



Swim School

Toowoomba Grammar School Aquatic Centre

NEWSLETTER

October 2011



Dick Orbell - Head Swimming Coach

Phone: 46872593

Mobile: 0409 102257

Email: d.orbell@twgs.qld.edu.au

Liz Escobar and Natalie Collins - LTS Coordinators

Aquatic Centre Administration

Phone: 46872631

Email: tgsaquatic@twgs.qld.edu.au

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From Dick's Desk



I would like to welcome you all back to term four of swimming at Toowoomba Grammar Aquatic Centre. We have a big group of swimmers in both Learn to Swim (LTS) and squad this term. If you are a parent of a LTS child and would like to talk to Dick about how your child is going, please feel free to see me at the centre any time. Liz and Nat the LTS coordinators are also more than happy to talk to you at any time. We are here for you and your children and they will always come first to us.

Now the holidays are over and it is time to get ready for the summer swimming season which is approaching very quickly. We need to get right into hard training again now as Queensland States are only about a couple of months away.

There are some meets being held at which a swimmer can compete to be able to achieve a qualifying time for States. If you would like more information about these meets, or what you need to do to qualify, please have a talk to Dick or Matty.

To be a member of the team that goes to States is a big achievement, but you will need to be committed to training. To be a great swimmer, comes down to believing in yourself and the only way to do this is to do the hard training. If you cannot get out of the pool and look at yourself in the mirror and say that you gave it everything, then you will not have a positive attitude and you will not be able to stand behind the block and say you have done everything you could have to get there.

So remember hard work will breed success.

Dick

Adult Coaching

TUESDAY &
THURSDAY

8.30AM-9.30AM

5.30PM-6.30PM

COST \$90 FOR 10
VISIT PASS

RECEPTION / SHOP

OPEN HOURS

MONDAY - FRIDAY

8.30AM - 5.30PM

SATURDAY

8AM - 11:30AM

"It's lack of faith that makes people afraid of meeting challenges, and I believed in myself"

Muhammad Ali

**HAPPY
BIRTHDAY**

- 1 ✓ BROCK FARRELL
- 1 ✓ ASHTON ONEIL
- 1 ✓ COOPER SELBY
- 2 ✓ ALISHA BELLETT
- 2 ✓ CHARLIE CAMPBELL
- 2 ✓ SOPHIE EVERLYN
- 2 ✓ TARYK FITZGIBBON
- 2 ✓ ANIKA HOLZKNECHT
- 2 ✓ JACOB MURRIE
- 2 ✓ JACK REUTER
- 2 ✓ WILL SORENSEN
- 2 ✓ AUSTIN STARK
- 2 ✓ GEORGE WICKS
- 3 ✓ PAIGE CULLINAN
- 3 ✓ CADEL HARDGRAVE
- 3 ✓ COOPER HEAD
- 3 ✓ ELIZABETH KOCH
- 3 ✓ LIAM MARSHALL
- 3 ✓ LIAM POTTER
- 3 ✓ EMMERSYN RANFORD
- 3 ✓ ABIGAIL ROBERTS
- 3 ✓ ALEXANDER ROBERTS
- 3 ✓ ARYBELLAH SHARP
- 4 ✓ MASON DEAKIN
- 4 ✓ MATTY DOHERTY
- 4 ✓ STELLA EAMES
- 4 ✓ JOSIAH GALER
- 4 ✓ PRIYA GARCHA
- 4 ✓ LUCIA LUHRS
- 4 ✓ JACK SIMPSON
- 4 ✓ GEORGINA WHITE
- 5 ✓ SETH BOLAND
- 5 ✓ BEN BURGESS
- 5 ✓ ELLA EVEREST
- 5 ✓ AVA PURCELL
- 5 ✓ OSCAR SOWERBY
- 5 ✓ XAVIER SOWERBY
- 6 ✓ ROSE BEVERIDGE
- 6 ✓ BEAU FOWLER
- 6 ✓ JACK GOLDMAN
- 6 ✓ KARINA OREILLY
- 6 ✓ JOHN RIDGWAY
- 6 ✓ FINN ROBERT
- 6 ✓ OLIVIA SCHUH
- 7 ✓ JOSHUA DALZIELL
- 7 ✓ MILES DONALDSON
- 7 ✓ TARA GARSON
- 7 ✓ GEMMA PURCELL
- 7 ✓ CAITLIN SPANNER
- 7 ✓ SAMANTHA TARLETON
- 8 ✓ BREE BENBOW
- 8 ✓ LEVI BUSTER
- 8 ✓ SULLIVAN EDWARDS
- 8 ✓ JEREMY GURR
- 8 ✓ SCARLETT HOFSTEE

LTS Make Up Policy

Please remember to contact the TGS Aquatic Centre if you know that your child will not be able to make it to their lesson. Gai, Vicki or Jaci can be contacted on 46872631 or tgsaquatic@twgs.qld.edu.au If you do contact the centre the following make-up arrangements can apply.



Nil cost if advised child not swimming (at least 1/2 hour notice prior to lesson must be given). If we have not noted any absence and child did not attend lesson, there will be a \$3.00 booking fee for any make-up lesson requested.

Never tell me the sky's the limit when there are footprints on the moon.

ALL SWIMMERS FROM GUPPY LEVEL MUST WEAR A CAP.
NO CAP, NO SWIM

D-STRESS MASSAGE
Steve Burley
9 Suffolk Street, Toowoomba
4659 5005

TGS Aquatics supporting the community

Recently the TGS Aquatic Centre had the pleasure of accommodating a training session of the local Swift Water Rescue Team.

Following the recent tragedies in our region it is important to remember that the Toowoomba creeks and waterways pose a risk following heavy rain. They fill quickly and flow very fast. It is important to keep clear of them and not take unnecessary risks. But as you can see, we have a local team of professional men and women who are well trained in water rescues. Let's hope they don't have to use these skills this summer.



Learn to Swim Promotions

From Jellyfish to Tadpole

Aaron Plant

From Tadpole to Guppy

Abigal Roberts
Alexander Roberts
Taylah Wood
Lachlan Kramer
Travis Bellingham

From Guppy to Goldfish

Max Penhalignon
Charlotte Rohde
Phoebe Kibble

From Goldfish to Seal

Regina McKenzie
Liberty Anstis
Lachlan Sutcliffe
Jordan Kramer
Lawson Booth

From Seal to Piranha

Harriet Wittman

From Piranha to Dartfish

Victoria Rae
William Blades
Ellen Gillins

From Dartfish to Shark

Lizzie Perrignon
Hannah Cauley

From Shark to Dolphin

Ben Peacock
Jordie Penhaligon

From Dolphin to Jnr. Squad

Harry Bell
Mitchel Beaver
Harrison Files
Sam Beasley
Lochlan Matthews
James Heinrich

Congratulations everyone. If you haven't received your certificates yet, please see the ladies in the office

MORE HAPPY

BIRTHDAY

| | | | | |
|---|-----------|--------------|----|---|
| ✓ | SARAH | BUITENDACH | 9 | ✓ |
| ✓ | FLYNN | BURNS | 9 | ✓ |
| ✓ | KANE | CASS | 9 | ✓ |
| ✓ | JACOB | DREWS | 9 | ✓ |
| ✓ | CHARLIE | HOSKING-PITT | 9 | ✓ |
| ✓ | HUGH | MCDONALD | 9 | ✓ |
| ✓ | BART | WINDSOR | 9 | ✓ |
| ✓ | WILL | BEAUCHAMP | 10 | ✓ |
| ✓ | FIN | CHARLES | 10 | ✓ |
| ✓ | JAMES | EVANS | 10 | ✓ |
| ✓ | ELLEN | GALL | 10 | ✓ |
| ✓ | CAITLYN | GIRLE | 10 | ✓ |
| ✓ | JOHN | GOLDEN | 10 | ✓ |
| ✓ | GEORGIA | GOULDSON | 10 | ✓ |
| ✓ | SOPHIE | LITTLE | 10 | ✓ |
| ✓ | JACK | MACKENZIE | 10 | ✓ |
| ✓ | KATE | MOULE | 10 | ✓ |
| ✓ | MOLLY | MURPHY | 10 | ✓ |
| ✓ | ELIZABETH | STUMER | 10 | ✓ |



Safety Tip

Splashing, wading, and paddling it must mean a great day in the water. Playing at the beach, at a water park, by a lake, or in a pool can be a real treat on a hot day.

Swimming is a lot of fun, but drowning is a real danger. Even kids who know how to swim can drown so here are some helpful tips to help ensure water safety:

- Children need to be watched at **All times**. Supervision is the key to effective water safety. Children must be supervised by a parent or guardian whenever they are in or around water – no matter how small the water container is.
- Bath time should be fun! A parent or older child should always supervise children whenever they are in the bath. Even if you are out of the room for a minute, if a child slips, there is a chance that they could drown or hit their head. If for some reason you need to leave the bathroom it's better to lift the child out of the bath rather than leave him or her alone.
- Even a shallow paddle pool can be hazardous for an unsupervised child. To improve water safety, after children have finished playing in the paddle pool it should be emptied.



Discount on Second Lesson

As children learn by repetition and practice, they will also learn to swim faster with more frequent time in the pool. For this reason, the TGS Aquatic Centre is now offering parents the opportunity to book a second LTS lesson in the week for their child at a discounted rate.

If you book another class per week we will give you 10% off your second class.

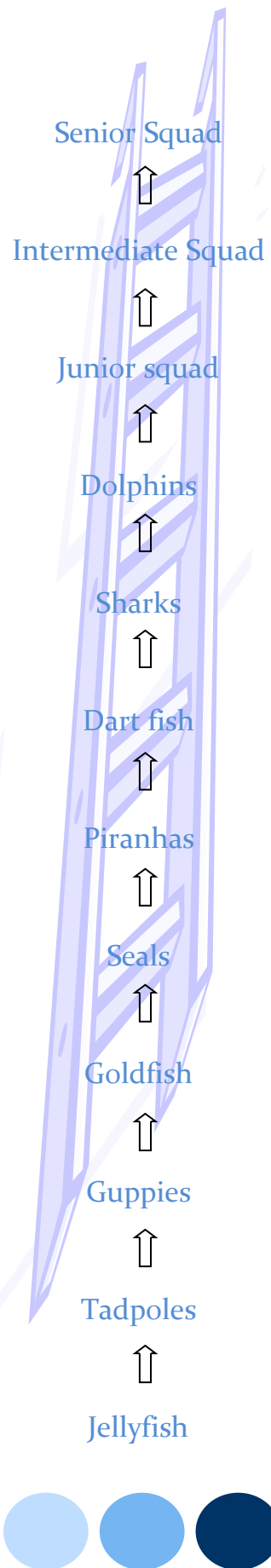
Academy Swim Club News



It is full steam ahead for the Academy Swim club. With the focus for many swimmers on the next round of State Championships in December, many swimmers will be at swim meets most weekends. The feature swim meet for the club will be the Toowoomba Open to be held at Milne Bay on 5 November, which is run by the DDRSA and hosted by Academy. If you are able to help out in any way on that day, it would be appreciated. The club will be responsible for raffle tickets at the gate and a BBQ facility. There are also the usual jobs of timekeeping to be filled as well. If you would like more information on how you can help please contact Mick Loveday via email on president.academysc@gmail.com or Vicki Wright on email secretary.academysc@gmail.com. A full list of executive and their email addresses is available on the Academy web site www.academyswimclub.org.au

Remember to keep your eye on the notice board at the pool for upcoming meets and the closing dates so you are sure not to miss out on nominating.

Finally, the club nights continue to be a great success, with many new swimmers joining the club just for the fun of being a recreational swimmer and coming along to club nights. For information about the next club night held on Tuesdays commencing at 5.30pm, please contact one of the executive.



The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move.
~Aleksandr Popov