



# MARLIN MATTERS

NOVEMBER  
2012

www.arenaswimclub.com.au

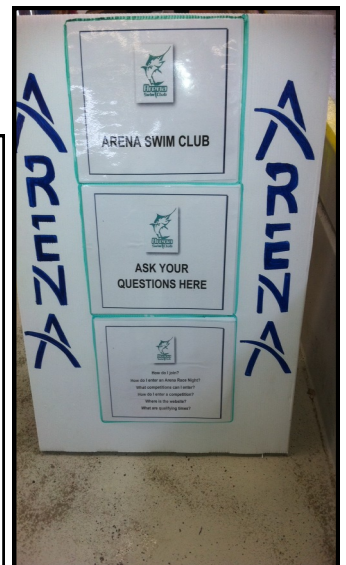
## 'Eat Well—Swim Well'

Parents are constantly worrying about giving their children a healthy diet. Competitive swimmers need to make sure they eat extra calories but need to be mindful that these are good calories and not empty calories. Arena Swim Club is currently compiling a very useful guide entitled **"Eat Well, Swim Well"** and are currently looking for contributions. If you would like to contribute, please send your recipe, including your family name, on an A4 sheet of paper via email to Karen Wilson [kaz\\_722@bigpond.com](mailto:kaz_722@bigpond.com) before the 14th of November. We hope to compile, print and bind in time for the Arena Long Course Swim Meet later this month. These will make great Christmas presents!! The cost will be around \$10 and all monies raised will be put towards swim camps that will be organised again in early 2013.



## Are you new at the Club?

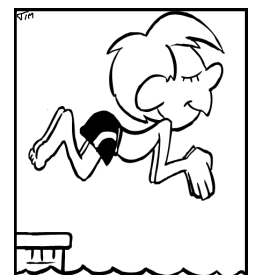
If you are new to the Arena Swim Club, please do not be afraid to ask parents on the stands questions. We all knew nothing at the start. There are a regular bunch of parents who 'nightly' camp out on the stands and are only too happy to share experiences and explain how to enter meets, where to purchase uniforms and tell you what happens in each squad. A couple of committee members also sit regularly with their sign, waiting to answer your questions. Don't be shy...come and say hello!



## Try and Dive 2012/2013

For our junior members who are keen to try a race meet for the first time.....

<http://wa.swimming.org.au/news/index.cfm?fuseaction=NewsItem&NewsID=28314>



Joke Time: Why can male elephants swim whenever they like? Answer over the page.....

# Swimmer Profile—Ella Packer (9)

**How did you get into swimming ?**

From Learn to Swim at Arena then onto Blue Marlins Swim Club

**What squad do you swim in ?**

Inters

**What is your proudest swimming moment so far ?**

Relay Short Course State Championships Swim Medal, sharing it with the others in the team.

**What year are you in at school ?**

Year 4

**What is your favourite subject at school ?**

Sport and Art

**What is your career ambition when you leave school ?**

Swimming in the Olympics

**What do you like doing outside of school & swimming ?**

Little Athletics, Cub Scouts, surfing

**Best holiday ever ?**

Snorkelling in Coral Bay

**Favourite ever Movie ?**

Annie

**Who is your sporting hero ? Why ?**

Stephanice Rice, I want to be like her

**Favourite food ?**

Pizza

**Worst food tasted ?**

Potato



# Coach Profile - Tiffany Wall

## Are you known by any other other nicknames that you can tell us ?

Tiff but my family often calls me Teshay (Candice couldn't say Tiffany when she was younger and it came out Teshay and it's kind of stuck!)

## How did you get into coaching ?

My high school thought I would be a great swim coach and got me onto the course and then did my practical hours at Arena and I've never left.

## What is your proudest swimming moment so far ?

Every moment when you see a child succeed and their face just lights up

## Are you at Uni ? What do you study ?

Yes (almost finished), I'm studying exercise, sport and psychology at ECU and am going on to do teaching.

## What is your career ambition ?

Teaching, most likely primary school.

## What do you like doing outside of coaching ?

Snowboarding, but we don't get much snow in WA so I would have to say going to the beach, camping, 4 wheel driving, adventuring and chilling with friends.

## Best holiday ever ?

Snowboarding in Victoria, and skydiving in Jurien bay!

## Favourite TV Show ?

One Tree Hill

## Favourite ever Movie ?

I have many, but ultimate favourite is Taken (and anything starring Paul Walker, Matthew McConaughey, Hugh Jackman and Channing Tatum!!)

## Who is your sporting hero ? Why ?

Rod Bonsack because I don't really have one and he told me if I don't say him he will fire me!

## Favourite food ?

Cauliflower and Cheese, and mum's special hot salad

## Worst food tasted ?

Well mum and dad never fed me brussel sprouts so I can't really say, but apparently they're really yuck!

**Anything else you want to tell us ?** Not really, come and ask me if there is an thing else you want to know.



# 10 Commandments for Swimming Parents

**(Continued from last month)**  
**(Reproduced with Permission from USA Swimming)**  
 by Rose Snyder, Managing Director Coaching Division, USOC  
 Former Director of Club Services, USA Swimming  
 (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

**6. Thou shalt not criticize the officials.**  
 Please don't criticize those who are doing the best they can in purely voluntary positions.

**7. Honor thy child's coach.**  
 The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**8. Thou shalt be loyal and supportive of thy team**  
 It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

**9. Thy child shalt have goals besides winning.**  
 Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

**10. Thou shalt not expect thy child to become an Olympian.**  
 There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

# Congratulations

► Congratulations this month go to Adriano Todoro (8) and Jack Wilson (10) who broke State Long Course records.

► Adriano now holds the WA All Comers, WA All Time and Residential records for the Boys 100m Freestyle in a time of 1:19.14.

► Jack now holds the WA All Comers, WA All Time and Residential records for the Boys 200m Backstroke in a time of 2:42.40. Well done to both boys!


► Arena Swimmer, Bobby Jovanovich was invited to represent Australia in part of the Asian Leg of the FINA World Cup Series. Bobby will compete in the Singapore leg (8<sup>th</sup>-12<sup>th</sup> of November).

## TimeKeeping

**Any issues or special requests with TimeKeeping Rosters: Please contact Bernie Smith on [BernadetteS@aspencorp.co.m.au](mailto:BernadetteS@aspencorp.co.m.au) or 0419 967 966**

## Your Photos Wanted

Do you have any photos of your child dressed up for the; 2012 SWA 'A' Division Club Premierships in February which had a "Gods and Goddesses" theme? Or 2011 SWA 'A' Division Club Premierships which had an "Angels and Demons" theme?



If so, and you would like them posted to the ASC website Gallery for all members to enjoy, please send the best jpg images (max 1MB per image) to Club Secretary Clare Masolin [masolin@inet.net.au](mailto:masolin@inet.net.au) If your photograph depicts multiple swimmers, please ensure you obtain their permission to post.

**Please always submit separate monies for each meet entered by EFT**

**Download your Almanacs for the long course season:**  
[https://assets.imgstg.com/assets/console/document/d\\_o\\_c\\_u\\_m\\_e\\_n\\_t\\_s/FINALSWASummerAlmanacincoversFINAL24.pdf](https://assets.imgstg.com/assets/console/document/d_o_c_u_m_e_n_t_s/FINALSWASummerAlmanacincoversFINAL24.pdf)

**ARENA LONG COURSE MEET SUNDAY 25th NOVEMBER**

## Swim Meets for November

► Good luck to all those competing in the HFMF Distance Meet this coming weekend at Challenge

► **Arena Race Nights are back:** Friday 23rd November. Entries to Sarah (Registrar) by 5pm Friday 16th November. Entries online Arena Website.

► Swimming WA Club Sprint Championships 18th November—entries electronic SWA—close Tues 6th Nov 9.30pm

► Arena Long Course Sprint Carnival Sunday 25th November—send entries to Sarah now.

► Victoria Park Christmas Carnival—Saturday 1st Dec—entries to Sarah by 9th of November

No Late entries will be processed so please do not ask. Further details of all competitions except Arena Race Nights can be obtained from SWA on <http://wa.swimming.org.au/calendar>

**IF UNSURE HOW TO ENTER PLEASE ASK A COMMITTEE MEMBER FOR ASSISTANCE**

**Joke Answer: Because they always have their trunks with them!**