

Westville Swim Squad Newsletter

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MAY 2010

Dear Parents and Swimmers,

Welcome back to a brand new swimming season. I know all our swimmers are ready for an exciting year with us. From the start of the new season I would like to reiterate to all members that there is a definite correlation between swimming attendance (obviously the correct effort has to be put in during training) and results. There are no shortcuts to improving or to being the best swimmer you can be. Please read the attached article by John Leonard.

To our new members: Westville Swimming Club, founded in 1960, is known throughout the country as a first-class, year-round swim program. We offer age group youth programs from the beginner swimmer to the most competitive and skilled swimmer. When a young person becomes a member of our club we aim to teach them the values of sportsmanship and team work. We aim to develop the character traits, technical skills and intense desire necessary for maximum realization of each swimmer's potential. As a club we also aim to further each swimmers education for a sport scholarship may it be for high school or university (locally or internationally).

Swimming Attire and Equipment

Please make sure that you are dressed warmly during the winter months. Swimmers should wear tracksuits, beanies, socks and closed shoes to stay in good health.

Swimmers are to please bring fins, caps, goggles, paddles (Juniors, Seniors, Elite), Juice bottles and snorkels (Seniors, Elite). Without the correct gear swimmers do not benefit from the purpose of the prescribed sets when the equipment is part of the set. Swimmers are to ensure that their equipment is at the poolside during training and not in their bags as jumping out and fetching equipment disrupts the flow of the session.

WSC Registration and KZN Registration

WSC registration fees are to be paid by 1 May 2010 as stated in all the previous correspondence.

KZN registrations for competitive swimmers are to be handed in by 01 June 2010. Forms will be handed out during May.

Registration fees for the 2010/2011 season:

WSC R350.00

KZN R475.00

Upcoming Dates for your diary (Competitive swimmers)

20 June	SC Gala	PMB
06-10 July	Speedo Prestige (SC)	PMB
06-10 Aug	SA Open SC Champs	TBA
*SC	= Short Course	
*TBA	= To be announced	

Results for March and April

1. Kloof Mini Lympics

Well done to our youngsters that competed. This meet is the platform for competitive swimming and it was great to see how many of our youngsters entered and swam so well.

Our medal winners were:

Paige Behn	- 1 Gold
Mckaylen Govender	- 1 Silver, 3 Bronze
Rorke Lilford	- 1 Silver, 1 Bronze
Ella Meloni	- 1 Gold, 1 Bronze
Serisha Maharaj	- 1 Bronze

2. South African School Championships

High School:

Well done to the following swimmers who were selected to compete at the South African High School Champs in Bloemfontein: Claire Franklin, Ryan Clark, Jayden Prinsloo, Sarah Ronaldson, Rubin Terblanche, and Juandre Wiggle.

Our medal winners were:

Juandre Wiggle	- 2 Silver, 1 Bronze
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Primary School:

The following swimmers were selected to represent KZN at the SA Primary Schools that was held in Cape Town: Roxy Brown, Nikita Bauristhene, Tyla Goosen, Alecia Gilmore, Luyanda Mngadi, Awonke Ngwane, Zandeele Terblanche, and Richard Young.

Our medal winners were:

Nikita Bauristhene	- 1 Silver, 1 Bronze
Tyla Goosen	- 1 Bronze

3. Open Water Results

Robben Island Swim

Very special congratulations to Sebastian Crawford. He qualified to swim the Robben Island swim (7.5km) on the 2nd May 2010. To qualify for this event Sebastian had to swim 4 km's in less than 1 ½ hours in freezing water temperatures ranging between 11 and 13 degrees.

Good Luck Seabass – we are holding thumbs for your successful swim of the Robben Island at the beginning of May.

Redhouse River Mile (Port Elizabeth)

Congratulations to Reegan Tait who placed 7th in the 13/u Wetsuit Mile for boys.

Golden Mile

Nikita Bauristhene	3 rd - Girls 11-12 years
Kelly Ebing	6 th – Girls 11-12 years
Danica Rudd	2 nd – Girls 10/u
James Rudd	4 th - Boys 11-12 years
Reegan Tait	1 st - Boys 11-12 years

4. South African Disabled Championships

Sebastian Crawford recently competed at the Nedbank Disabled South African National Champs in Port Elizabeth. Sebastian was the youngest swimmer of the meet and won the following medals:

200m Free	- 1 Gold
400m Free	- 1 Silver
50m Free	- 1 Silver
100m Free	- 1 Silver

5. South African Age Group Championships (Level 3)

Our club swimmers did us extremely proud. 17 of the 26 swimmers that qualified participated at this prestigious meet in East London. 13 of the 17 swimmers that participated made individual finals (top 8 in South Africa for their Age Group) In total we swam an impressive 60 finals (top 8 in SA) We narrowly missed out on medals with a total of 14 4th places! Our boys placed 5th overall in the country out of 98 Clubs and our girls place 14th overall out of 98 Clubs. Combined we placed 10th in the South African Age Group Championships. What a fantastic result for us and I believe also an indication of many great things to come for us at this prestigious level of swimming.

Our medal winners were:

Jessica Bragason	- 2 Silver, 1 Bronze, 1 4 th Place
Byron Doyle	- 1 Bronze
Christophe Gillespie	- 1 Gold, 4 Silver, 2 Bronze
Justin Kermack	- 2 Bronze
Laura McCulloch	- 2 Gold
Paul Van Achterbergh	- 1 Bronze

6. South African Level 2 Championships

Congratulations to all our swimmers that competed at the South African Level 2 Regional Championships. We placed 1st by a whopping 250 points over the next club! In total we swam 120 finals and 45 medals were won. The following swimmers also qualified for Level 3 at these Championships: Nikita Bauristhene, Tristan Doyle, Sarah Ronaldson and Rubin Terblanche

Our medal winners were:

Nikita Bauristhene	- 6 Gold, 1 Silver,
Garett Brown	- 1 Gold, 1 Silver
Sheldon Fourie	- 1 Silver
Alecia Gilmore	- 1 Bronze
Dimitri Kalamoudacos	- 1 Gold, 1 Silver, 1 Bronze
Awonke Ngwane	- 1 Bronze
Liam O'Connell	- 2 Bronze
Sarah Ronaldson	- 5 Gold
Rubin Terblanche	- 5 Gold, 3 Silver
Brandon Watkins	- 1 Gold, 1 Silver
Tammy Wakefield	- 1 Gold, 1 Bronze

Relays:

Women 14-18 400 LC Meter Freestyle Relay
(Kate McAuley, Bianca Bell, Kyla Tallis, Sarah Ronaldson) – 1 Silver, 2 Bronze

Men 14-18 400 LC Meter Freestyle Relay
(Garett Brown, Dimitri Kalamoudacos, Rubin Terblanche, Garth Wadsworth) – 1 Silver, 1 Bronze

Women 13 & Under 400 LC Meter Freestyle Relay
(Nikita Bauristhene, Roxy Brown, Melissa Lourenco, Zandeele Terblanche, Tammy Wakefield) – 2 Silver, 1 Bronze

Men 13 & Under 400 LC Meter Freestyle Relay
(Tristan Doyle, Awonke Ngwane, Liam O'Connell, Reegan Tait, Brandon Watkins) - 2 Silver

7. Senior South African Championships

Well done to all our swimmers that made the KZN team and competed at the Senior South African Champs.

Senior South African Championships

Congratulations to the following swimmers that qualified to swim in the finals at the South African Open Champs (top 10 in the country – all ages compete against each other) - Sebastian Crawford, Justin Kermack, Laura McCulloch, Siphon Mjoka

South African Youth Championships

The following swimmers competed in the Youth Finals at the SA Open Champs: Byron Doyle, Jayden Fourie, Justin Kermack, Laura McCulloch, Paul Van Achterbergh, and Camilla Wolfson. Well done to Justin Kermack who won a silver and bronze medal in the Youth Finals.

Senior South African Open Water Championships

Well done to our 2 swimmers that qualified to swim the SA Open Water Championships. Sebastian Crawford placed 1st for both the 3km and 5km Swims for Multi Disability for Men. Reegan Tait placed 11th for Men 14/u in the 3km swim.

Birthdays for May

Garth Wadsworth	03 May
Nikita Bauristhene	07 May
Braxton Booyesen	08 May
Thejal Singh	11 May
Dimitri Kalamoudacos	11 May
Claire Franklin	13 May
James Rudd	14 May
Dylan Rosser	15 May
Roxy Brown	16 May
Dieter Volker	18 May
Roxy Tammadge	19 May
Awonke Ngwane	26 May
Serisha Maharaj	28 May
Shree Maharaj	28 May
Emma Lyon	29 May
Yusuf Paruk	29 May

Senior and Elite Swim Squads

Please note that from Monday 17 May 2010 training on a Monday, Wednesday and Thursday will be from 16:30 – 19:00 as we are incorporating strength work on these particular days. The primary form of strength training will include cord work and body weight exercises. These exercises are not optional but form part of our training programme on these specific days.

Attendance at Swimming Practice

By John Leonard

One of the hallmarks of a quality swimming team program is a planned program of physical development.

(Other hallmarks include an emphasis on teaching, intelligent approaches to competition, and racing with a purpose, as well as individual attention to those who are "earning it" through their attention to the instructions of the coach.)

The planned program of physical development includes programmed physical stress and recovery times. Progress can only be made by the athlete by imposing a previously unexperienced stress on the body system. The body will then adapt to this stress, if provided the appropriate degree and timing of recovery. (Total rest is NOT appropriate recovery...it does not provide the lower level stimulation necessary for compensatory chemical reactions to develop.)

The stresses applied can be in the form of speed, distance swum, or "density" of workout. (Yards per time period.) Stress can also be specifically applied in accordance with energy systems. A quality swimming program will mix the stresses in appropriate quantities and types for the group of athletes, and thus the individuals, being trained. The "mix" will be different for different groups and individuals, based on their previous training.

Thus, attendance at workout is a CRITICAL feature in making physical progress in the program. When an athlete misses a workout, they upset the delicate balance of "how much of what" stresses they apply to their body. In worst cases, athletes attend the recovery workouts, and miss the stressful workouts and thus never apply increasing stress to their systems. In the next worst scenario, athletes miss a series of recovery workouts, and attend only the stressful workouts and thus never get the appropriate recovery stimulation, and go from "sore" to "more sore." Finally, missing a "cycle" of stressful and recovery workouts means that the athlete takes "one step forward and one step back" and worse, comes back to a stress/recovery cycle that is now two steps up from their last practice a very stressful adaptation.

This ignores, of course, the fact that the athlete has let his teammates down by not attending, and has lost the opportunity to learn what is being taught that day.

NOTE TO COACHES: If you allow athletes to miss practice without comment, you are saying in effect, "It doesn't matter if you miss." If their absence means nothing, then so does their presence (mean nothing).

"TO ACHIEVE GREAT THINGS, FIRST SHOW UP EVERY DAY."