

MINGARA AQUATICS

Newsletter



OCTOBER 2018



Hi Parents and Swimmers

Stephen Critoph - Head Coach

September was a pretty quiet month on the competition front with the



only a couple of competitions being held. The Central Coast Surf Life Saving Pool Rescue Challenge was held on Friday the 21st here at Mingara with over 200 swimmers/lifesavers attending and honing their skills prior to the start of the summer.

Shelly Beach surf club were the winners on the evening and it was extremely pleasing to see so many of our squad swimmers taking part and being involved with this great organisation.

We farewell Nathan Ward who is off to the Swimming Australian Talent Identification camp at the Australian Institute of Sport approximately 30 of the most promising young swimmers from across the country are invited to attend the week long camp. We wish Nathan all the best for the camp then following on he will be joined by team mate Shaye Booth as part of the NSW team to contest the Australian Teams Challenge, where again we hope they can perform at their best to beat the Maroons. Go the Blues

In September a small band of younger swimmers contested a meet at Woy Woy all of them achieving multiple personal bests on the day. Most pleasing was Natalie Hotham who narrowly missed qualifying for Australian Age Championships last year but in the first qualifying event of the year left no doubt she was more than ready this year by qualifying in not just 1 but 3 events.

Visit us at your club, Mingara

12-14 Mingara Drive, PO Box 8003, Tumby Umbi NSW 2261 Ph: 4349 7821 Fax: 4349 7800
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Coaching News

This month saw some great learning opportunities for our Coaching staff. Michael was part of a NSW Junior leaders camp held at Lake Burrendong near Dubbo a great opportunity to work with other children in a different environment. Kirk completed his Bronze license course over a weekend. Kirk reports he has come back with lots of great ideas to share with the team. I have had the wonderful opportunity to attend 2 seminars put on by Swimming NSW and NSW institute of Sport, The Coaches association conference and a NSW Swimming State event camp all in 10 days massive amounts of information to share. Tyler too attended the seminars one on Biomechanics and the second one on Exercise Physiology and it was very rewarding to see how much our coaches can gain from these experiences.

We are continuing to expand our knowledge base learning from others and sharing amongst the team.

Got a question regarding coaching? Your child's enjoyment and progress is extremely important to us so please don't hesitate to contact us
Email Stephen:

scritoph@mingara.com.au



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Qualifying for your first Australian Championships is a big achievement and we congratulate Nat on her efforts. Nathan Ward has also qualified for these Championships to be held in April next year. In order to qualify for the Championships in April you must achieve the qualifying standard (Long Course) after May 1 this year. We hope they will be joined by many more swimmers by then.

What is the difference between Short Course and Long Course Swimming?

At its very simplest it refers to the length of the Pool you are swimming in. If the pool is 25 meters long it is Short Course and if the pool is 50 meters long then its Long Course.

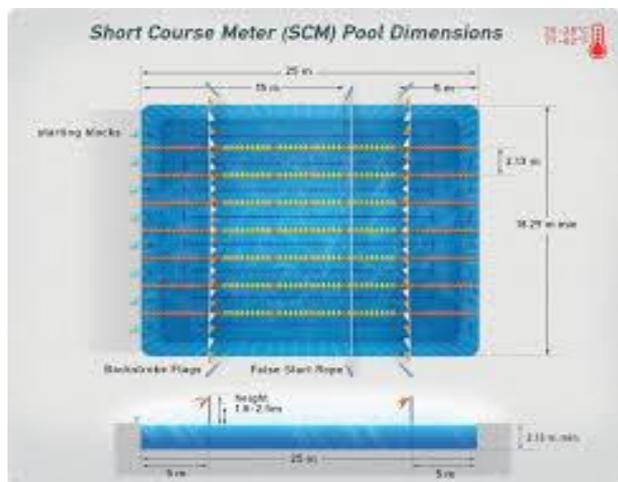
Currently the Olympics are held every 4 years in a Long Course Pool but World Championships are held every year and they alternate between Short and Long Course. The Next Short Course World Championships are in December in Korea

In Australia our winter season is Short Course.

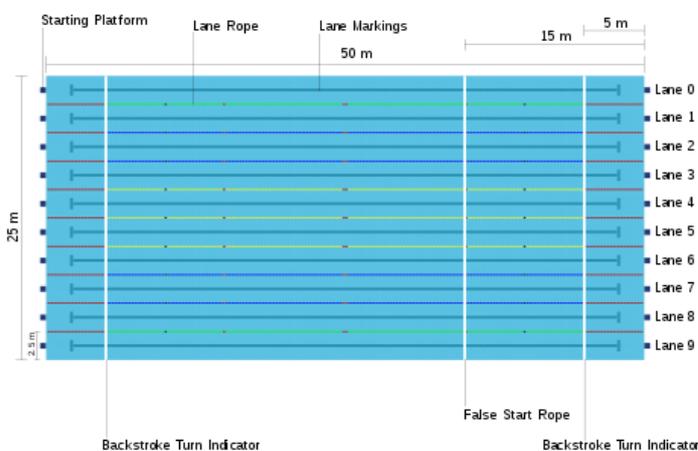
10 Facts you need to know about Short Course

1. There are a lot of turns! Because the pool is only 25 meters in length (instead of the usual 50m) the swimmers have to do twice the amount of laps.
2. Starts are very important. You don't have as much time to catch up in a lap, as there is less swimming and more underwater work per lap.
3. The "Skills pay the bills" in Short Course. Starts and turns are the "Go"
4. Times are generally faster. This is because we can travel faster underwater than you can on top.
5. The Short Course World Championships were first introduced in 1993
6. Short Course Worlds were first held in Palma de Mallorca in Spain
7. Short Course Worlds are held every 2 years
8. World records were first recognized in 1991
9. 3 Australians hold Short Course records Cate Campbell, Mitch Larkin and Grant Hackett
10. Mingara has 4 swimmers who have qualified to contest the trials for this Australian team. Bradley Woodward, Shaye Booth, Nathan Ward and James Koch

Short Course



Long Course



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