

MINGARA AQUATICS

Newsletter



August 2018



Hi Parents and Swimmers

What a super busy and successful month July has been. Firstly to see so many happy swimmers continuing to progress over winter, congrats to all those swimmers, parents and guardians who have braved icy mornings and cold nights to enjoy the sport they love and gain their unfair advantage for the upcoming summer season.

Over July our swimmers competed at NSW Country Championships, NSW Surf Lifesaving Pool Rescue Championships and The School Sport Australia Championships. At Country Championships swimmers won 24 Medals and 3 swimmers broke 5 NSW Country Records between them, (Shaye Booth 2, Nathan Ward 2 and Brock Hepburn 1). We then moved to NSW Surf Lifesaving Pool Rescue Championships where our team members performed well above expectation with 3 swimmers being chosen as part of the NSW team for the Australian Championships (Blake Hessel, James Koch and Tom Simpson). Then the month drew to a close 2 swimmers were competing at The School Sport Australia Championships in Hobart a series that starts back in February at concludes with this meet. Nathan Ward won 2 Gold, 1 Silver and 1 Bronze and included both an Australian Schools and Tasmanian All Comers record and Brock made 2 Individual finals and came home with a Bronze medal.

Probably even more exciting was last week watching two of my young Bronze swimmers Bella Watson and Krystal Lees both started their competitive journey attending their first night of Club races. Both girls had a ball and were still in a rush to tell me all about it again on Monday. The challenge for all of us is to maintain the same level of enthusiasm for the whole way through their swimming journey.

Stephen Critoph - Head Coach

PADDLES

Paddles form an important part of stroke development in our program especially in the older age groups. As was discussed last month using the wrong sized equipment can though lead to problems and create injuries. The use of a paddle is twofold firstly and the simple one is to increase the size of the swimmers hand area and therefore require an increase in force to move the

Coaching News

This month we move on to Butterfly the second fastest and probably the most difficult in terms of both strength and co-ordination required. At the same time if swum correctly it is not HARD!! It is only HARD when done incorrectly. Please encourage your children to have a go do the best they can and please do not reinforce the idea Butterfly is HARD even if you were unable to master the stroke

Up Coming Meets

[NSW State Short Course Championships](#)
13 yrs and Over and
12yrs and Under

[World Life Saving Championships](#)
November

Squad Scholarships – Applications now open until 31st August 2018
See reception or your coach for application form and further details

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

Visit us at your club, Mingara

12-14 Mingara Drive, PO Box 8003, Tumbi Umbi NSW 2261 Ph: 4349 7821 Fax: 4349 7800
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Paddle through the water thus increasing the swimmers strength. The second and more important is as a stroke correction aid. As the swimmer pulls through the water in order to keep the paddle in place and maintain constant pressure on the water the swimmer must learn to move their hand through the correct stroke pattern. If they don't the paddle will twist and not remain stable. It is also important that the paddle is only anchored with one finger and not a strap around the wrist. Below are a couple of examples of oversized poorly anchored paddled and a well-fitting and better anchoring. The brand is not important but size and anchoring is and all paddles can be modified to be anchored properly.

These Paddles are too big



Below Good fit and anchoring



Hope this helps with your selection of paddles. If you have any questions about Paddles or how to adjust them please see your coach

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