



COACHES REPORT

This last month has flown by quickly and some terrific results have been achieved by Club and Individuals. Congratulations to all members who made the journey to be part of our Country Championship Team. Each and every team member played an important part in our growth as a team and club.

Thanks must go to Jo Palmer and John Brooks who were such an import part to our support team. Your support was truly valued by coaches and swimmers.

Thanks to Sarah Wheeler for assisting on pool deck with the Junior swimmers in the lead up weeks to Countries and during the meet. Steph and Monica also helped out on pool deck with coaching prior to the Championships.

Our officials and timekeepers performed such great jobs and your help is always valued and I'm sure we don't thank you enough but thank you from the coaches.

Congratulations to Melody and Cillie for winning medals in Adelaide the week later at Swimming SA's State Championships. Also well done to Emily & Jake Brooks, Georgia Wilson & Stephanie Palmer White for qualifying and competing at session over the 4 days of competition.

Congratulations to Kimberley Hombsch on singing the National Anthem at the Opening Ceremony on the Friday Evening. You did such a great job.

February and March are just as busy as January. Swimmers are expected to continue competing through to the end in March.

All training times are back to normal and will remain the same until mid March.

Good luck to all club swimmers who will be competing in School Swimming Carnivals and Team over the coming weeks.

Pat Wheeler - Head Coach - Onkaparinga

!!!URGENT NEWSFLASH!!!

Can all parents please ensure that children DO NOT use the Army Gym facilities.

This area is OUT OF BOUNDS for all Onkaparinga club swimmers/parents and siblings.

Please observe the speed limit, you are expected to drive through the base at UNDER 30KM PER HOUR, a number of parents have been going over this limit, there are cameras in the area and you will be ESCORTED off the base for speeding as well as placing the club at risk of loosing the use of the pool facility.

Can all parents now please park in TOP CARPARK and not the bottom carpark.

These are not new laws but are part of our contract arrangements with the Army.

If we wish to continue using this facility, we need to respect their procedures and parents not doing so will face the consequences.

SWIMMERS COMMITTEE

Nationals raffle Winner: D. Kelly -
Congratulations.

The raffle was drawn by Pat Wheeler at
training on Saturday 6th February.

UNIFORMS!!!!

Bags will soon be order so ensure that you let
Amanda Wheeler know of your requirements

There are 3 types of bags to choose from,
these are a backpack and 2 smaller versions of
the current bag.

Amanda will also be ordering beanies and other
various items for the club. Once the details for
orders are finalised, we will be in touch to
confirm costings and payment processing
before orders are finalised.

Please ensure that you inform Amanda on names
that you wish printed on your bag.

Prices on all of these items will depend largely
upon ordering numbers.

Prices: TBA

AUSTRALIA AWARD AWARD:

On January 26th, Australia Day, Pat Wheeler
received an Australia Day Civic Award in
recognition of her services to the Onkaparinga
Wimming Club as a Coach.

This was awarded to her due to her
involvement, not just with Onkaparinga

Swimming Club, but also for Pat's community
services over a 20 year period.

On behalf of all Onkaparinga Swimmers and the
Committee, we all congratulate Pat on an Award
that was well and truly deserved.

ONKAPARINGA OPEN CARNIVAL

Date: 28th February

All hands will need to be on deck for this event!!

"Many hands make light work"

Catering details will go out this week. We will
be asking for you support in the way of
donations for the food stall and in manual
handling and officiating on the day.

John White will have roster out soon.

Please make yourself available, I understand
that it can be difficult when you have children
swimming and want to assist them on the day,
so if this is an issue, please let someone know as

SWIMMER PROFILE:

Name : Cillie Du Plooy - Male Club Captain

Age: 18

Favourite Stroke: Freestyle

Best Distance: 400m & 800m

Career Highlights:

Qualified for Nationals in 2010 in the 5km Open Water Swim.

Favourite food: Pasta

School: Attends Cornerstone College Yr 12

Best Subject at school: Maths/Technical

STATE LONG COURSE CHAMPIONSHIPS:

A number of swimmers attended this event, they were Mel Remnant, Cillie Du Plooy, Emily & Jake Brooks and Georgia Wilson.

Jake Brooks made a number of PB's at the event whilst Mel took home a silver medal whilst Cillie won 2 gold and a bronze

Congratulations to these swimmers!

NATIONAL LONG COURSE CHAMPIONSHIPS:

These are being held at Lake Ngambie in January.

Our club representatives are Mel Remnant (Open - 5km and 10km), Cillie Du Plooy (17-18 yrs - 5km) and Katelyn Lamb (13 yrs - 5km)

We wish them much success and a great swim!

SA COUNTIRES 2010

What a ride!!

The countries are over for another year and once again we can all catch our breaths for a moment.

This was our first Countries and I must admit it was not hard to get into the excitement of the atmosphere.

In terms of atmosphere, a big THANK YOU must go out from all to Dean Glanville!

The warm-ups were certainly different and from a parents point of view, fun to watch and get involved in. I am sure that ALL of you still have the "Onkaparinga" song still going around and around in your head!!

It was certainly fast paced and amazing to see the calibre of the swimmers in country South Australia. There were a number of records broken and some truly amazing performances from both our clubs and others.

Pat Wheeler - Our Coach

Pat, what can everybody say but "THANK YOU" for your hard efforts in getting the team to a wonderful event.

Onkaparinga are in the eniviable position of winning the 9th Country Championship in a row!!

The effort that you have personally put into this event and the impact on your family life would have been immense.

Your dedication to morning and afternoon training over this summer period and the encouragement to all swimmers has been unfailing and the great achievement by the club is thanks to all your hard work!

CD Photographs

A number of parents took some magnificent photos over this weekend and subsequently we are going to be releasing CD's for all parents to view.

These are currently being finalised and will be available to purchase for \$ 5.00 each.

You will find that nearly all the competitor's over the weekend will have had his or her pictures taken and Ryan Turner is currently finalising these into a format for viewing.

If you have any pictures that you would like placed on this disc, please contact Ryan Turner, Jane Pickering or Mark West at training as soon as possible.

I have included some photographs that were taken over the meet so you can see the quality of the production and would be a wonderful keepsake for all swimmers for this year's event.

SA Countries - My thoughts..

Thoughts and comments from swimmers

Max Pickering - 10 years

"Countries was such good fun. Everyone seemed to have a great time and we worked really well together as a team. All the hard work at training paid off and I felt proud to be part of a team that has won nine times in a row"

Kaitlyn Lamb - 13 years

"It was great fun with lots of records made by Onkas. Great Teamwork"

Su-Sim Lim - 16 years

"Countries was great, I especially love catching up with friends who I only get to see at Countries. My favourite moment was being part of the team that broke the record in the women open x 100 freestyle relay."

SA Countries 2011:

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

The dates for next year have CHANGED and the event will be held from a THURSDAY TO SUNDAY.

It is never too early to book accommodation so I encourage all to book now before its too late.

SA Countries 2012:

The Country Championships for 2012 will be held at Port Pirie.

Please note that accommodation will be at a premium for this meet and bookings are already being taken..

SA Countries - Pictures....

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