



MARLIN MATTERS



GERALDTON SHORT COURSE MEET

What a fantastic way to start the Short Course Season. A large number of Arena swimmers travelled to Geraldton, many of them achieving qualifying times for Short Course, PB's and necks full of medals! Not only was it a great way to get a lot of swims out of the way at the beginning of the season – but a very social weekend, where the children could interact both in and outside the pool. Well done to all the swimmers.



CONGRATULATIONS WHO'S AWESOME??

Please let us know what our club members are achieving outside the Arena environment!

“A LOOK AT WHAT OUR AWESOME ARENA ATHLETES ARE DOING OUTSIDE THE CLUB!”



Photographer: Kevin Lucas

A BIG CONGRATULATIONS TO TATIANA VALENTIM FROM OUR DEVELOPMENT SQUAD WHO HAS BEEN AWARDED A SWIMMING SCHOLARSHIP FOR HIGH SCHOOL NEXT YEAR 2014! GREAT WORK TATIANA!



Lily and Chelsea in action at the Surf Life Saving Championships



MTK photography



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The following swimmers competed in the Swimming WA Open Water Series – WELL DONE TO THEM ALL:-

Round 1 Cottesloe
Nicholas de Bomford

Round 2 –City Beach 1.25km
Lewis Downes – 23.02.75

Round 3 – Coogee – 500m
Lewis Downes – 10:36.81

Round 4 – Champion Lakes State Champs: 10km
Nicholas de Bomford – 2:25:49.29

State Champs: 4 km
Lewis Downes – 1:11:22.10
State Champs – 15/UM
Nicholas de Bomford – 1:08:00.04

Round 5 – Leighton: 2.5km
Lewis Downes – 38:03.89

Round 6 – Sorrento: 2.5km
Lewis Downes – 40:01.26

Round 7 Rockingham: 500m
Adriano Todoro – 10:16.01
Jayden Downes – 11.06.82
Lillyan Rosich – 9.14.08
Luciano Todoro – 10.41.18
2.5 KMS –
Lewis Downes – 36.40.58
5 KMS
Luke Giblin – 1:26:21.13

Round 8 – Mullaloo: 1.25km
Lewis Downes – 18:07.08

SURF LIFE SAVING STATE CHAMPIONSHIPS:
Well Done to Lillyan Rosich, Chelsea Attwood and Darcy Brooks for an amazing State Championship:-

5th Place - Lillyan Rosich - Ironwoman U12
2nd Place - Lily and Chelsea - Board Rescue U12
2nd Place - Lily and Chelsea - Cameron Relay U12
1st Place - Lily and Chelsea - Board Relay U12
2ND Place - Darcy - Board Rescue U11
1ST Place - Darcy - Cameron Relay U11
1ST Place - Darcy - Board Relay U11
6th Place - Darcy - Ironwoman U11

And more awesome members.....

Shane Masolin	Year 8 Boy Champion - Mater Dei College
Niamh Jelley	Year 7 Girl Champion - Mater Dei College
	(they ranked 4 th and 2 nd respectively at the ACC Carnival)
Maddison Lea	Year 6 Runner-Up Girl Champion
	St Simon Peter
Kieran Corbett	Year 5 Boy Champion - St Simon Peter
Adriano Todoro	Year 5 Runner-Up Boy Champion at
	St Simon Peter



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“It’s a good idea to begin at the bottom in everything except learning to swim!”

The “[GoSwimParentHandbook](#)” is a fantastic SAL publication – a must read for all. It has been uploaded onto the Arena Website and you can access via the “Documents & Forms” tab



Competitive Swimming Word Search Puzzle

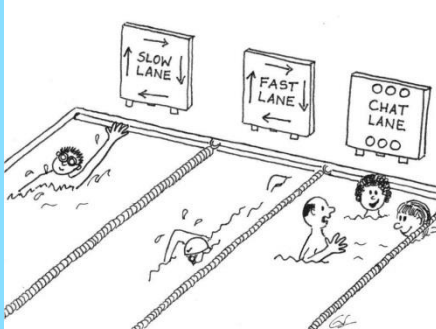
S	Q	W	I	M	M	N	R	U	T	P	I	L	F	H
B	U	T	T	E	R	F	L	Y	I	F	N	G	E	B
E	A	C	A	M	R	E	A	N	O	A	L	A	Y	M
T	L	S	P	I	C	E	S	S	P	L	T	O	R	T
F	I	O	P	R	M	E	L	Y	T	S	E	E	R	F
E	F	U	N	A	L	I	S	A	T	E	N	K	E	L
I	Y	G	S	G	C	H	T	E	Y	S	E	O	E	U
N	I	N	G	M	I	N	A	E	N	T	T	R	Y	T
S	N	O	I	T	I	M	E	R	O	A	X	T	F	T
O	G	R	T	W	M	W	O	F	H	R	L	S	R	E
E	T	E	S	E	T	Y	S	L	T	T	E	K	E	R
V	I	N	D	I	V	I	D	U	A	L	E	C	N	K
T	M	L	S	O	U	T	I	N	R	T	H	A	E	I
O	E	K	O	R	T	S	T	S	A	E	R	B	P	C
Y	S	E	N	W	A	T	E	R	M	S	P	A	L	K



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There are only two options regarding commitment;
you're either in or you're out.
There's no such thing as life in-between.
-Pat Riley

I wonder how many of our swimmers the coaches think should be in the "Chat Lane!"



UPCOMING SWIM MEETS – Remember to check with your coaches about which meets to target :-

8th June – South Lake Dolphins

9th June – Breakers SC Pentathlon

15-16th June – Mandurah SC Challenge

23rd June – Western Sprint Extravaganza



POOLSIDE OBSERVATIONS.... From Very Impressed Parents :-

UN-SUNG HEROES!

NB : Please remember to check the Almanac regarding entry procedures and the Arena Website for closing dates for meet entries!



"At a recent swim-meet our son was disqualified for an "over-eager" start in his favourite event! He was devastated, disappointed and very angry with himself. He had been waiting all day to swim it and the enthusiasm was clearly evident at the start!! Our attempts as parents to try and cheer him up failed dismally – but help was at hand! A Big Shout Out to James Claxton and Ben Roberts for the truly wonderful way they took time out to sit with our child and talk to him. It was wonderful for us, as his parents to watch how these two teenagers were observant enough to see a younger child in distress and step up (of their own accord) and help him get over the disappointment. From us – THANK YOU and to both of you WELL-DONE, you are wonderful role models and it is no wonder so many of the younger boys look up to you!"



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

Does it really matter what I eat?

“Does it matter what fuel a Formula One driver puts in his car? Does it matter what fuel the Space Shuttle uses to get into orbit? High performance engines need high performance fuel. Swimmers are high performance people and high performance athletes so **yes...it does really matter what you eat**”.

Why do I have to get up so early in the morning to train?

“A great question! There are three reasons:

To prepare you for racing / Meets: At most big meets you race heats in the morning and race finals in the afternoon / evening. So we train twice a day to prepare you to meet the demands of competition racing.

To give you the maximum time between sessions to rest and recover. We believe that your body needs 8-10 hours between sessions to recover so we structure training to give you the best possible opportunity to be at your best at every workout.

And the third reason is a selfish one....Because there’s nothing more wonderful than working with a team of motivated, committed, dedicated, talented people first thing in the morning!!”

Why do I have to train so hard when my friends who play basketball and baseball seem to only train two or three times a week? “Another great question.

The main reason is that a key component of most land based sports is walking, jogging and running. These are all normal, natural movements for us humans. Jumping into a big body of water and swimming fast is not a normal or natural thing for us to do or else we’d all have fins, scales and a big flat tail! So we need to spend a lot of time in the water to learn how to move on it, under it, over it and through it. Imagine how much time a fish would have to spend learning to play football!



WE ALL KNOW THAT FACEBOOK IS NOT EVERYBODY’S CUP OF TEA – HOWEVER, THE ARENA SWIM CLUB DOES HAVE A “CLOSED” FACEBOOK GROUP AND ENCOURAGES EVERYONE TO JOIN! IT IS A GREAT WAY FOR US TO POST PHOTOGRAPHS, EXPERIENCES AND GENERALLY KEEP IN TOUCH ON AN INFORMAL BASIS!!



RED ALERT.... COMING SOON

**MARVIN'S MEDLEYS -
It's All About Good Times
Stay Tuned....Coming In July**



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THIS MONTH OUR SWIMMER IS TRENT SOLLY! HE HAS RECENTLY BECOME A COMPETITIVE MEMBER AND WILL BE COMPETING FOR THE FIRST TIME AT THE BREAKERS PENTHALON. LET'S ALL SHOW HIM OUR SUPPORT AS HE BEGINS HIS EXCITING JOURNEY OF COMPETITIVE SWIMMING!

SWIMMER PROFILE

NICK-NAME: Trentosaurus

AGE: 7 years old. (Birthday: 3rd May)

FAVOURITE FOOD: Bubble Gum flavoured ice cream

WORST FOOD: Broccoli

WHO IS YOUR FAVOURITE SPORTS HERO: Steven Motlop (AFL Forward, Geelong)

WHAT DO YOU WANT TO BE WHEN YOU GROW UP: AFL Player and Engineer

WHAT IS YOUR FAVOURITE STROKE: Butterfly

WHAT ARE YOUR FEELINGS ABOUT YOUR FIRST COMPETITIVE SWIM MEET: Nervous and excited.

BEST MOMENT SO FAR IN SWIMMING: Getting into Squads at 6 years



Trent at Sorrento Surf Club March 2013



Keith, Jay and Trent Solly – April 2013

2013 NAB Cup: Geelong, Eagles and Dockers

Thankfully all three teams had a win!





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Message from the Editor:-

Please let us know if you have an "Awesome Arena Athlete Addition" for any of our future Newsletters. The Club would love to know about any great achievements from our members.

If you have observed any "inspirational" poolside or club moments and would like the persons involved to be acknowledged, please let us know.



Our Wacky Warren Paynter!!

Coach Warren never fails to amaze with his wonderful costumes, dry sense of humour and ability to get the best results from our kids!!

THE WACKY WORLD OF WARREN PAYNTER:

Favourite TV Show: TOP GEAR

Favourite Thing Other Than Swimming: SURFING, MOTOCROSS

Favourite Food: BILTONG

Favourite Swimmer: CHAD LE CLOS (SOUTH AFRICAN FLY GOLD MEDALLIST)

Worst Food: MACDONALDS

Most irritating thing: CHEATERS

What do you like to do in your free time: CAMPING, SURFING, AND JUST GETTING OUT OF TOWN

What parts of coaching do you like best: WATCHING KIDS SUCCEED



So that no one misses out, completed KidSport applications must be submitted by

15 June 2013.

[KidSport fact sheet web smaller](#)

[KidSport – Voucher](#)

Our
ANNUAL GENERAL MEETING
will be held
in the coming months.

Please give some thought to stepping up onto the Committee and sharing your talents for the benefit of the kids!

Expressions of interest will be called for soon.



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COMPETITIVE SWIMMING WORD LIST

BACKSTROKE	LANES
BREASTSTROKE	LAPS
BUTTERFLY	MARATHON
FALSE START	MEDLEY
FLIP TURN	QUALIFYING TIMES
FLUTTER KICK	RELAY
FREESTYLE	CAPS
GOGGLES	SWIMSUIT
HEATS	TEAM
INDIVIDUAL	TIMER