



STARsquad Splashdown Times



Name our STARsquad Newsletter
Winner....Bethany Gyzen!

September 2011



Congratulations to Bethany Gyzen, Gold STARsquad member who has won our name the newsletter competition. Bethany won a \$50 STARstore voucher for entering with her winning name **Splashdown Times**.

Well done Bethany! Thanks to everyone who entered.

Thanks to those of you who have given constructive feedback over the last few months. Our STARsquad program will be forever evolving as it needs to. I would really like to improve communication with all of our STARsquad parents so that when I need to let you know things I am able to efficiently. All parents of STARsquad swimmers are encouraged to fill in the reply form regarding the best way for us to get information to you.

If you are a member of the STARplex Swim Club we are able to email you as a group which is really helpful. All STARsquad swimmers are encouraged to become STARplex Swim Club members and thanks to those of you who have already joined since the introduction of our STARsquads.

Major Sponsor of the STARplex Swim Club



South Australian 18 & Under State Competition

Fantastic achievements by swimmers attending this event with 78 personal best times achieved, 10 Gold medals, (James Mc Kechnie 6, Kate Edwards, Makayla Ailmore, Kya Grech, Jacob Desmond)

6 Silver medals (Kya Grech 4, Makayla Ailmore and James McKechnie)

10 Bronze medals. (Makayla Ailmore 3, Jacob Desmond 2, James McKechnie 2, Kya Grech, Sam Branson, Ben Jackson)

Congratulations to James McKechnie and Kate Edwards who have achieved state selection and will compete in Canberra in September at the 2011 State Teams Short Course Championships.

STARsquad Winter Championships

October 6th
5.00pm - 7.30pm

Championships will be on the first Thursday of each month. These evenings are to complete time trials and for section of relay teams.

(teams to be selected by the coaches).

Club championships are open to all swimmers who are able to swim 25m competently in one or more strokes.

If you are unable to attend the championship evenings, swimmers will still be able to complete their time trials on other training nights.

All Swimmers

Please do not leave your bags in the pool area all day. If you do it is done at your own risk.

While you are training, please leave bags together on the silver seating, not in the change rooms.

Thank you



Splashdown Times

Coaching Update

Lyn Lillecrap is now taking the Gold STAR session on Wednesdays at 5.45am and Katherine Cox is assisting. Katherine has completed her Swim Australia/ASCTA Coaching Course and will be assisting Lyn as she learns the ropes.

Jodie Herraman, Janet Howarth and Bonnie Howarth recently attended the Swim Australia, Swim South Conference, a conference for coaches in South Australia. All 3 coaches reported that the course was beneficial and they thoroughly enjoyed the 2 day conference.

Where possible we will always try to keep the same coaches within the four levels. On occasion there may be a need to bring in another coach. These coaches will be Kristian Whittaker, Meg Lane and Katherine Cox.

Julianne Bain and Meg Lane will coach High Performance and Gold STAR on a Tuesday afternoon and Julianne will take High Performance with Kristian Whittaker on Club Night.

Congratulations to the following swimmers who have moved up a level in our Squads

STARswim To Bronze STAR

Tilly Hadlum
Anna Whittaker
Lucy Whittaker
Payton Cole
Zak Roebuck
Mikaela Roebuck
Claudia Gibb
Emma Hartnett
Louis Kalleske
Cara Couthard
Tatum Crawford
George Yates
Dale Nixon
Brittany Newmann

Bronze STAR to Silver STAR

Bradley Grimes

Silver STAR to Gold STAR

Jordan Grimes
James Nealis
Matthew Edwards
Sam Branson
Teegan Wattam
Bailey Hadlum
Cara Yates

Gold STAR to High Performance Squad

Kya Grech
Luke Sugrue

Sometimes we may need to get in contact with parents of our squad swimmers. We would like to ensure all communication is getting through to our parents.

Please fill in the form below and we will file the information so we can quickly and easily contact you when needed.

What is the best way to contact you?

e mail _____

HomePhone _____

Mobile Phone _____

Work Phone _____

Other? _____

We appreciate you filling in this information and returning the slip to the swim centre office.

**No Swimming
Monday 3rd October
due to the Labour Day
long weekend.
Pool closed**

All STARsquad fees are due. Invoices have been sent out to families with fees outstanding. Payment can be made at STARplex Reception. If you would like to take up the direct debit option for payment, please see the friendly staff in the pool office.



Splashdown Times

October School Holiday Training Hours

Bronze STAR and Silver STAR Squads

Monday 3rd October Pool Closed

No swimming due to the public holiday

Week One

Tuesday 4th 4.00pm - 5.00pm

Wednesday 5th 4.00pm - 5.00pm

Thursday 6th - Club Night - Winter Champs 5.00pm - 7.30pm

Friday 7th October 4.00pm - 5.00pm

Saturday 8th October 6.00am - 8.00am

Week Two

Monday 10th 4.00pm - 5.00pm

Tuesday 11th 4.00pm - 5.00pm

Wednesday 12th 4.00pm - 5.00pm

Thursday 13th - Club Night - Winter Champs 5.00pm - 7.30pm

Friday 14th 4.00pm - 5.00pm

Saturday 15th October 6.00am - 8.00am

Gold STAR Squad

Week One

Tuesday 4th 4.00pm - 6.00pm

Wednesday 5th 4.00pm - 6.00pm

Thursday 6th - Club Night - Winter Champs 5.00pm - 7.30pm

Friday 7th 4.00pm - 6.00pm

Saturday 8th 6.00am - 8.00am

Week Two

Monday 10th 4.00 - 6.00pm

Tuesday 11th 4.00pm - 6.00pm at Gawler Outdoor Pool

Wednesday 12th 4.00pm - 6.00pm

Thursday 13th 5.00pm - 7.30pm - Club Night

Friday 14th 4.00pm - 6.00pm

Saturday 6.00am - 8.00am

High Performance Squad

Week One

Tuesday 4th **4.00pm - 6.00pm at Gawler Outdoor Pool**

Wednesday 5th 4.00pm - 6.00pm

Thursday 6th - Club Night, Winter Champs 5.00pm - 7.30pm

Friday 7th 4.00pm - 6.00pm

Saturday 8th 6.00am - 8.00am

Week Two

Monday 10th 4.00pm - 6.00pm

Tuesday 11th 4.00pm - 6.00pm at Gawler Outdoor Pool

Wednesday 12th 4.00pm - 6.00pm

Thursday 13th 5.00pm - 7.30pm - Club Night

Friday 14th 4.00pm - 6.00pm

Saturday 15th 6.00am - 8.00am

PLEASE NOTE: The small pool will not be open during the STARsquad sessions as there is no lifeguard on duty.

Important

To all Gold STAR and High Performance Squad Swimmers.

We have secured lane space at the Gawler Outdoor Pool to ensure swimmers in these squads have access to 50m lane space. Coaches feel this training is invaluable in the lead up to the long course competition in January.

The timetable for the October School Holidays can be seen to the right. You will notice that each of these squads will have one session in the holidays at the Gawler Outdoor Pool.

As we head into training **after** the school holidays we will be introducing two sessions per week for the Gold STAR and High Performance Squads.

There will be an extra cost as STARplex will be paying lane hire to the Gawler Outdoor Pool over the Summer period and this cost has not been factored in to the current fee schedule. The sessions have been booked starting Tuesday 18th October (term time) and will continue until the end of the outdoor season in March (Thursday 29th)

School Term Gawler Outdoor Sessions Gold STAR and High Performance

Tuesdays 4.00pm - 6.00pm

And

Thursdays 6.00am - 8.00am

Coaches

Julianne Bain and Bradley Waller

We really encourage all swimmers in these levels to get to these training sessions as the 50m lane space is invaluable to your training.

Cost

You will be able to purchase a 12 visit pass from STARplex Reception that your swimmer must take to their training session at the Gawler Outdoor Pool. The coaches will then punch their pass each time it is used. The 12 visit pass will cost \$48.00 and we apologise that individual passes are not available.

We look forward to using the outdoor pool and encourage swimmers in the Gold and High Performance to get to as many of these trainings as possible...even the early ones!!



Splashdown Times

Thank you Thank you Thank you

Club night is becoming a great night with 63 swimmers attending the September STARSquad Winter Championship. Thanks John and Leanne Barker for providing the BBQ..it is becoming famous!

Thanks to all the parents who time keep.
Thanks to Chad Rachwal and Ynez Grimes for organising the Dolphin timing system.
Thanks to Brooke McKechnie for doing a great job as the starter.

A special thanks to Ben Jackson, in the High Performance Squad who volunteers a lot of effort and time to keep STARplex Swim Club members up to date via the Swim Club notice board and the STARplex Swim Club Website.
Great Job Ben!

Good Luck!

We would like to wish High Performance Squad swimmers James McKechnie and Kate Edwards all the very best as they travel to Canberra to compete in the 2011 State Teams Short Course Championships.

All STARSquad Parents and Swimmers
In the next few weeks we will advertise for a STARSquad Coaching Coordinator/Coach
This position will be advertised Nationally and I look forward to bringing you the news of who it will be in the near future.
This is a really exciting time for both the Swim Centre and the STARplex Swim Club as we move into the next phase of our coaching program.

Kelly Lange
STARplex Swim Centre Manager

STARSquad Coaches reports Bronze and Silver STAR Squad Janet Howarth

This term has seen the arrival of many new members to the Bronze STAR Squad from STARswim and promotions from Bronze STARS to the Silver STAR Squad. Welcome to all of you and I hope you enjoy your time in our squad.

Also this term we have introduced the 'Golden Rules of Squad Swimmers'. Many of our swimmers are now learning these and putting them into practise when they swim, which is great to see.

Big congratulations to our swimmers who gained State qualifying times and swam in the State Championships. Well done for representing our club and achieving your best.

Gold STAR Squad Juieanne Bain

I am very pleased to report that the Gold STAR Squad has settled well into the new program. All swimmers have raised the bar with their efforts at training and I expect them to continue to do this. On Monday nights we have been busy using the land time outside for various activities to promote team bonding, it is great to see the children having a good time and Heath Commane has been assisting us. Our core strength work and stretching is certainly helping but I would like swimmers to be doing extra push ups, leg raises, bridges etc. At home. It doesn't take long and the parents could join in too!

Well done to those swimmers who have been gaining valuable race experience at Marion, some terrific personal best times have been achieved.

Thank you Bonnie for your help with swimmers at these meets. Swimmers remember to keep yourself healthy, good nutrition is very important, lots of fresh fruit and vegetables. Keep jotting down notes in your journals, they are very useful to look back on. Keep having fun and keep swimming.

High Performance Squad Bradley Waller

The High Performance group has been working well together this winter. Although we have had an illness interrupted winter

I am looking forward to a big start to the summer season, with the first A Grade on the 15th of October. It has been great to see even through a patchy period all the swimmers achieve fantastic personal bests both at club champs and major competitions.

We also wish James and Kate the best when they travel to Canberra for the State Teams competition this September.



Splashdown Times

Healthy Eating

Ruth Logan BSc, Grad Dip Nut & Diet (SA), APD
Sometimes a snack might be all a child can manage to eat when feeling tired or too busy or excited for anything else. It has been found that snacks contribute significantly to a child's daily food intake and therefore it's very important to include healthy choices.

Encourage active recovery between training sessions and between events at carnivals by providing foods and drinks which contain of carbohydrate, Often fluids are more acceptable to children at this time with the best choices being sports drink, fruit juice and flavoured milk.

It is a great idea to include a small amount of protein with the carbohydrate. Try snack packs of canned fruit or fruit purees with yogurt, baked beans or spaghetti with cheese on toast, cereal bars or fruit bars with a milk drink.

'Treat' foods also play a role in a healthy diet but encourage children to recognise treats as occasional, not every day foods. Discourage excess indulgences by explaining to kids that too much of anything can create problems and will certainly affect their ability to perform to their best.

Before and after training sessions is a great time to offer an occasional "sweet treat" along with fluids, to rehydrate and top up energy levels.



Mel Boston, Mickey Roebuck and Kelly Lange have all been here 10 years (Kel and Mel 11!!)

Gold STAR Squad Members

All mornings sessions are very light on in enrolments with the majority attending in the evenings. Gold STAR Coaches encourage all Gold STAR swimmers to attend some early morning sessions if possible.

Current enrolments are

Monday 5.45am: 6

Wednesday 5.45am: 5

Thursday 5.45am: 2

Gold STAR coaches would love to see more in the mornings and it will be really beneficial to the swimmers.

Mickey Roebuck, 10years of Swimming Lessons

Mickey Roebuck started swimming lessons at STARplex Swim Centre when she was just 6 months of age. This year, 2011, we celebrate that Mickey has been swimming consecutive terms for 10 years! What an achievement.

It is timely that it is also the year Mickey has entered into our STARsquad program in the Bronze STAR squad.

We congratulate Mickey and her mum, Mel and Nan, Dawn on their dedication to ensuring Mickey is confident and competent in and around the water.

Following in the footsteps of her brother Zak, who completed his ten years of swimming throughout the year in 2010, Mickey will continue with her swimming as she leaves the learn to swim phase behind her and starts to get into the competitive side.



Splashdown Times

SASI Sports Psychologist Dr Matt McGregor to speak to
STARsquad Swimmers
'Goal Setting and Motivation'
Saturday, October 1st 2011
8.15am - 9.15am

To attend, register your swimmer and family on the swim club
notice board. Don't miss it!

STARplex Swim Club Members No Cost
\$4.00 non members
All parents no cost

Name: Dr Matt McGregor

Contact: 0402 580 449, matt.mcgregor@sa.gov.au

Qualifications: Phd, M. App. Psy. (Sport Psych.),
Grad. Dip. (Psych.), Grad. Cert. (Career Counselling
for Elite Performers.), B. App. Sci. (H. Movt).

Professional Associations: Registered
Psychologist (PBA), Australian Psychological
Society, College of Sport Psychologists, Sports
Medicine Australia.



Professional Profile

Matt McGregor is a fully registered psychologist, with a Masters Degree in Sport Psychology and Graduate Certificate in Career Counselling obtained from Victoria University, a Graduate Diploma in Psychology from Deakin University, and over 10 years experience in the profession, working with clients in AFL, state and national cricket, netball, basketball, athletics, horse racing, and swimming, as well as a number of performing artists.

Matt moved to Adelaide in 2007 following his appointment to a full-time position at the South Australian Institute of Sport (SASI), as a sport psychologist and Athlete Career and Education (ACE) advisor. Matt's role sees him work with over 100 elite athletes and coaches of varying ages and developmental levels, across a wide variety of team and individual sports. He has experience conducting group workshops, and individual consultations, on topics including performance enhancement (eg. confidence, concentration, arousal/anxiety, motivation, and team dynamics), and personal development issues (eg. Self-awareness, behaviour change, career planning, stress management, time management, communication, and learning). Matt also maintains a number of professional and amateur clients in private practice, and is currently the Secretary of the South Australian branch of the College of Sport and Exercise Psychology, a division of the Australian Psychological Society.

Matt completed a PhD at Victoria University, where he conducted world-first research investigating cognitive function in jockeys undergoing intentional weight loss. This research has given Matt the opportunity to present at a number of conferences and research seminars, both in Australia and internationally, as well as TV and radio interviews. In addition to this, Matt has maintained strong links to teaching at both tertiary and secondary level. He has lectured in sport and exercise psychology at UniSA, Victoria University, Deakin University, and Box Hill Senior Secondary College.



Splashdown Times

STARplex Swim Club Committee Members

President & Registrar:

Chad Rachwal: 0400 882 039

Vice President, Nominations Officer & Club Championships:

Ynez Grimes: 0424 733 312

Treasurer:

Dawn Yates: 0425 557 057

Secretary & Uniforms:

Melanie Rachwal: 0417 860 625

Meet Director & Nationals:

Brook McKechnie: 0402 829 146

Media & Events:

Sue Wormald

Assistant Nominations Officer:

Lyn Lillecrapp: 0418 826 156

Team Manager & Officials:

Paul Zilm: 0407 601 131

Member Welfare Officer:

Neil Hahn: 0408 828 536

Sponsorship:

Christ Poppelwell: 0417 098 684

New Member Liaison:

Debra Schmidt: 0402 937 187

Catering, Events & Member Welfare:

Leanne Barker: 0414 541 362

Equipment Management:

Lance Edwards: 0408 841 147



Joining STARplex Swim Club? Why not!

If you are interested in joining the STARplex Swim Club please contact the Swim Club either via the website: www.starplexswimclub.org.au or phone the Swim Club secretary Mel Rachwal on 0417 860 625.

The swim club is a great way for your children to meet other kids and families and to fire up their interest in competitive swimming.

Swimmers must be registered with STARplex Swim Club and Swimming SA to be able to compete at registered Swimming SA swim meets.

It would be great to see all of our squad swimmers members of the STARplex Swim Club.

SASI (South Australian Sports Institute) Sports Psychologist to speak at STARplex

'Goal Setting and Motivation'

Dr. Matt McGregor

Saturday October 1st 2011

8.15am - 9.15am

Hewitson Theatre, STARplex

STARplex Swim Club members Free

Non Members \$4.00

We would like to encourage ALL STARsquad swimmers and their families to attend this presentation, don't miss it!

RSVP by Friday September 16th by putting your name down on the sheet on the STARplex Swim Club Notice Board on the far side of the pool.

STARplex Swim Centre Kelly Lange

18 - 20 Alexander Avenue
Evanston Park SA 5116

p(08) 8522 0685

(08) 8523 8742

f (08) 8522 0684

www.starplex.com.au

Heath Commane

BAppSc(HumMovmtHltSt)BNutDiet

Exercise Physiologist (AEP) & Dietitian

P 08 85238789

F 08 8522 0684

E heath.commane@starplex.com.au

www.starplex.com.au

www.starplexswimclub.org.au