



Swim School

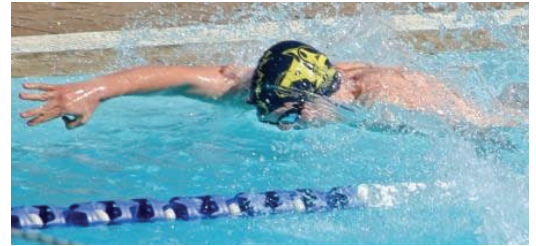
# Toowoomba Grammar School Aquatic Centre

## NEWSLETTER

April 2011



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## A word from Sally

Dear Learn to Swim Families,

Welcome to the April edition! Can you believe that this term will finish in a few weeks?

Term 1 Swimming ends on Saturday 9<sup>th</sup> April. Term 2 will commence on Tuesday 3<sup>rd</sup> May.

Term 2 is an 8 week term, so maybe we can slow down a little! Monday swimmers will only have 6 lessons due to public holidays on the 2<sup>nd</sup> of May and 13<sup>th</sup> June.

Something to think about this month; in 1950 people use to laugh 18 minutes a day, now it's 6 minutes. Young children laugh around 400 times a day compared to adults 16. How about you?

Did you know that laughing can boost your immune system, improve your overall health and wellbeing, and help you overcome tiredness, pain and depression?

So for April, put on a smile and see if you can add some laughter to your days - after all, we all have an inner child dying to break out and laugh at itself!



Sally

## From Dick's Desk

Hi everyone,

After a great performance at the GPS where the boys did an outstanding job jumping from 9<sup>th</sup> position to 5<sup>th</sup>, it just shows that with a motivated group of swimmers that goals can be achieved. So let's now step up and show what we can do at the state school swimming championships and then at the national age championships two weeks later.

The Queensland School Championships start in two weeks followed by the Australian Swimming Championships two weeks after that. All of your training should have been done by now with the only thing left to do is to sharpen up on all the little things.

One thing to remember is that you have done the work in your training and it is time to shine. When you stand behind the block before you race never let anyone intimidate you. They have two arms, two legs, and a heartbeat just like you. Anyone can win; it is the one who wants it the most and who can stand behind the block and say "I have done everything to be here today and no one will get in my way".



Dick

### Reception/Shop Open Hours

Monday - Friday  
8.30am - 5.30pm

Saturday  
8am - 11:30am

For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in.

Ian Thorpe



# LOST PROPERTY

*Please remember to name all swimming items. Any items left at the centre are placed in our lost property basket.*

*If you have misplaced an item, please check lost property as all items that remain at the end of each term are donated to charity.*

Hi everyone,  
My name is Rachael Curtis, and I have been working as a Learn-To-Swim Instructor since the pool opened in May, 2010. I have always been involved in the swimming industry due to my family's strong ties to the sport.

I completed grade 12 last year at The Glennie School, and am having a gap year to take a break from studying. Next year, I plan to audition for a Bachelor of Music course in Brisbane. Hopefully, I will continue to use the knowledge I have gained from the TGS pool to continue teaching.

I enjoy teaching the older LTS kids because I know that, if they continue to enjoy swimming, there will be many exciting opportunities for them in the



future. It's great to see the kids leaving the centre with skills that will be useful for the rest of their lives.

# Staff Profiles

Hello everyone,  
My name is Jubilee Charger and I'm currently attending Year 12 here at Toowoomba Grammar School. I'm from a small town called Normanton, just north of Mt Isa.



I have been at Toowoomba Grammar School since Year 9 and this year I am one of the school prefects.

In early March I was approached by the careers adviser and she suggested that I could apply for a traineeship at the TGS Aquatic Centre.

I thought that this would be a good opportunity because it's the one sport that I really enjoy. It requires the type of skills that I have experience with from my younger years of being a swimmer. I'm really enjoying my training because I'm teaching helpful skills to the younger generation while getting to meet a lot of nice people.



# Learn to Swim Promotions



**From Tadpole to Guppy**  
Kari Brennan  
Sienna Morris  
Michael Osborne  
Charlotte Rohde  
Emily Ruhle

**From Goldfish to Seal**  
Aanika Bray  
Leroy Dempsey  
Alex Long  
Ryan Lynch  
Ava Purcell

**From Piranha to Dartfish**  
Marcus Baulch  
Angus Callachor  
Jackson Escobar  
Jazmine Rizqallah  
Simon Rodriguez  
Fin Wilkes



**From Guppy to Goldfish**  
Hamish Brassington  
Harrison Cook  
Joel Ewing  
Charles Hall  
Rhys Maas  
Eva-Rai Nat  
Dominic Ross  
Liam Teakle

**From Seal to Piranha**  
Alex Ball  
Oriel Copeland  
Jeremy Gurr  
Tom McGahan  
Wairimu Njoroge  
Gemma Purcell  
Amy Southee

**From Dartfish to Shark**  
Luke Barrow  
Gacenga Njoroge  
Ben Smith



**Congratulations everyone. If you haven't received your certificates, please see the office staff.**

## Learn To Swim Make Up Policy 2011

**All swimmers from Guppy level MUST wear a cap.**

**NO CAP, NO SWIM**

As a reminder, we have introduced a new make up policy for Learn To Swim lessons. A \$3.00 booking fee will be introduced for each make up lesson.

In order to be eligible for a make-up lesson, notice must be provided to the TGS Aquatic Centre prior to the start of the missed class time.

Make up lessons must be taken in the same term as the missed lesson, and are subject to availability of a space in the lesson.



## Important Dates

9 April	Last day of Term 1 swimming
3 May	Term 2 starts
13 June	Queens Birthday Public Holiday
25 June	Last day of Term 2 swimming
27 June—1 July	Holiday Intensive Learn To Swim program
4 July—8 July	Holiday Intensive Learn To Swim program

### THANK YOU!

A very big thank you to Jacqueline Hudson for her work on designing and creating the Aquatic Centre newsletter each month.  
Thank you!

## Upcoming Squad Events

April is going to be the pinnacle month for our squad team. It is the culmination of all the early mornings and long evening training sessions.

As the newsletter is delivered to your inbox, the primary school swimmers who qualified for the Darling Downs team are swimming at Chandler. Next week the secondary students will be competing. Good luck to all those students.

Also this month our best swimmers will be competing at the National titles in Adelaide. Congratulations to Aiden Lister; Jared Pilthorpe; Drew Timbs; Alan Gibson; BJ Oates; Will Lane and Phillip Brittain for qualifying for this prestigious event.

### D-STRESS MASSAGE

Steve Burley  
Massage Therapist

9 Suffolk Street  
Toowoomba

**4659 5005**

*“You can't put a limit on anything. The more you dream, the farther you get.”*

*Michael Phelps*

Senior Squad



Intermediate Squad



Junior Squad



Dolphins



Sharks



Dart fish



Piranhas



Seals



Goldfish



Guppies



Tadpoles



Jellyfish

## Adult Coaching

Tuesday & Thursday

8.30am—9.30am

5.30pm—6.30pm

Cost \$90 for  
10 visit pass



## GPS Championships



Record breaking relay team

The past few weeks have been a very hectic, but highly successful time in the Swimming calendar. The premier event on our Swimming calendar is the **GPS Championships** on Friday 4<sup>th</sup> March. The highlight of the night was our 5<sup>th</sup> placing; and as near as we can make out, our best performance at a GPS Championship since 1982.

BJ Oates won the under 13 50m Freestyle (27.47s), 100m Freestyle (59.90s) and 200m Freestyle (2:10.40). The 200m was a fabulous effect. BJ was trailing at the final turn but powered ahead to record a wonderful victory. To the best of our knowledge, this is the first time in the 88 year history of the GPS championships that a TGS swimmer has won 3 events on the night.

Patrick McNab continued our impressive swims in the Under 13 age group with a win in the 50m Breaststroke (34.35s).

No doubt the record set by our Under 13 Medley Relay Swimmers will go down in folklore, beating a record set in 2002 by the IGS team that had our assistant coach Matt Newman as a member of that team. The team members (along with their split times) were Alan Gibson (Backstroke: 33.78s) Patrick McNab (Breaststroke: 33.82s), BJ Oates (Butterfly: 30.11s) and Charlie Carswell (Freestyle: 28.85s).

Malachy Sweeney fought hard in the under 15 50m Butterfly only to come second in a time of 27.94s. A number of swimmers placed third including Phillip Brittain (U16 50m Freestyle and U/16 50m Backstroke), Alan Gibson (U/13 50m Backstroke), Drew Timbs (Open 100m Butterfly) and the Under 15 Medley Relay Team of Jared Pailthorpe (Backstroke), Andrew Park (Breaststroke), Malachy Sweeney (Butterfly) and Matthew Denny (Freestyle).

To help our march up the ladder, it was crucial that as many swimmers as possible should finish in the top 5.

Matthew Denny (Under 15 50m Freestyle), William Lane (U/16 100m and 200m Freestyle) all finished in fourth place while Drew Timbs (Open 100m Backstroke), Phillip Brittain (Under 16 50m Breaststroke) and Sam Green (Open 100m Breaststroke) all finished in the top 5 in their respective events.

We should also acknowledge the Under 13 Freestyle relay team on their 5<sup>th</sup> placing. That team included Sean Gay, William Schwartz, Benjamin Saxton, Jack Patterson, Christopher Melton and Jack Parkinson. The support from the boys of the School for our GPS team was amazing and all credit should go to the Spirit Squad for making this a memorable evening.

## Darling Downs Secondary Schools Championships

On Thursday 24<sup>th</sup> February, the **Darling Downs Secondary Schools Championships** were held at the Milne Bay Aquatic Centre while the **Darling Downs Primary Schools Championships** were held at the Gatton pool on Wednesday 2<sup>nd</sup> March. Our squad members made the Darling Downs teams in both secondary and primary schools including: Matthew Denny; Phillip Brittain; William Lane; Drew Timbs; Malachy Sweeney; Jared Pailthorpe; BJ Oates; Alan Gibson; Patrick McNab; Jimmy Gordon; Lauren Bryant; Madeline Jonman; Aiden Lister; Ashleigh O'Brien; Breanna O'Brien; Katelan Quinn; Tamara Quinn; Keelie Sander; Stephanie Waite; Jarrad Janezki; Corey M Corey; Trent Owers; Jack Loveday; Shaun Stevens; Lizzie Chicalas; Zara Dowsett; Courtney Hudson; Annabelle Johnmann; Jaiyden Craige; Jordan Howard; Conor McLoughlin; Loughlin Reilly; Joshua Smith; Fraser Stewart; and Jack Vaughan .

Three members set new Championship records on the day. Patrick McNab set a new mark in the under 13 50m Breaststroke in a time of 36.38s, beating the old mark set in 1995. BJ Oates set a new record in the under 13 50m Freestyle in a time of 28.12s, beating a record set in 1986. Aidan Lister also set a new mark in the 13-19 years 200m Freestyle in a time of 2:11.20. We wish these boys all the best as they tackle the State Swimming Championships at the Brisbane Aquatic Centre from the 7<sup>th</sup> to 9<sup>th</sup> April.

On 1<sup>st</sup> March the team travelled to Milne Bay Aquatic Centre for the **Toowoomba "A" Schools Championships**. This year, we reclaimed the "A" Schools trophy for Boys with a comprehensive victory. Every relay team won their event

(both Freestyle and Medley) thereby claiming the much coveted relay trophy. This underlines the depth of our team. BJ Oates set new Championship records in the 50m Freestyle (28.30s), 50m Backstroke (33.50s) and the 50m Butterfly (31.48s) while Alan Gibson set a new record in the 50m Breaststroke (37.45s).

