

### In the newsletter this month..

- Coaches comments
- Message from the President
- Christmas Holiday Training
- Special thank you

### Coaches Comment



November has been a very successful month for Jamboree Heights swimmers with great results at the Jindalee and Jamboree Heights Swim

meets. It was fantastic to see such a huge turnout at our own swimming meet and I was exceptionally proud of all swimmers who competed on the day.

It is great to see that even with the odd weather for this time of year, the numbers in swimming training have remained solid. All swimmers are training well and putting in a great effort. The weather is certainly going to warm up, so a friendly reminder to always bring water bottles

to training.

Well done to our very own Elliott Green! Elliott swam at the inaugural Brisbane Open Water Swim Meet. Elliott took home the gold medal in the 2.5km 12 years and under race. Well done Elliott, what an exceptional job. Maybe next year we might have more swimmers who target this event as a key meet in their swimming calendar.

Don't forget to check out the times for sessions over the school holidays. I hope to see many smiling faces during this period.



Have a Merry Christmas, safe holiday and see you all around the pool.

*Rob*

### President's Message

As we approach the half way mark of the 2008/2009 season I'd like to thank everyone for helping out and making our club days and other events so enjoyable and successful. The Kingfisher Cup was again a real nail biter with many close results which is what this type of racing is all about, thanks to Michael Chadwick and Moira Grant for organising a great event.

The Junior Carnival was also a great day and showcased our club and its facilities in a very positive light. Thank you again to everyone involved.

Congratulations go out to our new Club Captains for 2008/09 Tom Staniforth and Kate Irvine, they are already doing a good job and I'm sure they will continue to do so.

As this is the last newsletter for the year I'd like to wish everyone a very Merry Christmas and a Happy New Year.

Have a good break!

*Andrew Roberts*



**Dec 2008/Jan 2009**

JHSC Committee, PO Box 287,  
 Mt Ommaney 4074  
[jhscsecretary@bigpond.com](mailto:jhscsecretary@bigpond.com)

### Rob's Beach Day



Don't forget the coach trip to the beach on 8 January. Expressions of interest sheet on the notice board.

Thursday 8 January

### Trainers of the Month

Junior: Lachlan Yasse

Intermediate: Jye Cornwell

Senior: Ethan Smith

**Have you paid your**

**squad fees?**

**They are due immediately.**

**If you are unsure what you owe please contact Kate Borthwick**

[borthwicks5@bigpond.com](mailto:borthwicks5@bigpond.com)

Telephone 3376 9261

Mobile 0431 333 432



Check out our new web site  
[www.jhswimclub.com](http://www.jhswimclub.com)

It contains everything you need to know about the club and has all the newsletters, forms, squad times and squad fee details. We also plan to upload the results to the club meets each week.

Please contact Jo Rowell [jorowell@bigpond.com](mailto:jorowell@bigpond.com) if you have any other suggestions for the website.



## Christmas Holiday Squad Training

### JUNIOR SQUAD

MON, TUE, WED,  
THUR, FRI

3.15 – 4.15pm

### INTER / SENIOR

MON, TUE, WED,  
THUR, FRI

4.15 – 5.45pm



Block 1: 15 December 08 – 19 December 08

Block 2: 05 January 09 – 09 January 09

Block 3: 12 January 09 – 16 January 09

Block 4: 19 January 09 – 23 January 09

**ALL SQUAD SESSIONS COST \$5.00 PER SESSION**

Holiday Squad fees **MUST** be paid before Summer Squad commences

For enquiries/bookings contact  
**SQUAD MANAGER 0405 632 825**  
Mon–Fri 3.30 – 6.30pm

## December/January Diary

### Final Club Meet of 2008

#### Twilight meet

5.45 pm Friday 5 December

Freestyle and breaststroke. Rob also organises some "fun" events for the swimmers.

So come along and celebrate Christmas with your swimming friends. **VOLUNTEERS PLEASE**

**Friday 12 December** - End of Spring Squad

**13 to 19 December QLD State Champs**

Chandler, please nominate

Rob's Beach Fun Trip Thursday 8 January

**Tuesday 27 January** - Summer Squad starts

please see handbook or website for Summer Squad fees - payment must be paid by 31 January

**Wednesday 28 January**— 3.15pm to 4.15 pm

Learn to Swim sign on

**29 January to 1 February** - BNE Senior Metro Champs, Chandler

**Saturday 31 January**

First Club Meet for 2009 - 7.45 am warm up



## PRAISE FOR OUR SWIMMERS AND VOLUNTEERS FOLLOWING NOVEMBERS SWIMMING MEETS

*“Despite all the tears, laughs and tantrums (and that was just in the recorders' shed) our Annual Carnival once again proved to be an extremely successful day. The carnival was attended by 237 swimmers from 19 different clubs and feed back from other clubs so far is extremely positive. It was noted that a lot of JHSC swimmers swam personal best times on the day so congratulations to all.*

*Also a HUGE thank you to all volunteers on the day - both parents and senior swimmers. It was fantastic to see a large number of "new" volunteer faces helping to make our day successful and we certainly worked our poor seniors hard so hopefully Rob takes it a little easier on them at training this week. Even the attempt on the lives of the BBQ staff by a stray tree limb could not spoil the day's events.*

*Thank you also to everyone who donated goods to the raffle - it was quite a haul and a very good fundraising opportunity for the club. Thanks to Kylie Whyte for throwing this raffle together at such short notice.*

*Unfortunately it is not possible to individually name every single person who assisted in making this day a huge success but you all know who you are - the timekeepers, the Judges, the starter, the canteen and BBQ staff, the runners, the floaters, our lovely meet director and his "apprentice", the announcer, the trophy presenters, our "ribbon lady", the marshalls, everyone who turned up for the working bee on Saturday and all who assisted in set up and put away on Sunday, the recorders and the list goes on.*

*Anyone who does not fit into these categories we apologise but please know without your contribution the day would not have been as successful. Congratulations to everyone involved and we look forward to even bigger and better next year."*

Karen Hook

I would just like to thank everyone that took the time to help at the working bee, which was held on the Saturday prior to the Junior Carnival. Also a big thank you to the first timers that chipped in and got their hands dirty. We constantly need new volunteers, so we don't burn out the few and can all enjoy. There was a rather long list of tasks to achieve and yes we succeeded.

Without the help of the club parents, the club could not function. The working bee is the time for you (the club members) to help make the club surroundings one to be proud of, remember we all use the facility and the burden should not be put on the shoulders of a few. Unfortunately the time will come when the good old faithful regulars will move on, as their kids grow up and no longer swim at the club. If you have not yet helped support your kids at the club, please don't be afraid or embarrassed to ask if you could help. Any of the club officials will I'm sure go out of their way to help and guide you; go on it's easy - take the plunge.

For those that attended the Junior Carnival, you would have seen the extremely high number of volunteers required to facilitate the day. Not to mention a lot of the same parents helping also the day prior at the working bee. We all have very busy lives, but we need to make the time to support and enjoy these special moments that we have with our children.

Working Bee attendees (Names in no special order & apologies for any miss-spelt or missed names):

Nick Borthwick	Sue Stevens
Ben Stevens	Greg Smith
Judy Canham	Jean Gibbs
Graham Gibbs	Andy Cornwell
Peter Buckley	Mal Staniforth
Tom Staniforth	Sam Staniforth
Russell Staniforth (the dog)	Tracey Basham
Chun Qin	Terry Walker
Margaret Taylor	Pamela Gale
Dave Grant	Binzhong Zhou
Karen Hook	Kylie Whyte
Steve Bishell	

Regards, Steve Bishell (Vice President )

# Special Thanks to Jamboree Heights Swim Club Sponsors

We would like to say a big thank you to the following local businesses for their support of the club.

Remax Real Estate - Steve & Karyl Paterson, SunState Confectionery, Andrew's Meats, Aquarius Charters & Killoran Dental

who have all been supporters for over 3 years.

We are pleased to welcome Made to Order Financial Services and Gorman's Carpet Care - Tracey & Max Basham and Sport First.

Please support these businesses.

Check out the new club website

[www.jhswimclub.com](http://www.jhswimclub.com)

If you would like to sponsor the club or have a contribution for the newsletter or website please contact [jorowell@bigond.com](mailto:jorowell@bigond.com)

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