



The Miami Flyer

FEBRUARY/MARCH 2009

PRESIDENT'S REPORT

An excellent result finishing 3rd at Queensland State Championships this season although most of our senior swimmers were focusing on either the Pan Pacific Games or the Youth Olympics. I am sure Denis will mention their outstanding results and I would like to congratulate them all for a job well done- we do certainly have some great potential for future Olympians.

Our Super Challenge was once again a huge success and I would like to take this opportunity to acknowledge our major sponsors: MTG Contracting(The Gundry family) \$3000, Styleprint ,Australia Fair Dental Clinic (the van Eck family)-\$500 and the Gold Coast City Council (\$1000).Thankyou to all our members who sponsored an event ; the club appreciates your generosity for your outstanding donations and I congratulate you all. You are all a great asset to Pro-Ma Miami Swimming Club. Special thanks to the McDonald and Goldman families for your donations. On the day, it was an incredible effort by all members who helped create a positive impact to our fundraising this season.

Our boat raffle concluded with the club raising over \$9000 and I would also like to thank those families that sat selling tickets for hours on end .Dan Murphy's at Mermaid Waters, we are so grateful to you for allowing us to sell tickets outside your premises; everyday there was a record amount of money taken . The funds raised here will help our club meet its financial obligations and contribute to our end of season Club Championships and Presentation.

Finally I would like to welcome Belinda Simmons as the new accounting supervisor to the club. Belinda is a qualified accountant who replaces Lyn Vincent who has resigned for family commitments. Lyn has done a great job as treasurer and I take this opportunity to thank her for her hard work and dedication during the time she served as treasurer of the club. Over the next week the committee will be introducing **no signing in from Monday the 23RD of February as the coaches will now do a roll call during each session.** Accounts will soon be emailed to everybody to save time, so please if you have not already done so, send your email address to our secretary Gerry Epstein, gepstein@steindls.com.au or secretary@miamiswimmingclub.com as this will enable us to email invoices this month. Our swimming fees are once again in arrears and it is the committee's intention to chase offenders before end of month, there will be no \$15 late fee this month while we change systems but anybody with outstanding fees will be refused coaching on April 1st.It is not the committee's intention to embarrass any child so this is left to you parents to decide, please pay you accounts.

Steve Smith

DENIS' DIALOGUE

After a busy Christmas school holiday period, we are now into the business end of the season for club competitors in every squad.

The Queensland state Championships concluded with the club placing 3rd overall in with St Peters Western and Brothers.

Through January, many of our squad were engaged for the first time representing Australia in international junior events. In Guam, at the junior Pan Pacific Games, Ellen Fullerton was Australia's female stand-out, winning the 400M freestyle, 2nd in the 200M F/S (an Australian 16 yrs record), and 2nd in the 400M individual medley (in the 3rd fastest time ever by an Australian). Amy Levings swam well at the same event to record P.B.'s in the 400IM and the 100M F/S. Dan Smith earned a silver medal in the 100M F/S, after breaking the Pan-Pac record in the heats. This time was not broken in the final. All the swimmers contributed greatly to Australia's successful relay efforts. In the 10km Open Water event – in beautiful tropical conditions – Danielle DeFrancesco fought out a great finish to just miss winning. A great silver.

In Sydney at the Olympic Youth Festival, both Katie Goldman and Kelly Marquenie were named as Australia's best female performers, with big improvements in their key events. Katie finished with wins in the 200M and 400M F/S, and silvers in the 200M and 400M IM(which earned her a spot on the Queensland Academy of Sports Target Squad). Kelly was a close 2nd in the 200M F/S, 3rd in the 400M F/S, 2nd in the 100M F/S, and finally a surprise win in the 800M F/S.

Congratulations crew, not only on your results, but how you conducted yourself in the team situation.

This weekend the club will be represented by Nic Cuthbert, Lauren Arndt and Danielle DeFrancesco at the Australian Open Water Championships as they vie for selection on the Australian team for the World Championships (in Rome-July, August). Good racing and good luck.

Two weeks later we will be represented at the Australian Open Championships by Dan Smith, Alex Graudins, Ellen Fullerton, Amy Levings, Katie Goldman, Kelly Marquenie, Jade Neilsen and Amelia Evatt-Davey. This is the main event on the domestic calendar and should prove a great (and daunting for some) experience. This is also an exciting time for these young athletes, with just 3 years to the next Olympics (London 2012).

Locally, the Gold Coast Regional Championships provide the last opportunity for competitors to achieve qualifying times for th Australian Age Championships. Hopefully we will be fielding our biggest team ever for these titles, where we will be defending our Autralian Club Champions title.

At the moment, we are hosting a squad of Chinese swimmers, who are providing good training competiton for our squad. If you see a very nice butterfly going around, it's Liu Zige, the Olympic Gold medallist abd World Record holder in the 200M Fly.

To all club competitors, MAKE THE MOST OF EVERY SESSION, EVERY TIME – and good luck and better racing.

Denis Cotterell

STOP PRESS :In the 10km Open Water Swim, Danielle DeFrancesco came 2nd (2:02:04) which has secured her a berth to the World Championships in Rome. Lauren Arndt placed 8th in a time of 2:03:47.Congratulations!

KEN'S KOMMENTS

It's now a very important training period, with only 7 weeks to go until National Age, but for most squad members, the emphasis is on school competition & Gold Coast Regional's in mid March.

The Age team this year will be joined by first timers Jake Marquenie & Cody Simpson in the pool & Dan McKeating in the 5 km Open Water event.

Dan & Jordan Harrison will be in Sydney next weekend to compete in the National Age 5km and I'm sure both will do well....good luck boys!

The closing of our pool was testing, but to everyone's credit you battled through and got on with the job.

Cody Simpson traveled to Canberra for the Pacific School Games, having a great meet and coming away with wins in the 50m Butterfly(Record) and 50m Fs, a 3rd in the 200 IM, & 4th place in both the 50m Bks and Brs.

Queensland State Champs(Distance) in December produced some great results, with Lachlan Feather, Matt Levings and Jake Marquenie all having a good meet, Jordan Harrison winning both the 400 & 800 Fs, Cody Simpson winning the 100 Fly and 100 Brs and finishing 2nd in the 100 Fs and 200IM, and also Prue Davies taking a Bronze medal with a determined effort in the 100 Bks. Undoubtedly though, the standout was Bonnie Macdonald, with wins in the 400, 200, 100 Fs, 100 and 200 Bks, and 2nd placings in the 100 Fly, 200 IM, and 800 Fs, 7 all in PBs.

To add to this, Bonnie traveled to Sydney to compete in the NSW Champs just 3 weeks later, winning the 3 events in which she competed – 800, 400 & 200 Fs, again all in PBs. *Great effort Bonnie!!!!*

Miami Super Challenge proved disappointing for some, but Suzie Ryan, Prue Davies & Dan McKeating were happy with some improved times, and it was good to see Giorgia Green competing again after a long layoff.

The Qld Sprint Champs in February, were attended by only a small group, with Suzie Ryan, Maddy Epstein, Dylan Price and Cody Simpson competing well and coming away with some improved times

With Gold Coast Regional entries having now closed, could all swimmers wishing to participate in relays please notify me of your availability.

Ken Nixon

STOP PRESS: Jordan Harrison placed first in the Boys 13yo 5km Open Water event in a time of 1:01.45. Daniel McKeating placed 10th in a time of 1:07:11. Well done boys!

2009 Annual General Meeting

The Pro-Ma Miami SC Annual General Meeting will be held in the junior clubhouse on

TUESDAY 19th MAY 2009 at 7pm.

The May General Meeting will commence after the AGM.

ALEX'S ANALYSIS

Summer is almost over and 2009 has brought some great results so far.

The Pro-Ma Miami Super Challenge saw a number of personal best (PB's) times from the junior development squad.

Rachel Eddy and Kyle Kiehne topped the list with four PB's each.

Eight swimmers achieved three PB's: Chase Gogolka, Amy-Lee Holburn-Quirk, Monique Holburn-Quirk, Andrew Ryan, Mitchell Simmons, Elle Stevens, Sebastian Torales and Simone van Eck.

Three swimmers achieved two PB's: Ruby Green, Sophie Harrison and Timothy Lumsden.

Seven swimmers achieved one PB: Erin Baker, Sara Gros, Matthew Homer, Dylan Jenkins, Alli Simpson, Daniella Titiriga and Elijah Winnington.

The Zoggs Sprint Championships also saw a few PB's achieved. Two swimmers achieved two PB's., Sophie Harrison and Kyle Kiehne while three swimmers achieved one PB each: Rachel Eddy, Alli Simpson and Elle Stevens.

Congratulations!

Alex Beaver

FROM THE RACE SECRETARY

Upcoming Meets:

Telstra Australian Swim Champs	7 athletes attending, 36 individual entries, 2 relay entries
Southport Junior	19 athletes attending, 81 individual entries
PBC Meet	closed
Swimming Gold Coast	
Regional Championships	closing date : Friday, 20/02/09
Age Nationals	Please submit and pay your proposed entries by Friday, 07/03/2009 .If you are competing at the Regional Champs (13-15/3), please email me at ann_gary@bigpond.net.au or racesecretary@miamiswimmingclub.com

Pro-Ma Miami Super Challenge Meet Wrap-Up

Thank you to all members who supported and volunteered their time at our meet to make it run smoothly. The meet was attended by 42 clubs with a total of 387 athletes and 1485 individual entries.

Special thanks to the ladies (Karen McLeod, Lyn Vincent, Cathy Hall, Cathy Levings, Lexene Marquenie, Shannon MacDonald and Karen Forster) who helped me with meet entries, program and recording on the day. I would also like to thank the Committee, Coaches and the Regions for their support.

Club Championships

Club Championships will be held on Friday 24th April 2009 from 5pm to 8pm.

Reminder: you will need to participate in at least 3 club nights to be eligible for Club Championships Placing and Age Champions Awards. Anyone who has participated in less than 3 club nights can still participate in the race as exhibitionist.

The list of events, which is the same as the ones in the handbook, will be displayed on the notice board closer to the date. There is no entry fee. Please submit your entries as usual.

Club Nights

The last two club nights for this season will be held on Friday 20th and 27th of February 2009.

Ann Stevens



The Club has been successful in its application to Bunnings to be able to conduct a fund raising sausage sizzle at Bunnings Burleigh Heads on Sunday the 5th April 2009. This is our last fund arising activity for the year and we will be looking for volunteers to man the barbecue for time periods between 9.00am and 5.00pm on that day. If you can help please let Louise Eddy know louiseed@bigpond.net.au

National Age Photo's and Photo Release forms

Swimmers, coaches and managers attending the National Age Championships in Sydney in April will need a photo ID. If you have submitted, through our club a photo/photo release form prior to 1 July 2005, there is no need to re-submit forms at each event. However, if this is your first National event or you would like your photo updated, email a passport size photo in jpeg format to Cathy Hall at registrar@miamiswimmingclub.com. Alternatively I will be at the pool at 4pm each afternoon from the 15th March to organize this paperwork and take photos.

Club Championships
Friday 24th April 2009
5pm to 8pm

The two sessions set out in the club handbook, will be swum in one session on Friday 24th April 2009.

Please note that the order of events may change.

<p>200m Freestyle Girls 10 & U/ Boys 10 & U Girls 11 & 12/ Boys 11 & 12</p> <p>400m Freestyle Girls 13 & 14/ Boys 13 & 14 Girls 15 & O/ Boys 15 & O</p>	<p>100m Individual Medley Girls 8 & U/ Boys 8 & U</p> <p>200m Individual Medley Girls 9 & 10/ Boys 9 & 10 Girls 11 & 12/ Boys 11 & 12 Girls 13 & 14/ Boys 13 & 14 Girls 15 & O/ Boys 15 & O</p>
<p>25m Freestyle Girls 6 & U/ Boys 6 & U Girls 7yrs/Boys 7 yrs</p> <p>50m Freestyle Girls 8 yrs/Boys 8 yrs Girls 9 yrs/ Boys 9 yrs</p> <p>100m Freestyle Girls 10 yrs/ Boys 10 yrs Girls 11 yrs/ Boys 11 yrs Girls 12 yrs/ Boys 12 yrs Girls 13 yrs/ Boys 13 yrs Girls 14 yrs/ Boys 14 yrs Girls 15 yrs/ Boys 15 yrs Girls 16 & O/ Boys 16 & O</p> <p>25m Butterfly Girls 6 & U/ Boys 6 & U Girls 7 yrs/ Boys 7 yrs</p> <p>50m Butterfly Girls 8 yrs/ Boys 8 yrs Girls 9 yrs/Boys 9 yrs</p> <p>100m Butterfly Girls 10 yrs/ Boys 10 yrs Girls 11 yrs/ Boys 11 yrs Girls 12 yrs/ Boys 12 yrs Girls 13 yrs/ Boys 13 yrs Girls 14 yrs/ Boys 14 yrs Girls 15 yrs/ Boys 15 yrs Girls 16 & O/ Boys 16 & O</p>	<p>25m Backstroke Girls 6 & U/ Boys 6 & U Girls 7 yrs/ Boys 7 yrs</p> <p>50m Backstroke Girls 8 yrs/ Boys 8 yrs Girls 9 yrs/ Boys 9 yrs</p> <p>100m Backstroke Girls 10 yrs/ Boys 10 yrs Girls 11 yrs/ Boys 11 yrs Girls 12 yrs/ Boys 12 yrs Girls 13 yrs/ Boys 13 yrs Girls 14 yrs/ Boys 14 yrs Girls 15 yrs/ Boys 15 yrs Girls 16 & O/ Boys 16 & O</p> <p>25m Breaststroke Girls 6 & U/ Boys 6 & U Girls 7 yrs/ Boys 7 yrs</p> <p>50m Breaststroke Girls 8 yrs/ Boys 8 yrs Girls 9 yrs/ Boys 9 yrs</p> <p>100m Breaststroke Girls 10 yrs/ Boys 10 yrs Girls 11 yrs/ Boys 11 yrs Girls 12 yrs/ Boys 12 yrs Girls 13 yrs/ Boys 13 yrs Girls 14 yrs/ Boys 14 yrs Girls 15 yrs/ Boys 15 yrs Girls 16 & O/ Boys 16 & O</p>

2009 CLUB PRESENTATION DAY

SUNDAY 17th MAY 2009

10am to 3pm

at



3 Fremantle St West Burleigh

Come along and join the fun and games!

Indoor cricket, netball, volleyball.

We would appreciate if you could bring along two
of the following things:

nibbles, salad/sides and dessert.

The club will be providing meat and rolls.

No BYO drinks. Drinks are available for purchase at Ozsports

RSVP required for catering purposes.

Please see the noticeboard at the clubhouse in early April

for further information.

*Please note, to participate in the sports provided, you MUST wear
sandshoes/runners.*

Pro Ma Miami Swimming Club is currently undertaking the positive and progressive step of implementing an update to date Electronic Correspondence Policy.

Our goal in this regard is to deliver all correspondence (including invoicing) to you electronically in the form of an EMAIL.

The benefits that the system will provide to us all include more timely delivery, no need to keep bulky correspondence, more efficient use of technology and environmentally friendly.

Please confirm your acknowledgement of our new policy by sending a return email with your child's name to secretary@miamiswimmingclub.com

PS. A reminder that paying your invoices by electronic transfer is our preferred method