Swimming Club News

Holiday Swim Meets

Our swimmers have been competing at a number of long course events over the holiday break, including meets at The Southport School, Somerset College and Miami Swimming Clubs, with creditable results. All swimmers are consistently dropping their personal best times, which is due, in part, to the excellent efforts in training. While there were many highlights, one that stands out is the Somerset meet. Sarah Reimer was selected to compete in the ‘Dash for Cash’ with nine other randomly selected swimmers. This is a 50m Freestyle handicap race and, as the youngest swimmer, Sarah started from scratch, with the other swimmers being started at intervals after her. Sarah smashed her personal best for 50m Freestyle by completing the lap in 42.17 seconds, a full second ahead of the second placed swimmer as she won the event. I believe that Sarah has not yet opened the envelope with the $50 inside, as she views it as the most valuable medal she has received so far.

Changes to Training Times

To take advantage of the early sunrise and to add to both the fitness and endurance of our swimmers, we will now start training at 6:00am and go through to the regular finishing time of 7:45am/8:00am. While this will further develop swimming endurance, it enables us to extend our programme in a number of directions. More time can be devoted to technique improvement, a facet of any sport that allows participants to extend their potential. Without a correct technique, you can only go so far in any sport.

Some squads have had time changes and these can be seen in the timetable set out below.

Junior and Senior Squad swimmers can train on any morning or afternoon.

Mini Squads train on Monday and Wednesday mornings.

Transition Squad is still on Wednesdays at 3:30 pm. The Thursday time has now reverted back to Monday afternoons.

Recreational Squad swimmers can now swim on any afternoon except those Fridays reserved for Club Nights.

If you are not a regular squad member and wish to train, you must be assessed. Assessments usually take place in the mornings at 7:45am and take about 5 minutes. Please make a booking by contacting Mr Gee, or Mr Cashman, at the pool.

Coaching Staff

Our coaching staff is growing. We welcome Shayne Deutzmann to our group of coaches, which also includes our Head Coach, Peter Gee, and Rebecca Foote. Shayne is an experienced coach, who has worked with private clubs, and it is great to have him sharing his expertise with our swimmers. This means that on most mornings we can field four coaches, significantly reducing the swimmer/coach ratio.

Scenic Rim Swimming Meet

On Sunday, 1 February, we took 10 swimmers to the Scenic Rim Swimming Club Meet at the Canungra Pool. Our competitors were: Angus and Harry Sheehan, Campbell and Aveline Rounsley, Adam and Sarah Reimer, Cate Ellwood, Emelia Surch, Brianna Hill and Ayasha Yow. This group came
home with a grand total of 23 medals between them, which is an outstanding result. There were also a significant number of personal best times. Medallists included:

**Angus Sheehan** – 1st place 50m Breaststroke, 2nd place 50m Backstroke and 50m Freestyle. These are Angus’s first medals at a Swimming Queensland meet.

**Harry Sheehan** – 1st place 100m Backstroke – Harry’s first medal.

**Brianna Hill** – 1st place 100m Breaststroke, 2nd place 50m Breaststroke – Brianna’s first medals.

**Adam Reimer** – 2nd place 100m Breaststroke, 3rd place 50m Breaststroke – Adam’s first medals.

**Campbell Rounsley** – 1st place 50m Breaststroke, 2nd place 50m Butterfly, 3rd place 50m Backstroke, 50m Freestyle and 100m Freestyle. Campbell’s first medals and a placing in every event he swam in. Well done Campbell!

**Emelia Surch** – 2nd place 50m Freestyle. This is Emelia’s first meet and her first medal.

**Sarah Reimer** – 1st place 50m Breaststroke, 3rd place 50m Fly, 50m Backstroke and 50m Freestyle. Four events for four medals.

**Aveline Rounsley** – 3rd place 50m Breaststroke.

**Ayasha Yow** – 1st place 100m Fly, 3rd place 50m Backstroke and 100m Backstroke

A special mention to **Cate Ellwood**, who took on an Individual Medley – four laps of each stroke, starting with Butterfly. This is quite a daunting prospect for an 8 year old who was also swimming against 10 year old girls. Her very creditable 2:02:23 for 11th place, in a field of 18 swimmers, all older than her, is a great effort and reflects the effort she gives at training.

The next major meet for our swimmers is at Southport Olympic Pool where they get to see their names on the big scoreboard.

Peter Gee and Ric Cashman – Swimming Club Coaches