



# MARLIN MATTERS

**DEVO'S AND INTER'S  
SWIMMERS, PARENTS AND  
COACHES TEAM BUILDING  
SOCIAL**



## STRIKE, SPARE.....CAMERA, ACTION!

Warren and Tiff mixed it up at AMF Bowling on 13<sup>th</sup> August, by combining kids from the Inters and Devo's squads into different lanes, encouraging friendships to form across the age groups. The kids (and parents) had a blast and it was a great way for our Junior Swimmers to bond in the lead up to the SWA Junior Short Course State Championships!

WWW.ARENASWIMCLUB.COM.AU



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**“TEAMWORK MAKES THE DREAM WORK”**

*All children are encouraged to attend Marvin Marlin’s Medleys and the coaches’ get-togethers. They are a great way for the swimmers to mingle in a less formal environment and for parents to get to know each other better. Swimming is an individual sport, however we encourage all our families to support each of our Arena swimmers and there is no better way to find out WHO IS WHO than social events!*

## Who's



WHAT OUR AWESOME ATHLETES ARE ACHIEVING OUTSIDE THE POOL :-

(Please email [juzz.corbett@bigpond.com](mailto:juzz.corbett@bigpond.com) with anything you would like included in future editions!)



Well done to Byron and Callum for Interschool Cross country. Byron came 3<sup>rd</sup> and Callum came 4<sup>th</sup>



Byron Kimber – 3<sup>rd</sup> Place Interschool Cross Country held at Carramar Primary School



Callum Robson was recently awarded his Blue Belt in Karate, Great work Callum!

Kieran, Jack, Callum and Byron doing Arena proud at State Cross Country. Great Effort boys!



Angus Clouston represented his school in the Tournament of Minds this month. Well Done Angus!

Joondalup Brothers U/11 Rugby Team taking the flag and winning the league UNDEFEATED for the whole season. Kieran Corbett plays scrum half.





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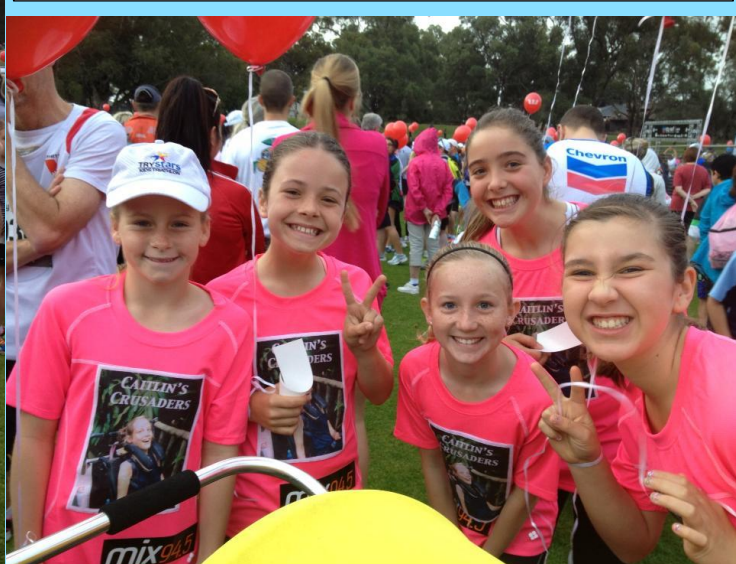


Our Vice President Sarah with her City to Surf Companions! The small athletes beat the moms doing 12kms in 1.16.20!



Sam Lenaghan organised a group of St Simon Peter children (including Grace and Maddison from our Development Squad) and their mums to be a part of "Caitlin's Crusaders" in City to Surf. This incredible group of people raised \$4790 which is going towards Kids Bio-Rehab to help children like Grace's sister Caitlin who lives with Cerebral Palsy. They came 5<sup>th</sup> overall in the 4km wheelchair category! WELL DONE, FANTASTIC WORK

PERHAPS NEXT YEAR WE CAN ENTER AN ARENA TEAM AND HELP THIS WORTHY CAUSE!

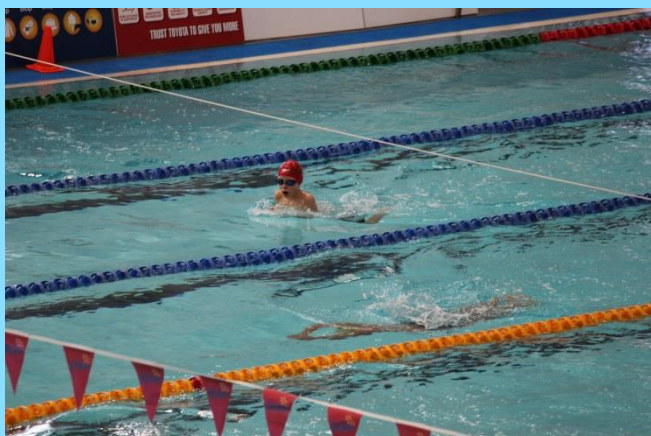




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ADRIANO TODORO our little “POCKET ROCKET” is an example of where hard work and determination can take you! He recently broke the All-Time Short Course 50m Breaststroke at the Challenger Cup Skins. The last person to hold this record was Lennard Bremer (ex-Arena) in March 2004 (almost a decade ago!)  
**WELL DONE Adriano – Arena is proud of you!**

SHORT COURSE 9 YEAR OLD 50M BREASTROKE ALL-TIME RECORD:  
Adriano Todoro 41.13  
PREVIOUSLY HELD BY LENNARD BREMER with a time of 41.59



**A BIG CONGRATULATIONS TO LUKE STAFFE WHO IS NOW AN ACCREDITED COACH WITH SWIMMING AUSTRALIA HAVING COMPLETED BOTH PRACTICAL AND THEORY EXAMS PLUS NUMEROUS VOLUNTEER HOURS COACHING AT ARENA. HIS ACCREDITATION IS “THE SWIM AUSTRALIA” TEACHER OF COMPETITIVE SWIMMING. LUKE IS CURRENTLY WAITING FOR A SHOULDER OPERATION AND THIS HAS KEPT HIS “TOES IN THE WATER” WHILST HE CAN’T SWIM. ALL THE BEST TO LUKE FROM THE CLUB!**





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**"SEVEN DAYS OF NO SWIMMING MAKES ONE WEAK!"**

ARENA SWIMMERS REPRESENT WA IN THE  
STATE SCHOOLS SWIMMING TEAM



Ben Smith, Dylan Lotti, Nic de Bomford, Justin Martin and Tristan de Villiers have flown to Adelaide as part of the Team representing WA and competing 8<sup>th</sup> – 14<sup>th</sup> September in the 2013 School Sport Australia Swimming Championships. What an experience! We wish them the best of luck and well done for making it into the team.

## DATES TO DIARISE:

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- Interclub Race Session – 21<sup>st</sup> September 2013. Entries Closes Friday 13<sup>th</sup> September. (See Website for events)
  - Junior Top Gun – Friday 20<sup>th</sup> September 2013
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*Our Junior swimmers enjoyed a bacon and egg breakfast after training on Saturday. As always many thanks to the parents – for cooking and serving up a storm.*



## Questions Every Swimming Parent Wants to Know By Wayne Goldsmith and Helen Morris

**My child is 10 and is a great freestyler. What does she have to do to make it to the top?**

The first thing to accept is that **there is no such thing as a champion ten year old freestyler.** Swimmers who experience success pre-teenage years generally do so because of accelerated growth, i.e. they are bigger and stronger than the other kids!

Another common situation is that as kids grow, change and develop, their ability to swim the competitive swimming strokes also changes – this year's backstroker could be next year's freestyler and then the following year they are great at swimming fly.

In the long term, the factors which determine success as a senior swimmer are the 5 Ps:

- Perseverance** – the ability to try and try and try and try – and to never give up;
- Patience** – it takes time to become a great swimmer – about ten years of consistent hard work;
- Physical training** – great swimmers are usually the best prepared. It takes a high level of physical fitness, technical development and skills refinement to make it to the top;
- Personality** – world class swimmers demonstrate some common personality traits – none the least being determination, commitment, the ability to overcome adversity and the capacity for accelerated learning;
- Passion** – Swimming is like anything else in life: you have to love it to do it well!

**When should my child specialise in a stroke?**

Kids need to **grow into** their specialist stroke! That is, when swimmers grow and develop physically and mentally, they will be naturally drawn to a particular stroke. It is common for a child's best stroke to change from year to year but once they hit middle to late teens, the nature of specific events will become more appealing. **Real talent in any one stroke is harder to hide than it is to find!** There is no need to encourage kids into one stroke or another – it will just happen!

**Do swimmers need a special diet?**

No. Not unless they have a medical problem or diet related condition that has been diagnosed by a nutrition professional. As a general rule, top swimmers follow a "**4 MORE 4 LESS, 4 ME**" diet:



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- More – complex carbohydrates like rice, bread, pasta.
- More – lean quality protein like chicken, meat, fish.
- More – water, fresh juices.
- More – fresh fruit, nuts and vegetables.
- Less – take away food.
- Less – saturated fats and oils.
- Less – processed and pre packaged foods.
- Less – sodas.

## School, swimming, social life.....what's the right balance for my child?

**Your child is not a swimmer.....**they are a child first and foremost: a child who just happens to swim. But they are also a student, a brother or sister, a son or daughter, a member of a youth group, maybe someone who plays another sport – they are a young person who has the potential to be anything they choose to be.

Kids are drawn to the things that:

1. They enjoy;
2. They have friends;
3. They are learning by because their hearts and minds are engaged in the activity.

So if your kids are having fun with their friends and love what they are doing, chances are the balance is right. If your kids start finding excuses not to train, don't want to get out of bed to go to the pool, show poor training habits and want to avoid going to meets, they are telling you, "mom and dad – the balance is not right and I want to change it". Listen to your kids.

## What should I expect in terms of results at Meets?

You should expect to see:

- Your child enjoying swimming with his / her friends;
- Your child learning to love challenging him / herself and taking pleasure in competition;
- Your child demonstrating all they have learnt in terms of swimming technique, dives, starts, turns, finishes, underwater kicking.
- Your child showing some self responsibility in their warm up, recovery, meet day nutrition and personal management.
- Your child showing a sense of "team" by cheering for team mates and supporting other members of the squad.

In terms of results...expect nothing. Where kids are concerned....**Medals are meaningless and times are tedious** unless they are accompanied by LLL – a **love** of the sport, **learning new skills and life lessons**.

## What can I do to be the best swimming parent I can be?

**Give your child that which only you can give!** Unconditional love, total support, compassion and unwavering belief in them as human beings. In the long term, whether your kids become world record holders in swimming, lawyers, doctors, teachers...it is not their talent that defines them or makes them successful – **it is who they are**. And no one helps kids to develop values, virtues and characteristics like their family. 6 feet tall 12 year old kids with large feet and strong muscles are great, but give me intelligent, honest, hard working kids with a real sense of self belief, courage and integrity any day! **Develop the person first – then the swimming power!**

### **About Wayne and Helen:**

*Wayne is one of the world's leading experts in elite level swimming and high performance sport.*

*Helen, is a former world class swimmer and a passionate campaigner for kids and adults learning to swim. To read more about Wayne and Helen visit their web site [www.sportscoachingbrain.com](http://www.sportscoachingbrain.com) and their new swim site [www.swimcoachingbrain.com](http://www.swimcoachingbrain.com)*



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"THE WATER IS YOUR FRIEND. YOU DON'T HAVE TO FIGHT WITH WATER, JUST SHARE THE SAME SPIRIT AS THE WATER, AND IT WILL HELP YOU MOVE." Aleksandr Popov

**PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP WITH SWIMMING WA. THIS MUST BE DONE ONLINE.**

How to please your coach.....

"Bring them coffee to training in the mornings!"



Good Luck to all our Junior Swimmers at this Weekend's **Swimming WA Junior Short Course State Championships.** Remember Warren and Tiff's message **"WE ARE ARENA"**!



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**THE LEGENDARY LOLLER BOYS!**



## SWIMMER PROFILES : THE LEGENDARY LOLLER BOYS

WHAT YEAR ARE YOU IN?

**RILEY : YEAR 4**

**BRODIE : YEAR 7**

WHAT SCHOOL DO YOU GO TO?

**RILEY : MINDARIE PRIMARY**

**BRODIE : IRENE McCORMACK**

WHAT SQUADS DO YOU TRAIN WITH?

**RILEY : INTERS**

**BRODIE : DEVOS**

WHAT IS YOUR FAVOURITE STROKE AND EVENT?

**RILEY : Stroke – Butterfly / Event 200IM**

**BRODIE : Stroke – Butterfly / Event 200IM**

WHAT IS YOUR FAVOURITE FOOD?

**RILEY : Fish and Chips**

**BRODIE : Salt and Pepper Squid**

WHAT IS YOUR WORST FOOD?

**RILEY : Mushrooms**

**BRODIE : Peas**

WHAT IS YOUR FAVOURITE SONG?

**RILEY : Radio Active**

**BRODIE : Hall of Fame**

WHO IS YOUR FAVOURITE SPORTING HERO?

**RILEY : James Magnussen and Josh Kennedy from the Eagles**

**BRODIE : Geoff Huegill**



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WHAT DO YOU WANT TO DO WHEN YOU LEAVE SCHOOL?

**RILEY :** Swimming Coach

**BRODIE :** P E Teacher

WHAT IS YOUR FAVOURITE SUBJECT AT SCHOOL?

**RILEY :** Sports and Drama

**BRODIE :** Sports

DO YOU DO ANY OTHER SPORTS THAN SWIMMING?

**RILEY :** AFL

**BRODIE :** AFL and Fishing

WHAT IS YOUR FAVOURITE THING ABOUT SWIMMING?

**RILEY :** Doing relays with my friends

**BRODIE :** Watching my Arena friends win

WHAT IS YOUR WORST THING ABOUT SWIMMING?

**RILEY :** Boring Sets (Tiff LOL)

**BRODIE :** Being disqualified

