



MARLIN MATTERS

XMAS EDITION 2012

www.arenaswimclub.com.au

Welcome Yolane!



(above): Yolane looking fantastic in Arena colours!

If you haven't had a chance to check out Yolane's **mini-bio** on the homepage, head there now....

Newest Club recruit Yolane Kukla recently made time in her busy training schedule to answer some probing questions posed by Club Media Liaison volunteer Paul "Scoop" Manning. Enjoy this insight to a very focussed and down-to-earth athlete known to her friends as "Yo".

You're 17 now and have achieved quite a lot in a few short years. You only started serious swimming at 12 – what were your sporting activities prior to starting swimming ?

I did gymnastics prior to swimming for about five years as well as touch football, netball and dancing and various other sports involved with school.

What was the biggest hurdle you feel you had to overcome to become the competitive swimmer you are today ?

For me it would have to be the mental focus that I have put into the sport as it's not just about the actual swimming but everything else that goes with it. The gym work and any extra cardio plus having a good rapport with your Coach to help you always prepare for an event.

What do you feel are the best things about being a competitive swimmer ?

Being able to do something which you love and then having the thrill of being excited and your adrenalin pumping to race!

Your coach has said that you are one committed athlete and very rarely do you miss a session, how many hours do you train a day and do you find it hard to get up early in the morning to train ?

I train about five hours a day depending if I do gym or not. As silly as this sounds, I don't find it hard at all to get up in the morning because I have a goal in my mind - I believe and operate with having a goal!

Did you have a training session this morning ? How long was it and what did you have for breakfast after the session ?

Not this morning-no! Ha ha! I had a sleep in this morning which was nice! My breakfast this morning was rolled oats (not cooked) and banana! Yum! This is a very standard breakfast for me even when I do train. Sometimes I add some natural low or no fat yoghurt.



Joke Time:

Why did the lifesaver have to rescue the Hippie at the beach?

Answer back page.....

What sorts of things do you do between morning training and afternoon training?

Depending on which days, I normally come home and rest or have a sleep. I may have a physio appointment or even a massage. I love to hang out with my family, then it's time to train again.

Most swimmers deal with disappointment or plateaux during their career – any tips for staying in the game, even when you don't seem to be getting any better ?

I think it's important to always have goals set in your mind or on paper, because when those times in your career do happen you can reflect on your goals and that hopefully will keep your mind in a happy positive place!

How do you motivate yourself for a big swim meet ? Do you have a particular ritual or superstition you follow before a race ?

I don't really need to motivate myself. I just like to stay relaxed and when the day comes that I race I am already so excited. My excitement keeps my adrenalin pumping! I like to have the same thing to eat before I race each time.

When you swam for 50m freestyle Gold in Delhi (at the ripe old age of 15 !!) how did you feel getting onto the blocks at the start ?

I was so nervous I felt like I was going to vomit and pass out. My whole body was tingling! But that's what works for me when I race!

Being the youngest swimmer on the 2012 Australian Olympic Team in London did it feel pretty special and what was your hi-light from the games ?

It was very special and it was an amazing experience being able to see all the best athletes in the world and be there competing against them. I definitely learnt a lot from the Olympics - all positive. I would have to say competing in the heat swim of the Women's 100m Freestyle Relay was the most amazing experience out of my whole swimming career. The feeling of emotion and happiness was so exhilarating that I wanted to keep on racing! Also hugging Ryan Lochte was pretty cool too! Haha!

The distraction of social media such as facebook / twitter was controversial at the Games - do you impose a social media ban on yourself before meets to keep you in the zone?

Not necessarily, because I don't feel it is a distraction to me. I don't use it often enough to feel that way. I never really use Facebook/Twitter when I compete because I am too busy focusing on why I am there and that is to compete and swim the best for my country.

You swam in the relay heats helping the team qualify for the 4x100m freestyle final where the girls won the gold medal, that was pretty cool to be a part of - did you get a gold medal too ?

Yes it was so amazing! I was so emotional with happiness of course! Yes I got a gold medal, I still cannot believe it to this day! All very surreal!

Okay – now for the real serious questions !!

Who's the most famous person you've ever met ? *Michael Phelps*

Do you have your driver's licence ? What would be your ultimate dream car ??

I don't yet no, probably a Ferrari 458!!

How far have you swum under water ? *50 metres is my maximum so far!*

Do you have a favourite fun swim activity ? (swim training is not always boring drills is it ??)

No, it definitely isn't boring drills! I probably enjoy it when we do fun underwater stuff!



Is there any quirky thing you do that you can tell us about ?

Not really, I am just a very simple person who loves being me!

Do you have any brothers or sisters ? *Yes one older sister who's 20 and two older brothers 23 and 25*

Do you have any pets ? *Yes two rag doll cats and one Alaskan Malamute dog*

What is the one thing you miss most about Queensland? *My family and best friends who live there*

What do you love about Perth so far ? *The amazing weather and chilled atmosphere about everything.*

What type of music do listen to ? *A bit of everything but mainly RnB*

What is your favourite movie and why ?

Dirty Dancing- because it is such a great classic and I love dancing.

What was your most favourite kids TV show when you were younger ? *Saturday Disney*

Christmas is coming, what is a normal Kukla Christmas Day like? Will Santa bring you lots of goodies??

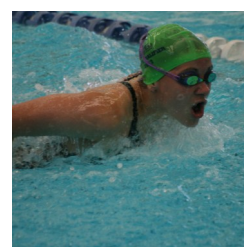
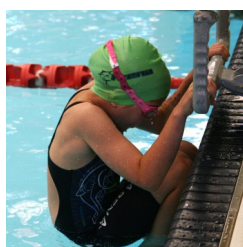
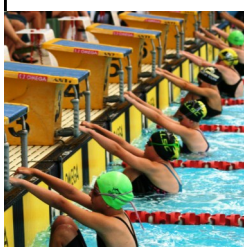
Yes there are always lots of goodies! We all get very spoilt with presents. We have our main family meal celebration on Christmas Eve and on Christmas Day it is very laid back with a Brunch and Seafood Dinner so not too much food is consumed! We value this time as a family so it's all my family's time-out at home!

Favourite take away? *Nandos if I was to have a choice, but I tend not to eat take away.*

Anything you're NEVER allowed to eat? *Nothing in particular but I love chocolate, who doesn't!*

Lastly, Boardies or Budgies ?? *Budgies! :p*

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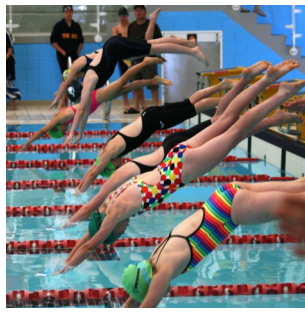
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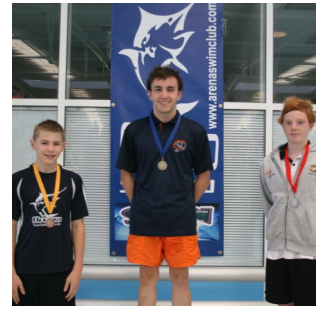
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