



## COACHES REPORT

Taper will not commence until 4<sup>th</sup> January. Swimmers are reminded of their obligation to attend training if selected in the Countries team & superfish squad or if attending states. If swimmers are to be away a training program must be maintained. Your performance outcome comes down to hard work and training regularly. Not skipping sessions are saying *"I will be there next time or sorry I forgot."*

Being part of a team also comes down to training with your team mates.

**Swimmers in the Championship events (not superfish) should be attending 6 sessions at a minimum and if over 15 years 8 - 10 sessions. Are you there yet!! Are you doing the kilometres to be swimming your best in January?**

**Pat Wheeler**

## SWIMMERS COMMITTEE

Christmas raffle:

- WINNER - Brock Jeffries - Congratulations

National Raffle due Jan

- If you can sell another book just ask Cillie, Melody or Katelyn

## NEXT COMMITTEE MEETING:

- January 14th

## SWIMMERS RECORD SHEET:

Swimmer Record Spreadsheets can be obtained if you email Sarah Wheeler. She wishes for her phone and emails details not to be published however is have to give them out personally a swimmer.

## ONKAPARINGA OPEN CARNIVAL

Date: 28<sup>th</sup> February so mark it on your 2010 calendar. I'm sure in the next few weeks you will be given paperwork which will allow you to select one or two of the many jobs that need to be done to help this fundraiser run at a success.

Parents are reminded of their obligation with regards to fundraising. Each year parents must participate in two fundraisers for their swimmers to be accepted for membership annually. It is not a big ask.



**NOMINATIONS:**

Entries required soon are:

- Mountain Pool - early Jan
- Summer Div 2

**SOCIAL / FUNDRAISING:**

- Presentation of Country Team and awarding Club Captain Badges - Tuesday 12<sup>th</sup> Jan

**UNIFORMS!!!!**

We have a stock of swim caps, limited bathers, hoodies. An order for Polo Shirts has been placed and it is hoped they will be ready for Countries. If you have any inquiries see Amanda Wheeler for all uniform requirements.

Polo's - \$ 60.00    No Name Caps - \$ 10.50

Silicone (Name) - \$ 15.00 or Latex \$ 4.00

Hoodies - \$ 50.00

**CLUB ACTIVITIES:**

**Funky Trunk Aerobics**

-Swimmers are invited to attend our Onka version of the Funky Aerobics on January 4th. Info regarding locations and timetable will be circulated in the coming days-let Ryan/Amanda or Mel know if u are interest in being part of the PRODUCTION!!!!!!!!!!!!!!!!!!!!

January 12<sup>th</sup> will be the BBQ & presentation of our swimming team to represent the club at the 2010 Country Championships.

Please bring a salad and sweets to share.

Club Captain to be awarded Badges.

Swimmers will receive nametags and flash which should be sewn on to club uniform.



**WELCOME TO NEW MEMBERS:**

Tess Clements is 10 years old and has been swimming with the club for 3 weeks. She has moved from Henley Beach where she was a member of Grange Surf Lifesaving Club. Tess's parents are Maryanne and Daniel and welcome to our club.

Welcome to 11 year old Georgia Weir. This is Georgia's first club however she has trained with the Strathalbyn club at Stateswim Mt. Barker. Welcome to parents Jo & Chris Weir

Welcome to Daniel and Tiarna Sharrad. Daniel has transferred from the Strathalbyn club whilst Tiarna's first Swimming Sa membership is with our Onkaparinga club. Also, welcome to their parents Dianne and Tim.



**MY GOALS**

**Short term (1-3 months)**

- 1.
- 2.
- 3.
- 4.

I know what goals won't work unless I do.....

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I am prepared to works at.....

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**Medium-term goals (3-12**

- 1.
- 2.
- 3.
- 4.

This will help me aim to get where I want to go

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*A word from your coach..*

*It is ok to be disappointed and dissatisfied but look back at your preparation and look at areas you can challenge change. Ask questions of yourself. Also if a goal was easy then you need to set them a little harder. Seek perfection with ownership!*

*And remember "If you don't invest energy, defeat won't hurt as much and excitement won't be aroused in winning." Give all of yourself and satisfaction will be awakened and success is within reach.... and more often".*

**Long Term Goals (1 - 5 year)**

- 1.
- 2.
- 3.
- 4.

I have found this great phrase by Tom Hopkins

*"People don't really decide their futures. They choose their daily habits and disciplines. Their daily habits and disciplines decide their futures."*

**What do I need to do to reach my goals?**

- 1.
- 2.
- 3.
- 4.



## **SWIMMER PROFILES:**

**Name :** Monica Kato

**Swimming :** 10 years.

Monica started as an eight year old. Pat watched Monica swimming at term time swimming and asked her to come and try swimming club. Monica slipped through the water with very little effort doing breaststroke with good rhythm. Monica has just turned 18 years old and is now a qualified instructor of swimming and has just started to do some lifeguard work at the Adelaide Hills Swimming Centre.

Monica has attended Nationals two times in 2007 & 2008 in Open Water Swimming.

This year Monica was elected to the position of Vice Female Club Captain.

## **ONKAPARINGA FEES:**

**Have you paid your fees?**

You should have received an invoice from the Marshall's regarding your fees due.

Please pay either by direct debit or preferably, via the Onkaparinga Swimming website.

If you are having difficulty doing this, please see either Pat or Chris Marshall at training.

## **COUNTRY CHAMPIONSHIPS**

### **2011:**

The Country Championships for 2011 are to be held at Broken Hill.

It is never too early to book accommodation so I could encourage all to book now before it's too late.

Remember, accommodation does go fast!

## **SWIMMING SA ASSESSMENT:**

A number of parents attended the Swimming SA Assessment clinic that was held at Woodside on the 20th December.

I would encourage all parents that attended to complete their assignments and hand into Swimming SA as soon as possible.