



MARLIN MATTERS

FEB/MARCH
2013

www.arenaswimclub.com.au

Get ready for Premierships



Arena Swim Club is very proud of its 3 year history of being the Premier Club in WA. All the other local clubs are trying to push Arena off the No.1 position and this year will prove no exception.

Premierships for Arena will be on Saturday the 9th of March at Challenge Stadium.

The Arena team will be announced shortly so get ready to prepare your fancy dress. Clare Masolin is taking ideas for the theme this year so please contact Clare to give your ideas on masolin@iinet.net.au or telephone 0418 933 447 before 5pm on the 20th February.



GQ Nutrition—Sports Drinks

Sports Drinks can be useful for long periods of exercise (>90mins), for multiple events over a single day, exercise in the heat or during high intensity sport where you are sweating heavily. In most other cases water is adequate. www.gqnutrition.com.au

TimeKeeping

Any issues or special requests with Time Keeping Rosters: Please contact Bernie Smith on BernadetteS@aspencorp.com.au or 0419 967 966

All timekeepers must be at least 16 years of age

Try and Dive 2012/2013

For our junior members who are keen to try a race meet for the first time.....

<http://wa.swimming.org.au/news/index.cfm?fuseaction=NewsItem&NewsID=28314>



Swimming Facts: Elephants are capable of swimming 25kms a day. They use their trunks as natural snorkels.

Focus On —The Martin Family

Carey Martin—Senior Coach



Are you known by another other nicknames that you can tell us ?

Big Kez or Kez (national team swimmers, something to do with some tough guy in the Avengers).

What squad do you train ?

Junior Nationals

How did you get into swimming ?

Started comp swimming when I was 8, retired when I was 16, found out that I actually had to go to work to earn money!!

Have you had any other jobs before being a swim coach ?

Veterinary nurse, Thoroughbred Stud manager and part owner

Professional Racehorse trainer in Perth then Kuala Lumpur then Singapore

Flight attendant for horses flying to the east, New Zealand

and K. Lumpur

What do you like doing outside of swimming, swimming & swimming :)?

Horses, Polocrosse (strapper these day though for Paul and the kids) oh, did I mention horses.

Who's in your family – that we don't know about already ?

My husband Paul, but it would be pretty rare to see him at the pool.

Cats, dog, fish, kangaroo and lots of horses.

Best place visited ever ?

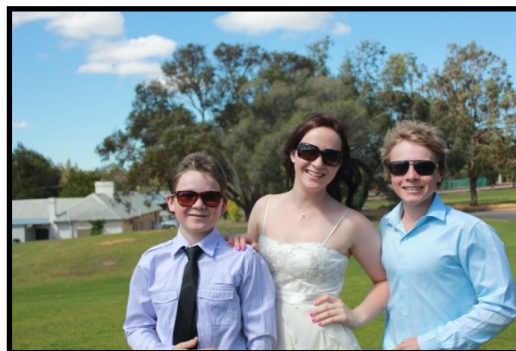
Paris, went there in 2001. Awesome

Favourite Food ?

Chicken Parmigiana

Anything else you want to tell us about Ashlee and Justin ?

Better not.



Ashlee and Justin pictured above with younger brother Brent

Ashlee Martin—Junior Coach

Are you known by any other nicknames that you can tell us ?

Ashlee, Ashlee, Ashlee or Ashlee (sometimes Princess depending on the mood I'm in!)

What squad do you coach ? We hear you've just got your Bronze Coaching Accreditation – how cool is that ?

Yep pretty happy with getting my Bronze accreditation Coach the Junior Silver with Emma. Loving coaching them.

How did you get into swimming ?

I went to the interschool swimming comp when I was eight and won champion girl.

Someone from Aqua Attack saw me and suggested I start training and competing.

Dad didn't know I could even swim and mum hadn't mentioned anything about competitive swimming. Not sure why?????

What is your proudest swimming moment ?

Being part of a relay team at states and breaking all 6 records in the medley and free and still holding them to this day. :)

What do you like doing outside of swimming ?

Polocrosse and turning mum and dad's house in to a wildlife refuge.

How many pets have you had / do you have?

I have bottle reared 2 lambs, 2 bulls, 1 kangaroo

I have had cats and dogs since I can remember. Rabbits, guinea pigs, birds, fish and I better not forget the horses

Favourite ever Movie ?

Forest Gump

Favourite Quote ?

Life is like a box of chocolates you never know what you're gonna get

Anything else you want to tell us about your mum and Justin ?

I value my life tooooooo much

But, Justin's favourite song is Hall of Fame but don't tell him I told you

Justin Martin—National Squad Swimmer

Are you known by another other nicknames that you can tell us ?

No, Justin

How did you get into swimming ?

Ashlee was swimming so figured I may as well because I was always at the pool anyway cos mum was coaching.

What squad do you swim in ?

National Team with Rod

What is your proudest swimming moment so far ?

Winning a Gold medal at States for 100 Fly after I had lots of time off after fracturing my back and neck.

What do you like doing outside of school & swimming ?

Playing Polocrosse, I have just been selected onto the State Junior team to compete at Albury in NSW at the end of April. New Zealand is also sending a Team

Best holiday ever ?

Brisbane School Nationals, stayed for a week after and went to theme parks and also sight seeing.

Favourite TV Show ?

Big Bang Theory

Favourite song/band ?

Don't really have a favourite song (Ed -that's not what Ashlee tells us!)

Who is your sporting hero ? Why ?

Dick Hoyt (he does Ironman and Triathlons with his disabled son)

He's pushed his disabled son Rick's

wheelchair through 85 marathons.

He's also towed Rick in a dinghy,

swimming the 2.4 miles before

pedalling with his son in a seat on

the handlebars as they completed

stages of triathlons

He did 212 Triathlons, and 4 Iron-

man's.

Anything else you want to tell us

about Ashlee and your mum ?

In the interest of self preservation-

No Comment.



Tiff's Tips— Inter's Recovery Box For Training

With Junior States fast approaching I would like everybody in the Inters Squad to bring a 'Recovery Box' everyday to every training session – morning and night.

A recovery box includes:

1. A bottle of water
2. Piece of fruit
3. Muesli Bar
4. Hard boiled egg.

The kids must consume the contents of their recovery box within 20mins after training, starting from the second training finishes. This means it must be in a Tupperware box/lunchbox ready to go as soon as they hop out of the pool. Mum and Dad I know this is another thing on the to-do list however it is very important for your child's swimming and will benefit them in the long haul. They need to understand this and get into this routine and it all starts with you! Also many kids are beginning to forget water bottles during training. Please encourage them to drink at least 2 bottles throughout the day at school, one before they come to training and then bring a full bottle to training. Any questions please feel free to ask away. Thanks Tiffany Wall (Coach Inters)



Open Water Nationals at Lake Macquarie



Pictured here are Nic DeBomford (15) and Lewis Downes (13) with Coach Warren Paynter. Both Arena swimmers qualified for the Open Water Nationals in NSW (Feb 2013). If this is something that interests you, ask the boys for advice.

Update from The President

VENUESWEST NEGOTIATIONS

There is much rumour and innuendo circulating the membership regarding the future of the coaching regime with the Arena Swim Club. VenuesWest indicated mid/late 2012 that it was their intention to cease to provide coaches for the VenuesWest Swim Program at some future time.

The Arena Swim Club, as part of the VenuesWest Swim Program, has been in constant discussion with VenuesWest in order to reach agreement on the parameters of how the new coaching structure will operate. This is imperative to ensure the long term viability of the Arena Swim Club.

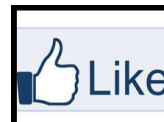
Discussions are ongoing and it is hoped that agreement will be reached in the not too distant future. Should anyone wish to discuss further, you are welcome to contact me.

Kind regards
Phil Wall
ASC President (Telephone contact 0423 374 452)

LIKE US ON FACEBOOK

We encourage all competitive members and junior squad members to join the Arena Swim Club Facebook closed group. There are numerous postings with lots of info going up every day !!..... and, you have the option to post your own swimming photos, announcements and general chit chat. These posts are only seen by members of the group and privacy is of utmost importance. We appreciate that most of the kids are too young for their own account but if as a parent you have one please feel free to join and keep in the loop.

Send a friend request to Arena Swim Club with a message of your association with the club (again this is to protect members' privacy).



Find me a Buddy

What is a Buddy?

An Arena Buddy is someone who has offered to inform parents new to Arena Swim Club of what to do with regards to;

- How to enter swim meets,
- What to enter
- How the squads work, etc.
- What to take to Meets
- How Time Keeping works
- Where to find information
- A contact number so you can ask questions when required

Please email Clare on
secretary@arenaswimclub.com.au
 And we will find you a buddy.



Congratulations

Arena Swim Club congratulates the achievements of Lewis Downes (13) and Nic De Bomford (15) who qualified to swim in the 2013 Australian Open Water Championships held at Lake Macquarie, Newcastle NSW on the 9th and 10th of February.

Lewis took his place in the Boys 13 Years 5K Open Water Swim and Nic swam in the Boys 15 years 5K Open Water Swim.

Senior State Championships were held at Challenge Stadium in January. Outstanding performances were achieved by Arena swimmers James Claxton (15) for 50m, 100m and 200m breaststroke, breaking all 3 club records—even one of his own!

Tristan DeVilliers (14) broke the 100m backstroke record which had stood for 14 years and Maggie Emmett (15) also broke the 200 freestyle club record.

Well done to all swimmers who qualified to represent their Club at State level. Keep up the great work!

Wear Green - Be Seen



A reminder that you need to wear your Arena swim cap at race meets so your coach can find you easily

Geraldton—Save the Dates

Geraldton Short Course Meet is the first of the season and kicks things off in April. For those of you that are new to the club, this meet is a great opportunity to obtain many state qualifying times early on.

A group of Arena families make the trip every year and the kids have a great time. It takes around 4 hours to get there so best book your accommodation early (6 families are already booked). Dates are 20th and 21st of April. Try Belair Gardens Caravan Park, 463 Marine Terrace, (08) 9921 1997. Approx \$130 a night. Book now to avoid disappointment.

Please always submit separate monies for each meet entered by EFT

Download your Almanacs for the long course season:

<https://assets.imgstg.com/assets/console/document/document/DOCUMENTS/FINALSWASummerAlmanacincoversFINAL24.pdf>

Swim Meets for March/April

- ▶ Western Sprint—Saturday 2nd March at Challenge Stadium. online entry only. Close 15th Feb
- ▶ Premierships—Group A—Saturday 9th March at Challenge Stadium (Arena team to be announced soon)
- ▶ Arena Race Night—Friday 15th March—online entry via Arena Swim Club. Entries close Friday 9th March at 5pm.
- ▶ Central Aquatics—Saturday 16th March— Entries by email to Registrar by Friday the 22nd Feb.
- ▶ York—Sunday 17th March. Entries to Registrar by email by 5pm Wednesday the 27th February
- ▶ SWA End of Summer Sensation— 22-24th March. Online entry only. Closes 12th March.
- ▶ Indian Ocean All Stars—30-31st March. Entries to Registrar by email by Thursday 21st Feb
- ▶ SWA Junior State Championships—6th—7th April. Online entry only. Closes 26th March

No Late entries will be processed so please do not ask. Further details of all competitions except Arena Race Nights can be obtained from SWA on
<http://wa.swimming.org.au/calendar>

IF UNSURE HOW TO ENTER PLEASE ASK A COMMITTEE MEMBER FOR ASSISTANCE