

Wide Bay Whisper



July 2011

In this issue:

July/Aug/Sept
Carnivals

Coaches
Confidence

WB Whisper
Swimmer

Supporters Scoop

WB Development
Squad for NZ

D'Arcy beats
Phelps in US

Free Pizza Night for
your club

Tech Offs Tip Offs

Cool Bag Capers

Our New
Conscientious
Committee



Is this you??! At Kingaroy??!

**WIDE BAY
REGIONAL
SWIMMING
ASSOCIATION**

What's on in July?

Sat 9th: Super Achievers Camp

Sun 10th: Wide Bay Short Course Meet
Matthew Flinders

Sat 23rd & Sun 24th: Wide Bay Short Course
Champs - Hervey Bay

What's on in August?

Sat 13th & 14th: Heritage City Short Course
Meet - Maryborough

Sat 27th & 28th: Heritage Qld Short Course
Champs - Brisbane

Sat 27th & 28th: Burnett Fraser Junior
Skills Camp

What's on in September?

Sat 3rd: Cotton Tree Cyclones Meet

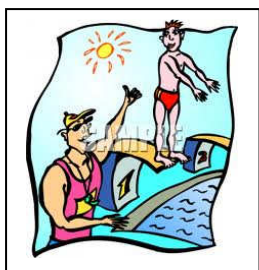
Sun 11th: Wide Bay Quarterly
Forum - Gympie

Fri 16th & 17th: Noosa Open Swim Meet

**Wide Bay Web Site for
more information and
carnival flyers:**

www.widebayswimming.org.au

Coaches Confidence



Which is more fun for you? Training to train or training to race? Check out and Google search Alexander Popov and you will notice one of the fastest swimmers in the world. What did he do that maybe you can do? What made the difference? Popov trained SMART! He didn't train hard! He trained to race fast!

Every start, stroke, turn and finish he swam was executed in such a way that it mimicked how he would race. He swam many laps slowly. When he swam slowly he mimicked exactly how he would race! He trained smart NOT hard! When he trained FAST his mind and body knew automatically what to do! When he raced FAST he was on fire! Maybe you can enjoy training to race now and notice the difference?! It's easy when you know how!



Wide Bay Whisper Swimmer July 2011

Congratulations to Olivia Carlson!

11 year old OLIVIA CARLSON from Gympie Gold Fins answers some important questions for Widebay Swimming:

Where was your first carnival and how old were you?
Gympie South Amateur Swimming Club Carnival. I was 8.

Which is your favourite carnival and why?
Wondai because it's a small carnival.

Who is your swimming idol?
Steph Rice

What is your favourite training set?
Kick



What is your friends and coaches nickname for you?
Liv or Livvy

What is your favourite food at carnivals? Pasta and mince, Lollies

What is your favourite drink at carnivals? Poppers

Who are the three most influential people you would like to invite to dinner?
Owen Wilson, Taylor Swift and Stephanie Rice

Your favourite film?
Tangled



What is your biggest thrill so far?
Winning gold and breaking the record for the 11 yrs girls 200m Free @ Burnett Fraser.

Do you have a favourite pet? My dog Milly

Where is one place you haven't or would like to swim? Cotton Tree or Kawana Waters



How do you have fun with your swimming?
Training is fun cos my friends are there. Carnivals are fun cos I get to spend all day with my friends. And I enjoy swimming.

A coach once told me "Winners never Quit and Quitters never Win." This has stuck with me throughout my swimming. The girls and one boy that I train with make training worth while. Thank you Olivia from all of us in the Wide Bay Swimming Region!



Supporters Scoop

There is nothing better to support your swimmer and their friends than with your smile! Your smile generates a multitude of wonderful signals and will most always be reciprocated with an even bigger smile! How good does that make you feel!!? For your swimmer it is about having a great time swimming whether that is from swimming faster, gaining pb's, winning medals, winning the raffle, having giggles with friends, getting wet, cheering as loud as possible for their friends and many other fun filled learning skills.



So enjoy watching and getting involved with your SMILE too!



Development Squad New Zealand August 2011

7 very special swimmers are grabbing their opportunity to compete in the New Zealand Short Course Championships. Every year Wide Bay encourages swimmers that are in our development squad to improve their racing skills overseas whilst within a team environment. The experience gained from this trip is so valuable. We are looking forward to photos, updates and of course some fast racing results!!

Our swimmers are:
Ella Kleinschmidt - Hervey Bay
Ammon Lammi - Fairymead
Teena Power – Caboolture
Sydney Reid – Hervey Bay
Philip Britain - Nanango
Ben May - Kawana
Paul Primavera –Maryborough

Widebay Swimming New Zealand Cookbook for Swimmers Support!

This is a fabulous little cookbook full of easy to read, easy to prepare and easy to cook recipes for very hungry swimmers! Developed by the awesome Team Managers on the NZ Development Squad trips!

Available at WB carnivals for only
\$15 per edition!

Now these 7 swimmers are seriously fund raising for their NZ trip so if you happen to encounter them during their fund raising please take time to wish them well with your support! It could be your swimmer in the years to come!

Website:

www.widebayswimming.org.au

D'Arcy beats Phelps!



Noosa swimmer Nick D'Arcy beats World Record Holder Michael Phelps in the Santa Clara Invitational (USA) by 0.01s in such an exciting finish!



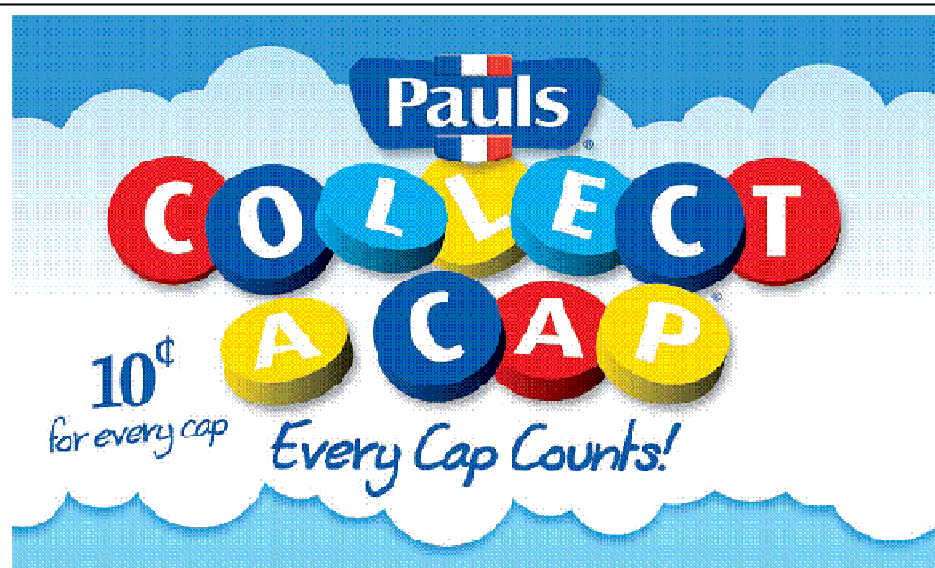
Congratulations to Nick and his coach Brian Stehr at Noosa! Nick would have started his swimming career just like our little swimmers and attending the local carnivals learning how to race faster. Bring on 2012 Nick!

Win a Pizza Night for your club!

The club that collects to most Paul Collect-A-Cap and posts them into Wide Bay will receive a FREE pizza night for your club.

Register now so that we can send you a pre-paid post bag so there is no out of pocket expenses for your club.

Send your contact details into jessicasallaway@widebayswimming.org.au for a post bag to be sent to you today.



For Wide Bay Swimmer Support!

Support your Wide Bay Swimmers!

Tech Offs Tip Offs!



Who's got the best shadow?!

Imagine your swimmers elation when they produce that all important Personal Best time (PB)? They might even be close to or have achieved their qualifying time for their first State or even National Championships! It is, without a doubt a very exciting experience for you and your swimmer! We are always thankful for all our wonderful timekeepers at each and every carnival in the Widebay Region.

Without you, there would be no PB's and qualifying times achieved! Timekeeping is one of those easy jobs that every parent and even senior swimmer can do. It is the BEST seat in the house! Swimmers are proud that their supporters are so involved within the process and some swimmers enjoy the pride they have in knowing their supporters are kept fascinated and interested. Widebay will, in turn, support you with training and the confidence to enjoy contributing. Timekeepers are kept well fed and watered during their shifts. They also enjoy that social aspect of meeting other supporters of swimming who enjoy contributing too! For more information about learning more visit our web site link: <http://www.widebayswimming.org.au/technical-officials/>



Cool Bag Capers!

Recipes for your cool bags!



Libby's Luscious Lemon Limeade

Especially for Libby Trickett fast freestyle sprinting!

**8 lemons and 8 limes
6 cups of water
1 and a quarter cups of castor sugar
Ice to serve with!
Yummy! Serves 8**

Competition: See how many times your swimmer can say the name of this recipe FAST before every serving!



Your Conscientious Committee!



Michele Watson

President: Michele Watson

Vice President: David Towner

Secretary: Linda Hodkinson

Treasurer: Jessica Sallaway

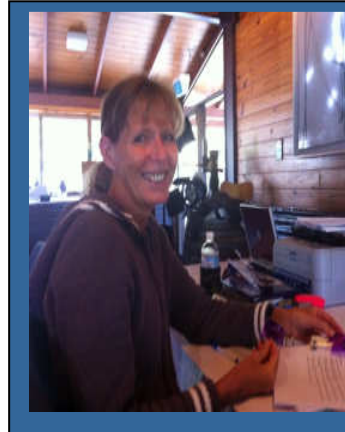
Registrar: Rose Harris

Publicity Officer: Julie Robinson

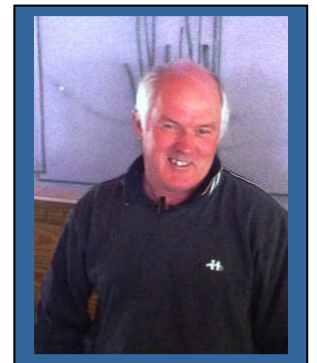
Committee Member: Debra Sutherland

Committee Member: Lyn Castle

Please feel free to chat with ideas and feedback!
We need all the help we can get!!



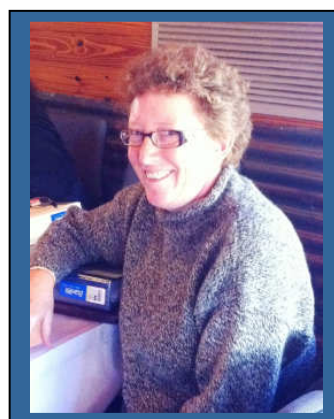
Linda Hodkinson



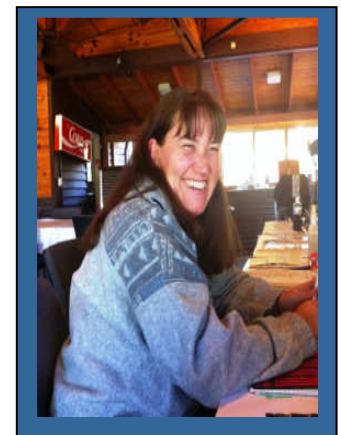
David Towner



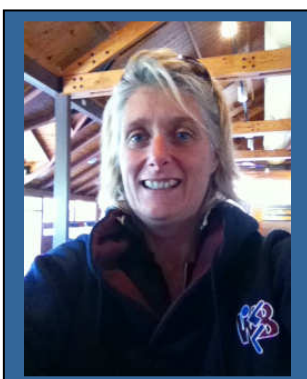
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