



Swim School

Toowoomba Grammar School Aquatic Centre

NEWSLETTER

September 2011



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INSIDE THIS ISSUE:

- ◆ DICK'S DESK
- ◆ ACADEMY NEWS
- ◆ HOLIDAY INTENSIVES
- ◆ BIRTHDAY LIST
- ◆ LTS PROMOTIONS

From Dick's Desk



With the Queensland State Short Course Championships being held over the last weekend, we as a team have plenty to celebrate. The swimmers performed well, with all swimmers coming away with personal best times. Some of the outstanding races were the long distance events with one swimmer achieving a 10 second pb. But with this also comes a chance to reflect on our performance in preparation for our next big event. There are a couple of things that we should take away from the weekend, firstly, all the hard work that we have been doing is starting to pay off. Secondly, the importance of the swim down after the competition, but more about that later in the newsletter. Apart from that I would like to say what a great job you all did and keep up the good work. We should have an amazing year ahead.

The September school holidays are fast approaching, and so is the beautiful Spring weather. Make sure your children are in the best possible position for water safety when the weather is enticing them back into the water. We are holding intensives again during the September school holidays and are taking booking for these lessons now. So have a chat to Gai, Vicki or Jaci in the office and they will happily help you with your child's booking. Finally, there is a lot of lost property being held in the office, if you have lost, shoes; towels; drink bottles; caps or goggles, please ask to take a look because any unclaimed items will be given to a local charity next term.



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**

Dick

Liz and Nat

"We kick more than soccer players. We yell louder than cheerleaders. We dive farther than baseball players. We move more than dancers. We do more flips than gymnasts. We do more laps than runners-that's why we are swimmers!"

- Unknown



Racing Tips

As mentioned in Dick's Desk, at the beginning of the newsletter, the need for swim downs during competition events is so important. Generally, swimmers are very excited to be attending big swim meets like the State Championships. Performances of less experienced swimmers on the first day are often better, and they tend not to perform as well on the second day. Typically, excitement on the first day is reflected in performances and behaviour. With adrenaline racing your pain barrier can be influenced and you think you do not need to swim down as much as you should. When you turn up the next day and try to race, you can feel very flat which will show in your performances.



Academy Swim Club News



August has been one busy of a month for the Academy Club. Club nights have started, at our new 'home', the TGS Aquatic Centre. This was a very successful night, with a roll up of more than 50 swimmers, some returning for a new season, but many new members joined the club and by the noise that was coming from the centre, everyone had a fun night. If anyone is interested in coming along to see what club nights are all about, feel free to give one of the club executive committee a call and we would love to welcome more families. Details can be found at www.academyswimclub.org.au

At the beginning of the month the Darling Downs Winter Challenge was held at Fairholme. This event was very successful for our swimmers, with many picking up personal best times and qualifying for the State Short Course Championships. Overall 10 swimmers broke a total of 24 Darling Downs records.

Last weekend the Championships were held at Chandler in Brisbane. Academy took 22 swimmers, its largest ever team to this meet. Four swimmers won a total of 7 gold medals, a swag of other medals also made new homes in Toowoomba and a 72 personal best times were attained. Congratulations to the team. Keep an eye out in *The Chronicle* for a story soon!



Pain is only temporary, Glory is forever

HAPPY BIRTHDAY

- ✓ JORGE LITTLE 1 ✓
- ✓ BROOKLYN TURNBULL 1 ✓
- ✓ KALLAN ZIMMERLE 1 ✓
- ✓ ZACHARY BARFORD 2 ✓
- ✓ ZEB WHELAN 2 ✓
- ✓ AMY QUINLAN 3 ✓
- ✓ FLETCHER WEIR 3 ✓
- ✓ LIBBY FRAME 4 ✓
- ✓ CHLOE GILMORE 4 ✓
- ✓ DANN GOODWIN 4 ✓
- ✓ DEKLIN HARGENS 4 ✓
- ✓ MALACHI HEPWORTH 4 ✓
- ✓ MALAKAI HIGGINS 4 ✓
- ✓ ROSE MCLOUGHLIN 4 ✓
- ✓ INDIGO ACHILLES 5 ✓
- ✓ NICHOLAS BAULCH 5 ✓
- ✓ ADEN BELLETTE 5 ✓
- ✓ JONTY COPELAND 5 ✓
- ✓ MITCHELL HADDY 5 ✓
- ✓ HOLLY LANE 5 ✓
- ✓ INDIANA RANFORD 5 ✓
- ✓ BEN BOLAND 6 ✓
- ✓ YOSEPH BOU-SAMRA 6 ✓
- ✓ LILLY HUTCHINS 6 ✓
- ✓ REGINA MCKENZIE 6 ✓
- ✓ LOGAN MORRISH 6 ✓
- ✓ WILLIAM WHITE 6 ✓
- ✓ SAFFRON ANDREW 7 ✓
- ✓ MITCHELL HIGGS 7 ✓
- ✓ TAMSYN HOLMES 7 ✓
- ✓ TOM LAWLESS 7 ✓
- ✓ MARCUS BAULCH 8 ✓
- ✓ MAYA BRYANT 8 ✓
- ✓ JACKSON ESCOBER 8 ✓
- ✓ SEBAST- 8 ✓
- ✓ YAN KLEIDON 8 ✓
- ✓ SCARLETT WINTER 8 ✓
- ✓ JAMES CASH 9 ✓
- ✓ MATTHEW CHAFFEY 9 ✓
- ✓ HARRISON FILES 9 ✓
- ✓ BEN PEACOCK 9 ✓
- ✓ HENRY SCHWARTZ 9 ✓
- ✓ MITCHELL BEAVER 10 ✓
- ✓ LACHLAN HARROWER 10 ✓
- ✓ LACHLAN SELLARS 10 ✓

Holiday Intensive Program

Book now for the September school holiday intensive program. The lessons will run every half hour from 9am between:

Monday 19 Sept—Friday 30th September inclusive

Monday 26 November to Friday 30 September inclusively

The cost is \$67.50 per lesson. Call the office ladies on 4687 2631 to book.



Reviewed ~ LTS Make Up Policy

As of 1 August 2011 the booking fee for make-up lessons will be as follows:

Nil cost if advised child not swimming (at least ½ 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.

Term 4 Learn to Swim

Rebooking has commenced for Term 4 and places are filling very fast. Please advise the ladies in the office if your child is continuing with lessons next term.

For those on the direct debit payment system, remember that your lesson will automatically roll over to the same time and level unless you have been promoted, in which case please see the ladies in the office.

In order to secure your preferred day and time, we will require a deposit of \$13.50. This is the cost of your first lesson in Term 4 and this will be deducted from your full term fees.

*I swim,
therefore*

IM

-Kiera McKenna USA

Learn to Swim Promotions

Wow, what a huge month for promotions in the LTS pool, well done everyone. Keep up the great work .

From Jellyfish to Tadpole

- Zachary Barford
- Oliver Bell
- Zeb Whelan
- Zach Philp

From Tadpole to Guppy

- Georgie Ferrignon
- Fletcher Weir
- Liam Potter
- Lachlan Kramer
- Elizabeth Koch
- Arybella Sharp
- Benjamin Hurtle
- Tristan Keeton
- Antonio Anstiss

From Guppy to Goldfish

- Tyson Harper
- Layne Case
- Jackson Smiddy
- Oliver Rowe

Molly Van Heerden

- Layne Cowling
- Eleana Escobar

From Goldfish to Seal

- Leroy Dempsey
- Ella Gouldthorp
- William White
- Mitchell Higgs
- Matthew Ralph
- Declan O'Rouke
- Lochlan Sutcliffe

From Seal to Piranha

- Chloe Smith
- Shihaila Smith
- Megan Bailey
- Olivia Ralph

From Piranha to Dartfish

- Adam Bryant
- Charlie Hosking Pitt
- Fred Perry

From Dartfish to Shark

- Ashley Pailthorpe
- Harrison Reedy
- Ben Griffin
- Emma Bradley

Sam Bradley

From Shark to Dolphin

- Harry Schatz
- Madylynn Robert
- Finn Neimeier
- Matthew Sands

From Dolphin to Jnr. Squad

Neve Lawless

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

ALL SWIMMERS FROM GUPPY LEVEL MUST WEAR A CAP.

NO CAP, NO SWIM

D-STRESS MESSAGE

-  Steve Burley
-  9 Suffolk Street
-  Toowoomba
-  4659 5005

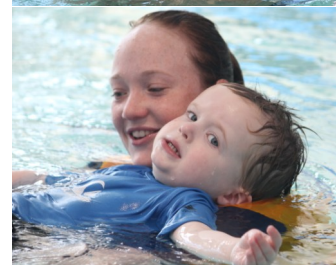


Drowning is the greatest cause of accidental death in children under five in Australia. Each week, on average, one child drowns. In 1988 to combat drowning, [Laurie Lawrence](#) created the Kids Alive - Do the Five water safety program. The Kids Alive community service program educates the public on five important steps to reduce the risk of preschool drowning.

Kids Alive - Do The Five!

1. Fence the Pool
2. Shut the Gate
3. Learn to Swim—It's Great!
4. Supervise
5. Learn to Resuscitate

Safety Tip



State Championship Success

Congratulations to the Squad Swimmers who competed at the Queensland Short Course Championships

Particularly to

*Alan Gibson, BJ Oates, Aiden Lister,
Connor Henderson and Drew Timbs*

who together won

7 Gold Medals

6 Silver Medals

4 Bronze Medals

Also to *Jared Pailthorpe, Ashleigh O'Brien, Loughlin Reilly,
Courtney Hudson, Emma Dann, Annabel Johnman, Keelie Sander,
Alexandra Henderson, Tamara Quinn, Katelan Quinn, Jaiydan Craige,
Jayden Cauley, Ben Clarke, and Jack Loveday*

who helped to club achieve a total of

72 Personal Best Times