



Alice Springs Swimming Club Newsletter

October 2011

NT Short Course Championships 19 - 21 August 2011.

The past month has been busy with the school holidays and the 50M pool opening. The YMCA now has qualified lifeguards and both pools are open to be used by all. Our last 2 swim meets have been successful with most swimmers achieving PBs.

Our next Swim Meet is Friday 28 October 2011. Warm up is at 7.00pm and the Meet starts at 7.30pm. There will be a folder on pool deck next week to choose your events. This Meet is combining with a Come N Try for all new swimmers and "Power in Water Series".

Please bring a friend along and see if they would like to swim with the Club.

A BBQ will be on offer for the night.

What does the ASSC offer? *Fun, Friendship, fitness, skill development, Trips away, Personal Challenges, team work social events, Monthly Awards Newsletters, Annual Awards*

The training session on Friday afternoon 28/10 from 4.30 to 6.30pm will be cancelled due to the Meet which starts at 7.00pm.

Registration Fees for 2011/12 Swimming Year. Swimmers are \$77 and the nominated parent \$15. For more than one swimmer please email Sue Van Luenen for details.

Coaching Fees Term 4 - Dolphins \$110.00 (swimming Tues and Thurs 3.30 to 4.30pm)

Sharks \$135 (swimming Tuesday and Thursday 3.30 to 4.30pm and Friday 4.30 to 5.30pm)

Morning Sessions \$120 (6.00am to 7.30am)

Afternoon Sessions \$140 (4.30 to 6.30pm)

7 Sessions per week \$260.

To be allocated to a squad or swimming sessions you must see Brad Thurlow the Head Coach at the pool.

Please note Coaching Fees are paid at the Indoor Aquatic Centre and registration fees are paid to the ASSC. Please check out the website when registering and enter all details online for new club registrations and renewals

www.alicespringsswimmingclub.org.au

Reminder - to all parents to come and help with time keeping for the Club Meets. These are often on Friday evenings or Saturday mornings. It is important for parents to help so the events can be run for our swimmers.

A very big thank you to all parents who help. The Committee and swimmers are very grateful for all your help.

Congratulations to Erica Portelli swimmer for the month of October and Kirby Patterson for the month of September. These girls were the most consistent and improved for the month and received vouchers to Subway

Darwin Swim Meet 12 & 13 November 2011

The weekend is fast approaching. 10 swimmers are travelling to Darwin for the Casuarina Storm Invitational. We wish all swimmers the very best.

MESSAGE FROM THE COACH – BRAD THURLOW

Body Rotation

A swimmer gets all their power in their strokes from the force generated from the rotation of the body. With the strokes of freestyle and backstroke this force is generated from the rotation of the body along the axis (the spine) with speed increasing or accelerating from the pull or catch to the push at the end of the stroke. With Breaststroke and butterfly the body is rotated along a shorter axis, through the top portion of the hips and the arms are used to generate power to pull the body up with the leg kick moving the body powerfully underwater, with body movement (undulation) around this shorter axis of the hips.

!! SOCIAL EVENT – Christmas Party 4 December 2011 4pm to 8pm. Keep this date free !!

Club Website

Thanks to Rose Fahy our club website is now being updated. We hope you like the site and use it to keep up to date with meet results, reports and newsletters. Please take the time to check it out www.alicespringsswimmingclub.org.au We will endeavor to keep the site as up to date and relevant as possible.

ASSC Committee are as follows -

President	Dave Brown	hlb@ozemail.com.au
Vice President	Jenna Turner	jenturn@live.com
Secretary	Tina Schembri	tina.schembri@cdu.edu.au
Treasurer	Sue VanLuenen	ntvanluenen@bigpond.com.au
Registrar	Beth Belew	belewmoonscraps@yahoo.com
Public Officer	Michelle Parker	michelle.parker@ntschoools.net
General Committee	Janelle Cooper, Shane Cross, Sara McIntyre, Rose Fahy, Rob Portelli, Heath Cook.	

Sponsors

Please show your support for these local businesses that support our club.

"Alice Pool and Spa Centre",

"Quest Apartments", "Alice Springs Physiotherapy and Sports Injury Clinic", "Mbantua Gallery", "G & S Transport", "Fast Carpentry Services", "Van Luenen Diesel", "Leonard's Chicken", "Matt Conlan MLA", "Sitzlers", "Sadadeen Party Hire", "Gloria Jeans Coffee", "Subway Mt Gillen", "Wall Space", "Sprint Mufflers"