

Dates of interest:

24th Nov

Hornets
Points # 3

28th Nov

SWA Qual
3

1st Dec

Hornets
Points # 4

6th Dec

Junior
Prix # 1

8th Dec

Hornets LC
Night # 2

12th Dec

Freo Ports
Swim Thru

13th Dec

Gold Pen-
nant # 1

15th Dec

Hornets
Points # 5

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The Kwinana Swimmer

Volume 1

November 2009

Welcome to volume # 1!!

Welcome to our first The Kwinana Swimmer—the newsletter of the Kwinana Recquatic Swim Squads Program.

We will be using this form of communication as a way to recognise the achievements of our talented squad, inform swimmers and parents of upcoming events and also present information regarding squads and the current program.

We hope you will find this newsletter useful and look forward to your support with this.

As you will have realised

communication is very important for success in swimming. We hope this endeavor will be supportive to not just our com-



The current Kwinana Recquatic Swim Squad logo.

mited bunch of swimmers but also to the parents who also give up hours of their time to

help their child succeed.

We thank everyone for their support and look forward to acknowledging the achievements, hardships and enjoyment to come out of this swimming world.

2010 Shell Novice Meet - Your Personal Invitation to attend

As you will remember each and every year the Kwinana Hornets Swimming Club host a Shell Novice Swim Meet.

This year the meet will be held on February 14, 2010 starting at 9am.

Shell meets have been ran for over 40 years across Western Australia. The meets are designed to give swimmers a taste of competitive swimming in a fun, social and non-threatening en-

vironment.

Our coaches will be encouraging all swimmers aged 14 and under to attend this fantastic meet.

We look forward to seeing you there.

OWS # 1 - Rocko Foreshore



Ryan, Fraser, Tony and Steven who attended the Rocko Foreshore OWS on November 1, 2009.

The day was very successful with three of the four competitors trying out Open Water Swimming for the first time.

The water was obviously chilly as swimmers from right around Western Australia slowly and painfully entered the water.

Ryan in his 2nd time at Rocko swam in 18th overall and placed 1st in his 17/U age group. Well done!!

Steven Scott did extremely well for his first time. Coming in at 42nd—Steven was a strong competitor out on the water.

Fraser Wipp looked freezing as he stood waiting for his time to be recorded. After Ryan donated him his towel—he learnt of a 53rd placing which is a fantastic effort. Well done Fraser!!

Tony Ball swam extremely well also. Coming in at

72nd overall—he swam an impressive Open Water time and enjoyed the experience with the rest of the Hornets team.

All of the swimmers came in within the top 100. For their first time it would seem they had all done it before with the results that were achieved.

Congratulations to the three first timers and to Ryan for their excellent results.



Everyone should be please with there results and credited with the effort they all gave to achieve their best.



Spring into Success

The Hornets were well represented at a meet that would test every swimmer. Some 14 swimmers entered the Thornlie Spring Carnival, swimming 56 events before travelling across the road to a well deserved feed at Sizzler afterwards.

After an empowering huddle that seemed to threaten the clubs that watched on, the Hornets began thrashing times enjoying 26 personal best times.

Steven Scott represented the club extremely well amassing 3 medals at the conclusion and a very impressive new 50m Freestyle time of 28.62.

The VanDenLangenberg family swam very competitively smashing their times along the way including Jess' 10 sec PB in the 50m Free, 8 sec PB in 50m Back and Matt's 4 sec PB in the 50m Free and 8 sec PB in the 50m Fly.

Luke swam very efficiently amassing an 11 second PB in the

50m Breast. Luke swam some big PBs in other events to in what was a very successful event for him.

The Cappeluti's moved closer to qualifying times picking up some well deserved PBs and some good finishes in their heats.

The Buonvecchi family swam well and picked up some good times and would walk away happy with there results.

Ryan was happy with times very close to his PBs.

States Preparation is now on

The squads program is now entering the Quality Endurance phase as December and Christmas time comes close.

All swimmers acknowledged to be state potential for states in late March will be entered into this phase of training.

This phase incorporates ses-

sions that range between 2.5km and 4kms and will include, drills, distance sets and sprints.

During this phase a goal created by the coaches is to have swimmers looking better off the wall in turns—so this will also be a focus during this phase.

Should you have any questions or comments regarding the squads program please speak to Ryan after a training session or contact him by email—coach@kwinanaswimming.org.

The Kwinana Hornets welcome you!



The Kwinana Hornets logo.

The Kwinana Hornets Swimming Club is a small family orientated swim club that has been in existence since 1964.

The club is always looking out for new members who share a

passion in swimming and want to have some fun in the pool.

The club is very social and inviting and welcomes all swimmers aged six (6) years upwards.

The swim club was once one of the top clubs around Western Australia but more recently has been in a rebuilding stage.

The club has just been recognised as a Bronze Go Club PB club and a Healthway Healthy club.

Come for a free trial on club nights and see how fun and enjoyable swimming can be. The members, parents and coaches invite you to join in and give the Hornets a go!

If you would like any information about the club please ask one of the coaches for details or visit <http://kwinanaswimming.org>.

C'mon the Hornets!!



Her very successful day is a credit to her training and continuous effort to do better



South West Success

Caitlin, Kristen, Ashlee (all members of our squads program) and Tony were the Kwinana Hornets competitors at the South West Open Carnival held on 15 October at Bunbury Sports Centre.

Caitlin at one of her best meets swam in 5 events touching with 5 PBs. Her silver medal in the 50m Fly was her first and her best position at any meet. "Her very successful day is a credit to her

training and continuous effort to do better," her coach remarked after hearing the result.

Kristen swam in 4 events and finished with a fantastic 3 PBs. After a scary build up to the 50m Fly, Kristen swam extremely well in the event. Well done on your efforts Kristen!

Ashlee also had a successful meet. She placed with a silver - her first ever medal and swam

with 2 new PBs in a very successful day. Well done on your efforts Ashlee!

Tony in one of his first meets for a long time swam competitively and placed with good times. He won quite the medal haul of 1-1-0. Well done Tony!!

Congratulations to the four swimmers on their efforts and their success!! Well done to you all!!

Congratulations to Nina as the 2020 squad is announced

Just recently Swimming Western Australia (SWA) in corporation with the Western Australia Institute of Sport (WAIS) identified the need to search and place the talented young swimmers of today in squads that would prepare them for development squads by the time they hit age group classification. Three squads members were identified as making the squads—two former members who have recently

left our squads program included brothers Austin and Ethan McAleese. We wish them the very best for the future at their new club and in these squads.

Current member, Nina Buonvecchi was also selected. Nina is a very talented and successful swimmer who has collected numerous state medals and swim meet medals. She works very hard in training and truly deserves being recognised within the 2020 squad.

We wish Nina the very best in the squad that swims once a month and attended by myself (Ryan).

Focus on your goals, train hard and achieve your best—the best of luck to you Nina!!



Nina (to the right) here seated with her twin sister Lara at the Harvey Open Carnival.



Kwinana Recquatic

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Kwinana Recquatic Swim Squads is a program designed to encourage all members of the community to get in and give swimming a go. Whether your in it for fitness, pleasure of swimming, serious competition or just to meet new people—our squads program is for you.

From just \$55 for 12 sessions including pool entry, equipment (pull buoy, bungee, kickboard, paddles, etc—sorry no fins are provided) and qualified coaching staff—swimming has never been so affordable and so enjoyable.

Gold, Silver, Bronze, Junior Lifeguard is available to you depending on your goals and where you are heading.

Speak to one of the friendly coaches for further details or ask at reception. See you in the pool!!

Squads ambition poem

Many of you will have seen this on the board, but here it is again. Set your goals, achieve them and have fun in the pool.

The swimmer stood up on the block
She turned her eyes up to the clock
She looked across the pool and sighed
Then went within and reached inside

Down to her soul for the strength to race
To go the length at a mighty pace
The gun it roared the start began
She swam the race like no one can

The crowd did cheer....a mighty sound

The champion swimmer held her ground
She touched the end...it was first place

A smile broke out across her face

Her fist reached up into the sky
And then she gave out an almighty cry
For there it is right at the end
It is you against yourself my friend

So reach within and grab the dream
And push yourself to your extreme
And win the race you have made your goal

In swimming...or in your life's great role.
Richard Jacques ...June 1996

Some empowering quotes:

TAKE YOUR OPPORTUNITY AND TRAIN TO WIN!!

IF YOU'RE GOING TO BE A CHAMPION YOU NEED TO PAY A PRICE HIGHER THAN ANYONE ELSE!!

SUCCESS IS UTILISING THE ABILITY YOU ALREADY HAVE!!

SWIMMING DOESN'T BUILD CHARACTER IT REVEALS IT!!

All the best for squads during December—until our next newsletter—see you at pool!!