



MARLIN MATTERS

**SWIMMING WA JUNIOR SHORT
COURSE STATE CHAMPIONSHIP
SWIMMERS, ARMED WITH THEIR PB'S
AND MEDALS!!**



Our young athletes certainly proved that hard work, determination and dedication pay off. With a combined medal tally of 62 (20 gold, 20 silver and 22 bronze) these swimmers achieved well above expectations.

Adriano Todoro broke two records over the course of the Championships –
Boys 9 Years 50M BREASTROKE (40.34) **AND**
Boys 9 Years 100M FREESTYLE (1.09.71).

A huge achievement and Arena is very proud of him!

In addition to this he has just broken the

All Time Record for the 200IM in a time of 2.52.61.

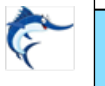
(The previous record was held by Isaac Kelsall in November 2008 with a time of 2.55.22!)

Robert Bonsall also went under the previous record time for the 800m freestyle, clocking 10.06.43. This record was broken by Jack Wilson in a time of 9.24.92.

All our swimmers did exceptionally well

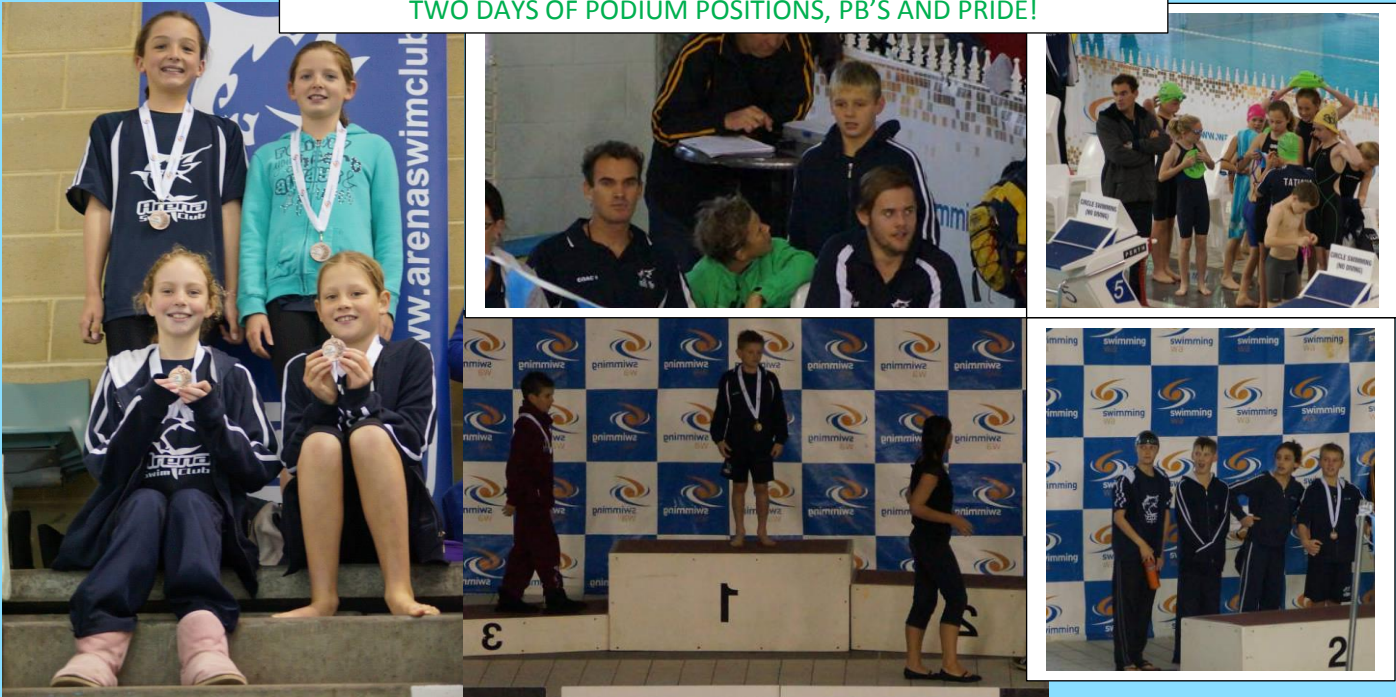
and we had an amazing 73% PB rate out of 312 swims.

The team spirit and comradeship between the swimmers was inspiring and the support from the parents in the stand equally impressive.



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TWO DAYS OF PODIUM POSITIONS, PB'S AND PRIDE!



Arena Adelaide Action!

Our boys did a fantastic job of representing the State and our club in the School Sport Australia Swimming Championships in Adelaide 8-14 September. They all raced well, getting PB's in several events. Nic managed a 3 second PB in 200 freestyle, Ben Smith with a 33.09 in 50m backstroke and Dylan doing personal bests in all his events. Tristan made his 200m breaststroke national time! ! Justin was outstanding, PB'ing in nearly every single heat! It was a wonderful experience for all the boys and good representation from our club.



"Stay focused; go after your dreams and keep moving towards your goals."





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SEPTEMBER

Well done to our Junior Swimmers who competed in Top Gun September. A big congratulations to **Adam Booth** who was this month's Top Gun Winner for both Butterfly and Freestyle. He also broke the 11 year old Top Gun record for freestyle (36.04 secs) previously held by Dylan van Wyk (36.51 secs)!
Keep up the great swimming Adam!

The Seven Habits of Highly Effective Athletes

“What’s something you can do in this upcoming year to become your best self in the water?”

Summarized version taken from the exert by Hannah Saiz

- **SHOW UP**; Make swimming your priority. Practise for a reason – to practice the skills that will make you better. Don't rely on talent alone – train like you are the worst athlete and race like you are the best!
 - **COMMUNICATE**; Coaches are there for a reason. Talk to your coaches and take their advice. Coaches are a resource – use them.
 - **ASK QUESTIONS**; Not DURING training, but if something strikes you as curious, make a note of it and query it afterwards. Remember your coach doesn't have time during the session to explain why you are getting told to do different things, but if you talk outside practice, you will often be enlightened!
 - **THINK DURING PRACTICE**; When you hit the water, turn your brain on. Endless repetitions and lots of time give you plenty of opportunity to change bad habits. Focus on your turns, where your hand catches the water or how far you are turning to breathe.
 - **SUPPORT YOUR TEAM**; The athletes that can help you become better are the ones you share the pool space with, day in and day out. Often rivalries develop that can cause a rift in a team. Be bigger than that fault line. Congratulate your teammates, console them and cheer them on at meets. Your common enemy is the clock, not each other.
 - **DO SOMETHING EXTRA** ; The thing that sets one athlete apart from another is the “little” something extra they choose to work on as an individual.
 - **SLEEP** ; This is one of the most important things on the list. Manage your time well, don't procrastinate and enjoy a good night's rest. Your body will thank you by being FAST. Sleep bingeing on the weekends does not make up for lack of sleep during the week and a lack of recovery takes its toll on the body.
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Swimming WA Performance Squad Camp

Australian Olympic Coach, Matt Brown, led this 3 day/2 night training camp on the 8th/9th and 10th October for athletes selected onto the 2013/14 Swimming WA Youth Performance Squads. This programme is designed for athletes who are 100% fit and capable of committing to all aspects of training. Congratulations to these Arena swimmers who benefitted from participation in this specialist programme:

JAMES CLAXTON

BRITTANY BEESLEY

TRISTAN DE VILLIERS

LEWIS DOWNES



Arena Committee members Bernie and Clare had the pleasure of meeting **a real life legend**, John Bertrand (AM) at the recent SWA Club Conference. John is a dual Olympian, world champion sailor, respected international business leader and renowned philanthropist. He represented Australia in 5 America's Cups and at 2 Olympic Games. In 1983 he skippered Australia II to victory in the America's Cup, ending 132 years of America supremacy.

Lucky for us all, in August he was named the new **President of Swimming Australia Limited.**



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MESSAGE FROM JOHN BERTRAND, for our “Sport of National Importance”

It's been just over a month since I took up the role of President, and I continue to be filled with pride and passion for what lies ahead for our sport and for the Australian Swim Team. Over the last couple of weeks I've been fortunate to have been involved in various celebrations around the 30th anniversary of *Australia II* winning the America's Cup in 1983. In catching up with old friends and colleagues, and talking with the general public and media, many have remarked on my decision to take on the role of President at Swimming Australia. And, as I said when I first came into the role, it was a simple decision. Swimming is of 'national importance' to Australia, we are talking about the 'Green and Gold' and that is something I take very seriously.

Success in sport is about aspiration, setting targets and reaching those milestones with a clear and common vision. Our vision, and I say our vision because to achieve it we need complete alignment throughout the sport, is to be the world leaders by 2020 from the Olympic and Paralympic Podium through to the grass roots level at the 1,000 or more Swim Clubs around the nation. That is a huge challenge, but it is something which is achievable if we garner our strengths around the nation.

To become the best in the world requires four key links of a chain to be world class. World class administration of the sport, world class technology, world class athletes – both as individuals and as a team - and world class coaching. And the glue? Cultural values. Values of trust, integrity, transparency of communication, respect for others and having fun.

In taking the next steps towards meeting this goal, and building a world class team, we have started to engage a core group of advisors to provide strategic value and counsel for our sport. These 'Friends of the Australian Swim Team' will work behind the scenes to assist in key areas for our sport. As volunteers wanting to contribute and help where they can, we are talking about past Olympic champions, some of our great coaches, as well as prominent business men and women, sporting administrators, military personnel and politicians. Such is the power of swimming in this country, and the reality of what we can achieve, that all are committed to helping the Australian Swim Team and Swimming Australia succeed, and all understand the importance of us reaching that end goal by 2020.

It would be remiss of me not to mention one of the real highlights of the year. To see our junior team return from the FINA World Junior Championships in Dubai on top of the medal tally ahead of the US and Russia was one thing, but then to hear of the way that they conducted themselves out of the water was another. To have such talent and professionalism in the ranks certainly bodes well for the years ahead and only highlights just how achievable our goal really is.

Lastly, I must say that I was extremely honoured and humbled to be recognised by my peers and colleagues at last night's Sport Australia Hall of Fame dinner in Melbourne, and to be next to the Legends of sport, from Don Bradman through to Susie O'Neill is something myself and my family are over the moon about.

It was also fantastic to see Maddison Elliott recognised for her hard work at such a young age and to have Cate Campbell nominated for the major award of the evening the Don Award – two terrific ambassadors for our sport, and again further signs that we are on the way to achieving our goals.

Go Australia!





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DON'T FORGET TO GET YOUR TICKETS FOR THE BHP AQUATIC SUPER SERIES WHICH RUNS FROM JAN 31ST 2014 – FEB 1ST 2014! ALL SWIMMERS WHO ATTENDED LAST YEAR HAD A FANTASTIC TIME AND GOT TO WATCH (AND SOME WERE EVEN LUCKY ENOUGH TO INTERACT WITH) SOME OF AUSTRALIA'S SWIMMING GREATS!! MEMBERS OF SWIMMING WA SHOULD TAKE ADVANTAGE OF THE EARLY BIRD OFFER WHICH ENDS ON 1.11.13 TICKETS AVAILABLE THROUGH TICKETMASTER



Not only are our swimmers putting in the long hours – but the following Arena parents successfully completed the theory component of their SWA Technical Officials accreditation on Friday 13th September :-

Nicola Manning (Mum of Ellie in Junior Silver)

Matthew Smith (Dad to Jacob and Braydon in State Age)

Sarah Kimber (ASC VP/Registrar and Mum to Kayleigh and Byron)

Kevin McCulloch (Dad to Dylan in Inters)

Cindy de Bomford (Mum to our Nat Nic)

A huge thank you and congratulations to all these parents we look forward to seeing them poolside very soon!



A number of children joined the trial session on Thursday and had a great time. Watch the "Who's Awesome" space in the future to see if we have any super star water polo players!

Arena Swim Club is very excited to be newly associated with Water Polo WA Inc., delivering a Water Polo program at Arena Joondalup aimed initially at 8-12 year olds. This new association between our two clubs means we will be training side by side and there will be lots of opportunities for a bit of sports cross-pollination. The program kicked off on Thursday 17th October. We wish them good luck and will be watching the development of water polo in the northern suburbs with great interest. Thanks to President Phil and Head Coach Carey for introducing this initiative and a huge thank you to Bernie Smith who fast-tracked the necessary documentation on behalf of the club as always, with great professionalism.



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SAVE THE DATE: Better to be safe than sorry!! GERALDTON SHORT COURSE CLASSIC APRIL 12TH AND 13TH 2014. Over the past few years the Arena Swim Club has had a solid crew attend this meet and have been very successful. It is a great way to kick off the Short Course season and for those who get tied up with other winter sports, a good meet to get those qualifying times wrapped up quickly! It is over the first weekend of the school holidays so keep the dates in mind! There is a lot to do in Geraldton and then why not continue on further North to visit Kalbarri etc.? We are hoping to lock in a discount with a local tourist park for Chalets. **STAY TUNED!**



BEN & JAMES - SWIMMING FOR A GOOD CAUSE – BREASTSTROKEATHON DECEMBER 1ST

Two of our senior swimmers are swimming together in a 6 hour swimming marathon to raise money for breast cancer. Ben Roberts and James Claxton are hoping to raise \$1000 for this noteworthy cause. <http://my.artezpacific.com/personalPage.aspx?registrationID=662941&langPref=en-CA> Feel free to approach the boys and offer your support. Every dollar raised goes directly to the cause.

It is NOT too late to enter a team so if you/your swimmers are up for the challenge, put your own 6 hour relay team together! If you would like to take part but need a team, please contact secretary@arenaswimclub.com.au – we'll do our best to link you with other interested breaststrokers!

Register now: Visit www.breastcancer.org.au or call **9324 3703**



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Tristan de Villiers participated in the recent Cancer Council's Relay for Life. It is wonderful to see our club members getting involved in these fund raising efforts and using their training and fitness to help good causes.

WELL DONE TRISTAN!

Who's



WHAT OUR AWESOME ATHLETES ARE ACHIEVING OUTSIDE THE POOL :- (Please email juzz.corbett@bigpond.com with anything you would like included in future editions!



Isabel Edwards (Izzy) from our Junior Bronze team won Runner-Up Girl Champion from the Yanchep District High Athletics Carnival. In addition to this she does Little Athletics and was the overall Champion Under 9 girl for Ridgewood Little Athletics Club. She came first in her school cross country (YDSH) and second at the Interschool's competition in Gingin.

WAY TO GO IZZY... ARENA IS PROUD OF YOU! KEEP UP THE GOOD WORK!



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SWIMMER PROFILE: ADAM BOOTH

- WHAT YEAR ARE YOU IN? Year Five
- WHAT SCHOOL DO YOU GO TO? St Simon Peter
- WHAT SQUAD DO YOU TRAIN WITH? I just moved up to Inters
- WHAT IS YOUR FAVOURITE STROKE AND EVENT? 50m Freestyle
- WHAT IS YOUR FAVOURITE FOOD? I love chicken, especially nuggets or schnitzel
- WHAT IS YOUR WORST FOOD? Pizza. I hate all cheese
- WHAT IS YOUR FAVOURITE SONG? I don't have any favourites at the moment
- WHO IS YOUR FAVOURITE SPORTING HERO? Brad Hogg from the Perth Scorchers
- WHAT DO YOU WANT TO DO WHEN YOU LEAVE SCHOOL? I'm not sure yet, I'll wait until I get to High School before I decide.
- WHAT IS YOUR FAVOURITE SUBJECT AT SCHOOL? Maths
- WHAT IS YOUR WORST SUBJECT AT SCHOOL? English, especially spelling!
- DO YOU DO ANY SPORTS OTHER THAN SWIMMING? Swimming is the only sport I do every week. I sometimes play golf with my Dad and Grandad and I like running but only for fun. I have also been skiing in New Zealand a couple of times which was awesome.
- WHAT IS YOUR FAVOURITE THING ABOUT SWIMMING? Doing lots of laps.
- WHAT IS YOUR WORST THING ABOUT SWIMMING? The worst thing is probably how cold the Arena Pool is!