

Wanted!
Photos and stories of
and by club members
and legends
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**Competition
Dates**
Term 2/2004
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CLUB



NEWS

Collingwood Swimming Club News

April 2004

Your Engine needs the right fuel

The coach's guide to Swimmers Nutrition

Nutrition is a complex topic about which many articles and books have been written. Alex has read them all – and below is his guide to optimising your energy sources for swimming:

General – High Carbohydrate, High Water, Medium Protein, Low Fat, Low Sugar.

Pre-Training – A light carbohydrate based meal eaten 1.5-3 hours before training (this is very hard for early morning training).

During Training – Replenishment of Fluids is essential (always bring a drink bottle), sports drinks, diluted fruit juice and weak cordial are even better than plain water.

After Training – A medium-large Carbohydrate and Protein based meal eaten within one hour of training.

Pre Competition – A light carbohydrate based meal eaten 1.5-3 hours before training (this is very hard for early morning competitions).

Between Races – Foods high in carbohydrates which are easy to digest such as cordial, juices, fruits and lollies. (NO chips, Pies, Fizzy drinks, Pizza, Bakery foods, Cakes, Meat, Cheese etc.).

After Competition – Almost anything can be eaten unless there is competition or training the next day.

Remember: Your engine is only as good as the fuel it uses!

Important April dates

AGM (Friday 7/4)

Club Championships

Friday 23/4 Collingwood Leisure Centre (CLC)
11 & O freestyle

Saturday 24/4 Richmond Recreation Centre (RRC)

Club Championships in association with RSC

Friday 30/4 CLC 10&U 100fr & 100 IM plus
11&O 200 fr & 200 IM.

Presentation Night (Friday 14/4, at Richmond
Town Hall – to be confirmed)

See also: Competition dates on page 2



Don't forget your pre-race warm-up, even if you have to do it on dry land! See our race day checklist on page 3.

Welcome New Members

The Collingwood Swimming Club (CSC) welcomes new members. Please mention our club to your friends who might be /are interested in swimming. Remember that the only way to participate in swimming competitions is to be a registered member of a swimming club such as Collingwood SC.

The club has a rich history and has operated in its current form for about 28 years. It has connections going back over 100 years to turn-of-the-century swimming meets when competitions were held in the Yarra river! The river was surely cleaner back then, but our indoor heated pool is surely more comfortable!

The club can also boast a past member who went on to become a dual Olympian. Sarah Jane Darcey was a member of CSC as a 10 year old and went on to compete in 2 Olympics as a 400m and 800m swimmer. More recently, Amy Higginbotham who was a devoted and active member of the club up until **Continued page 4**



A Collingwood team member gets ready to take to the water in an aggregate competition at MSAC.

April 2004

Coach's Report

All Junior

The following swimmers made it all the way to the All Junior finals:

Jacqueline Guan 3rd (Bronze Medal) Breaststroke

Dustin Ta 7th Breaststroke

Hayley Baker 8th Backstroke, 9th Butterfly

Lewin Eddy 8th Backstroke

The following swimmers all made it through to the Semi Final stage of the All Junior competition:

Hayato Komatsu, Jack Rundle, Matthew Parkes, Lars Erik Bardsen, Selma Richter and Georgia Cogan

The following swimmers all represented Collingwood at the All Junior eliminations:

Monty Ellis, George Doufalidis, Nathan Parkes, Max Ellis, George Stavrakis, Samuel Symons, Raphael Symons, Grace Reilly, Lily Potocnik, Lillian Campion, Hannah Fielding, Max Wilson, Elly O'Loughlen, Rebecca Whitfield, David Cowan-Clark

Club Records

The Following Swimmers have recently broken Club Records:

Jacqueline Guan, Lily Potocnik, Lillian Campion, Matthew Parkes, Dustin Ta, Lewin Eddy, Hayato Komatsu and Daniel Beilby. Please refer to Swim Club notice board for a full list of records.

Alex

Call for digital photos

If anybody takes some good digital photos of our swimmers could you please send copies to Andrew Ellis (see contact list on last page). We can put them in the newsletter and use them to promote the club. Many thanks.

How about your stories too?

While we're calling for digital photos why not share with us -in prose - (or poetry *if you must*) some of the joy, disappointment, elation, agony, comedy or other sensation you have experienced as a club swimmer.

We are interested in any submissions from our current swimmers or from past champions and legends. It doesn't have to be a novel (please!), so lets hear it!

To get you started here are a few burning questions that need to be answered.

What's the pain *really* like near the end of a 200 race?

How do you feel when you touch, find out you've just done a fantastic PB - and finished second by 0.01 of a second??!! Or last?

What do you think about, sing (or dream) during all those endless laps?

What lollies do you find give you the biggest boost during a competition? Is the snake still king?

What is it about club swimming as a sport and pastime?

Who are your swimming heroines or heros?

What was your greatest ever race?

By the way - we are not restricting this festival of swim-inspired self-expression to youth alone. Any parents with great swim stories (true or tall or embellished by the action of time) please feel free to test our credulity with them. For instance, did you know that I once swam from Launceston to Queenscliffe—in the days before photography—to win a bet? Hard to believe but it's true. Smearred in mutton-bird fat I was.....

Pass on your submission to Alex, or directly by email to Gary Eddy at eldeen@bigpond.net.au

Housekeeping notice

If there are still any payments outstanding from swim-a-thon fundraising or for uniform purchases please see/send to Francis Parkes.

Please also place your orders with Heather O'Loughlan for uniform requirements.



Race Day Checklist

For a morning meet, make sure you are up early enough to have a good breakfast (ie. cereal, toast and/or fruit) and prepare to get to the pool on time.

For an afternoon or evening meet aim to eat a carbohydrate based meal (bread, rice, pasta, vegetables) approximately 3 hours before your first event.

Prepare food and drinks (drink bottles of cordial or diluted fruit juice) for the day.

Prepare your equipment:

Goggles (ideally you should have two pairs of the exact same goggles both correctly adjusted)

Towels - At least two and/or a chamois

Swim Caps (ideally two in case one breaks)

Know how much time is available for the warm up so that you can plan for it

Get to the pool 10-15 minutes before the warm up time, so that you have time to get changed, get a good seat and stretch. **See warm up guide on page 4.**

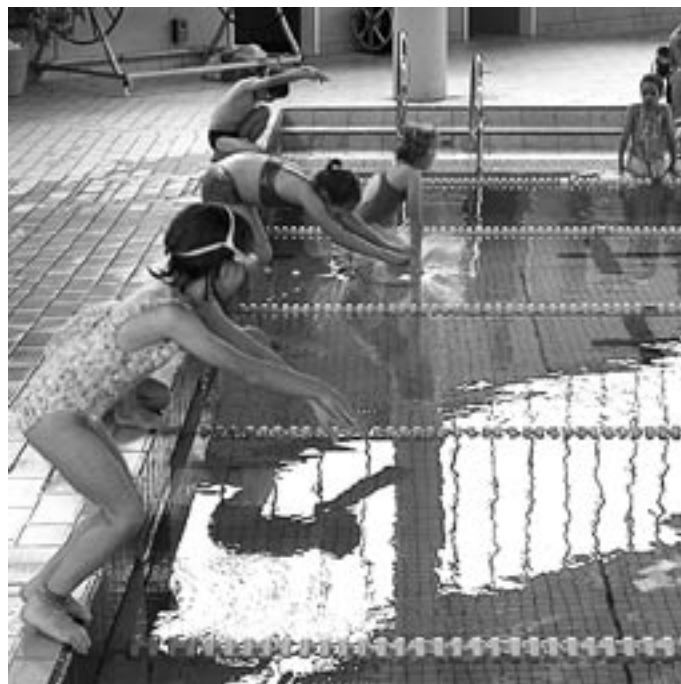
If no warm up time is scheduled make sure you do a dry warm up and stretch.

Meet with coach to warm up (if coach is not present perform the standard warm up below).

Check backstroke flags at each end.

Get a feel for the wall surface you will turn on, the backstroke bars and the dive blocks.

Watch the starter. What is the start signal, how long does hold them on the blocks.



Ian Thorpe says: it's important not to enter the water until advised by the starter.

Know where the marshalling takes place. How many events before do you need to marshal.

Keep an eye on events so that you don't miss yours.

See your coach before marshalling, for reminders and race strategies.

Cool down after each race to recover. Minimum 5-10 minutes. If there is no cool down pool, walk and stretch for at least 10 minutes.

See your coach afterwards for feedback.

Record you official times for State Qualifying.

Competition Dates Term 2/2004

Date	Meet	Suitable for	Venue	Entry	Start	Entries Due	Contact
Fri 23 April	Club Championships	11 Over swimmers	CLC	7.30pm	7.45pm	21st April	Alex
Sat 24 April	Club Championships	All club members	RRC	6.00pm	6.30pm	21st April	Alex
Fri 30 April	Club Championships	All club members	CLC	7.30pm	7.45pm	21st April	Alex
Fri 7 May	Club AGM (games night for swimmers)	All parents	CLC	7.30pm	7.45pm	NA	NA
Fri 14 May	Presentation Night	All swimmers and families	RTH	7.00pm	7.15pm	NA	NA
Fri 21 May	Final night of Term 2 Aggregate	All club members	CLC	7.30pm	7.45pm	NA	NA
Fri 28 May	New Members Night	Existing and New members	CLC	7.30pm	7.45pm	NA	NA
Sat 29 May	Metro North Short Course TBC	State swimmers	Carey	6pm	6.30pm	15th May	Alex
Fri 4th June	Relay practice	All club members	CLC	7.30pm	7.45pm	NA	NA
Fri 11th June	Winter Interclub	All club members	MSAC	6.30pm	7.15pm	21st May	Alex
Fri 18th June	Winter Interclub	All club members	MSAC	6.30pm	7.15pm	21st May	Alex
Fri 25th June	Winter Interclub	All club members	MSAC	6.30pm	7.15pm	21st May	Alex

Pre-race warmup

10 AND UNDER SWIMMERS

100-200m F/S 50m Drill, 50m Swim
 2x75m - 25mB/S, 25m Br/S, 25m F/R 20sec rest
 4x25m kick drill – odds F/S evens Form
 Turns and Starts speed work
 50m Perfect technique

11 AND OVER SWIMMERS

300m F/S 50m Drill, 50m Swim
 3x100m I.M. 20 sec rest
 4x50m kick drill – odds F/S evens Form
 Turns and Starts speed work
 200m Perfect technique

Willing helpers required

Many thanks to all those parents who have volunteered their services in the past. Parents of new members, please feel very welcome to put up your hand when help is required with things such as timekeeping, team management or marshalling. You can even elbow some other parent out of the way, or grab the stopwatch off them, so that you can have a go. Doing a bit of time-keeping is easy and is a great way to help you to get to know other parents and children.

Please also consider lending a hand by sitting on the club committee. We are a volunteer non-profit parent administered club and your kids can benefit by what you put in. The committee only meets every 1 to 2 months and the tasks are not at all onerous.

Registration

We are currently accepting memberships for the current swim season (Starts 1st May) membership requires completion of a registration form and payment of fees. Our policy is to only accept registration forms with accompanying payment of fees. Please check with Sue or Frances to confirm your membership status.

Members only on Fridays

Please note that swim club members *only* are allowed in the pool on Friday club nights. Brothers, sisters, friends etc. are not permitted in the pool as they are not under qualified supervision.

Recruitment

We are actively advertising our club in the local community but the best advertising is word of mouth. Please don't hesitate to encourage friends you may know who are interested in competitive swimming to come along and try it and have some fun!

Reminder

Regarding the end of a club night on Fridays at CLC. The session generally finishes with plenty of time to shower and change and exit the building by 9:00pm. Could all swimmers please do so quickly otherwise we are preventing the cleaning staff from doing their job. Parents assistance would be appreciated.... and remember a little incentive (read 'bribe') can go a long way!



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this year, has gone on to become a state junior champion in triathlon. Well done Amy!

The club is currently enjoying an expansion in the number of members, and as the club continues to strengthen it will also become more competitive. Keep up the good work. •

Contacts

		Home Phone	Email
Sue DiMatteo	Secretary	9478 9068	(c/o Frances' email)
Andrew Ellis	President	9481 2692	a.ellis@petermac.org
Alex Hirschauer	Coach	9432 9012	hirschaa@yarracity.vic.gov.au
Frances Parkes	Treasurer	9484 0672	parkesfamily_5@hotmail.com
Colleen Pearce	Committee Member	9489 0474	colleenpearce@netspace.net.au
Cliffe Rundle	Committee Member	9388 0137	crundle@kangan.edu.au
Heather O'Loughlin	Committee Member	9482 3740	rossol@netspace.net.au
Merle Iles	Committee Member	0412 928 258	m.iles@edfac.unimelb.edu.au
Collingwood Leisure Centre		9205 5522	