



# The Miami Flyer

**MARCH 2008**

## PRESIDENT'S REPORT

Well it wasn't meant to be this year finishing a close 2<sup>nd</sup> at the State Championships, which in the end was a good result. It was, however, disappointing to see so many swimmers pulling out of events and finals. I trust there were good reasons for doing this but I am sure this contributed to our second placing. I can only ask that next time you consider the club and the benefit of the prize money. With National Age now just around the corner, the club will be paying entry fees for competitors (\$20 per event). I wish you all the best of luck and please let's not leave the club point score to someone else – points are awarded to all finalists and relay events regardless of placing.

Our Super Challenge was a huge success and I would like to thank all those who contributed on the day. It was great to witness what we can achieve as a club when we all come together as a team. Well done everybody and special thanks to Ann Stevens, Cathy Hall and Tina Maniaco – your contribution to the organisation of this meet was exceptional.

Our major sponsors MTG Contractors, MarineTune and Grace Cosmetics also deserve a special mention. Without you, our club would not be where it is today. Thank you and well done to all involved to make our Super Challenge one of the most recognised events on the swimming calendar. (Please see a list of all our sponsors accompanying this newsletter)

Club Championships will be held on the 18<sup>th</sup> and 19<sup>th</sup> April and with only a few club nights left, remember you must attend at least three of these to qualify for medals or trophies at the club championships. Swimming Queensland have supplies participation ribbons, so come along, no one will miss out and it will be a chance to all come together as a club once again.

On the 8<sup>th</sup> March the club will be having another car boot sale with all proceeds going to National Age and the Olympic Trials. If you can find things you no longer have any use for (no kids please!), leave it at the pool prior to the 8<sup>th</sup>. The success of this sale relies on your unwanted items which we can convert to cash. If you are going to the trials or National Age, please make an effort to help as this is aimed at helping you.

In conclusion, a mention to Tony Hall who has repaired our toilets at no charge to the club. Thankyou from us all.

I'd like to wish teams going to the Olympic Trials and national Age all the best and I look forward to seeing you all at our club championships.

**Steve Smith**

## **DENIS' DIALOGUE**

With a good month of holiday training under their belts, many of the senior squad were able to post personal bests or near PB's at our annual Super Challenge. With a ton of entries ensuring a long day, it made for a tough ask at the night-time finals. Busiest club member was Ellen Fullerton, with 5 wins (every 100m Open F/S, Bck/Br/S, Fly and the 200F/S) and a second, behind Mel Garibaldi in the 400F/S. In winning the 400F/S, Mel posted a huge PB (for a 4.16+). In the same event, Jade Neilsen posted her best result of the season in a near PB. Laura Baker swam very well in making huge improvements in the 200Fly and the 400IM, while Gabby Epstein swam herself to a standstill in the morning with 5 personal bests (200Im, 100F/S, 100Bk, 100Br/S, 100Fly). Another to swim well after a big day of racing was Keri Vincent (200F/S, 400 F/S, 200 Fly), as did Rachel Warwick (PB- 400F/S) and Danielle DeFransesco (1500F/S – PB).

It was good to see Amy Levings back competing in her first event for a year – placing 2<sup>nd</sup> in the 50 F/S (Open) and making the 100F/S final. Tayla Neilsen produced national qualifying times in both the 100 and 200 Bk/S. Daniel Smith ( 16yo) performed well in the Open events with wins in the 400 F/S and the 100 F/S (.....a PB); while Hayden McEvoy produced his fastest 50 F/S ever and very close to, in his 100F/S.

A small crew competed in the recent NSW Open Championships. Best results came from Josh Watson (2nd Open 100 Bk/S) and Ellen Fullerton (3rd Open 400IM), whose times earned them a position on the QAS Target Squad.

Also showing improved performance was Ashleigh McCleery with appearances in four finals (400IM, 200IM, 200Fly, 400 F /S). Mel Garibaldi and Brooke Fletcher also made finals in their key events.

At last week's PB-C Meet, Amy Levings posted three more National Age qualifying times (100 F/S, 100 Fly, 200 F/S), while Ephraim Hannant posted an Olympic Trials qualifying time in the 200 Fly.

I'd like to take this opportunity to thank all the club members whose efforts made our annual Super Challenge meet such a success.

Back to school and still with the most important events of the season only 4-6 weeks away, highlights one of the most important skills required of top athletes – TIME MANAGEMENT. This is vital every day of the week to ensure the right sleep, right nutrition and right mind-set allowing for best training potential every day. This is even more important on weekends, to ensure the week can started fully prepared to be able to do the necessary work at the NECESSARY LEVEL.

Good luck and good management to all club competitors in this final phase of the season.

***Denis Cotterell***

## **KEN'S KOMMENTS**

How time flies! Christmas & New Year are long gone and it's now only six weeks to National Age Champs.

It's now a very busy period for competition, with School Regionals next week, Gold Coast Regionals in mid March & State Schools at the end of the month. Many swimmers are also involved in State Nippers next weekend & other additional school competitions.

Those who are competing at School State & then nine days later at National Age, will need to manage themselves well if they are to go the distance.

Competition results have been good over the last few months, with the squad performing admirably at Qld. State LC Champs. in December. Almost every swimmer achieved best times, with many making finals.

Standout performers were:

Bonnie MacDonald ( 12 yo) – 1<sup>st</sup> (equal) 100 F/S – new Qld Record, 1<sup>st</sup> 200 IM, 2<sup>nd</sup> 100 FLY, 3<sup>rd</sup> 100 BK/S

Samantha Burley ( 13 yo) – 1<sup>st</sup> 100 BR/S, 1<sup>st</sup> 200 BRS

Joel DeFrancesco( 13 yo) - 3<sup>rd</sup> 200 BR/S, 5<sup>th</sup> 100 BRS

Jordan Harrison ( 12yo) - 3<sup>rd</sup> 400 FS

Our Super Challenge saw most consolidate their times, with many improving yet again.

Cody Simpson impressed with 5 PBs from 5 swims & then a week later, backing up at the Zoggs Sprint meet with 4 additional 50m PBs.

Also at the Zoggs meet, Giorgia Green, Corey Heiniger & Sophie Harrison all lowered their times.

Last Saturday at Palm Beach, a combination of heat & tiredness from school swimming commitments, appeared to catch up with some swimmers, although Dylan & Mitchell Hall both added another event to their list for Nationals, & our younger swimmers performed very well indeed. Elijah Winnington & Andrew Ryan swam well to lower their times, & both showed greatly improved racing ability. Well done boys!

Some training adjustments may be made during the next few weeks, so keep your ears open, just in case.

### ***Ken Nixon***



***Joel, Bonnie, Jordan and Samantha were medalists at the Qld State Age Championships in December.***

## RAELENE'S ROUND-UP

The South Coast Schools Regional Trials is coming up on Monday 3<sup>rd</sup> March and Wednesday 5<sup>th</sup> March. If you would like your child to be able use these times, we require a parental signature on the consent form at the clubhouse.

### Zoggs State Sprint Titles

Ruby Green 3<sup>rd</sup> 50 Free & 3<sup>rd</sup> 50 Fly  
 Suzanne Ryan 1<sup>st</sup> 50 Free & 2<sup>nd</sup> 50 Butterfly  
 Cody Simpson 1<sup>st</sup> 50 Butterfly & 3<sup>rd</sup> 50 Back  
 Alli Simpson 3<sup>rd</sup> 50 Breaststroke  
 Gabby Epstein 3<sup>rd</sup> 50 Brs, 3<sup>rd</sup> 50 Free & 1<sup>st</sup> 50 Fly

### School District Trials

Congratulations to all the swimmers who swam on Friday 22nd at the school district trials. A majority of Miami swimmers made it through to the next level of school swimming. There are too many to mention and I would hate to miss a name out.

### Palm Beach Currumbin

Wow! At least Palm Beach is consistent every year turning on the heat and hot weather.

Great to see Amy Levings racing again after a 1 year break and qualifying for 3 Age National events.

### Results:

Amy Levings 1<sup>st</sup> 200 Free, 1<sup>st</sup> 100 Fly  
 Tahníe Takafela 2<sup>nd</sup> 200 Free, 1<sup>st</sup> 50 Free  
 Andrew Ryan 3<sup>rd</sup> 50 Fly, 1<sup>st</sup> 50 Free  
 Tasmyn Askew 3<sup>rd</sup> 25 Back,  
 Alex Gaudins 3<sup>rd</sup> 200 Free, 2<sup>nd</sup> 100 Fly, 3<sup>rd</sup> 50 Fly  
 Laura Bignell 3<sup>rd</sup> 25 Brs, 2<sup>nd</sup> 25 Fly, 2<sup>nd</sup> 25 Back, 2<sup>nd</sup> 50 Free  
 Valeria Rissotto 2<sup>nd</sup> 25 Brs, 1<sup>st</sup> 25 Fly, 1<sup>st</sup> 50 Free  
 Ben Cowling 3<sup>rd</sup> 50 Brs  
 Brendon Elliot 3<sup>rd</sup> 50 Free  
 Joel Heaton 2<sup>nd</sup> 50 Free, 3<sup>rd</sup> 50 Fly, 1<sup>st</sup> 50 Back  
 Alysha Gaffey 2<sup>nd</sup> 50 Free  
 Mitchell Hall 2<sup>nd</sup> 50 Free  
 Dylan Hall 3<sup>rd</sup> 50 Free, 1<sup>st</sup> 100 Back  
 Jessica Bignell 2<sup>nd</sup> 50 Brs, 2<sup>nd</sup> 50 Fly  
 Madeline Corfield 3<sup>rd</sup> 50 Brs, 3<sup>rd</sup> 50 Back  
 Suzie Ryan 1<sup>st</sup> 50 Brs/ 1<sup>st</sup> 50 Fly  
 Isabelle Gros 1<sup>st</sup> 50 Brs, 2<sup>nd</sup> 100 Brs  
 Joel Defrancesco 1<sup>st</sup> 50 Free, 3<sup>rd</sup> 100 Brs  
 Sam Burley 2<sup>nd</sup> 100 Brs  
 Breony Heaton 2<sup>nd</sup> 50 back  
 Elijah Winnigton 1<sup>st</sup> 25 Brs, 1<sup>st</sup> 25 back, 1<sup>st</sup> 25 Fly, 1<sup>st</sup> 50 Free

Sorry if I have missed anyone or spelt and names incorrectly.

***Raelene Ryan***

### Tracksuit orders

The Pro-Ma Miami tracksuits for the Open and Age swimmers have now arrived and are available to collect upon full payment at the clubhouse.

### NATIONAL AGE QUALIFIERS

If you have qualified for the National Age Championships, photo ID is required along with a photo accreditation release form.

If you have not had your photo taken or returned the form please see Cathy Hall ASAP. Photos and forms are to be completed by WEDNESDAY 5<sup>th</sup> MARCH.

## FROM THE RACE SECRETARY

### **Australian Age Championships (Closes Friday, 7th March)**

Important notes from SQ about the championship entries:

- Only times from "Qualifying Long Course Meets" as of the 1 May 2007 (listed on the SQ Happening Calendar) are acceptable.
- School District results are NOT acceptable.

### **Australian Age Open Water Championships (Closes Friday, 7th March)**

- Only times from "approved open water competitions" as of the 1 October 2006 are acceptable.
- Minimum Age for 10km is 14years (as at 9 April 2008)
- Minimum Age for 5km is 13years (as at 9 April 2008)
- All swimmers must complete the OWS Indemnity Form

### **SuperChallenge**

I would like to thank everyone who assisted us in running and recording the Superchallenge, especially Tina Maniacco, our previous race secretary in helping us to organise and run the finals' sessions. Tina and I spent quite a bit of time working on the computer and trialling new procedures prior to the meet which worked well during the meet. We had a total of 402 athletes and 1545 individual entries.

### **General**

I received regular reminders from GCRSA about timekeeping duties to be forwarded to parents, especially who are attending the local meets. Some parents have been really good, but we need more parents to get involved. So, if you could take turn and volunteer an hour or even less of your time when attending the local meet, it would much appreciated. Our club only pre-organises the timekeeping duties for major meets e.g. state championships.

### **Club Nights and Club Championships**

Don't forget that you need to attend at least 3 club nights and swim in the individual events (relay is not counted) to nominate for the Club Champs. We have 3 more club nights (29th Feb, 7th March and 1st April) scheduled for this season.

Finally, I would like to wish all those swimmers attending the Regional, National Open, Age and Open Water best of luck.

**Ann Stevens**

**coming up**

#### MARCH

1<sup>st</sup> – Super Centre Aquatic LC meet

7<sup>th</sup> - CLUB NIGHT

8<sup>th</sup> – Car Boot Sale

14<sup>th</sup>-16<sup>th</sup> – GCRSA – GCAC

18<sup>th</sup> – General Meeting

22<sup>nd</sup>-29<sup>th</sup> –Telstra Australian Championships, SOPAC

#### APRIL

1<sup>st</sup> – Club Night

9<sup>th</sup>-13<sup>th</sup> -2008 Aust. Age Championships, Chandler

14<sup>th</sup>/15<sup>th</sup> – 2008 Aust. Age Open Water Championships, Kawana

15<sup>th</sup> – General meeting

18<sup>th</sup>/19<sup>th</sup> – Pro-Ma Miami Club Championships

20<sup>th</sup> – Club Presentation Day

**Pro-Ma Miami Swimming Club  
will be holding *ANOTHER* fundraising**

# **Car Boot Sale!**

**SATURDAY 8<sup>th</sup> MARCH FROM 7AM AT  
MIAMI POOL**

Time to clean out the garage, shed, kitchen and the kids' bedrooms of unwanted goods! Books, toys, appliances, tools, clothes, dinnerware, sports gear, electronic goods, artwork, cd's, dvd's ...anything (well, almost!)

Throw it in the boot of your car and join us to help raise funds for our swimmers attending National Age Championships and the Olympic Trials.

If you are unable to help on the day, please leave your unwanted goods at the clubhouse, the week prior to the 8<sup>th</sup>.

Pro-Ma Miami Swimming Club would like to thank the sponsors for generously supporting the **PRO-MA MIAMI Super Challenge**.



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