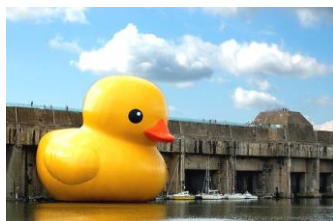




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Club News

Because Jon...

Following the state swim champs the other weekend, our very own Jon Haines received the **2013 Perc Edwards Volunteer of the Year Award!!!** On behalf of every one of us, Jon, thanks a lot. Your hard work gives us all a wonderful swimming family to hang with.



Jon getting the 2013 Perc Edwards Volunteer of the Year

2014 LiveLighter State Championships (Pooooooool)

Had a couple handful of folks attend the State Swimming Champs at Challenge Stadium (24-25 May). A glorious little weekend of being a pool rat once again. Unfortunately, we didn't quite win the team title this year coming in 7th (there's always 2015 to shoot for), we did manage to pull out the State Handicap Title (points per swimmer) so yay for that. Highlights of the meet included...



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The New West Australia State Men 72-119 200 Medley Relay Record Holders (Andy, Billy, Joel and Matt)

Not pictured but still awesome... Billy also got the 25-29 200 breast state record (2:44.37)



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*Team photo at the end of Saturday (Front: Jon, Phil, Georgina, Chris, Joel; Back: Emilie, Matt --- nice goggles!, Billy, and Andy).
Not show were Mark and Bob*

Oh, did you notice our nice new, comfy hoodies?! Thanks for organizing, Ashleigh, and distributing, Jon.

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Upcoming “Swimming” Events

Couple of pools swims still out there. Let the captains (Bob/Jackie) or any of the coaches know if you'd like to hop in one of them and aren't sure how to enter.

Pool Swims

Three official swim chances left ([master list](#))...

- [Aqua Jetty Warnbro](#) --- Sat, 22 June
- [Swan Park Aquatic Centre](#) --- Sun, 6 July
- Leisurepark Balga --- Sun, 27 July (400/800 in a 25m pool)
- Aqualife Centre East Vic Park --- Sun, 3 Aug (1500 in a 25m pool)
- 2014 Groper State Relay Champs – SC --- Sat, 16 Aug

Too late for this year but there's always 2015...

Several people are going to the Green Island Swim (Green Island off Cairns, Thur, Jun 5 2014). Good luck and safe travels, folks

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Event Results

Well, lots of good efforts and poor newslettering so I'm sure I'll miss out on a lot of things but...

- [2014 LiveLighter State Championships \(24-25 May\)](#)
- [City of Cockburn Jetty to Jetty \(9 Mar\)](#)
- State Champs OWS ([2km results](#), [1km results](#))
- [Beatty Park LiveLighter 50s \(14 Mar\)](#)

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Workout Hints

Last month (ok, technically it was April...), I noted some hints on starts. Lets see how we did...



(previous role model)



Chris... probably not too far off but probably closer to...



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Oh well, something about practicing correctly will be thrown out by someone... :)

In honor of seemingly everyone coming out of the meet with a “huh, that last bit hurt” look, I give you the following helpful hints [stolen from this doc](#):

- 1) Training using specificity (i.e., you won't sprint well if you train slow)
- 2) Progressively overload your body (build into “more”)
- 3) Train with intensity
- 4) Recover (the Waldhart Walk probably isn't a good idea to cool down with)
- 5) Flexibility and core training
- 6) Strength training
- 7) Train consistently (how many of us lose a week here, a couple practices there? Work around those pesky work/life activities as best you can)
- 8) Warm up + cool down
- 9) Periodise your training (play around with how fast you go)
- 10) Listen to your body

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Socializing

Standing dates...

- Brunch every Saturday after practice - swim a bit and then enjoy a nice meal somewhere with the gang (show up even if you don't swim)
- First Thursday "Burger" - grab dinner after the 1st Thursday practice of each month (meat and non-meat burgers are fair game)

Special dates...

- Still working on things here. Updates will be posted when they become available...

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Sundry

We have gotten our fabulous hoodies, bathers, caps now but something is missing. What can it be... **TOP HATS!!!!**



Formed in 1861, the fanciful lads featured above comprise the Brighton Swimming Club, the United Kingdom's oldest club of its kind. Swimming enthusiasts though they were, they were also gentlemen...hence the top hats.

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