

# Maroubra Swimming Club

Volume 153

29th May 2009

## The PB Club

New certificates will be given out tonight and over the next couple of club nights.

It also great to see that 2 swimmers have reached the pinnacle of becoming the first members of the PB club by earning their Gold certificates. This means these swimmers have swum 18 personal bests since the season began.

Who are these swimmers? They will be awarded their certificates tonight so we'll all find out then.

## Upcoming meets

Please see our Race Secretary Radu Vintila if you are interested in attending any away swim meets. Radu reviews the Swimmer magazine from Swimming NSW each month looking for suitable meets we can attend as a group.

Events we'll be attending include:-

- Sat 6th June Me + SEA Winter Championships (11yr & U)

Entries have closed

- Sat 7th June MetSEA Winter Championships (12yr & over)

Entries have closed

- Saturday 11th July—MetSEA State Age qualifying meet @ SOPAC

Entries close Friday 13th June

- Sunday 19th July Liverpool 14 yr & under Winter meet

Entries close 26th June

## What's happening

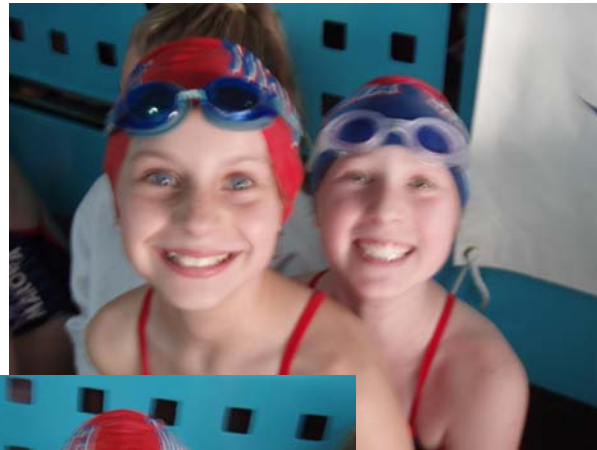
We had 40 swimmers attending our 14 years and under development meet last Sunday along with another 230 swimmers from 23 clubs from across Sydney and even from Wollongong. It was a full house for both swimmers and spectators and it was great to see our swimmers doing well. Almost all swimmers swam PB's on the day and there were a couple of notable performances:

Time	Event	Place
<b>Denney, Hannah (13) W</b>		
36.67S	Women 13-13 50 Back	1
45.19S	Women 13-13 50 Breast	3
<b>Fu, Leonie (8) W</b>		
47.14S	Women 8 & Under 50 Fly	3
41.14S	Women 8 & Under 50 Free	3
<b>Romaniuk, Amelia (14) W</b>		
42.62S	Women 14-14 50 Breast	1
34.84S	Women 14-14 50 Free	1
<b>Ross, Corey (6) M</b>		
32.87S	Men 7 & Under 25 Breast	3
<b>Rutherford, Daniel (12) M</b>		
37.42S	Men 12-12 50 Back	2
32.47S	Men 12-12 50 Free	2
<b>Slojewski, Lisa (11) W</b>		
38.77S	Women 11-11 50 Fly	2
40.02S	Women 11-11 50 Back	1
33.73S	Women 11-11 50 Free	1
<b>Vintila, Luca (8) M</b>		
51.56S	Men 8 & Under 50 Back	3

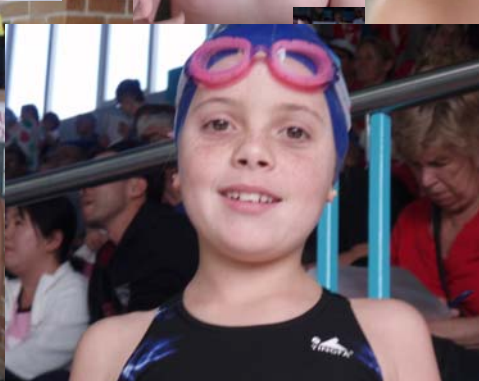
Well done to all swimmers and thanks to everyone who helped out on the day.

A timekeepers course is being conducted here in the clubroom on Tuesday 9th June starting at 7:30 pm. It's being run in conjunction with Seas The Limit swim club and it will only take an hour or so. Once the theory has been imparted you will be assessed during a club night and after that awarded with the distinction of being an "official" timekeeper.

Why is this important? When we run time trials and meets it helps by having qualified officials such as timekeepers etc. The qualification is for life and there is no need for refresher courses. If you're interested and can spare an hour or two on the 9th June please let Greg Baxter know tonight.



June
Fri, 5
Free / Breast
Fri, 12
Free / Back
Fri, 19
Free / Fly
100/200 IM
Fri, 26
Free / Breast
Malcolm Allen 200m





# Swimming Metro South East Inc.

## NOMINATIONS FOR 2009 AREA "D" DEVELOPMENT SQUADS

All Clubs are invited to submit names and details of swimmers who satisfy Swimming NSW Ltd and Met SEA Area's Development Squad Selection Criteria. The Squad shall have a MAXIMUM of 150 members. If the Maximum number of applicants has not been achieved in the initial intake a second round of applicants will be called for.

Age 9 years –16years. Date of birth and best entry time is to be verified by Club. Age as of 4<sup>th</sup> October 2009

### AREA CRITERIA

Open to any registered financial Met SEA member, who has NOT swum a qualifying time for State or Higher Championships in the previous Summer Season.

Swimmers, who did qualify for or swam in the 50m Freestyle events only at the 10yrs/under – 12yrs State Age 2009 and have not qualified in any other stroke, may apply for entry into the camps but on the understanding that they cannot compete at the State Development meet on 4<sup>th</sup> October 2009.

Have attended at least one Met SEA controlled meet during the preceding year.

- Met SEA Winter Championships 2008
- Met SEA Summer Championships 2008
- Met SEA Speedo Heats and or Finals 2009
- Met SEA Development Meet 2009

A Maximum of 12 swimmers from an individual Club, depending on the number of nominations received. If all places have not been taken up, a second round of applications will be called for.

A \$25.00 Fee will apply to all Development Squad members payable before the first training session by way of a club cheque or direct deposit by Club to MET SEA. No personal Cheques

Banking Details – Swimming Metro South East Inc. BSB 062-303 Acc 10572542  
Clubs will be notified of the successful applicants inclusion in squad by 15<sup>th</sup> June 2009.

**SESSIONS:** Three training sessions, 3 Hours duration (Sunday afternoon)  
**DATES:** 5<sup>th</sup> July 2009; 23<sup>rd</sup> August 2009; 6<sup>th</sup> September 2009.  
**VENUES:** MLC School, Burwood; Sans Souci Pool; Uni NSW pool  
**TIMES:** Between the Hours of 12.00pm and 4.30pm depending on venue and date

- Videos, instruction on starting, stroking, turning and finishing and other topics associated with swimming, diet, mental preparation, etc. will be given.

**NOTE:** Participation at all training sessions and the NSW Short Course Development Meet at SOPAC on Sunday, 4<sup>th</sup> October 2009 is a prerequisite for inclusion in the D Development Squad.



# SAVILLE QUALITY MEATS

1215 ANZAC PDE  
MALABAR 9661-3296

**NEW COSSIES** They're on sale tonight in the club room.

**New swimming caps now in stock!**

Boys \$35

Men \$40

Girls \$50

Women \$60

Womens new style

Womens Older Style



Maroubra Club costumes in stock 20-01-09

One size fits all 7

Boys 14	2
Mens XS	2
Mens S	2
Mens M	2



Girls 6	3
Girls 8	2
Girls 10	3
Ladies 10	2
Ladies 12	1

Girls 6	2
Girls 8	2
Ladies 10	1

Girls 10	17
Girls 12	18

Girls 6	1
Girls 12	2
Girls 14	3
Girls 16	5

Girls 6	7
Girls 14	3
Girls 16	9
Ladies 12	2

Bos 14	3
Mens XS	5
Mens S	2
Mens M	2



697 Anzac Parade

**MAROUBRA**

Ph: 9314 0011

