark – Kingaroy

Parent Supervisors Davina Williams - Coolum, Peter Mundie – Nambour

Achievers Squad swimmers arrived at Riverside Retreat, Isis Hwy, Bundaberg Friday night. After a quick settling in of surroundings they were taken by camp instructors for activities including a challenging obstacle course.

Up for early breakfast Saturday and Achievers Squad began the day with canoe activities. While this squad was busy the Early Achievers Squad arrived and settled in. Early Achievers then spent time with camp instructors out canoeing. Refer to [www.widebayswimming.org.au](http://www.widebayswimming.org.au) for squad criteria.

Once activities were completed ending with a very steep walk back to camp for some, (the winners rewarded with a ride back in the car), guest speaker Bradley Byrne gave his account of swimming experiences within Wide Bay and his journey through to State/National achievements. It was then time to travel into Bundaberg Swim Academy for lunch and the first pool session.

The pool session entailed dynamic warm up, under water streamline practice, fast turns, no breath starts and finishes, individual check speed (heart rates). Not all activities were about intense training. Other tasks with a fun factory were reaction drills, performing rebound turns through turbulence, lane rope turns and a dive and glide competition. Prizes were given to the best performances.

Upon return to camp, dinner and clean up duties were completed. Swimmers participated in a game of celebrity head, watched a slide show of camp photos and toasted marshmallows around a camp fire .

Early breakfast and pack up before heading back into Bundaberg for the Sunday swim session. After another dynamic warm up and reaction drills to wake up, it was time to hit the water. More individual checking speed, a kick set and turns practice. The session was completed with Duncan Armstrong 15m finishes, dive starts, relay change over techniques and hands to feet turns practice.



It has been weeks since we found out about the swimming camp. Finally it has arrived we have packed the car and we are off to Bundaberg. We had no idea what to expect really, however, when we arrived it was awesome. The camp was about team work and about having fun. We went Ten Pin Bowling First and then at the pool we learnt lots of great techniques to help us to swim better. It was the best excursion that we have been on. We made some great new friends and did an exciting ropes course. We slept at a really nice place and had a camp cookout. Hayley's team lost the challenge and had to wash up, it was still ok though. The last day we played bush rope tiggly and walked across a suspension bridge. It was a little scary but great fun. On the Sunday we swam for four hours taking in all the information about each stroke and how to turn. We also got to do some Diving the whole weekend was great fun and we can't wait to be invited back next year. Thanks Scott and Michele for an awesome weekend away.

*Emma and Hayley McCulloch*

As being part of the achievers squad I went to a camp at Riverside retreat in Bundaberg. The Achievers squad arrived at the camp at seven o'clock. We started the camp with some night activities. The first one being Knights and Cavileres this was good fun but in the end the best team was beaten. We then moved onto a game of collecting colored balls with soup spoons with sticks on the end and then building a pyramid out of the colored balls to a certain pattern. The losing team had breakfast dishes duty and with bad luck again my team was beaten. We then finished night activities with the low ropes which was loads of fun and then went down on a suspension bridge which was tones of fun and some of the girls really liked to rock the bridge. Before bed we sat around a camp fire and learnt about the girls obsession with fire.

The next morning we woke up at around six and had breakfast at 7 o'clock. With the Early Achievers coming later that morning we went canoeing down in the river. We were put in teams of four and then 2 at a time we went out and collected letters from the lady in the boat. Once we had collected all the letters we had to figure out what stroke the letters spelt and then we had to figure out who the famous swimmer was from a series of clues that were given to us. The two teams that didn't get the clues were on wash up duty for dinner that night. Just before we went to the pool for our first training session we met up with the Early Achievers and had a talk from Bradly Byrne. He talked to us about the development squads and how we should try to make the higher squads. In the arvo we went swimming. We did a variety of drills and sets as well as some competitions to help improve our stroke. That night we had a camp fire and roasted marshmallows.

Sunday morning came and we packed up our stuff and headed straight down to the pool. Once again we kept on working on our stroke technique and dives and turns. Just before we left to go home we had Domino's pizza. The camp was great fun and was interesting with the different things you learned.

*Michael Archdall from the Achievers squad - Yarraman club*



Get the Swim Season off to a Great Kick start

The Official Wide Bay Online Swimmeroo Swimstore currently has a great range of Speedo Racing Suits available on a massive clearance sale.

The suits include FS II, Fastskins and Aquablades, non of them priced above \$150 – so terrific value. Some of the stock is limited in size availability, but generally there is a good range available – take a look & remember – a percentage of everything spent when clicking through from the Wide Bay Site goes to support Wide Bay Swimming.

And if you're not looking for Racing Suits – there are allsorts of other Swimming products: Regular Swimwear from Speedo, Arena, Zoggs, Uglies and others, Goggles, Caps, Kickboards, paddles, DVDs – allsorts! [Click here to take a look.](#)



## ***Burnett Fraser Junior Skills Camp 2008***

*Isis District Swimming Club Inc.*

*Tom Cole (9yrs)*

*It was really fun and I most enjoyed the new stuff about swimming. The coach was very nice and he helped me with all the stuff I didn't understand. I made new friends that I wouldn't have otherwise.*

*Caleb Spark (9yrs)*

*There were way more good points than bad from the camp weekend. The only bad thing was that it was too short, not really long enough at all! The best thing was meeting all the new kids from different clubs and having heaps of fun getting to know them. I loved learning how to get better at breaststroke pullouts as well as getting better at my turns. To top it off I had heaps of fun on the obstacle course! It was awesome!*



Have you attended a WB Camp, Clinic, Forum, Carnival or Event?

If you would like your comments and photos included in a WB News email  
[jessicawatson@widebayswimming.org.au](mailto:jessicawatson@widebayswimming.org.au)



Clubs is there something you would like to share with other clubs & swimmers in WB?  
Email information to [jessicawatson@widebayswimming.org.au](mailto:jessicawatson@widebayswimming.org.au)

# Wide Bay Short Course Championships 2008



220 swimmers from 23 Wide Bay clubs with 1206 individual entries competed at the Mountain Creek Aquatic Centre on Sunday 10th August 2008.

Swimmers competed in a new format of multi-age events ranging from 8yrs to Open.

All the swimmers going to the New Zealand Spring Sprint in September on the WB Development team competed in readiness for this meet.

A lot of new records were taken out as more events were swum this year. Ammon Lammi from Fairymead SC unofficially broke the state record for 25m Freestyle for 13 year old boys in a time of 11.99. This time is unofficial because electronic timing was not used, so unfortunately he cannot be recognised as breaking it.

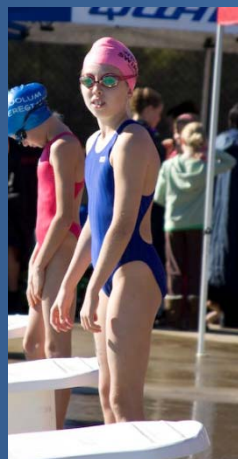
Swimmers of the Meet - The criteria being the closest to a state record.

8-10yrs        Nicholas Sloman  
11-13yrs      Ammon Lammi  
14yrs & over Jake Pakard and Buster Sykes (V)

Special congratulations must go to South Burnett and other clubs which struggle to find heated training conditions over the winter months. These swimmers travel to other centers for winter training in order to stay in touch with their chosen sport and to compete.

Coolum Peregian SC (the largest team on the day) took home over 115 medals, including over 51 gold medals. The nearest to them in the medal count was Fairymead with a total of just over 42 medals including 23 gold.

Check out results and photos on the WB website  
[www.widebayswimming.org.au](http://www.widebayswimming.org.au)



# Reminders

All clubs must register with SQ by the 30<sup>th</sup> of September to avoid extra fees

Clubs have you checked your email recently?

Parents,  
Have you considered becoming a technical official?  
Contact your club for more information

JX Swimmers  
Have you registered for a JX forum near you?  
See SQ website for more information.

# Notices

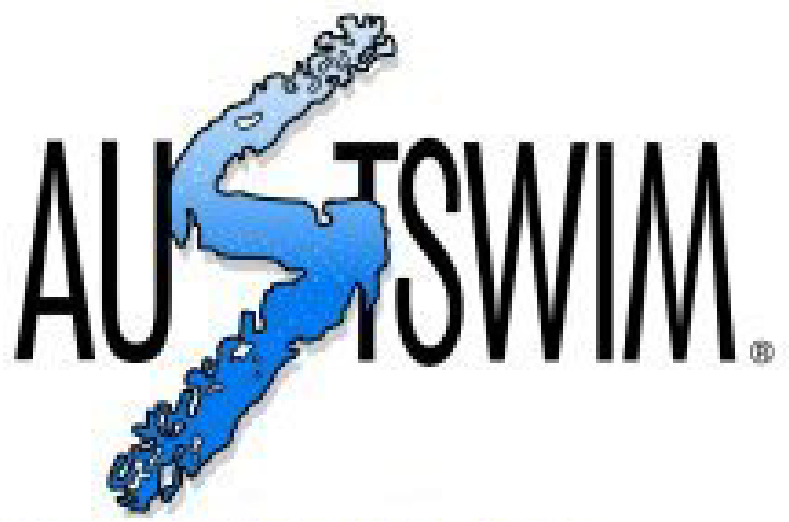
## TENDER FOR LEASE OF KINGAROY SWIMMING POOL

Applications are invited from interested persons for the lease of the Kingaroy Swimming Pool. The outgoing leases currently have 400 participants in their learn-to-swim pool, and the current staff is keen to continue, if required. The squad program involves seven coaches at all levels – mini to seniors.

Further information can be obtained by contacting Eleanor Sharp, Director Lifestyle and Culture, South Burnett Regional Council on 4169 2555 or by emailing [ceo@wondaishire.com](mailto:ceo@wondaishire.com). The tender will shortly be advertised in Brisbane, Sunshine Coast and Gold Coast publications. The current leasee, Warren Knight, can also be contacted for further information on 0408 824 280.

## New Zealand Raffle winner

Congratulations to D Clifford winner of the WBRSA Development Squad New Zealand raffle. The winning ticket was sold by the Tronc family.



# **TEACHING SWIMMING & WATER SAFETY COURSE**

**Saturday & Sunday  
4 & 5 OCTOBER 2008**

at

**Isis War Memorial Pool  
Childers**

**Contact Sue Warner  
0408911465  
for information**