

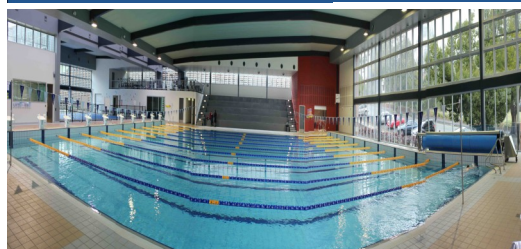


Swim School

Toowoomba Grammar School Aquatic Centre

NEWSLETTER

December 2010



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A word from Sally

Welcome to a fantastic New Year!! I hope Santa was kind to each and every one of you. I also hope you all had some downtime.

We are back with a bang – Two weeks of LTS Intensives running on 10th January and 17th January. Just the thing for bored kids!

With school heading back the week of 24 January, swimming will start back on Monday 31st January to allow every one time to settle back into school. We do still have vacancies so please keep spreading the word to all your friends.

2011 will see some more new faces added to our wonderful team, as we say farewell to Steph Barnes, Alister Greste, Robert Dougall and Ali Drysdale. We wish these teachers all the best with their future endeavours and thank them for the enthusiasm they showed while working here.

You will also see some new faces behind the reception desk too, as Jess and I attempt to spend more time in the water and on pool deck. Please remember to direct all questions to myself and Jess, so we keep the classes running on time and our teachers free to do what they do best.



I look forward to a hopefully sunny and bright year of swimming.

Sally

From Dick's Desk

Hi everyone,



I hope you all had a great Christmas and holidays, just remember when we come back it is the business end of the year for those swimmers who want to make the Darling Downs school swimming team. So if you are serious about making the team, you must get back to training as soon as possible.

For those swimmers who competed at the State Championships in December, you can all stand proud, because not only did you do the club proud, but yourselves. I would like you all to remember that you are only as good as your last swim, so it is now time to get into the hard work so you can continue to improve.

Someone once said that "practice makes perfect" but that is not true, I believe perfect practice make perfect! So, do everything perfectly and this will come true.

I have really enjoyed the last year at the TGS Aquatic Centre, and that is because of the swimmers. You have done a lot of hard work and we have all had some fun. You have even laughed at some of my jokes!!! (Someone gave me a joke book for Christmas, so look forward to some new jokes next year!)

I look forward to another good year and seeing you all back with smiles of your faces and prepared to work hard again in 2011.

Dick

Apologies

The author apologies to Drew Timbs and his family for the incorrect spelling of Drew's name in the December Newsletter.

Every effort is made to ensure that the names and details in the newsletter are correct.

"Dwelling on the negative simply contributes to its power" Shirley McLean



Reminder

The pool
will reopen
on
4 January.

Learn to
Swim
lessons will
recommence
on
31 January
2011.

Squads will
continue
throughout
the holidays



Staff Profiles

Hi everyone, for those that don't know me already, my name is Jesse Curtis.

I have been working at the Grammar Aquatic Centre since before it opened in May.

I am about to start my third year of a Bachelor of Education degree through USQ Toowoomba. Previously, I have completed a Certificate II in Sport and Community recreation as well as a Certificate III in Business.

I am a Green licence squad coach and have been teaching Learn to Swim for 6 years. I love passing on new skills to both teachers and swimmers and keeping parents informed on progress and what's happening around the Centre.

This year I look forward to spending a bit more time in the water working with both the teachers and students. Seeing children achieve new skills or when something finally 'clicks' for them is definitely one of the highlights of my job. My favourite classes would have to be my Saturday morning baby classes with little swimmers and their Dads.



I believe that swimming lessons teach students a number of skills (not necessarily just the ability to swim!) and children learn by experiencing things for themselves and I like to make it as fun as possible.

Hello everyone,

My name is Tahnee Burke-Robinson. I am currently in grade 11 and am doing a Tafe course for my Certificate III in Teacher Support.



During 2010 I worked each Wednesday at the Grammar Junior School as a teacher's aide in the Grade 2 room. I enjoy working with children and teaching them life skills. I am also a qualified swim instructor and have been in the LTS pool on Tuesday and Thursday afternoons. I have also been teaching the TGS Junior students on Wednesday's.

At the end of this year I am planning a Gap year with the Australian Defence Force in the Army which is also passion of mine, at the end of that year I will make a decision on if I would like to continue in the Army or if go onto study primary education.

My work at Grammar both in the classroom and in the pool has helping me to broaden my skills and knowledge which, I am sure will help me in the future.

I am excited to continue working at TGS Aquatic Centre in my senior year, and I and looking forward to continuing the Wednesdays when I get to come to the school and teach the boys.

Sally's Safety Tip

One of the most common problems for our young swimmers from Seal level up, is a lack of core strength and stability. To help with this, get the children to do some fun exercises, just once a day.

If they can hang from a monkey bar and lift their knees to their tummy 10 times, they will quickly show a huge increase in their core strength. If you don't have a monkey bar – then sit ups done correctly will have the same benefit. These simple exercises done daily will aid their swimming and also their posture as they grow.

Baskin Robbins Toowoomba is offering one free ice-cream per TGS Swim School family with the purchase of another ice-cream. Take this voucher to Baskin Robbins Toowoomba on Stenner Street to take advantage of this offer.

(Limit 1 free 70g single serve ice-cream per family. Offer expires 31st January 2011)



Learn To Swim Make Up Policy 2011

As of January 1, 2011 we will be introducing a 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.



Swimming for Fitness at any Age

My name is Russell Gillies. I am 73 years of age.

I swim 1km in the Toowoomba Grammar School Aquatic Centre every week-day morning. I swim for fitness, to keep arthritis at bay and hopefully for longevity.

My other interests include playing golf at Middle Ridge Golf Course, reading, gardening, cooking and meeting friends of the "Grumpy Old Men's Club" for coffee.

I was an academic staff member at TGS for forty years, finishing at the end of 1998. I currently do volunteer work in the School Archives on Mondays and some Wednesdays.

My wife, Judy, works in Administration at the School, having commenced in 1958.

Our two sons attended TGS, Mark (77-81) and Drew (79-83).

In my younger days I was a Surf Lifesaver at Currumbin Beach, so I have a little background in swimming.

The TGS Aquatic Centre is a magnificent acquisition for the School and congratulations must go to those responsible for its establishment. The talented staff are always very helpful and courteous.



"I like to believe that the only stupid questions are the ones not asked."

Zoe King



Holiday Intensive Programs are almost booked out so get in quick.

They will be running :

10th to 14th January

17th to 21st January

Lessons will be running on the half hour from 8.30am at a cost of \$67.50 for each week block. Give Sally a call on 46872631 to book.

Happy Birthday

Sophie Bryant	2
Beau Pritchard	2
Walter McIntosh	3
Thomas Rosentreter	3
Sam Russell	3
Abby Whittaker	3
Matilda Wittman	3
Mia Callachor	4
Hannah Goldman	4
Ben Parkes-Muller	4
Isabella Wattus	4
Jackson Carney	5
Harrison Cook	5
Blair Fitzpatrick	5
Reid Hadfield	5
Sophie Luhrs	5
Julia Rathie	5
Charlotte Voll	5
Lochlan Keep	6
Marty Kelly	6
Corey Lenton	6
Izzy Picton	6
Sam Primus	6
Toby Evans	7
Angus Mohr	7
Tom Russell	7
Rachel Sands	7
Emma Bradley	8
Tilly Craig	9
Madeleine Goodwin	9
Karissa Grigg	9
Trent Pulford	9
Harrison Weir	9
Jack Apel	10
Will Jauncey	10
Gemma Kelly	10
Benjamin Nugent	9
James Kleidon	10
Jake Sargood	10
Jai Byrd	3
Zane Byrd	3
Gabriella Siebenhausen	5
Evie Whitby	1

Sharks and Dolphins

Starting from 31 January 2011, Sharks and Dolphins will move from the Learn to Swim program and will become part of the squad program.

This will *not* mean that these children will have to pay squad fees; they are able to continue to swim under the 10 visit pass system or on direct debit.

Like squad swimmers, these children will be able to swim more than once per week, however they need to be booked into each session. Please see Sally or Jesse to book more sessions.

With the competition season in full swing, the swimmers from Dick's squads are doing extremely well in the pool. Many personal best times are being achieved and lots of age champions are being won by swimmers in all age groups.

Fourteen swimmers qualified to compete at the Queensland State Championships in December with a number of our swimmers competing in heats against Commonwealth and Olympic swimmers. Of these swimmers a number of them have now qualified for National Championships in Adelaide.

The next big event for our swimmers is the

Squad

Will continue throughout the school holidays.

Sessions will run at 6am and 3.30pm for all levels.

(Please note that should the numbers get too high, Intermediate and Seniors will start later)

Squad Success

Queensland State Sprint Championships in February, with another large contingent of swimmers having qualified for this event. Good luck everyone!



Congratulations must go to all the swimmers for their sportsmanship and encouragement of one another during some tough meets. Everyone is having lots of fun as a team.