

MINGARA AQUATICS

Newsletter



May 2018



Hi Parents and Swimmers

April was an exciting month of competition for many of our swimmers. The biggest of which was obviously watching Bradley Woodward compete in the Commonwealth Games on the Gold Coast. Brad has been part of the Mingara family since he was 9 mths old progressing through all the levels to reach his goal of being an Australian Team member. Brad now trains at the NSW Institute of Sport but he and his family are still committed Mingara Aquatic club members and we were all so happy for him and his family to see him achieve such great success and to have that associated with the Mingara program as we heard many times during commentary. Every Teacher, coach and in fact the whole aquatic staff can feel proud of the role they played however small in helping Brad achieve his goals. Brad finished the meet with 1 Gold (Men's 4 x 100 Medley relay) and 2 Silver (100 & 200 Backstroke) Medals. Well done Brad!!

Paul Lemmon, Blake Hessel and Dan Chisolm all won medals at the Australian Surf Lifesaving championships in Perth. Paul won Gold medals in his age group in the 2km swim, Surf race and Ironman and placed 3rd in the beach run. Blake won a Silver medal in the 17yrs Ironman and a Bronze in the Surf teams and finally Dan Chisolm won a Silver medal in the 14yrs Surf Race and placed 4th in the Ironman.

Paul went from the surf to the Australian Masters swimming championships where he won a further 6 Gold medals setting 2 new Australian records.



At the end of the month 6 swimmers competed in the Australian Age Swimming championships Nathan Ward was successful in winning a Bronze Medal in the 16yrs 100 Breaststroke. Shaye Booth, Nick Lamond and Isaac Wightman all performed well and special congratulations to Zara Good and

Dan Chisolm who were both competing in their first Australian Championships. Finally bug well done to Brock Hepburn who won the Gold Medals for the boys Open 100 Freestyle at NSW PSSA a super result

Stephen Critoph - Head Coach

Visit us at your club, Mingara

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Coaching News

As some of you may already be aware our current Assistant Head Coach Michael has decided to pursue an opportunity with Swimming NSW as a part time Area Development officer. We were extremely keen to keep Michael as part of our coaching team and are pleased to announce Michael has accepted a permanent part time role in the program and will continue to work with all the levels he is currently coaching.

We would like to wish Michael all the best as he embarks on this new exciting venture



Australian Age Bronze medalist
Nathan Ward

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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Life's Great!

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Typical Mingara Family story in their own words



We are the McGeevers. We are a family of five from Bateau Bay and 10 years ago our children started at Mingara Aquatics. It was the obvious choice for us, close to home, range of pools and plenty of options.

I can't say my little one was thrilled to be near the water. Lucy, now nearly 11, would scream and carry on for the most of the lesson. We found a wonderful swim teacher in Michelle who guided us on ideas for her and she settled in soon after. We live in a beachside Suburb so for us teaching our children to swim from an early age was complete common sense. Our 9 yr. old Charlie is a strong surfer and the skills he has attained in the pool have no doubt strengthened his ability in the ocean. For both of them the focus and dedication swimming brings is important and will be with them for life.



Over the years they have progressed from learn to swim, swim classes and eventually squad with my husband recently joining the adult squad. They have had some incredible coaches along the way who have been an inspiration to them and an asset to Mingara. The facilities have been improved over the years and it has been nice to see the changes and money spent in these areas.

Many hours spent beside the pool as a parent can be exhausting but as they progress so does there performance and it's lovely to watch.

We have made some wonderful friends and met some amazing families.

The early starts can be a killer, but hey, who needs sleep!

Winter Squads

As we now move into winter our focus swings back heavily to stroke development. In this process we are not trying to create robots who are all exact copies of each other as we know this is not the most effective method of teaching individuals but rather through drills, demonstrations from our own High Performance swimmers and videos we will give the swimmers the skills necessary to develop the most efficient and best technique for each individual. Not everyone is put together in exactly the same way so why should we expect them to swim this way. To help facilitate this developmental approach in winter we will be spending a month on each stroke starting in May with Freestyle. This does not mean we will be ignoring the other strokes or the swimmers stamina and endurance but rather a significant portion of each lesson will be devoted to stroke development. Parents can expect to see our HP swimmers in the water with our Transition /Bronze/ and Silver groups demonstrating first hand sound technique and helping to correct their errors. Further swimmers will be filmed above and below the water and shown their personal style on the TV screens, plus they will be able to see short clips of World class swimmers to further reinforce these messages. Today children have very much become visual learners and are dependent on these images to learn so we intend to adapt our teaching to take advantage of this exciting approach.

Finally remember to Rug up when you leave so you can stay well over winter

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