

MINGARA AQUATICS

Newsletter



July 2018



Hi Parents and Swimmers

What a great start to the Short Course season we had at the Coast and Valley Regional championships with 38 swimmers contesting just over 200 events and recording an amazing 150 Personal Bests. Further our swimmers amassed a total of 94 Medals and setting 6 new Records. Most pleasing was our senior boys who combine to set a new record in the Men's Open 4 x100 Medley relay with the team of Shaye Booth, Nathan Ward, Tyler Jones and Jimmy Koch combining to strip 4 seconds from the old mark. Shaye and Nathan both set 2 new individual records Shaye in 50 and 100 Backstroke and Nathan in 50 and 100 Breaststroke whilst not to be out done Jimmy Koch out touched his team Shaye by 0.04 sec to set a new mark in the Open 100 Freestyle in a time of 51.54 secs. Our 94 Medals were made up of 37 Gold, 32 Silver and 25 Bronze. The Gold Medalists were Shaye Booth (10) Dan Chisolm (6) Zara Good (3) Brock Hepburn (2) Natalie Hotham James Koch (2) Hayden McGregor Troy Puttergill (3) Cam Dodd and Nathan Ward (4), Other Medalists were Justine Carter, Ben Eltham, Elodie Jewell, Sienna Kennedy-Wilkie, Angel Lalovi Gafa, Nick Lamond, Hayden McGregor, Jade Pettitt, Zac Tasker, Jayden Thompson, Danielle Vesper, Dylan Wightman, Macy Willis and James Zofrea

Stephen Critoph - Head Coach

When does Learn to Swim End??

Far too often these days I hear people say my child has graduated level 9 and I don't want them to do Squad so we have now finished with learn to swim. On the outside this sounds perfectly reasonable but what are they really saying and what are the implications of such a decision? Is it that people who say I don't want my child to do squads really mean they don't want their child taking up competitive swimming and training every day of the week?? Is it that parents think once their child has made it to squad they are good swimmers so don't need more lessons? It's totally understandable to not want the commitment of competition but bear in mind squad is not all about that... A child who graduates from level nine can comfortably swim between 12.5 and 25 metres of freestyle in the calm waters of our Olympic pool. Probably the same for backstroke and has a fair idea of breaststroke. The question I ask is **Does this make your child safe in the surf or Lake??** The answer is an emphatic no!!! It is only when the child is capable of swimming a minimum of 400 m continuously that they have a reasonable chance of being safe in the surf. Remember there is no substitute for supervision either in the pool, at the beach or at the lake but being able to swim this sort of

Visit us at your club, Mingara

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Coaching News

This month we move on to Breaststroke probably my favourite as it is both natural and very complex all at the same time. It is a stroke that can be swum in many different ways depending on the individual's anatomy and how their joints are put together so please understand if you see children swimming differently to others around them. Again we will be filming the swimmers to aid their feedback and providing both filmed and live demonstrations of some of the National level Breaststroke swimmers in our program

Up Coming Meets

Country Championships are fast approaching (7/8 July). We are excited as our Commonwealth Games Medalist Brad Woodward has indicated he is keen to join our other senior boys to contest the Open Medley and Freestyle relays. Watch this space to see how they go

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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Distance will give them a better chance of being able to look after themselves. Also remember in many cases the children are much better swimmers than the adults!!!

In my opinion the learning process to a point of relative safety would not occur until the child was at the top end of our Silver group. Over the next few weeks we will be testing our Bronze and Silver swimmers to see how far they can swim so we can watch their results with interest.

Why do we use fins??

We use fins in our program for a combination of reasons.

1. Injury prevention. There is clear evidence to show that the use of fins during the swimming warmup greatly reduces the load and strain on swimmers shoulders and allowing these muscles to increase in temperature and increase blood supply without excess strain greatly reduces the chance of long term injuries. Twelve months ago one Physiotherapist in the area was treating over 20 of our younger swimmers for chronic shoulder pain, this has now been reduced to almost nil.
2. Better Skill acquisition. By allowing swimmers especially younger ones to move faster and remain more buoyant it increases their ability to learn new skills again in a less stressed environment which they can then transfer to swimming without fins
3. It's Fun. A good reason by its self
4. Increases child's confidence to swim longer distances

As a rough guide our Transition swimmers are using fins for no more than 15 minutes of their time, Bronze approximately 20 mins and Silver about the same, this allows us to achieve all the outcomes above and still leave ample time for traditional swim activities.

If you have any questions or would like to discuss this further do not hesitate to contact me.

HALF PRICE
swimming lessons

Enrol in a 2nd lesson each week during the months on June, July and August for only \$8.50!

See Mingara Aquatics reception today to grab this great offer and find out more.
*Excludes the weekend 30/12/18

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