

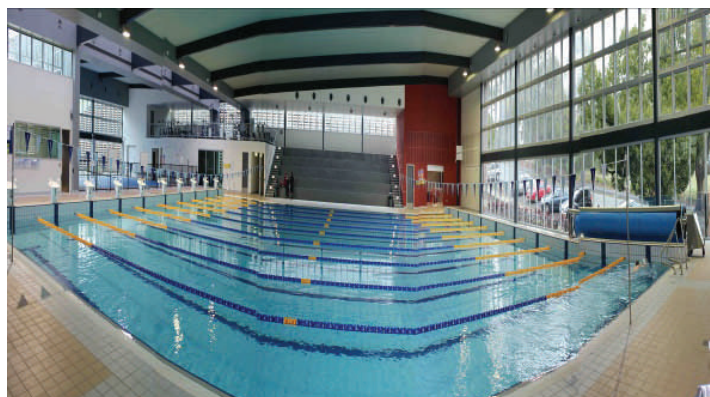


Swim School

# Toowoomba Grammar School Aquatic Centre

## NEWSLETTER

July 2011



### Dick Orbell - Head Swimming Coach

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## From Dick's Desk



Winter swim season is upon us and the carnivals are about to commence.

The first carnival is being hosted by Academy at TGS Aquatic Centre on 17 July.

I would like as many swimmers as possible from squad to attend this meet so that Matt and I can assess the swimmers' level. As a racer it is important to remember that racing is only one piece of the pie, the rest is cut into both training and mental preparation.

To expand on mental preparation, if you have done the training, your mind and body will be positive behind the blocks. BUT, if you're standing beside someone who you know has done the work and you haven't, it is hard to be positive knowing that they have put in more preparation for that race, and the race is lost before you even leave the blocks.

On that note, we have noticed that our squad swimmers are not working the fundamentals of racing every time they train (starts, turns, and finishes). One of the greatest swimmers of all time, Michael Phelps, would work off the wall and ten metres every turn, even while doing easy swimming.

On another training note, Darren's morning junior squad will now be in the gym at **5.45am** on **Monday, Wednesday and Friday**.

Morning training will remain the same during the holidays unless advised by coaches. **Afternoon training will commence for all levels at 3.30pm until school returns.** If you are unsure and would like to swim please don't hesitate to ring or email the centre.

So, let's dig in and do the hard work now and we should get great results this year.

Finally, I would like to personally thank Sally for her work in setting up the TGS Aquatic Centre Learn to Swim program. She has put in a lot of hard work over the last 18 months, and we were very lucky to have her skills and experience in getting our LTS program established so successfully. All the best in your new adventure.

*Dick*

## Welcome Academy

The TGS Aquatic Centre would like to welcome the Academy Swimming Club to their new headquarters at the Aquatic Centre. Academy will hold its AGM at the Aquatic Centre on Sunday 24 July at 1.30pm. Everybody is welcome to attend. For more information please visit [www.academyswimclub.org.au](http://www.academyswimclub.org.au)

### RECEPTION/ SHOP OPEN HOURS

MONDAY – FRIDAY  
8.30AM – 5.30PM

SATURDAY  
8AM – 11:30AM



## Staff Profile

Hello everyone,

My name is Michaela Roberts and I'm a current Year 11 student studying at the Glennie School. I was born in the small country town of Bulawayo, Zimbabwe, Africa but my family and I emigrated to Australia over 10 years ago.

From a very young age I've boasted a passionate love for the water and as a result have grown up to develop a great appreciation and fondness for water sports like swimming and water polo. Until just over a year ago I was a fulltime competitive and avid swimmer which meant I was training up to 8 times a week! This means that I no longer spent all my time training at the pool both before and after school. I found that I had a lot more time for other important things in my life, i.e. other sports, my academic studies, extra-curricular music activities and most importantly my friends. I've come to realise the great importance and influence my participation and involvement in sports and particularly in swimming, have had on my social and friendship building skills. As a result of my involvement in sport I've been able to form lifelong friendships.

The opportunity I've been given as a LTS instructor at the TGS Aquatic Centre has not only allowed me to continue enjoying my love for swimming but it has provided me with the wonderful opportunity to teach young children to swim. As a LTS instructor I've helped my students gain self-confidence in the water and also to build and strengthen their swimming skills. This has been a very rewarding and fulfilling experience for me which I hope to continue when I finish school.

To finish I'd like to share with you all, my all-time favourite quote by Zig Ziglar who once said that –

*"It is your **attitude**, not your aptitude, which determines your final altitude."*



There comes a time in your life, when you walk away from all the drama and people who create it.

You surround yourself with people who make you laugh. Forget the bad, and focus on the good.

Love the people who treat you right, pray for the ones who don't. Life is too short to be anything but happy.

Falling down is a part of life, getting back up is living.

*Selina Scobles—Basketball and Volleyball Olympiad; Sports Psychologist and motivational speaker*

## Squad News

Recently a number squad swimmers took a bus trip to Bundaberg to compete in the Fairymead Short Course (SC) Carnival. This was a fabulous team building weekend, and despite a very long trip due to a few mechanical glitches with the mini bus, the team had a fabulous time. Most of the swimmers achieved personal best times and a swag of medals returned with the team to Toowoomba. Congratulations everyone.

The next major event on the squad calendar is the Academy SC Carnival to be held at our Aquatic Centre. This will be the launch of the SC season in Toowoomba, and will be a great opportunity for younger swimmers to compete for the first time, or just come and see what competition swimming is all about. It will also be an opportunity for swimmers to make qualifying times for the State Short Course Championships at Chandler in August.

HAPPY BIRTHDAY		
ISABEL	KLEIN	1
LOUIE	MACHIN	1
AUSTIN	WILLIAMS	1
FLETCHER	SCHICK	2
MATILDA	SHOEBRIDGE	2
MOLLY	ADAMS	3
TARKYN	BENTON	3
MACKENZIE	BUCKLEY	3
MATILDA	COWLING	3
MILLIE	DEWAR	3
LIAM	GRANT	3
MACKENZIE	GRIMES	3
SAMUEL	HEINRICH	3
DANIEL	MATOKI	3
MARK	RIDGWAY	3
LUCINDA	STEVENS	3
IZABELLA	TAPE	3
LUCAS	WARD	3
ANTONIO	ANSTISS	4
JACK	HADDOW	4
CHELSEA	HOLLIST	4
RYAN	MILNE	4
ABBIE	PRITCHARD	4
RIELY	SORENSEN	4
EMILY	YOUNG	4
OSKAY	GULTEKIN	5
MIA	PEDERSEN	5
FINN	STARK	5
DARCY	STEVENS	5
ADAM	BRYANT	6
GEORGIA	HERDMAN	6
BILLY	MANNING	6
CODY	MUSCAT	6
ZACH	WILLIS	6
CLAIRE	CASE	7
JESSICA	RAE	7
OLIVER	REED	7
BODIE	BLACK	8
RORY	GOODWIN	8
CATHERINE	LEE	8
AMELIA	MACKENZIE	8
RYAN	MARTIN	8
MATTHEW	MURPHY	8
ALYSSA	ROWE	8
ANGUS	SCOTT	8
JACOB	SPENCER	8
CHARLIE	WATSON	8
ANAH	CHUNG	9
HARRISON	WILLINGHAM	9
EMILY	HANLON	10

# Fee Payments

TGS Aquatic Centre requires fees to be paid by the second week of the term. The centre offers a number of options for payment of the fees. They can be paid by EFPTOS (credit or debit cards), cheques or in cash. There is also the centre's preferred option of direct debits. These are processed on a fortnightly basis and are stopped during the school holidays for LTS. Payment by direct debit is the only way that will guarantee the same class and time each term.

Squad swimmers who pay by direct debit are required to advise administration if they are not swimming over the holidays or are taking a break from the pool. Squad training is continued over the holidays.

Please ensure that administration staff are advised of any changes to your account details so that payments are not affected.

# GPS Swimmers



Dick requires GPS Swimmers to start training again at least three sessions each week. These can be made up at any of the current squad training times. This is particularly important for the relay teams.

# Thank you Miss Sally

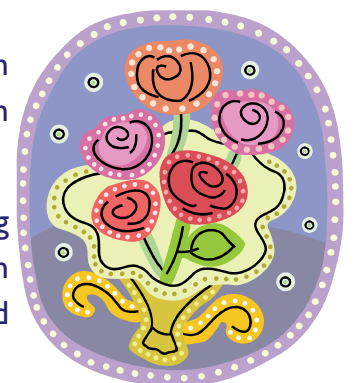
Many of you will already be aware that this is Miss Sally's last week with the TGS Aquatic Centre.

Sally has been with the centre since before it opened last year, and has willingly shared her skills and knowledge as a qualified trainer in Teacher of Swimming and Teacher of Babies and Toddlers. She has trained many of the LTS staff who are in the pool with the children and on pool deck with the Dolphins and Sharks.

Sally has also been invaluable to the TGS Aquatic Centre, TGS teaching staff and the broader community in running many courses including First Aid, CPR, Bronze Medallion and pool Lifeguard.

Sally is leaving us to take up an exciting offer in Melbourne as Aquatic Program Coordinator at Monash University across the three campuses.

We thank you very much for all your efforts in helping the TGS Aquatic Centre become the successful swim school that it is and wish you all the very best and happiness in your move. You will be missed.



# Learn to Swim Promotions



Wow what a month it has been for promotions! Well done everyone.

## *From Jellyfish to Tadpole*

Trinity Burow

Jack Reuter

## *From Tadpole to Guppy*

Emacen Benton

Tarkyn Benton

Sophie Byatt

Ava Reuter

## *From Guppy to Goldfish*

Ben Burgess

Matty Doherty

Ashton Englart

Dann Goodwin

Chelsea Hollist

Jarrold Hunter

Karina O'Reilly

Nicolas Baulch

## *From Goldfish to Seal*

Rory Goodwin

Amelia Luhrs

Savannah Nicholls

Ben Gouldthorp

## *From Seal to Piranha*

William Byrne

Sam Collier

Sebastyan Kleidon

Tia Pukallus

Madison Weir

Nicholas Willingham

## *From Piranha to Dartfish*

Hugh Donaldson

Kalab Madden

Ava Poulton

Kyden Pukallus

Amelia Rowe

## *From Dartfish to Shark*

Maddie Goodwin

Selina Herbert

Bridget McKain

Molly Murphy

Rebecca Rathie

## *From Shark to Dolphins*

Mitchell Beaver

Harry Bell

Samuel Benbow

Harrison Files

Lachlan Harrower

Joshua Reid

Lachlan Richley

Shelby Ward

*Congratulations everyone.*

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

**ALL SWIMMERS FROM  
GUPPY LEVEL MUST  
WEAR A CAP.**

**NO CAP,  
NO SWIM**

## *Adult Coaching*

**TUESDAY &  
THURSDAY**

**8.30AM-9.30AM**

**5.30PM-6.30PM**

**COST \$90 FOR 10  
VISIT PASS**

Even though we are in the middle of winter, it is important to remember for it is critical that adults to be vigilant with children around water. Pools that have been covered still pose a risk to children's safety.

Now is the time to perform maintenance on any backyard pools to ensure the barriers are working as they were intended and children cannot get into the area alone.

Swimming Australia recommends keeping swimmers in lessons over the winter months to avoid becoming complacent with water safety.

## *Safety Tip*

