

Squads Recquatic Squads Update – October 2009

Hi all,

It has been a really successful start to October and both myself and Cheryl are very pleased with the progress of all our swimmers. We would like to welcome all the new squad members and we hope to see you down at the pools for a long time to come.

THE NEWS:

So far this month the Hornets and the squads program has been represented at a couple of meets with some very successful times being achieved by all swimmers. A big congratulations to all of these competitors who represented our club extremely well and we are very proud of your efforts. EXTREMELY WELL DONE TO YOU ALL!!!!!!

A huge well done to Steven Scott who achieved some podium positions at the recent Thornlie Spring Carnival. Congratulations on some huge PBs and your results Steven.

SOME NOTICES:

Log Books - Many of you will now have log books, we recommend you bring these to each session and record the total you swim each sessions and at the end of the week make a comment on the week and your achievements. All of you will be surprised to see how far you really swim and how much you achieve in week, month and a year.

Fins - As some of you may remember we will no longer be borrowing fins from November 2, 2009 due to health and equipment supply concerns. Thank you for your understanding on this matter. Swimmers own equipment can be stored in the cage as long as it has been labeled with the swimmers name.

Coach appointment - It is with great pleasure to announce that from the beginning of Term 4 every afternoon swimming session will be supported and ran with our two coaches. This is fantastic as it will ensure all swimmers get the needed attention they deserve without straining a single coach.

TRAINING TIMES:

Remember squads trains 5 times weekly;

Monday, Wednesday and Friday (2 coaches) - 4:30pm to 6pm

Tuesday (Ryan) - 6am to 7:30am (finishing time is open for suggestion)

Thursday (Gym instructors) - Times advised by Kwinana Recquatic

Many thanks, good luck and see you at the pool,

Ryan

Kwinana Recquatic Head Coach