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**November 2010**

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## Coach's Comment



We've had quite a busy start to the season with lots of exciting news to report. I'm very happy with all the squads training progress to date, and I think our results over the last few weeks are a good indication of this. It's very impressive to see so many young athletes having goals that they want to achieve in the pool, my experience tells me that this is easily the best way to stay motivated and train to your potential.

Word on the street is that our new Mini-squad program is going great guns. Personally, I'm very happy with our new team of Ellen, Kate, Helen and Tom. Their enthusiasm and vast knowledge of swimming and teaching children how to swim, brings an extra element of fun and professionalism to our already great swimming club. Together with Josh, I think we have a great team assembled to help ensure that we continue to deliver a wonderful experience for our swimmers from mini-squad through to our Seniors.

One of the continual highlights of my season is watching all my swimmers race at our club meets. It is such a fantastic opportunity for swimmers to practise everything we do in training. After observing our swimmers at the last two external meets at Yeronga and Banora, it was as clear as the six pack on the coach's stomach how easily we outshone any junior club across two states with our superior skills. Swimming technique for every swimmer and their coach is very personal, but with starts, finishes and attitude, our club was very impressive.

I'd like to quickly mention that our club won the 1<sup>st</sup> Division intra-divisional meet back in September. We totally dominated the day, and again, I just love walking into a competition like that with our big, strong team, looking awesome decked out in our club gear. It's great watching the other clubs sitting around spending most of the day watching our club. A special thanks to Karyl and Karen for picking and organising our team. Most clubs were unsuccessful in bringing a full team to this meet given the timing, but with our depth (and patience shown by Karyl and Karen), we managed to bring a mighty strong team of 33 swimmers.

# Coach's Comment



Our first external meet of the summer season at Yeronga was a great success. We had 61 swimmers competing on the evening, and again, we were the envy of everyone at the meet. The feedback I receive is amazing, and it just makes me so proud to be the coach of this excellent group. We had many Personal Best times and some age champions to boot. The experience for some of our swimmers to race in a 50m pool was also invaluable.

Jamboree Heights went to Banora Point meet again this year, and as always, we left our mark on the meet. We again won the 'Team of the Meet' easily and also had two swimmers win the Senior and Junior swimmer of the meet, in Jye Cornwell and Cody Paterson. These two boys set the trend of the meet by competing in many events and always swimming at a very high standard. Our strong team of 52 swimmers swam some amazing swims over the weekend, and with the sun shining brightly on both days, I was very impressed with everyone's efforts. This meet tends to be a first for many swimmers in terms of long races (e.g 200m Free) and I think everyone would have gained some great experience for the remainder of the season. Well done team!

Finally, congratulations to our 19 swimmers who have qualified for the upcoming Queensland Swimming Championships in December. Together with the rest of the club, I wish you all the best. I'm sure we'll see loads of best times and hopefully some finals and medals!

Keep up the good work parents and swimmers,

*Rob*



# From the President



Hello everyone and a belated welcome to the 2010 season. This season promises to be a busy one with Coach Rob developing the swimmers program to have them ready for swim meets at Yeronga, Banora Point and QLD State Championships and all before Christmas!

For those who are new to the club or are not that into competitive swimming, we still have ample club meets happening this season for you to test your skills against your fellow squad swimmers.

This year we have tried to space the swim meets out, and as much as possible have only one key meet per weekend, this is so we're not burning the swimmers out and more importantly not burning the parents out who need to drive them around!

Another change to the program is our annual Kingfisher Cup meet (a handicapped event open to all Jamboree Heights members only) which has been moved to the last swim meet before Christmas.

I encourage all parents / carers to attend as many swim meets as possible to support your children's developing ability and the club. Volunteers are always needed and welcomed to help out at every club meet; none of the roles are difficult or require much time.

After a year's break from club committee duties it is great to be back as President and I look forward to working with the committee and volunteers to make this season as enjoyable as possible.

I look forward to seeing you all on the pool deck.

*Andrew Roberts*



# Introducing the Club Captains



Hello, my name is Kate Irvine and I am club captain for the 2010/2011 season. I love swimming, and have done so since 1994. Being around a pool my whole life, has influenced me to be both a club captain and a coach as I love watching kids develop as swimmers and achieve their goals. I really encourage you to set realistic goals for the season ahead. Whether that is swimming a certain time for an event or making a team. It is my belief that by setting goals you have something to train for and it feels so good to achieve your goal. I also find that using a reward system helps motivate me. For example, tell mum, I want to make it to school states next year, and if I do can you take me to 'wet n wild' for the day, or just something small like a slurpee. If you know me, then you would know I would do anything for a slurpee or ice cream. Sometimes it will be tough but it's important to never give up!

Remember, "If you can dream it, you can achieve it".

Train hard and I look forward to seeing you around the pool.

Kate Irvine

Hey everyone, my name is Aaron Low, I am your male club captain for the 2010-11 season.

I am currently still attending high school at Kenmore and have been swimming for about 6 years. I have been a member of Jamboree Heights swim club now for about 3 years and have thoroughly enjoyed my time at this club. Our amazing coach Robby Van Der Zant has done a mighty good job in coaching and training our Jamboree team over the years. I also work as a learn to swim teacher at Westside Swim school and what I really enjoy is to watch the kids I teach improve over the term. It gives me a sense of success.

My goals for this season is to make the Australian Age Champs before finishing my schooling career. To do this, dedication and hard work has to be done but the benefits and rewards will come. So all I am saying is that, you only have one shot in life, make the fullest out of everything you do.

Kate Irvine and I will look forward to act as Jamboree Height's club captains. Please feel free to ask us any questions or discuss any problems you may have on your mind as we are here to assist with your swimming career

I would like to leave you with one of my quotes that I have used to keep me going through those hard times when things aren't going quite so good

"winners are never quitters"

Train hard kiddos

:

Aaron Low

# Short Course V Long Course

I thought I would write an interest article for our newsletter on my opinion of short course (25m) versus long course (50m). The first thing athletes and parents should do, is have two different sets of personal best times (25m and 50m). I swam competitively for nearly 20 years, and always had two different books with my best times for all my events (25m and 50m times).

It is safe to say that the faster a swimmer gets, the more recognisable the difference between short and long course becomes. For example, the fastest man can swim 25 seconds for 50m Breaststroke in a 25m pool, yet he can only swim 27 seconds for the same event in a 50m pool. Grant Hackett currently holds the world record for 1500m Freestyle in times of 14.09 (25m) compared to 14.34 in a 50m pool.

The reasons for such a huge difference in times are due to several factors. Swimmers can swim faster underwater than above and there is more opportunity to swim underwater in a 25m pool. In addition, the extra turns in a 25m pool gives the swimmer more chances to produce higher speeds coming into and off the walls. Swimmers will also swim less amount of strokes in 25m pool events, which again allows the swimmer to maintain top speed and not fatigue as compared to swimming more strokes continually in a 50m pool race.

Psychologically, swimmers tend to be more aggressive when standing on the blocks looking down the lane of a 25m pool compared to a 50m pool. This one factor alone gives them an advantage to their own performance. Mentally strong swimmers will stand on a block of a 50m pool and generate the same sort of adrenalin that he/she may generate whilst standing on the block of a 25m pool. Swimmers tend to think that swimming short course is easier than swimming in a 50m pool. This is a direct correlation to the above reasons, and feeling that there is extra swimming in a 50m pool, or a feeling of not swimming as fast. The fact is, that in today's swimming world, you swim faster times in a 25m pool compared to a 50m pool.

In an ideal world, it would be nice to train in both a 25m and 50m pool (which occurs at the Australian Institute of Sport). I personally think that training in a 25m pool gives an athlete and coach many more opportunities to improve on a variety of different aspects. I trained in a 25m pool from the age of 10 to 20 years old and the only reason I went to a long course pool was because my coach changed clubs. During this ten year period, I started my international career competing in Commonwealth Games and World Championships (one day I might write a thesis on why I would prefer to do the majority of my training/coaching in a 25m pool).

Thanks for reading,  
Rob

Nov 2010.

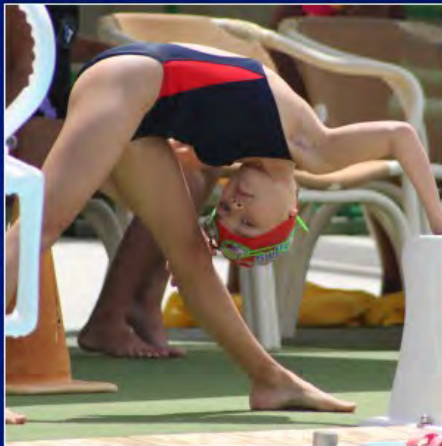
# Yeronga 2010



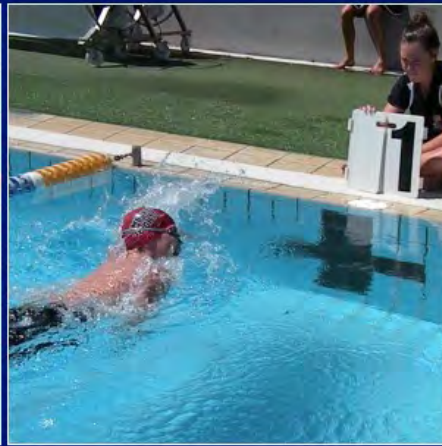
# Yeronga 2010



# Banora 2010



# Banora 2010



# Mini Squad Programme

## Mini Squad

Hello to all, my name is Ellen and I would like to introduce you all to 'mini squad'. The new mini squad program is designed for children five years and older and aims to develop water confidence, stroke development and introduce the children to competitive swimming. We believe in creating a safe and comfortable learning environment in which each child can achieve to their full potential while developing a love for the sport of swimming.

JHSC now has a brand new team of mini squad coaches and each of us has been involved in swimming for over ten years. Kate Irvine is our level 4 coach as well as our current Club Captain. Helen Singer was formerly a member of JHSC before moving to Yeronga to further develop her swimming. Helen is a level 2 and 3 coach. Tom Staniforth is also a long term club member and past club captain and is now coaching both levels 2 and 3. I have been a 'learn to swim' teacher for four years and am currently teaching the level 1 classes.

I look forward to seeing you all around the pool.

## Trainers of the Month



Jeremy Bowden

Junior



Jacob White

Intermediate



Michael Canham

Senior

# Kingfisher Cup

The Kingfisher Cup will be held next Friday night, December 3rd. It will start at 6.00pm. This is our last club meet prior to Christmas. Make sure you nominate at squad training this week.



What is the KINGFISHER CUP?

It is a handicapped race where children are seeded based on their freestyle club times. The Kingfisher Cup is a knock out competition until there are 6 children left. You may see 8 year olds swimming 25m with a time start against some of our senior swimmers swimming 50m . It's a lot of fun watching the night unfold. The final is held later that night. You'll be surprised who makes the final! Come along for an exciting and fun evening.

## Winter Swimming Top 12

This Winter season saw the introduction of a morning session for the Intermediate and Senior Squad. Many braved the very chilly mornings as they continued with their commitment to squad training.

The top 12 swimmers for the winter season were:

Liam Roberts	Aaron Low
Jai Cornwell	Teejay Paterson
Yong-Ju Jun	Cody Paterson
Isabella Whyte	Trent Paterson
Anna-Marie Starmer	Monica Feret
Kate Sims	Brooke Mortensen



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: [secretary@jhswimclub.com](mailto:secretary@jhswimclub.com)

# Up Coming Events

**FRIDAY 3<sup>RD</sup> DECEMBER 2010**

**6:00pm START**



**KINGFISHER CUP**

**and**

**END OF YEAR PARTY**



*For our first timers... what is the **KINGFISHER CUP**?*

- It is a handicapped race where children are seeded based on their freestyle club times.
- The Kingfisher Cup is a knock out competition until there are 6 children left.
- You may see 8 year olds swimming 25m with a time start against some of our senior swimmers swimming 50m.
- It's a lot of fun and this year, for the first time ever, the final will be held on the night!!!
- You'll be surprised who makes the final! Winner will receive the coveted KINGFISHER CUP 2010 TROPHY!

Don't miss out!!! **NOMINATE NOW!**

**RACE COACH ROB!**

An extra special event to end the year... be sure to go in the raffle for your chance to **RACE COACH ROB!!!** Buy your tickets on the night!!!

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