



MARLIN MATTERS



ARENA SWIM CLUB JUNIOR STATE QUALIFIERS

After an incredible weekend of swimming, our junior state swimmers came away with records, medals and a fantastic percentage of PBs! Well done to all the swimmers and coaches.

Special mentions go out to the following swimmers:-

- Robert Bonsall who walked away as Male Swimmer of the Meet, gaining the most individual points over the two days of swimming.
- Our 8-10 year old boys freestyle relay team.

| Boys 8 to 10 years 4x50m Freestyle | | | | | | |
|------------------------------------|---------|----------------|-------|---------|-------|--------|
| Final | | | | | | |
| | Time | Name | Club | FINA PS | AA PS | Splits |
| | | Arena, WA A | | | | |
| 1. | 2:10.55 | Kieran Corbett | 31.96 | | | |
| 2. | | Adriano Todoro | 34.53 | Arena | | |
| 3. | | Angus Clouston | 33.05 | | | |
| 4. | | Robert Bonsall | 31.01 | | | |

The boys broke all the existing WA records (that have stood since 2008)

Message from Tiff !!

“Congratulations to all who competed at HFMF Junior Long Course State Championships over the weekend. Warren and I are extremely proud of each and every single one of you and you should all be just as proud. All your hard work has paid off. We had a massive number of gold, silver and bronze medals along with a great PB rate considering we had one of the highest number of swims (220+) as a club for the meet. This lead us to place an amazing 3rd by a small margin of 40 points behind Breakers and West Coast, still making us one of the best clubs in WA.”

“If you only ever give 90% when you are training, then you will only ever give 90% when it matters!”

Boys 8-10yrs 4 x 50m Freestyle Relay Team



“Don’t practice until you get it right – practice until you can’t get it wrong!”

My Junior States Experience – Robert Bonsall

“I was really nervous going into States as I was hoping to do well, and trying to break the 200m backstroke state record. In the end things went better than I hoped and it was great to be part of the relay team that got the Freestyle state record to add to the 200m Backstroke state record and the Swimmer of the Meet. I really enjoyed myself and we had a great team. Go Arena!”

If you are looking for competitive swimming gear at competitive prices, try

www.allensswimwear.co.uk
proswimwear.co.uk
wiggles.com

Even with the shipping costs, they work out cheaper than many of the local retailers. Team up with other parents and share the freight costs!



MARLIN MATTERS

Arena Lifesaving & Aquatic Arena Swim Club Inc.

As most of you will be aware, the Arena Swim Club coaching program will no longer be managed by Venues West. There have been two meetings held with the committee and parents, outlining the new structure of the club which will come into effect from the 1st of May 2013. It is said that "A change is as good as a holiday", and as long as we all stick together, work as a team and address our concerns with the correct Committee Members, the Arena Swim Club should go from strength to strength. The new fee structure and payment options can be found on the Arena website. Please take note of the new training session times that are effective as at 1st May 2013.

JUNIOR BRONZE :

TUESDAY 4PM-5PM
THURSDAY 4PM-5PM
FRIDAY 4PM-5PM
SATURDAY 8AM-9AM

JUNIOR SILVER:

MONDAY 4PM-5PM
WEDNESDAY 4PM-5PM
FRIDAY 4PM-5PM
SATURDAY 8AM-9AM

INTERMEDIATE

MONDAY 5PM-6.30PM
TUESDAY 6AM-7.30AM 5PM - 6.30PM
WEDNESDAY 4PM-5.30PM
THURSDAY 6AM-7.30AM
FRIDAY 5PM-6.30PM
SATURDAY 6AM-7.30AM

**Land work at coaches' discretion*

DEVELOPMENT

MONDAY 4PM-5.30PM
TUESDAY 5.30AM - 7.30AM
WEDNESDAY 4PM-6.30PM*
THURSDAY 5.30AM-7.30AM 5PM-6.30PM
FRIDAY 5PM-6.30PM
SATURDAY 6AM-8.00AM

**4PM TO 5PM Land work*

STATE AGE TRAINING TIMES

MONDAY 5.30AM - 7.30AM
5.30PM - 7PM*
TUESDAY NIL
WEDNESDAY 5.30AM-7.30AM
6PM-7.30PM*
THURSDAY 5.30AM-7.30AM
FRIDAY 5.30AM-7.30AM
5.30PM-7.30PM^
SATURDAY 7.30AM-9.00AM

**Land work 30mins x 2 x per week*

^One hour swim get changed and one hour spin class

NATIONALS TRAINING TIMES

MONDAY 5.30AM - 7.30AM
5.30PM - 7.30PM

TUESDAY MORNING GYM
(TBA)

4.00PM-6.00PM
WEDNESDAY 5.30AM-7.30AM

5.30PM-7.30PM

THURSDAY MORNING GYM
(TBA)

4.00PM-6.00PM

FRIDAY 5.30AM-7.30AM
4.00PM-6.30PM^

SATURDAY 6.00AM-8.00AM

^One hour swim get changed and one hour spin class

FITNESS AND RECREATION

"SURFIT"

MONDAY 6.30PM - 7.30PM

TUESDAY 5.30AM-7.30AM

WEDNESDAY 6.00PM-7.00PM

THURSDAY 5.30AM - 7.30AM

FRIDAY 6.30PM-7.30PM

SATURDAY 7.30AM-9.00AM

UPCOMING SWIM MEETS:-

- 20-21ST April Geraldton SC Classic
- 1-3rd June - SWA SC Qualifying Meet
- 8th June - South Lake Dolphins SC
- 9th June - Breakers SC Pentathlon
- 15th - 16th June -
Mandurah SC Challenge
- 23rd June - Western Sprint
Stroke Extravaganza.

REMEMBER TO CHECK THE ARENA
AND THE SWIMMING WA WEBSITES
FOR CLOSING DATES.

**Q. What kind of swimmer
makes a good gardener?
A. One with great "seed"
times!**

**FACT: If you have blonde hair
and it goes "greenish" from
swimming pool chlorine, rinse
it with KETCHUP - it
balances the pigments out!**

Funny business.....

**Q. What does a Swimming coach and a Dentist
have in common?**



MARLIN MATTERS

A NATIONAL TEAM TO BE PROUD OF!

From the 8th to the 13th April 2013, our fantastic team of National Swimmers competed in Adelaide. Just to have made the team is an achievement in itself....Well done to all the swimmers and the coaches!



Report from Rod:-

Well back from national age champs and I have to say a great time was had by all I believe.

I have been on many of these swim trips and this will be remembered as a time spent with young people who have goals and understand what it takes to make them.

My thanks to all the ASC committee for planning and the parents that attended were superb in their collective approach to the swimmers' tasks.

The way all came together was a testament to maturity and teamwork for all the right reasons; the swimmers.

Speaking of such they were very good. The swimmers based in the Arena program combined together for a PB rate at 75%.

Danae made the final in the 100 butterfly and achieved 4 pb's over 2 races in doing this.

ASC swimmers based in the WAIS HPNC program were excellent in their approach and finals were made by Yolane, James and Candice.

Matt showed he has courage to fight back from ill health and Maggie performed strongly to suggest her future will be bright as her drive is strong.

A point that did occur quite a few times was that at key moments in races (60 to 75 metres) the swimmers were leading or level with the leader before the race finished. This shows there is strong talent there and with committed swim practice behind it there will be even stronger returns. You guys have got something going here, keep it fun and see where it takes you.

All the best, rod



The 'scratchie bush' raffle prize from the Club Champs day won by Megan Butler ended up netting her an enormous \$22-, which she wisely invested in a Lotto ticket and won nothing. The moral of the story...at least she has a beautiful hibiscus ☺





MARLIN MATTERS

“GEMMA’S GEMS” NUTRITION TIPS:-

www.ggnutrition.com.au

- It can be a challenge to meet the high energy needs of active children. Most of their energy needs should be met by nutritious carbohydrate foods, which are the body’s main fuel source. Good sources include wholegrain bread, cereals, pasta, rice, noodles, potato, sweet potato, fruit and dairy products.
- Some children don’t feel hungry after training in the evening and may find it difficult to consume an adequate dinner meal. This is where afternoon snacks are particularly important. Ensure that your child has a substantial afternoon tea. Suggestions include pikelets, scones or fruit muffins, breakfast cereal topped with fruit, stuffed spud, toasted sandwich with baked beans or beans on toast, mini pizzas made with English muffins or crackers with cheese or dip.

SWIMMERS’ PROFILE

Swimmers’ Profile – Double Trouble: The Tremendous Todoro Brothers !

Adriano & Luciano Todoro



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

A – Pocket Rocket/Lamborghini

L – Luch, Ferrari

How did you get into swimming?

A – I think it was Mum who got me into swimming. She was always scared that when we went to the beach I would drown.

L - At first I wanted to complete all my swimming levels and then I realized that there was competitive swimming that was something that interested me.

What squad do you swim in?

A - Inters

L – Devos

What is your proudest swimming moment so far?

A – When I received my certificates for State records last year for the 100 m freestyle short course event. (Included All time, All comers and Residential record)

L – Winning two medals at the Junior State Championships.

What year are you in at school?

A – Year 5 St Simon Peter Primary School

L - Year 7 Sacred Heart College

What is your career ambition when you leave school?

A – I think a builder and maybe an Olympian

L - Builder together with my brother starting a building company and a part time Arena Coach

What do you like doing outside of school & swimming?

A – Hanging out with my friends, soccer, Xbox with my bro, going to the beach in Lancelin.

L – Hanging out with my friends, watching the footy with my Dad, Xbox and going to the beach.

Best holiday ever?

A – Touring around Europe and staying at Hard Rock in Penang

L – Hard Rock in Penang, Broome

Favourite TV Show?

A - Simpsons

L – Cartoon Network, The Regular Show

Favourite ever Movie?

A – Grown Ups

L - Forrest Gump

Favourite song/band?

A – Pit Bull (MIB) Fav. Song Back in Time

L – Will I Am. Fav. Song I got that power

Who is your sporting hero? Why?

A – Michael Phelps because he won the most gold medals in Olympic history

L – James Magnussen because he won a medal at the Olympics for my favorite stroke.

Favourite food?

A – Beef and Chicken schnitzel

L – Spaghetti

Worst food tasted?

A - Banana

L – Banana

What’s the best thing about your brother?

A – Plays Xbox with me and helps me with the games and we always hang out together

L – We enjoy the same things and we always do stuff together. We are best mates.

Anything else you want to tell us?

A – I play the drums

L – I play guitar and bass guitar.



MARLIN MATTERS

Good luck to all our Arena Swimmers

attending the Geraldton Short Course

Classic!

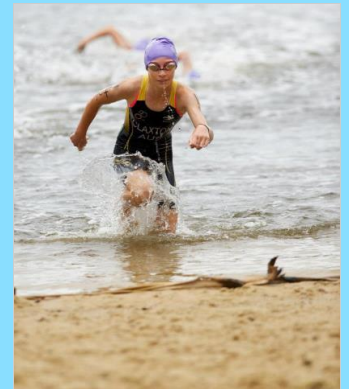
SAVE THE DATES:-

- **FRIDAY 17TH MAY** – Friday Night Race Session.
 - **SATURDAY 18TH May** –
 - Breakers Time Trial Invitational.
 - Open to All Competitors
 - \$20 for four events
- Note from Carey – We appreciate there is a qualifying meet on at Challenge this weekend, but this is an opportunity to get some SC times locally and not have to sit down at Challenge all day – all weekend! So hope to see you there.
- **SATURDAY 1ST JUNE** – Arena Awards Night
 - Mullaloo Surf Club
- Roasts/Salads/Rolls/Gravy/Dessert/Tea/Coffee
 - Cash Bar
- Limited Tickets – on sale soon, so get in early, they won't last! Details to follow shortly.



Bronze Medallists

Boys 11/12 yrs 200IM Relay Team



Well Done Jessica Claxton... she came 3rd (only 10 seconds behind the leader) in the Australian Youth Triathlon Championships in Queensland!



Nick (2nd from left) and his teammates came 7th in the Finals of the Aussie Surf swim teams in Queensland! WELL DONE



A: They both use drills!