

JUNE & JULY 2023



NEWS & UPDATES

SWIMMERZ
ACADEMY

SQUADS

Welcome to our Swimmerz Academy Squads Newsletter!
Each month we will be diving into a variety of topics that we hope you find helpful and informative, while keeping you up to date on current events happening around the pool.

IN THIS ISSUE

- *Squad News*
- *JX*
- *Swim Meet Logistical Guidelines*
- *Southern Sydney Swim Team*
- *Upcoming Meets*
- *Coaches' Tip*
- *Birthdays*

[VISIT OUR WEBSITE](#)



NEWSLETTER

SQUAD NEWS

June & July

IN THE USA

Congratulations to both Olivia Casetta and Lucas Bonney who are both over in the USA training and playing Water Polo in California, working with local clubs Chanel Islands and SoCal. We hope that you learn a lot, and do well while you are over there!



SWIMMERZ ACADEMY SWIMMING CARNIVAL

On the 3rd of June we had our 1st ever swimming carnival at Swimmerz Academy! The day was a tremendous success, with lots of PB's across the day! We had swimmers' race 73 events across the day, with 52 of those swims being PB's (71%). It was great to see the PB's spread across all age groups,

with 21 different swimmers gaining PB's from a total of 26 swimmers racing.

Special mention goes to Luca Woodhill, Aria Duncan, Kelsey Georgaris and Isobel Herold who all achieve 4 PB's across the day - well done! A big thank you to all of our parents who helped out on the day. All of your contributions were appreciated!



METSEA CHAMPIONSHIPS 2023

On the weekend of the 17th and 18th of June we had a team represent us at the MetSEA Area Championships. Our Area encompasses all of South East Sydney, with strong competition across all of the events.



AUSTRALIAN OPEN TRIALS

Mid June, Alex Tuckfield travelled to Melbourne for the Australian Para Flippers Induction Camp, which included the Australian Open Trials. He performed well, with him gaining the following top 10 results:

- 2nd 100 Freestyle MC
- 3rd 200 Freestyle MC
- 4th 50 Freestyle MC
- 4th 50 Backstroke MC
- 5th 100 Butterfly MC
- 6th 50 Butterfly MC
- 7th 100 Backstroke MC



We had swimmers' race 23 events across the 2 days, with 13 of those swims being PB's (57%). It was great to see some of our swimmers come away with medals, with the following swimmers gaining top 10 results:

Alex Rankin - Bronze
Boys 14 years 100 Freestyle
Alex Rankin - 5th
Boys 14 years 100 Backstroke
Alex Rankin - 7th
Boys 14 years 50 Backstroke
Alex Rankin - 8th
Boys 14 years 50 Freestyle

Alex Tuckfield - Bronze
Boys 16 years & over 400 Freestyle

Bronx Lungay - 6th
Boys 14 years 100 Backstroke

Samuel Geha - 7th
Boys 16 years & over 50 Butterfly

Joel Glasson - 7th - Boys 12 years 50 Freestyle
Joel Glasson - 9th - Boys 12 years 100 Freestyle

Chris Geha - 9th - Boys 14 years 50 Butterfly



2023 NSW METROPOLITAN SC CHAMPIONSHIPS

The 2023 NSW Metropolitan Championships were held on the weekend of the 14-16th of July, with us having a small but capable team of Samuel Geha, Alex Tuckfield and Joel Glasson representing us. The meet was success with all swimmers swimming PB's, and Alex Tuckfield coming away with the Gold medal in the Boys 17 years and over 100 Freestyle MC. On Sunday 30th July all postponed events from session 4 from the 2023 MetSEA Championships were swum. Joel Glasson won his 200 Freestyle in PB time. Well done Joel!

2023 METSEA DEVELOPMENT MEET

MetSEA held their Development meet directly after the conclusion of their Winter Championships. We had 8 swimmers competing in 30 races across the day, with 19 being PB's (63%). It was great to see some of our swimmers come away with medals, with the following swimmers gaining top 10 results:



FIRST

Sophia Lus
Girls 11-12 yrs 50 Freestyle

Kimberley Ventra
Girls 7-8 yrs Backstroke

Ewan Lichner
Boys 7-8 yrs 50 Freestyle
Boys 7-8 yrs 50 Breaststroke
Boys 7-8 yrs 50 Backstroke

FOURTH

Abby Maddern
Girls 11-12 yrs 50 Freestyle

Eva Lichner
Girls 7-8 yrs 50 Butterfly
Girls 7-8 yrs 50 Backstroke

SEVENTH

Emma Toonlan
Girls 7-8 yrs 50 Breaststroke

Abby Maddern
Girls 11-12 yrs 50 Butterfly

SECOND

Beau Green
Boys 9-10 yrs 50 Backstroke

Ewan Lichner
Boys 7-8 yrs 50 Freestyle

FIFTH

Beau Green
Boys 9-10 yrs 50 Freestyle

Eva Lichner
Girls 7-8 yrs 50 Breaststroke

Beau Green
Boys 9-10 yrs 100 Freestyle

Evie Lus
Girls 9-10 yrs 50 Backstroke

Eva Lichner
Girls 7-8 yrs 50 Freestyle

THIRD

Sophia Lus
Girls 11-12 yrs 50 Butterfly
Girls 11-12 yrs 50 Backstroke

Kimberley Ventra
Girls 7-8 yrs Breaststroke
Girls 7-8 yrs Freestyle

SIXTH

Abby Maddern
Girls 11-12 yrs 100 IM
Girls 11-12 yrs 100 Freestyle

Emma Toonlan
Girls 7-8 yrs 50 Freestyle
Girls 7-8 yrs 50 Backstroke

Beau Green
Boys 9-12 yrs 100 IM
Boys 9-10 yrs 50 Butterfly

EIGHTH

Beau Green
9 - 10 yrs 50 Breaststroke

SWIMMING AUSTRALIA JUNIOR EXCELLENCE PROGRAM



Swimming Australia's Junior Excellence (JX) program recognises the performances of swimmers aged 9 - 13 to encourage and inspire the next generation of competitive swimmers. Congratulations to our swimmers who were recognised for the 2022-23 season:

SILVER

Kye Georgaris

Joel Glasson

Alexander Ranken

Marcus Winning

BRONZE

Bianca Rudzis

Evie Lus

BLUE

Hunter Bartlett

Kobe Bartlett

Nastasja Bego

Jacob Carson

Kobe Cash

Charlotte De Manincor

Sophia Lus

Abby Maddern

Elsie Maddern

Maya Penny

Brodie Presland

Jarra Presland



Swim Meet Logistical Guidelines

Swim Meets can be a daunting experience, particularly when you are new to them. The following will show a guided timeline for how the process works for a swimmer. This timeline is followed right through to international swimmers, so as to provide a routine that is known and feels comfortable for the swimmer.

Arrive at the pool early. This may sound like a easy one, but it is amazing how often people are late, which then creates a level of stress before a race. I expect swimmers to be at a race venue at least an hour and a half before their first race.

After arrival, if a coach is present, please see them so that they know you have arrived. Coaches are generally looking after many swimmers simultaneously, so knowing that someone has arrived creates less stress for the coach.

The time from arrival until 1 hour before race time is set aside for dryland warm ups. When you go to any big swim meet around the world you will see all swimmers doing various dryland exercises around the pool. This may include specific exercises set by a physio for that swimmer, but will definitely include exercises that have been put together to warm the swimmer up so that they are in a state of readiness before they get in the water.

From 1 hour before race time, until 30 minutes before race time, this time is set aside for your pool warm up. These are generally stroke and distance specific, and are done with your coach, or under the coaches' instructions if the coach is not at the meet, or watching another race at the time.

The last 30 minutes is to get your race suit on, have a small drink, chat with your coach about the race, and get ready to race. This may include mental race rehearsal, and some small activation exercises.

After your race the first person you should speak to is your coach. This way you can quickly and efficiently debrief your race, so that you can then focus on your next race. From there you should have a drink or small amount of food handy to refuel, and get straight in for swim down, so that you can be ready for your next race.

It is important to note that you should not warm up in your race suit. Race suits are extremely tight fitting, and can hold lactate in them. This means that they can hold lactate produced in your warm up, which can then be detrimental to your race. It is always better to put your race suit on after your warm up.

It is also important to let coaches know if you are not going to turn up for a particular event, and go home early. This allows to coach to arrive and leave at times that are specific to who they have racing.

There can be many variations of this timeline depending on what is available at each meet you go to, but having this timeline gives you direction and consistency, which can help alleviate stress in the racing environment.

IS YOUR CHILD INTERESTED
**IN COMPETING,
OR JOINING A SWIM CLUB?**

REGISTER THEM TODAY AT

SWIM CENTRAL

INTERESTED IN JOINING
**SOUTHERN SYDNEY
SWIM TEAMS ?**

[SSST FB PAGE](#)

[SSST INSTA](#)

[EMAIL SSST](#)

"To maximise your training the most important thing is consistency. This consistency should be apparent with both your attendance at training – you should be turning up to all of your sessions, as well as your effort at training. You should always be trying to do your best!"

- COACH JASMINE





CAN'T MAKE SWIMMING TODAY?

Mark yourself away!

PARENT PORTAL

We all have times when we can't make it to swimming for one reason or another, but its important to let us know (any notice helps!). You can mark yourself away through the parent portal, or let us know via email or phone call.

HAPPY BIRTHDAY!

TO ALL OUR JUNE AND JULY BABIES!

Fletcher Carson, Jesse Stone, Lachlan Hood, Joshua Wallis, Finley Dunne, Noah Mattiuzzo, Joel Kooner, Christian Pitsikas, Daire Hughes, Keanu Bevan, Sienna Mattiuzzo, Callum Roberts, Vladimir Popov, Tyce Choker, Finn Janssen, James McDonald, Ella Partridge, Isabelle Smith, Bronx Lungay, Christopher Geha, Hannah Alford, Evie Lus, Tobias Filipek, Alexis Michael, Savellii Pivovarov, Xander Robins, Ella Lawson, Se Hughes, Mckenna Augustus, Chloe Hood, Hamish Hall, Sarah Marshall, Victor Karpenkov, Luca Woodhill



SOUTHERN SYDNEY SWIM TEAM

A COMPETATIVE OUTLET TO OUR SWIMMERZ SQUAD PROGRAM

Southern Sydney Swim Team provide the competitive outlet to our Squad Program. They run Club nights every 2nd Friday night, where swimmers are encouraged to start their competitive journey in swimming. They also provide an avenue for swimmers to work to higher levels of swimming, such as competing at the Area Championships, or State and National Championships. It is through involvement in the swim club that leads to international racing, like the Olympics or World Championships. All swimmers who swim for Australia are members of a swim club!



Ideally, we would like all of our swimmers to be able to join and participate in our Friday night club races, but there are also swimmers who have other activities on a Friday night. If this is you, then there is still a place for you with the Swim Club! You are still able to join and race externally to our Friday nights. This racing includes meets put on by other clubs, or time trials that are put on. You will still be eligible for further levels of representation by achieving qualifying times at these meets. This does not stop you from still coming to Friday night Club Night if you have a spare Friday.



Joining the Swim Club and racing is a great way to build connections around the pool, as well as giving you a focus for your training. It provides a great opportunity to set goals around your training - training and racing goes hand in hand!



If you Have any questions about joining Southern Sydney Swim Team, please email them on southernsydneyswim@gmail.com

SOUTHERN SYDNEY SWIM TEAMS

UPCOMING SWIM MEETS

PLEASE FIND BELOW A LIST OF UPCOMING SWIM MEETS THAT OUR SSST SWIMMERS CAN ATTEND. PLEASE NOTE THAT MANY OF THE MEETS FILL UP PRIOR TO THE CLOSING DATE, SO ITS BEST TO GET YOUR ENTRIES IN EARLY.

date	what	where	entries close
1 - 3 September 2023	NSW Senior State SC Championships	Sydney Olympic Park Aquatic Centre	5PM 29/08/2023

This is for athletes who have achieved the Qualifying Times.
If you have achieved QT's you should be entering this meet.

9 - 10 September 2023	NSW Junior State SC Championships	Sydney Olympic Park Aquatic Centre	5PM 29/08/2023
-----------------------	-----------------------------------	------------------------------------	-------------------

This is for athletes who have achieved the qualifying times.
If you have achieved QTs you should be entering this meet!

13 - 16 September 2023	Australian Short Course Championships	Sydney Olympic Park Aquatic Centre	5PM 29/08/2023
------------------------	---------------------------------------	------------------------------------	-------------------