



## Bendigo East Swimming Club Newsletter August 2014

### President Message

We are all very proud of the team efforts from the Country Short course championships held at Shepparton on the 16 and 17 August. There was heaps of pbs throughout the weekend and a special mention for Kate Jordan in winning gold and five bronze. Once again, the real success was our swimmer and parents team spirit.

It's been great to see our younger swimmers compete and do well at local meets including Eaglehawk as well as short course meets in Ballarat. I'm continually impressed by their approach to attending training even during the coldest weeks of the year.

On the pool side, we have been working with council to renew our management agreement as well as have some much needed maintenance done around the pool. Hopefully we will see the outcomes off these discussions in coming months. Thanks to Leigh Nolan our Pool Manager for leading this approach.

A reminder about the BESC Team App. Simply download the free team app from the web and search Bendigo East Swimming Club, and subscribe as a supporter. We will be using the app more into the future to share photos, remind members of meetings and events and other important information. It also has direct links to our web site and the Districts web site.

### Upcoming Meets

**Ballarat Top 5 Meet 4 - Saturday 30<sup>th</sup> August - Entries close August 19<sup>th</sup> (enter direct to Ballarat)**

**Victorian Age Championships 5<sup>th</sup>-7<sup>th</sup> September - MSAC - Entries via Bendigo East - Paper Forms and Correct Money**

**Eaglehawk Winter Series Meet 3 - Sunday 14<sup>th</sup> September - Entries close 3<sup>rd</sup> September (direct to Bendigo Hawks)**

**Echuca Spring Swim Meet - Sunday 21<sup>st</sup> September - Entries close September 10<sup>th</sup> (Direct to Echuca but email Bendigo East for relay inclusion)**

### Welcome to these new Families

The Bendigo East Swimming club would like to welcome these families who have recently joined the club: Evans

### Coach's Corner supplied by Val Campbell

#### A poem by Gerry Collins

Be careful, be wary - just don't encroach  
On the pool-deck area patrolled by the coach!  
The coach - the ruler of his domain,  
Through thunder and lightning, sunshine or rain.  
Barking the orders, never at a loss  
To make it clear just who is the boss!  
Whatever you do, don't get in his way  
Or there could well be hell to pay!  
"Come on you stragglers get in the pool!  
Don't play me for some sort of fool.  
If your training with me you'll do as I say.  
Now let's get this session under way!"  
Along the pool deck he prances,  
No one can escape his eagle-like glances  
"Get that elbow higher, lengthen that stroke  
We don't fix anything that isn't broke!  
Roll those shoulders, rotate your hips  
Hear what I say, don't give me no lip!"  
He's hard, he's tough, you'll hear him avow  
It's his way or the highway so get it right now!  
Yet his swimmers are there each and every morn,  
Working so hard from before the break of dawn,  
They listen then swim, they heed what they're told  
Knowing this hard work just might bring them gold.  
And what happens when it all gets too much?  
The tantrums, the tears, the crying and such?  
Needing a shoulder to cry on, whom do they approach?  
You guessed it - none other than the shoulder of the coach.  
Yes he's tough, he's demanding, he sets goals that are lofty  
But underneath it all the coach is just a big softy.

## Swimming Victoria Registration-Renewal

Just a reminder for all swimmers to renew their registration with Swimming Victoria for the July 2014-June 2015 season. Emails have been sent outlining the process of renewal over the past week, so please complete this task ASAP. Please note – all swimmers must be registered with Swimming Victoria to participate in club training and attend swim meets. If you have any difficulty completing this process please email Donna on [dmorgan1@bigpond.net.au](mailto:dmorgan1@bigpond.net.au) or call 0498440096.

## Winter Training Times

Training at Bendigo East Pool

### **Development Squad**

Monday, Tuesday, Wednesday Thursday & Friday 4-5pm

**Coach: Val Campbell and Anne Sherman**

### **Junior Country Squad / Junior State Squad**

Monday, Tuesday, Wednesday, Thursday and Friday 5:00-6:30pm

**Coach: John Jordan**

### **Youth Country Squad / Youth State Squad**

Monday, Tuesday, Wednesday, Thursday and Friday 5:00-6:45pm

**Coach: Chris Geyer**

### **Senior Country Squad / Senior State Squad / National Squad**

Monday, Tuesday, Wednesday, Thursday and Friday 5:00-6:45pm

**Coach: Tony Rodda**

## Club Apparel

The club colours are black and white.

Swimmers preferably should wear black bathers for swim meets, and must wear the club cap when competing.

The following items are available for purchase and in stock.

- **Newly Designed Club Polo Shirt - Sizes 8-XL \$40**
- **Club Black Hoodies - Sizes 6 - XL \$70**
- **Club long fleecy lined deck coats - New in Stock**
- **Silicone caps with swimmer's name**

Please contact Kate Downing via email [downing@impulse.net.au](mailto:downing@impulse.net.au)



## Parents role in swimming

We request that parents wishing to stay at the pool and observe their children training can do so as long as they remain away from the pool deck. It is important that parents avoid communicating with their children during training as this is a significant distraction and one that is best avoided. This includes walking up and down the pool during training ...Especially in junior levels.

Research shows that sideline coaching is bad for the learning process. It distracts the child, it demeans the coach and it discourages genuine interest.

Here are few tips:

**RESPECT THE CLASSROOM.** Parental observation must always be passive. No prompts, signals, gestures or stop watches.

**LET SWIMMERS OWN THEIR SPORT.** Taking their own water bottles out and adjusting their own goggles helps swimmers take charge and shine.

**TRY NOT TO SCRUTINIZE.** Kids are sensitive to being eyeballed.

**DON'T AUDIT.** Routine parental auditing of training details can overwhelm swimmers. Let any recounting be swimmer-initiated.

**AVOID CONJECTURE** about squad members' training performances. Sideline speculation is usually wide of the mark and may fall on sensitive ears.

**GIVE THEM ROOM.** Children are nourished by casual and occasional parental observation, but the novelty is lost with daily wall-to-wall surveillance. Peers can also give them a hard time.

We encourage parents to stay at the pool and enjoy the club and social atmosphere but please let the coach, coach.

## Engine Swimming Accessories

The club now has in stock a number of Engine items available from the kiosk including Goggles and backpacks. See the display case to see what is available. Club members pricing list is inside the clubrooms.

## 2014/2015 Office Bearers

President: Mike Wassing  
Vice President: Phil Downing  
Secretary: Veronica Mountjoy  
Treasurer:  
Racing Director: Robyn Slot  
Membership Registrar: Donna Morgan

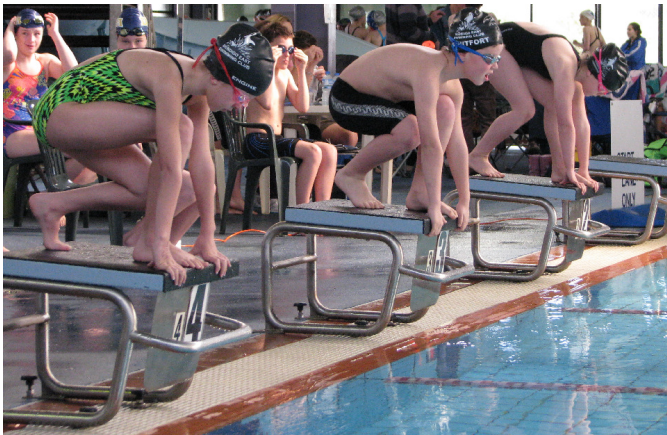
## Lost and Found

Found 1 Bendigo East older style Country Championships shirt left at Ballarat Swim Meet 3. Size 14.

## Birthdays This Month

The following swimmers celebrate a birthday this month:  
Bohdi Every, Veda Haines, Thomas McNutt, Hayden Mountjoy, Tahlee O'Keefe, Molly Robinson, Poppy Skipper, Jarrod Slot

Happy Birthday to all of them from the Club



## Club Sponsors



Proudly sponsored by MLC Advice Bendigo



**Office National**

Bolton's Office National

