



## **AUGUST 2008**

Venue: Allambie Heights Spastic Centre

Time: Saturdays: 8.00 a.m. Start

### **New Members – ALWAYS WELCOME!**

- Swimmers with a disability who are over 5 years.
- Able to swim 25m with minimal assistance.

We would like some more new swimmers – please spread the word.

### **WELCOME**

We welcome Charmaine to the “Ron Patrick” pool. She sets a great example by having the pool ready for the 8.00 am start.

### **GOODBYE**

Farewell to Christian Wells who is off to Newcastle. His family is going as well!

### **A.W.O.L**

Declan and Nicole have had surgery and Thiziree is having it on the 12<sup>th</sup> August.

Has anybody seen Kamel? Is he studying hard in his tech course?

Justine and Stacey will be leaving Saturdays for the remainder of the year.

They will still be joining squad on Thursdays.

Felix is back from a season of indoor cricket.

### **RACES**

The races will be conducted as follows:

- 1 x lap, 2 laps and 4 laps freestyle.
- 1 x lap, 2 laps and 4 laps backstroke.
- Swimmers will start at the same time. It is a race.
- When we have handicap races swimmers will go on their allotted time.
- Ideally we only have 2 x lanes competing as this allows room for swimmers to return to the marshalling area for their next race.

### **THANKS**

A great Thursday night dinner was supplied after squad by that hard working, friendly mother of Kamel and Thiziree .Many thanks to Kho Kha and please does it again!

### **What's Been Happening**

Felix swam last Saturday at Blacktown and set 4 age state records in S5.

## **Computer Times**

Each week each swimmers time is entered – this keeps a record to show improvements and to announce when P.B.'s are swum. A graph will be placed on a wall so that it is easy to see ones' times.

## **House Keeping**

- 1) To keep races running on time and ensure a smooth transition from swim club to free swim at 9.00 please:
  - a. Turn up and be ready to swim for an 8.00 a.m. start.
  - b. Position yourself close to the marshalling area in the deep end ready to race.
  - c. Stay off the lane rope at all times.

2) The rail on the steps needs to be padded each week as it is a very dangerous obstacle.

## **QUIZ**

1. **The Olympics started on the 8 / 8/ 2008 at 8.08 pm – how many keys on a piano keyboard?**
2. **Why are there so many 8's with these Olympics?**
3. **How many Gold medals is Michael Phelps, USA, expected to win in the pool?**
4. **Who is Yao Ming?**
5. **What is the name of the Chinese Olympic Stadium?**

## **\*\*\* Important Dates**

Thursday 1<sup>st</sup> November: we will be attending the Kuringai Amateur Swimming Club: 8.00 to 10.00 a.m.

1. **88**
2. **The Chinese say “ba” or “fa” for the number 8 which is also the sound for “good things happening”.**
3. **8**
4. **Famous Chinese basketballer**
5. **Bird's Nest**

**KEEP SWIMMING 'CAUSE WE ARE WATCHING YOU & WANT TO REPORT ON YOUR PROGRESS.**