

'On the Blocks'

Autumn 2023

Issue No.4



welcome
back



The 2022 – 2023 summer season is now behind us, yet before the ink had dried on the State Junior Championships results, the 2023–2024 planning was already underway. The coaches have been reviewing the results from 2023 and are now looking at the team to ensure all swimmers are suitably placed within the squad levels. There were some significant results achieved by almost the entire team, at all levels. Our club representation at the State Junior Champs was one of the biggest of any club within any league, and our senior team did well at Nationals despite a couple of swimmers becoming unwell and having to withdraw from races and/or finals.

We will hold the annual coaches “winter parent meetings” as soon as everyone is back into their routines, and we can ensure maximum attendance. This is always a wonderful opportunity for you all to ask questions about our structures and development model and how it benefits your child.

The coaching staff have set firm goals to achieve with the swimmers this winter season – the objective being to set up an even more successful summer season. Winter identifies the members who have swimming as their main sport and the winter “distance aerobic base training” will absolutely give those swimmers, who enthusiastically embrace this development training, a huge advantage in the future.

We will be introducing dry land routines at all squad levels and will be asking parents to assist us with home training programs aimed at preventing issues relating to poor posture, lack of flexibility, lack of shoulder and related structural strength, and core awareness. The programs will be simple, easy to complete but very valuable moving forward.

PARENTS: Thank you all for your support over the past 12 months. We have worked through some very challenging competition structural changes initiated by Swimming WA. We still need to resolve some issues with these structures with Swimming WA so that we (the coaches) can ensure attendance at “targeted” swim meets, is complementary to the training schedule and not detrimental to the health and wellbeing of the athletes. So please be patient – we are already working on the competition calendar.

COACHES: A special thank you to the coaching staff for all the time they give to the swimmers. The arrival of Siobhan (qualified exercise physiologist) and Lydia (ASC Open National level swimmer) have bolstered our coaching team enormously. Add these new coaches to our staff of Fiona, Renae, Rod, Paolo and Lea, and we now have one of the most experienced coaching teams in WA.

ASC COMMITTEE: Finally, I'd like to thank the ASC committee members for their support and encouragement over the past 12 months. They too volunteer their time to ensure “your” child is given the very best opportunity and support to achieve their personal best. I encourage all families to take the time to thank these mum's and dads for all their hard work.

I very much look forward to the parent meetings where I will get the opportunity to catch up with you all again. Until then, take care, stay healthy and stay happy.

Simon
ASC Head Coach



AGE AND OPEN NATIONALS

APRIL 2023



Congratulations to our ASC Swimmers who swam in Age and Open Nationals in Gold Coast in April 2023:

Lauren Gastevich	Joe Quirk	Alyssa Burgess
Tom Wyatt	Emma Stewart	Abbey Burgess
Jamie Anderson	Tiana Forrestal	Shyla Sofele
Tom Prowton	Sophie Ellerton	Freya Bowyer
Ben Popham	Charlotte Ericksen	Maddy Lil
		Roy Glare

Nationals this year came with some unusual challenges, because it was held in an outdoor venue. Our age and open swimmers had to contend with things like sunburn, sun cream when warming up and racing, bugs around the pool which became really big under the lights at night, heavily tinted goggles to try and keep the Queensland sun out of their eyes, whether to wear tinted or indoor goggles for finals under lights and for the Age swimmers – warmup pools at absolute maximum capacity during the heat sessions.



Our Age swimmers raced over 6 days and had some great results. Special mention to **Tom Wyatt** who had a huge program and produced PB's and A final results in nearly all of his events. Tom finished 4th in his 50m fly final, 4th with the WA state 4 x 50m free relay team and won a bronze medal in his 50m back final. **Tom Prowton** swam huge PB's in his 50m, 200m and 100m back events finishing 7th, 6th and 2nd in A finals respectively. He also swam the backstroke leg in the state medley relay where WA won the bronze medal. **Freya** and **Emma** both had great swims and PB's in their breaststroke and backstroke events. Freya made 2 B finals at her first Nationals, Emma made 2 B finals and was 6th in the 100 back A final for her age. Roy and Maddy also swam great PB's in their events.



Perhaps the best thing of all to celebrate was the Age swimmers support for each other. It was so great to see team mates supporting one another even when they weren't swimming. On the Thursday evening, all 9 swimmers were at finals to support Freya, Tom W and Emma, many of them having finished their programs earlier in the week. It was a huge commitment from parents to have them there and really awesome to watch.



ASC Seniors Open and Age Swimmers from Black Squad represented ASC at the Australian Swimming Championships which followed straight on from the Age Nationals Championships which was also held in the Gold Coast. 4 days of racing saw Arena Swim Club place **23rd out of 76 clubs**, this was a HUGE effort by all the senior swimmers and a credit to **Simon Redmond, Head Coach**.

Lauren, Alyssa, and Ben all made OPEN NATIONALS FINALS in all of their events throughout this program, racing against the top in Australia. **Tiana and Charlotte** made AGE A FINALS 18/19 Women in all their events, not an easy feat when you are up against two age groups.

Lauren was the 5th Fastest in Australia for the OPEN WOMENS 50m Breaststroke.

Ben came in 1st for his 50m Freestyle Mens (S9) MC Event. Ben also swam his 100m Men's freestyle faster than he did at the Tokyo Olympics!

Alyssa was 4th Fastest in Australia for the OPEN WOMENS 200m Backstroke, Alyssa had a solid program through out this meet and placed in the top 10 for all her events in Australia.

Tiana secured 2 AGE A FINALS WOMENS 18/19 100m Backstroke finishing 9th and in 200m Backstroke finishing 7th.

Charlotte secure 2 AGE A FINALS WOMENS 18/19 100m Backstroke finishing 8th and 400m Freestyle finishing 7th, Charlotte swam some huge PBs in all her events.

Jamie secured himself a B FINAL IN OPENS MENS 50m Freestyle and a PB in this event also.

Tom P had a successful Age Nationals and then went on to Compete in OPENS making all his events also with B FINALS IN OPEN MENS 200m Metre Backstroke, 100m Metre Backstroke, and 50m Metre Backstroke.

On behalf of all the national swimmers that competed, and their families, we would like to give a MASSIVE thank you to Simon, Fiona and Paolo for their calm guidance and support during this meet. It was greatly appreciated. THANK YOU.



#TEAM
ARENA
PROUD

CONGRATULATIONS TO OUR MEDAL WINNERS!

Left:

Thomas Prowton (black squad, 17yo)

100m Backstroke, Silver
4 x 50m Backstroke in WA State
Medley Relay, Bronze

Right: **Tom Wyatt (black squad, 18 yo):**

50m Backstroke, Bronze



JUNIOR STATE CHAMPIONSHIPS

APRIL 2023



Congratulations to our ASC Juniors who represented League 1 (Evans) for WA Junior State Championships in April 2023:

- | | | |
|---------------------|-----------------------|--------------------|
| Guilianna Armstrong | Cassie Joyce | Isla McComas |
| Chloe Arnold | Sophie Keller | Megan Nicol |
| Angelina Beckx | Luca Kowalski Cruden | Alexis Payne |
| Imogen Bennett | Oscar Kowalski Cruden | Tobi Penhale |
| Tyson Bennett | Brian Nguyễn Lam | Jennifer Phelan |
| Matthew Brownrigg | Sophie Langullah | Oliver Sissons |
| Samuel Brownrigg | Courtney Le | Seb Smith |
| Mia Cahill | Jet Leong | Shaye van Lelyveld |
| Amy Daniels | Amelia Lissett | Fletcher Walker |
| Shai Edwards | Isla Loan | Imogen Watts |
| Marie Fnlon | Rhys Malloch Brown | Freya Andi Wesir |
| Ella Foster | Lily Massey | Connor Young |
| Stella Herring | Cullen McComas | |
| Elijah Hinton | Caleb McComas | |



Congratulations to our medal winners! 

From left to right:
Alexis Payne (yellow squad, 10 yo):
200m Freestyle, Silver

Amelia Lissett (yellow squad, 12 yo):
50m Freestyle, Silver

Angelina Beckx (bronze squad, 9 yo):
50m Backstroke, Silver
100m Breaststroke, Silver
100m Backstroke, Silver
200m IM, Silver
50m Breastroke, Bronze



END OF SEASON CHAMPIONSHIPS

APRIL 2023

Congratulations to our ASC Swimmers who took part in the End of Season Championships in April 2023:

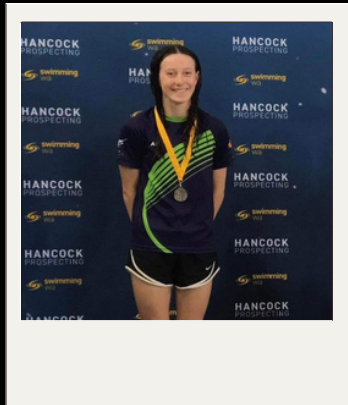
- Jemma Higgins
- Aoife Malone
- Tyson Jones
- Morgan Randall
- Skye van Lelyveld
- Lily Sell
- Jesse Jacob



Congratulations to our medal winners!

Aoife Malone
(blue squad, 14 yo)

200m IM, silver
200m Freestyle, bronze



Jemma Higgins
(yellow squad, 13 yo)

100m Breaststroke, silver
200m IM, gold



OUR TEAM MOTTO & VISION

'EVERYTHING WE DO IS IN THE BEST INTEREST OF THE SWIMMER'



AMBITION



STAMINA



COMMITMENT

Regular Reminders

Office Hours are Mon – Fri 4:20pm to 5:45pm



Do you have a suggestion for future newsletters? Or are you a junior swimmer with a great question that one of the senior swimmers might be able to answer?

There is a blue box just inside the office door where you can place these suggestions and questions and we will get back to you with answers in the next newsletter.

WE NEED YOUR HELP!!

Got some spare bottles and containers?? Arena Swim Club would love any donations – here is the code for when you next visit!!



C10332685

You will need the barcode to scan for when you are dropping these items off.



Any questions, please see one of the committee members.

Thank You!



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#TeamArena

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