

What's happening

Xmas Party

The Committee has decided that we will not be going to Jamberoo this year. We based our decision on the fact that only a small number of people indicated they will be attending. We apologise to those who were looking forward to going to Jamberoo. A number of people have also said that they would not go to Jamberoo at that time of year due to the very large crowds. So we will consider a trip to Jamberoo sometime in 2012.

So instead of going to Jamberoo we will be holding the Christmas Party here in the Competition Pool on Friday 2nd December starting at 6:30 pm. We won't be running the scheduled club events on this night, instead the swimmers will be able to have a go on the pool inflatable. There will also be pizzas, drinks and lollies for all.

Registration

Just a reminder that registrations are now due for the 2011 - 2012 season. You can pay online via our website or you can by cash or cheque on club nights.

If a swimmer hasn't renewed their membership after 4 club night swims they may not be allowed to swim again until their fees have been paid.

November
Fri, 4th
Free/Fly
100/200 IM
Fri, 11th
Free/Breast
200m Swim
Fri, 18th
Free/Back
400m Swim
100/200 IM
Fri, 25th
Free/Fly
Handicap
Races
200m Swim
Relays
BBQ

Xmas Raffle

We'll be selling raffle tickets at each club night up until the 16th Dec (the last club night for 2011). We have a peddle go-kart and protective gear as the main prize courtesy of Josie and John Sinapi. Second prize will be a couple of bottles of wine and third prize will be chocolates. The raffle will be drawn on Friday 16th Dec.



The go-kart looks something like this

Membership Fees Now Due

The 2011 - 2012 season has started and this means registration fees are now due.

The cost is \$80 per swimmer and \$20 non-swimmer

We have the lowest registration costs of any swimming club in NSW.

Registration is done online via the Swimming NSW website .

You can also renew your registration in the clubroom before 6:30 pm on club nights—bring your cash or cheque along.

Christmas Party

Where Competition Pool, DRAC

When 2nd December 2011

Time 6:30 pm

Refreshments Pizzas, drinks (poppers and water), chips, lollies

There will be no club night events but the pool inflatable will be available



Sports Science Tip - Why do you ice an injury?

Cold helps cut down on swelling by shrinking the blood vessels. This reduces bleeding and therefore swelling in the affected area. Cold also helps keep the muscles from spasming (contracting uncontrollably) and relieves pain.

Too much cold can damage the skin, which is why you should apply ice for a while, take a break, then apply it again. This allows the skin to return to normal temperature between treatments.

Generally speaking, you should apply ice for 10 to 30 minutes, depending on the body part and your own comfort level. Areas with little body fat (like the ankle, knee, and elbow) cannot handle cold as well as fatty areas (like the thigh and buttocks).

A bag of frozen peas can make an excellent substitute for an ice bag, since the peas will better mould to the shape of your injured part.

Cold gel packs that can be frozen and refrozen cool the skin faster than an ordinary ice bag and should only be applied for short periods. Cold therapy may not be recommended for people who are very sensitive to cold, those with blood vessels too near the skin, and diabetics and others who have problems with diminished blood flow.

If you're one of those people, you should talk to your doctor about applying ice to an injury

Heat can also relax muscles and relieve pain, but it makes swelling worse by stimulating blood flow. That's why cold is best immediately following an injury and for at least 48 hours afterward, or until the swelling goes down. Then heat can help, as the increased blood flow "cleans" out the damaged area.

Heat can also relax muscles and this practice should be repeated for a couple of days after an injury and several times on the first day.

If you are tired after training and feeling sore you can also try a combination of icing, allowing the strain to return to room temperature and then gentle stretching. This will all aid recovery!!!



NUTRITIONAL TIP - BRING ON THE LIQUID

If you turn on the TV and watch any sporting event for five minutes, you'll probably see an athlete drinking from a water bottle. That's because water is what your body needs most during an exercise or a competition.

When people sweat, they lose lots of water through their skin. Sweating is a good thing, because it helps cool the body down. But for your body to stay strong, that water must be replaced right away to keep you in tip-top shape and keep you from overheating and getting heat exhaustion.

Drinking before, during, and after exercising (or an event) is the best way to stay hydrated.

Don't wait until you're thirsty - once you feel thirsty, it means your body already needed liquids for a while.

Plain, cold water is the best thing to drink because it's the easiest thing for your body to absorb when it's looking to replace lost fluids. Plus it's easy to find, and it's usually free! Juice that's been diluted with water or sports drinks are also OK.

Energy drinks or regular juice isn't, because the carbohydrates in these drinks can give you a stomach-ache. (Plus, the caffeine in many energy drinks can make you more dehydrated.) So get yourself a water bottle, fill it up with water, diluted juice, or a diluted sports drink, and drink up.



RSL Swimming - here every Saturday morning

Do you want to branch out and try something new. RSL Swimming is a fun way to help improve your swimming and meet swimmers from many different clubs.

Maroubra RSL Diggers swims here every Saturday morning throughout summer starting at 8 am. It's a handicap based system and each week a 50m free, a relay, a form stroke and a longer event (ie either 100m or 200m) are swum. The younger swimmers can swim 25m free and formstrokes and have a little help in the water.

Each swimmer has to swim each stroke twice to qualify for Zone Championships which is being held in Dec. The State Championships are will be held during March and swimmers are only allowed to swim in 2 strokes plus relays at the State Championships.

If your interested please visit our clubroom on Saturday morning before 8 am.

We Need Your Help

The main aims of the Club on a Friday night is to teach the swimmers the rules of swimming as well as to enjoy the water and for the "littlies" to feel safe in the water. You may have noticed Officials telling swimmers how to touch and finish and the strokes in the correct manner according to the rules.

This advice saves many tears later on when they start, if desired, competitive swimming.

To achieve these objects we do need help with Timekeeping, Judging and Starting. Anyone who would like to try these jobs can be assured that you will be most welcome.

Later on you can work at becoming qualified. This means you can work at Carnivals where qualifying times are swum (such as the Metropolitans, State Nationals etc)

We are only too glad to help you with any queries you may have on Friday night swimming.

Club Cossies and Clothing

NOW AVAILABLE FOR PURCHASE

We have a range of club cossies and clothing (shirts, caps, swim caps, fleecy jumpers) available for purchase in the clubroom.

Purchases can be made before club events on Friday nights.



Contact us:

General enquiries: info@mbra.org.au

Greg Baxter - greg.baxter@nswis.com.au 9763 0213 or 0411 153 448