

# MINGARA AQUATICS

## Newsletter



September 2018



Hi Parents and Swimmers

**Stephen Critoph** - Head Coach

August was huge month of competition commencing with the Australian Surf Life Saving Pool Rescue Championships. Three of our senior boys James Koch, Blake Hessel and Tom Simpson were chosen as part of the NSW to contest this Championship.

In all we had 8 Mingara swimmers contest the Championships who came



home with Medals. Leading the way was Paul Lemmon who won 6 individual medals and included 5 individual National records in the Masters Division. Not to be out done one of our youngest competitors James Marshall also set a new National Age record and won 3 silver medals. Our other

medalists were Blake Hessel 1 Gold, 2 Silver and 4 Bronze, James Koch 1 Silver and 2 Bronze, Charli MacDonald 1 Silver and Zara Good 1 Bronze. After their success at Australian Titles James K, Paul, Tom, Blake and team mates Tom Lennox and Alex Chaffer will be competing at the World Life Saving Championships to be held in November and we wish them all the best in their preparations for this meet.



Moving from Lifesaving to the pool many of our swimmers competed in the NSW Short Course Championships. Short Course means the events are held in a 25m pool. We are very proud to say that after the 13yrs and over Championships were completed Mingara had finished 15<sup>th</sup> in the point score up from 22<sup>nd</sup> last year and at the end of the series we finished with 3 State Champions Nathan Ward, Shaye Booth and Brock Hepburn. One of the most exciting races was the Men's Medley relay where Commonwealth Games Gold medalist Brad Woodward join other team

**Visit us at your club, Mingara**

12-14 Mingara Drive, PO Box 8003, Tumbi Umbi NSW 2261 Ph: 4349 7821 Fax: 4349 7800  
E: [aquaticsenquiries@mingara.com.au](mailto:aquaticsenquiries@mingara.com.au) [www.mingara.com.au](http://www.mingara.com.au)



## Coaching News

This month we welcomed Kirk Palmer as a member of our coaching team. Kirk is a local boy who grew up on the coast with a dream to one day represent his country in the pool. Kirk achieved this in the 2008 Olympics as a member of the 4 x 200 Freestyle relay coming home with a Bronze Medal.

Along the way Kirk has learnt an enormous amount about what it takes to be a competitor and be the very best you can be. We are very excited that Kirk can share this experience and knowledge with our swimmers and coaches.

Please make him welcome.

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](mailto:scritoph@mingara.com.au)



**MINGARA**  
Life's Great!

# MINGARA AQUATICS

## Newsletter



mates Nathan Ward, Shaye Booth and James Koch to put in an amazing performance to finish with the Silver Medal a fantastic effort. Individually the team stood out winning 4 Gold (Nathan 2, Shaye and Brock) 7 Silver and 6 Bronze Medals.

From these great results Shaye and Nathan were chosen to represent NSW at the upcoming Inter State Teams meet in Canberra what a great honour for the boys. They will be competing against the best 16 and 17 year old boys in the country and hoping to do their best for the mighty Blues against the Maroons and the rest of the country in a State of Origin style contest.

### Mingara Scholarships 2018

We are very pleased to announce that the Mingara Swimming Scholarships for 2018/2019 have been finalised. Each year Mingara attempts to support number of swimmers across a broad range of ages and abilities for a period of one year. This year recipients are Natalie Hotham (High Performance), Sienna McMullen (Gold), Kira Mc Evoy (Gold), Holly Doran (Silver), Lincoln Hansen (Silver)



### Baby Fun Day



Baby Fun Day  
Sunday 23 Sept 2018  
9am - 12pm

Come and try a free baby swim lesson [Mingara Aquatics](#) on Sunday 23 Sept.  
Sign up on the day and receive 2 free weeks of swim lessons and a free washable swim nappy!  
Find out [MORE HERE](#)

<http://www.mingara.com.au/event/baby-fun-day-mingara-aquatics/>

learning to swim and survive is a skill for life.  
Be sure to book your free lesson Phone 4349 7821

### Visit us at your club, Mingara

12-14 Mingara Drive, PO Box 8003, Tumbi Umbi NSW 2261 Ph: 4349 7821 Fax: 4349 7800  
E: [aquaticsenquiries@mingara.com.au](mailto:aquaticsenquiries@mingara.com.au) [www.mingara.com.au](http://www.mingara.com.au)



**MINGARA**  
Life's Great!