



AUGUST 2008

PRESIDENT'S REPORT

A special mention to Annie Williams, who has been selected as captain of the Australian Paralympic Swim team at the Beijing Games. Despite the high demand of her training, Annie has successfully continued her university studies. She is an incredible athlete and we wish her all the best on her journey to the utmost highlight of her swimming career. Once again, good luck Annie- we are all so proud of you. We also wish club member and world champion triathlete Emma Snowsill all the best in the women's triathlon event at Beijing next Monday August 18th. (See the end of this newsletter for more on these talented athletes.)

A big thankyou to Louise Eddy for organising the Krispy Kreme donut fundraiser which raised upwards of \$3000 for the club. (I would have never thought that donuts could be so popular!) A great effort by all.

Our Spring meet is coming soon on the 6th September and we all look forward to everyone coming together to help on the day. The success of the meet depends on your help. Our recent meets have been great successes due to the number of members coming forward to assist. I'm sure our spring meet will be an even more successful carnival. Please check the notice board for jobs available. The club is still looking for a major sponsor for this event, so if you think you can help with this, please notify the committee. The club also has available on the notice board all events that require sponsors. If you have a business why not sponsor a race and help the club raise funds whilst getting some good advertising?

I'd like to welcome our newest coach, Alex Beaver to our club. We have needed a fourth coach for sometime now. Alex comes with an impressive coaching background and he will be a great asset to our club. With a fourth coach on board, the club will focus on fundraising this season to help keep our fees to a minimum.

The boat raffle will be our next venture which will be on display at the Brisbane Boat Show from Wed 27th-Sun 31st August. We are looking for volunteers to sell tickets during this period, (free entry to the show and a cash payment for helping),so why not earn some money and help the club at the same time. Please see Louise Eddy or myself if you can help with this fundraiser. All members will receive a book of raffle tickets in the next monthly billing and they will be billed to your accounts in December. This gives every member three months to sell the tickets which will be drawn close to Christmas. Please everybody, the club is relying on this raffle to once again be a success and assisting in keeping our fees low & contributing to our end of season Club Champs and Breakup.

Finally, our treasurer Lyn Vincent advises that she will only be in attendance at the clubhouse on Friday's only between 4-00 and 6.30 pm to take EFTPOS payments. Remember, payments can be made online or left in the white box at any time.

See you at our next club night on August 22nd from 6pm.

Steve Smith

RAELENE'S ROUND-UP

Congratulations to Hayden McEvoy and Laura Baker on being picked on the Trans Tasman Team. Hayden represented Australia while Laura swam for the country across- the- ditch; New Zealand. Both swimmers learnt a lot on tour which resulted in medal winning swims. The results are as follows:

Hayden:

1st 100 Freestyle (50.62) , 2nd 200 Freestyle Relay, 1st 4 x 100 Freestyle Relay, 2nd 100 Butterfly(55.99)

Laura:

3rd 800 Freestyle (8:46.56), 3rd 400 IM(4:51.82)

Ellen Fullerton represented Australia in the World Youth Championships in Mexico City five weeks ago and didn't she do her country proud! Ellen broke Emily Seebohm's Australian 200 IM record in the heat swim and broke the record again in the final! Ellen ended up with 1 Gold, 3 Silver, 1 Bronze. Great Job!!

Gold Coast Regional's:

Great to see so many Pro-Ma Miami swimmers competing at this meet, especially for our Senior swimmers who are preparing for the Australian Short Course Championship in September. Pro Ma Miami swimmers broke a total of 15 regional records and a state record. Well Done!!

I would also like to wish Emma Snowsill and Annie Williams all the best for the Olympics. Emma leaves on Thursday 14th August to compete and Annie flies out on the 23rd August for a week training camp overseas before heading to the Paralympic Games.

Raels**KEN'S KOMMENTS**

Following the winter break up, the squad welcomed new members Suzie Ryan, Maddy Epstein, Bryton Heiniger, Jarred Burley, Matese Beachley, Breony Heaton, Josh Neilsen, Paris Hutchens, Troy Hunt, Charlotte Gros and Brenden Elliot. All have settled in and have adapted well. Keep up the good work!

Having two carnivals in two weeks has given most swimmers the opportunity to see where their fitness and speed levels are, following a couple of months of solid endurance based training. Unfortunately for some. The usual winter bugs have struck, forcing some to forego their events.

At the DownUnder meet at Southport, almost all swimmers improved their times, in almost all of their events. Two of the more notable Matt levings, who took 22 seconds off his 400m F/S and Daniel McKeating who took a whopping 33 seconds off his previous best 400M F/S time. Well done and great effort boys!

The Gold Coast Regional meet produced some great racing and once again, more improved times. Saturday again saw Matt levings continue his improvement, while younger members, Jarred Burley, Josh Winnington and Bryton Heiniger established well-earned P.B.'s. Bonnie McDoonald also had a great day, which she capped off with a very solid 800MF/S time of 9:17.48, at her first competitive hit-out at this distance and finishing 3rd in the Open event behind her more senior clubmates Mel Garibaldi and Danielle DeFrancesco.

The morning session began well on the Sunday, with Daniel McKeating and Jordan Harrison reducing their times in the 400M F/S. Later, the 100M Bck resulted in both Olivia McLeish and Bonnie MacDonald setting new meet records, and not to be outdone, Cody Simpson took out the 11 Yo 100M Fly, in a very tight finish, setting new meet and state short course records. Olivia won the 10yo 100M fly in meet record time and a short time later, Bonnie and

Brittney McEvoy finished 1st and 22nd in the 12yo 1`00M F/S in a great race, with both girls going well under the previous record.

These events were a good hit-out in the lead –up to this month's state short course titles and the results are very encouraging. Well done to everyone who competed.

Ken Nixon

FROM THE RACE SECRETARY

Upcoming Meets:

Heritage Qld SC Champs	(30-31/8)	closing date : Friday, 8th August 2008
Telstra Australian SC Champs	(20-24/9)	closing date : Friday, 15th August 2008
Pro-Ma Miami Spring Meet	(6/9)	closing date : Friday, 22nd August 2008
Zoggs Qld LC Meet	(8-9/11)	closing date : Friday, 17th October 2008

Special Note for Qld & Australian SC entries :

It is very important to check that the date of your result you use to enter the meet is valid (Qualifying times can be used as of 1 January 2007). Entries will not be accepted unless the qualifying times have been swum **prior to our closing date** for the meet.

Please note that when club night / club champs / club time trial times are permitted to be used for entry times to State Champs, they have to be signed off by both the coach and race secretary/recorder to ensure that legitimate procedure has been followed.

Club Nights

Our next club night is on Friday, 22nd August, starting at 6pm.

Pro-Ma Miami Spring Meet (Saturday, 6th Sept 2008)

Please support our club by helping in different areas. Don't forget to check the noticeboard for the jobs available in the next couple of weeks.

Timekeeping

Last season, the club only organised timekeeping roster for major meets. As we are expecting more competitors and entries this season, we will try to find a better way in organising the roster, which may become necessary for local meets as well. We were required to provide 3-4 timekeepers all day, during the last two meets due to large number of competitors from our club. The roster we organised did not go too well when a third (15) of our team had to pull out due to sickness. Thankyou to those parents who helped out in this situation and a special thankyou to Rob Warwick who offered to help when needed and spent many hours timekeeping.

Attention New Members:

Please be advised that we normally close the meet entries one week prior to the closing date printed on the meet invitation to give us time processing and submitting the entries to the meet organiser on time. These closing dates are displayed on the club noticeboard, the club website and in the newsletter. If you would like to know more about our meet entry procedure, please do not hesitate to ask me.

Ann Stevens

FROM THE REGISTRAR

Thankyou to members who have renewed their memberships and returned their memberships forms. Some memberships, though, are still outstanding. Please complete the membership forms and return promptly as they are now overdue. Also, memberships cannot be processed with Swimming Queensland unless forms have been completed.

If you have registered and have not received your club cap, please see Rael's or myself. Also, the 2008/09 Club handbook is at the printers and will be distributed to registered members in the next few weeks. Many thanks to **PRO-MA SYSTEMS** for printing our handbook this year.

Cathy Hall

FUNDRAISING UP-DATE

- Our Krispy Kreme fundraiser was a sound success raising \$2995! Rael's (Donut Queen) managed to sell 66 BOXES!! This was closely followed by Kate Cottle who sold a very impressive 51 boxes! Well done ladies and thankyou to EVERYONE who participated !
- Please keep in mind our major BOAT RAFFLE at the Brisbane Boat Show from 27th-31st August. . Help is needed at selling tickets. Please see Steve or Louise Eddy.
- Sponsor an event at our Spring meet! Please see the noticeboard for more information
- Buy your next pair of togs through Funky Trunks and Funkita Catalogue. The club gets \$10 per pair of swimmers brought. So far the club has raised \$150. The link is:
www.wayfunky.com/Funky_Trunks_and_Funkita_Catalogue_0809.pdf



Coming up.....

AUGUST

8th – 24th – Olympic Games, Beijing
 19th – General Meeting @7.30 pm
 22nd – CLUB NIGHT 6pm
 30th/31st – Heritage SC State Championships. Chandler

SEPTEMBER

6th – Pro-Ma Miami 2008 SPRING MEET
 16th – General meeting. 7.30pm
 6th 17th – Paralympic Games, Beijing (Go, Annie!)
 19th – CLUB NIGHT
 20th – 24th – Telstra Australian SC. Melbourne.
 28th -30th – Australian University Games

A reminder to swimmers to wear our club cap and swimmers during warm up at meets and cap in racing. Also, club tracksuits or shirts should be worn for medal presentations and interviews.

Beijing Bound!



Annabelle (Annie) Williams

Annie has been selected as the Paralympic Swim Team Captain for the Beijing Games. She will be competing in the 50M Free, 100M Free and the 100 M Fly. She feels her best medal chance is the 50M Free where she is currently ranked 2nd in the world.

Annie is the World Record holder in the 50M Fly which, unfortunately, is not an Olympic event.

Annie is studying at Bond University and whilst she concedes juggling her demanding studies and training is difficult, her university studies have provided a diversion from her tough training schedule.

Annie is looking forward to testing the new facilities for the Games in Beijing, particularly the Water Cube and meeting other athletes from around the world.

Best wishes and good racing, Annie!

Emma Snowsill

Emma will be competing in the Women's Triathlon at the Beijing Olympics on the 18th August. A Gold Coast girl and Pro-ma Miami member, Emma is a three time World Champion and gold medallist at the 2006 Commonwealth Games..

Emma began competitive swimming at the age of eight and turned her attention to other sports in the following years including athletics, cross country running, cycling and surf life saving.

Emma started competing in triathlon when she was sixteen years old and although she treats all three disciplines equally, swimming comes naturally to her. Well done and good luck Emma!

(Check out her website -www.emma-snowsill.com)

