

Dates of interest:

5th Jan

Hornets LC Night # 3

10th Jan

Arena Jnr Grand Prix

12th Jan

Hornets Points # 6

15th Jan

SWA JX Meet—Trgt

19th Jan

Hornets Points # 7

22nd Jan

Pennant 2

23rd Jan

OWS # 5

23rd Jan

Harvey Open—Trgt

27th Jan

State Open

Inside this issue:

Gold Pennant—building a team 2

Junior Grand Prix # 1 2

Squads progress 2

Hornets welcome you 3

Open Water results 3

Shell Novice invite 3

Notices for 2010 4



The Kwinana Swimmer

Volume 2

January 2010

Welcome to volume # 2!!



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

Firstly we would like to wish everyone the very best for this coming year. Let us hope it is fast, successful and productive.

We also hope that everyone had a fantastic Christmas and Santa brought everyone what they wanted including all that great new swimming gear!!!

Myself and Cheryl had a relaxing break and are

coming back with some good ideas and to continue developing our fantastic group of swimmers. As you can see in



Cheryl and myself at the Rec Christmas Party.

the picture our Christmas Party was a lot of fun.

Find inside this issue many recognitions to our swimmers competing around the state, to our squads and some information vital to the coming year of squads.

Again we wish everyone the best for this new year and we look forward to seeing you around the pool.

Squad times and days for Jan 2010

As we return to training we announce the 2010 times for January. At the end of the month we will announce the program for the year.

It is expected the program will remain the

same. For January 2010 the times are;

Monday, Wednesday and Friday: 4:30pm to 6pm.

There are no dry sessions or AM sessions during January.

We look forward to seeing you there.

If you have further questions please contact myself—coach@kwinanaswimming.org or Kwinana Recquatic on 9439 0227.

Gold Pennant—building a team



The Hornets team that contested Leg 1 of the Gold Colour Pennant competition.

Pennant competition is something that brings every member of the Hornets together and builds great team spirit.

The first leg of the competition was held at Melville pool.

The event was well contested between the Hornets, Melville and Stirling teams.

The Hornets placed 3rd out of the teams with many swimmers achieving

PBs on the day.

The club picked up 15 PBs and everyone had a great time and it was a good team bonding meet.

There are two legs left of the Pennant competition, one this month held at Mirrabooka SHS and another in February held here at Kwinana Rec- quatic.

The Hornets are looking for anyone who is willing to swim in a team environ-

ment and be apart of this fantastic competition to look into the club and help us fill the empty lanes which we unfortunately swam with due to the lack of numbers in the club.

Congratulations to everyone who swam and to the parents that volunteered.

It was a successful meet for many of us and a huge pat on the back is deserved.



These short meets are great for those who are novice swimmers or just beginning and the atmosphere is of course on having fun.



Junior Grand Prix # 1

Three swimmers headed to the first of this series of meets, which was held at Riveton.

Shadah, Madeline and Kristen swam exceptionally throughout the day recording some pleasing times and showing off some promising talent.

Shadah swam in 3 events finishing with 2 SWA LC PBs in the 50m Freestyle

(taking off 1.15 seconds) and 50m Backstroke (taking off 2.46 seconds).

Kristen swam well and finished the day with 1 SWA LC PB in the 50m Freestyle taking off 1.58 seconds.

Madeline in her first meet swam strongly in 3 events and recorded some times which she can now use in future meets.

Well done to the three swimmers. These short meets are great for those who are novice swimmers or just beginning and the atmosphere of course is always on having fun.

Congratulations to you all.

Squads progress

Cheryl and myself are very excited with the current group of swimmers we have.

Each and everyone of them has shown fantastic improvements.

Cheryl's group have been working very hard on technique and learning some new styles and we are both proud

of this group of swimmers. Times in training have been reduced and some of these swimmers have been progressing up the squads ladder being invited into the silver squad lanes.

Ryan's group have been challenged recently covering some bigger distances and under some harder time lim-

its. The group has taken on the challenge and improvements to strength and faster times have come because of this.

Congratulations to all of our squad members and to those moving up the ladder and those that are very close.

Keep having fun in the pool!!

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 re-building 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!!



Many swimmers are now taking the challenge in open water events around WA.



Open Water Results

In what is a new venture in the Hornets club—many swimmers now taking the challenge in open water events around WA.

On the 12th of December—our head coach—Ryan participated in the Freo Ports Swim Thru. The 1600m event or ocean mile had some 296 competitors and Ryan placed

30th out of this huge group. He placed 4th in his age group and swam in a very fast time of 24 mins and 45 secs.

The very next day Tony and Luke swam at Champion Lakes contending the 1.25km event. Luke placed well in his first swim and Tony improved yet again to finish 3rd in his age group.

Round 4 at Leighton Beach on Jan 3rd saw Ryan take Gold for his age group whilst placing 14th, Tony finished 60th overall in the 1.25km.

Congratulations to all of our recent open water swimmers and we look forward to sharing even more results with you as this group of swimmers grows. Well done again!!

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 environment.

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

We look forward to seeing you there.

If you would like any information about the event please ask one of the coaches or visit <http://kwinanaswimming.org/shells2010.html>



The Kwinana Hornets logo and the Shell logo.



Kwinana Recquatic

Gilmore Ave,
KWINANA WA 6167

Phone: 9439 0227
<http://www.recquatic.com.au/>

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!!

Professionalising Our Squad—A notice for 2010

We are as you all know approaching states which is only 3 months away. Of course this is plenty of time and you will all be well prepared by the time late March rolls on. Given though we are closing on the prized meet on the junior calendar we have decided to tighten down on some rules and methods in training to really strengthen and ready our swimmers. These are all listed below and will be reiterated throughout training both before and after squads to build a professional unit.

STARTS

Starts will be included in at least one session a week being incorporated into sprint work. All swimmers should be using the correct underwater stroke given the event.

In free, back and fly a minimum of 3 dolphin kicks should be used followed by normal kicking to the surface where the first stroke is breath-free.

In breast the full split stroke

should be used.

URNS

Turns should be attempted all the time throughout training. Kick and pull sets do include turns and these should be practised.

During normal sets correct turns should be made and made using the correct underwater stroke given the event.

In free, back and fly a minimum of 3 dolphin kicks should be used followed by normal kicking to the surface where the first stroke is breath-free.

In breast the full split stroke should be used.

The goal is to cover at least 5-7 metres off the wall before surfacing.

TECHNIQUE

There will be a big emphasis on technique and it will be corrected through drill sets and in rest

breaks during sets.

LATENESS & TOILET

Swimmers are free to go to the toilet during training. If you need to go please ask a coach after or before a set. You will not be allowed to go during the middle of a set as this interrupts the set and goal of it.

Any swimmer that is late is currently given 2 push ups for every minute late and has to catch up to the other swimmers. Swimmers should be arriving 15 minutes before squads to participate in dry warm ups (if you do not know what to do—speak to your coach).

Your coach will give you an opportunity to ask for help and will direct you on all of the above. Any questions should be addressed to them. The aim of the above is to professionalise the squads program, create a performance environment and of course make it fun and enjoyable for all. See you at the pool!!