



MARLIN MATTERS

ARENA AWARDS NIGHT



WOW... What a fantastic evening. A huge thank you to the organisers and volunteers for making it such a memorable evening!



Our coaches looked as gorgeous as ever, and the decorations, food and music all contributed to an evening that was enjoyed by everyone!



Special moments for Rod and his Squads as the Club bid him farewell!!



Our boys & girls posing for the camera



And after the formalities, the action on the dance floor began! It appeared that all the swimming training certainly paid off when witnessing the energy and stamina on the dance floor!!



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National Club JX Rankings 2012/13 (By Gold Star/Gold Total)

Club	State	Gold Star	Gold	Total
Cherrybrook Carlile Swimming Club Inc	NSW	14	34	48
Nunawading Swimming Club Inc	VIC	9	39	48
Carlile Swimming Club Inc	NSW	18	24	42
Melbourne Vicentre Swimming Club	VIC	7	35	42
West Coast Swimming Club Inc	WA	15	25	40
Knox Pymble SC	NSW	11	25	36
Chandler SC Inc	QLD	11	23	34
Arena Swim Club	WA	10	21	31
SOPAC Swim Club	NSW	12	17	29
Campbelltown ASC Inc	NSW	9	19	28

NATIONAL CLUB JX RANKINGS 2012/13 TOP TEN GO ARENA!

What an amazing achievement for our coaching staff and swimmers! WELL DONE!

With the start of the new Competitive Year there are some great new opportunities to lend a hand around our club in 2013-14. The committee nomination form is available on the Arena Website. Get your nomination in before 20th July.



SWIM MEETS IN THE COMING WEEKS:

Remember to check the Almanac and Arena Website for closing dates :

- 10th JULY NORTH VS SOUTH (Entries Closed)**
- 11-14th JULY – SWA STATE AND OPEN AGE SC CHAMPIONSHIPS**
- 3-4th AUGUST – SWA SHORT COURSE BLOCKBUSTER**
- 11th AUGUST – KALAMUNDA JUNIOR SHORT COURSE**
- 18th AUGUST – PEEL AQUATIC CARNIVAL**
- 23-15th AUGUST – AUSTRALIAN OPEN SC CHAMPIONSHIPS**



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JUNE SWIM MEETS



There has been an impressive turnout of Arena Swimmers at the June Swim Meets with many of our State Open and Age swimmers attending, to get/improve their qualifying times for the SC Championships. All the swimmers have done the club proud yet again, obtaining great PBs, showing fantastic team spirit and proving that we are certainly a club to be reckoned with when it comes down to the performance of our athletes.

WELL DONE EVERYONE!



Kieran had the privilege of swimming with Robbie, James and Ben in the 400 medley relay team and 400 freestyle relay team in Mandurah. Despite having the handicap of "the small dude in the red cap", the team managed to get silver medals in both events and once again showed what a great group of boys they are by supporting and encouraging our junior swimmers!



Smiles,
Team
Spirit
and
Good
Times!



MEET RESULTS :-



BREAKERS PENTATHOLON

- | | |
|-------------------|--|
| 10 YEAR OLD BOYS | 1 ST PLACE – KIERAN CORBETT |
| | 3 RD PLACE – ANGUS CLOUSTON |
| 11 YEAR OLD GIRLS | 7 TH PLACE – TATIANA VALENTIM |
| 11 YEAR OLD BOYS | 4 TH PLACE – ROBERT BONSALE |
| | 6 TH PLACE – ROSS GOODISON |
| 12 YEAR OLD GIRLS | 4 TH PLACE – LAUREN GASTEVICH |
| | 6 TH PLACE – HELEN CLAXTON |
| 13 YEAR OLD BOYS | 7 TH PLACE – SHANE MASOLIN |
| 16 YEAR OLD BOYS | 2 ND PLACE – JAMES CLAXTON |

WESTERN SPRINT STROKE EXTRAVAGANZA

- | | |
|----------------|--|
| 9 YR OLD BOYS | WINNER FREE, FLY, BREAST, BACK & IM – ADRIANO TODORO |
| 10YR OLD BOYS | WINNER BACK, RUNNER UP FLY & IM – KIERAN CORBETT |
| 10YR OLD BOYS | WINNER BREASTROKE – ANGUS CLOUSTON |
| 11YR OLD GIRLS | RUNNER UP BACKSTROKE – GRACE LENAGHAN |
| 11YR OLD BOYS | WINNER BREASTROKE/BUTTERFLY – LUCIANO TODORO |
| 11YR OLD BOYS | WINNER BACKSTROKE – ROSS GOODISON |



Questions you have always Wanted to Ask Your Coach but Were Afraid to Ask (Taken from Resources and Fact Sheet By Wayne Goldsmith)

When should I specialise in the one event?

“There are rules about stroke specialisation – it’s not about age or sessions swum or how long your legs are....it’s about the three Ps:

What stroke suits you **PHYSICALLY**?

What stroke suits you **PSYCHOLOGICALLY**?

What stroke are you **PASSIONATE** about in swimming?

Or if you like, your “special” stroke is the one which best suits your body, mind and spirit. As you grow, mature and develop, it will become pretty obvious what stroke is “yours” – and if you work hard at it every day, there are no limits to what you can achieve.

What else do I have to do (besides swimming) to be a great swimmer?

“Follow the **GREAT** principle – **G**ym work (dryland) – **R**ecover – **E**at – **A**ttitude – **T**rain!

G = do your gym work and dryland training with the same passion and determination that you put into your pool work.

R = Rest and recover after training, get plenty of sleep and help your body and mind regenerate after hard work.

E = Eat quality, nutritious, high performance foods and plenty of fresh water, juices and healthy drinks.

A = Attitude is everything! Attitude leads to consistency. Consistency gives you belief...and with belief, anything is possible.

T = Train hard, consistently and to the best of your ability.

In other words to be great – be GREAT!

I don’t want to stick around and do the team relays at the end of Meets. Why do I have to do it?

“Believe it or not, swimming is a team event. Yep – that’s right: a team event. We are a group of people with two clear goals: to best the best we can be and to enjoy every moment of what we do. Think about what orchestras can achieve when they work together. Each musician is highly talented and works hard to be the best he / she can be. Each musician can make wonderful sounds and music with their own instruments but when all the members of the orchestra come together and play in harmony, the result is magic! By working together, encouraging each other, supporting each and creating “harmony” in our team, we can also make magic – fast swimming magic! Did you know that T.E.A.M – stands for **TOGETHER EVERYONE ACHIEVES MAGNIFICENCE?**”

Why do you always go on and on about streamlining and working our turns?

“Swimming is so much more than butterfly, backstroke, breaststroke and freestyle. There is a fifth stroke – underwater technique and skills. You can be the fastest freestyle **swimmer** in the State, but never win a medal at Championships because you have slow turns and sloppy under water work. So the reason I always go “on and on” is because streamlining, turns, starts, dives and underwater kicking are **as important as any of the four competitive strokes**. Imagine having a race car with a huge engine but it couldn’t turn, steer around corners or brake when it had to: you would never be able to drive it at full speed because of limitations in its handling and braking. Swimming is the same. You can do a lot of work improving your swimming speed, endurance and power but never realise your full potential unless you consistently work on improving and enhancing your skills”.



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WHAT OUR AWESOME ATHLETES ARE ACHIEVING OUTSIDE THE POOL:-

(It is very hard to keep track of all their wonderful achievements! Please email juzz.corbett@bigpond.com with anything you would like included in the next edition and all future editions!)



CROSS COUNTRY :-

Mindarie Primary School
YR 4 3RD Place – Riley Loller

Irene McCormack College
YR 7 2ND Place – Brodie Loller

St Simon Peter Catholic Primary School :-
YR 6 GIRL CHAMPION – Maddison Lea
YR 6 GIRL RUNNER-UP – Grace Lenaghan
YR 5 BOY RUNNER –UP – Kieran Corbett
YR 5 8TH Place – Adriano Todoro

St Stephens
YR 5 13th PLACE – Ellen Gastevich
YR 3 12th PLACE – Sophie Gastevich

Lake Joondalup Baptist College
YR 5 2nd PLACE – Angus Clouston

Carramar Primary School
YR 5 RUNNER-UP – Ella Packer

AND, TO JESSICA CLAXTON – A HUGE CONGRATULATIONS FOR MAKING IT INTO THE U/14/15 STATE CROSS COUNTRY TEAM. SHE WILL BE TRAVELLING TO TASMANIA IN AUGUST TO COMPETE AGAINST OTHER STATES.... GOOD LUCK JESS!

NOTEWORTHY:Tatiana Valentim – Not all brawn and no brains! She has been accepted into the

Academic Extension Programme at Quinn's Baptist College
Angus Clouston – Playing Tennis for the A Grade Pennants Team

A big shout out goes to Brodie Loller who celebrated his 50th AFL game for the Brighton Seahawks recently!



MARVIN MARLIN'S MEDLEYS INDOOR BEACH VOLLEYBALL



Saturday 20th July 9.30am to 10.30am, directly after training. All squad members, YES JUNIORS TOO, are invited to attend Marvin's first social outing for the new season, to be held at the Joondalup Indoor Beach Volleyball centre, 115 Winton Rd Joondalup

This is an **ALL** squad event where every club member and junior are invited to come along, mixing swimmers young and old for a bit of fun in the sand! Please see the Website for more details

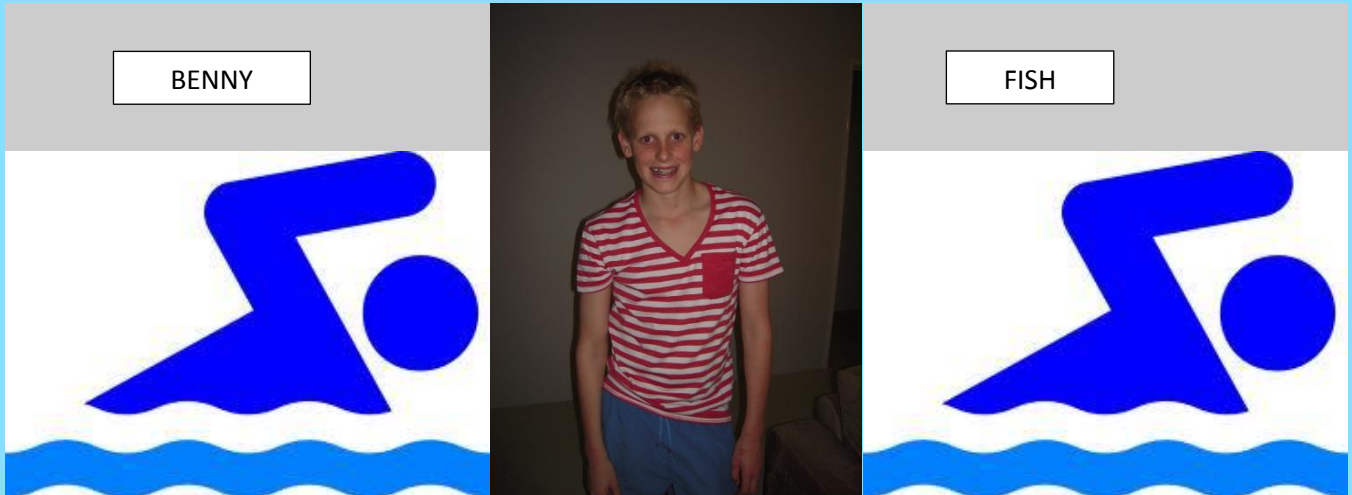
REMINDER: ARENA SWIM CLUB HAS FACEBOOK..SIGN UP AND KEEP CURRENT WITH EVERYTHING AS IT HAPPENS!





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SWIMMER'S PROFILE : BEN ROBERTS



Do you have any Nicknames and what are they?
 What Year are you in?
 What Squad do you swim with?
 What is your favourite stroke and event?
 What is your favourite food?
 What is your worst food?
 Who is your favourite sporting hero?
 What do you want to be when you leave school?
 What is your favourite subject at school?
 What is your worst subject at school?
 Do you do any other sports other than swimming?

Benny and Fish
 Year 9
 National Performance
 200m Breaststroke
 Fettuccine
 MacDonalds
 Brenton Rickard
 Physiotherapist
 Sport
 History (it's so boring)
 No - used to play footy up to last season

Ben recently achieved his goal of swimming 50 breaststroke in under 35 seconds. At the Western Sprint Meet he got a 34.43!! Great Work Ben!

ARENA SWIM CLUB WOULD LIKE TO WELCOME THE FOLLOWING NEW AND RETURNING MEMBERS:

Chanae Brookes, Devon Udall, Cate Waddingham, Isabel Edwards, Ethan Ferguson, Brooke Hynes , Sophie Ellerton, Fletcher Ellerton, Guillaume Delorme, Isobelle Houghton, Sarah Craig, Joshua Craig, Alexandra Ferris Shai Strutt, Lilli Anderson, Lauren Pocock, Milan Du Plooy, Jenna McClure, Abigail Hill, Bradley Williams, Amy Williams, Riley Warland, Brannen Warland, Rachael Ng, Peter Whitmore, Mya Gillard, Sarah Tonkin



A REMINDER THAT THE ARENA AGM WILL BE HELD ON THE 25TH JULY 2013 AT 7.00PM IN THE CAPTAIN'S CLUB ROOM, ARENA JOONDALUP

The Mcculloch Family were "pleased" to advise that they won the grand sum of \$2 from the scratchie board! A reminder to all club members that, "If at first you don't succeed, try, try again!"



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FUNDRAISING NEWS:-

SNAG SIZZLE AND CAKE SALE

Where would we be without - Parent Power ! Another excellent team effort. Everyone enjoying our tasty treats in the grandstand, supporting our club. The donated cupcakes so popular we ran out ! Cupcakes queens, snag sizzlers, swim snafflers a great big thank you ! We love raising FUNds whilst having FUN. Can't wait for the next one ...

Congratulations to the following athletes whose performances have earned them an invitation onto the 2013/14 SWA Performance and Development Squads! Way to go! Awesome work and proving that "the difference between the ordinary and the extraordinary is that little bit "extra!"

James Claxton
 Danae Okulicz
 Candice Wall
 Brittany Beesley
 Nicholas de Bomford
 Tristan de Villers
 Lewis Downes
 Maggie Emmett
 Joshua Isbister
 Matthew Meinema
 Elly Sugar
 Luke Staffe

JAMES CLAXTON HAS ALSO BEEN ACCEPTED TO TRAIN WITH MICHAEL PALFREY'S SQUAD ON AN AD HOC BASIS. THIS IS AN ENORMOUS ACCOLADE FOR JAMES AS THE WAIS PROGRAM AT CHALLENGE STADIUM IS ONLY ACCEPTING SWIMMERS AGED 17 YEARS AND ABOVE AND JAMES, ALONG WITH ONE OTHER SWIMMER WERE THE ONLY ATHELETES TO BE OFFERED THIS OPPORTUNITY. AWESOME JOB JAMES AND WE WISH YOU ALL THE BEST!



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COACHES CORNER:- TIFF'S INTEROGATION! QUESTIONS FROM OUR "INQUISITIVE KIDS"! CONGRATULATIONS TO TIFF WHO ANSWERED ALL OF THEM – WHAT AN AWESOME COACH!

Do you have a nickname and what is it?

Tiff or my family calls me Teshay as Candice couldnt say Tiffany when she was a baby so she called me Teshay and its stuck ever since.

What is your favourite TV Show? I love house rules and the block. Also The Vampire Diaries and One Tree Hill

Who inspired you to start coaching?

No one really. My high school said I should do it so I did and have been doing it ever since then.

What do you like about being a coach? Watching the kids achieve their goals and knowing I helped them do it.

Have you ever been to Canada? No I haven't but I have tried planning about 3 times as I really would like to go :)

Did you ever swim when you were little?

Yes up until I was about 16. I swam in water holes up in Wyndham when I was a baby, at the beach in Jurien Bay and then in Carnarvon I joined my first swim club which wouldn't let me do fly until I was 10! All before joining Arena when I moved to Perth

What is your dream job?

I would love to be one of those tourist travel reporters on TV, so it could take me to lots of places, but I'm doing teaching for now!

What school did you go to? I graduated from Peter Moyes in Mindarie

Do you like waking up early in the morning to coach? Only in summer. Winter is a bit of a struggle but I still do it :)

What is your worst food? Cucumber and tuna.

What is your favourite food? Cauliflower and cheese :) :) or mums special hot salad

What words of inspiration can you give to all the swimmers? Never ever ever give up.

Did you always want to be a swimming coach? No not always.

What annoys you the most?

Other than my sister, when someone constantly yells "Tiff! Tiff! Tiff! Tiff! Tiff!....." It does my head in!!!

What is your favourite thing to do? Hang out with friends on the weekend and go on little adventures.

Do you think you are pretty? Hahahaha! Well, my boyfriend thinks I am :)

Who is your favourite swimmer? Candice and Maggie

What other interests do you have besides swimming?

Snowboarding and hanging with friends. But nothing beats an adrenaline rush like skydiving or scuba diving on the Great Barrier Reef!

When did you start swimming?

I started proper competitive swimming with a squad in Carnarvon at the age of 8. But I've been swimming ever since I was a baby.

How many boyfriends do you have? I only have 1, but the Inters Squad think I have 5, maybe 7!!! Haha