



MARLIN MATTERS

Happy New Year to all our athletes, coaches and parents. We hope that 2014 has started off well! A New Year means new goals, new dreams and most of all the beginning of another chapter in our lives. "What would you like to attain? Little things and big things? Where would you like to go? Write them all down – as an affirmation of you, your life, and your ability to choose. ***The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.***" –Melody Beattie

2013 saw a big restructuring of Arena Swim Club as we moved away from Venues West and took our first steps as an independent swimming club. Throughout the course of these changes the athletes, coaches, parents and an incredibly dedicated group of Committee members pulled together to organise social events, improve the Club's team spirit and organise fund raising events that have gone a long way to assisting with its financial needs. All these efforts have ensured that the three words "WE ARE ARENA" will continue to be used with pride in 2014. Let's keep flying the Arena flag proudly this year and aim to meet and surpass our goals because after all..... WE ARE ARENA!

2014 – Exciting Times Ahead

for Our High Performance Team



The Western Australian Institute of Sport is delighted to announce the appointment of Bud McAllister as head coach of its

Northern Suburbs High Performance Training Centre.

The highly-regarded American, best known for coaching US swimmer Janet Evans to four Olympic titles and six world records, is expected to arrive in Perth in April to begin work with the Western Australian swimming Programme.



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West Australian Institute of Sport Performance Director Michael Broadbridge described McAllister's appointment as massive coup for the sport in Western Australia.

"Bud's outstanding international record, including coaching 2004 Olympic 200 Butterfly Silver medallist Yakashi Yamamoto, 2013 British national record holder and Commonwealth Games medallist Jazz Carlin, as well as Janet Evans, made him a stand out applicant," Broadbridge said.

"Bud has received numerous coaching awards and was inducted into the ASCA Hall of Fame in 2007. To attract a coach of Bud's calibre to Western Australia is a reflection of the enormous potential that exists in this State.

"WAIS looks forward to Bud arriving in Western Australia, commencing the program and guiding Western Australian swimmers to national and international podium level performances."

McAllister's appointment has also received the backing of Swimming WA with CEO James Young, describing the appointment as a massive step to ensuring the success of Western Australian athletes for years to come.

"Bud is a coach of enormous standing and will bring to Western Australia years of experience and a fresh approach to training our elite athletes," Mr Young said.

"Swimming in this State can only benefit from his involvement in the sport."

McAllister said he equally anticipated the start of a challenging and prosperous working relationship with Western Australian swimming.

"I am very excited to start my new role at the WAIS Northern Suburbs High Performance Training Centre," he said. "I see tremendous potential in the rapidly growing Perth area and am impressed with the organisational structure and professionalism of WAIS, Swimming Western Australia and Swimming Australia.

"I look forward to the challenge of helping make Western Australia a force at the international level of swimming in the coming years."



Well Done to our Arena "Cureageous Pink Breastrokers." James, Luciano, Ross and Ben did an amazing job at the Breastrokeathon in December last year, raising about \$2500. It is inspirational to see our young athletes putting their talents to work for charity. Hopefully they will motivate all our swimmers to look at ways to help out in the community. After six hours of swimming this group of boys made our Club proud and deserve a huge pat on the back for their efforts.

"Doing nothing for others in the undoing of ourselves." Horace Mann



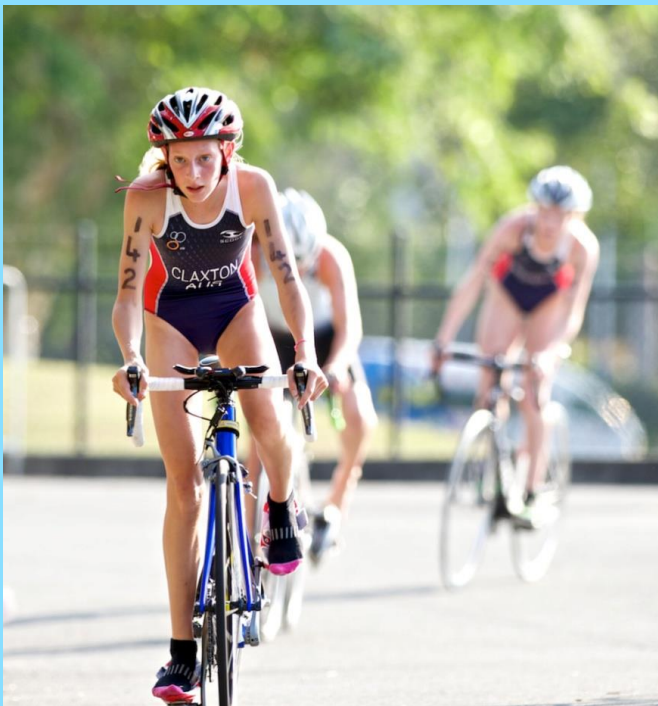
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JESSICA CLAXTON – TAKING HER SWIMMING TO NEW HEIGHTS

Jess certainly backs the clichés “dynamite comes in small packages” and “pocket rocket”! Jessica has won the Australian Junior Triathlon Championship title (youth) after a tough couple of months. The first competition in Runaway Bay, QLD she came 1st and the second competition in Penrith, NSW she came 2nd. Overall she secured the most points for the two competitions; winning the Australian Junior Triathlon Championship title (youth) and will also be recognised as the female **Australian Youth Triathlete of the Year 2014**. She is due to be presented with her National award in QLD in April. Well done Jessica on such a fantastic achievement and a big thanks to Carey for her coaching skills and encouragement. Thank you to all for their support and assistance.

Jess – about to enter transition in 1st place after the cycle leg (QLD)

Jess in First Place on the run leg in NSW



BUNNINGS SAUSAGE SIZZLE - MINDARIE



We were fortunate enough to be allocated the 27th and 30th December as Bunning Sausage Sizzle Fund Raiser Days. Thank you to all the organisers, parents and volunteers who helped make these days so successful. All the funds raised at events like this will greatly help the Club as it continues to stand as an independent organisation.



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The Aquatic Super Series is being held 25th – 31st January. Not only will our athletes get the opportunity to attend clinics with some of the elite swimmers, but hopefully there will be a large contingency of Arena swimmers, parents and friends in attendance during the two nights of the series. If last year's feedback is anything to go by – this promises to be a very inspiring and exciting week for the sport!

2014 SWA State Open & Age Long Course Championships

WOW! What a wonderful week of medals, PB's, team spirit and the spotting of members of the Australian Swim team (here for the BHP Billiton Aquatic Super Series) on the Pool Deck at Challenge Stadium during the SWA State Open & Age Long Course Championships! Live streaming meant that many of us were able to share in the excitement from home and watch the events as they unfolded.

The swimmers did Arena proud with some amazing results.





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Our very own Olympian Yolane Kukla won the 50m freestyle clocking 25.58 and claimed the sprint double after winning the 100m freestyle. Swimmers also got the opportunity to watch James Magnussen swim his World Champion event – the 100m freestyle, in preparation for the Aquatic Super Series.



STATES WRAP UP FROM HEAD COACH CAREY MARTIN :-

“States 2014 has come and gone, there were some ups and downs, elation and disappointments - all part and parcel of the sport of swimming. It’s how these emotions are handled that is important, and our swimmers did a great job. They all displayed great sportsmanship and team spirit, leadership when needed and support of their team mates when things didn’t quite go to plan. They gave everything they had and swam to the best of



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their ability on the day. That's all that we as parents can ask. I hope that you are as proud of their achievements as I am."

Our National Team:

16 of 17 that competed achieved 87 PB's between them. **ALL** 17 were finalists and 11 Individual medalists of 27 medals. (plus 5 relay medals) 32 in total. The remaining 6 swimmers were members of medal winning relay teams. There were some outstanding swims across the board in individual events, and some swimmers smashing their PBs in the relays. They always seem to be able to find that little bit extra for their team mates.

Devos and State Age

There were 14 swimmers who competed and achieved PBs. Well done. A special mention for Brodie Loller who picked up a Bronze in the 13/u 200 Fly, Helen Claxton and Lottie Collier who gave everything in the 14/u relay team with Brittany and Aimee that won Bronze. Robbie Claxton who smashed his 100 free PB in last leg of the Mens 4x100 Medley to help Matt, James and Justin secure the Bronze medal.

Congratulations to Yolane Kukla who broke the WA record for 100 Freestyle for 17/18 years (Total 3 gold 3 Silver)

Congratulations to the following swimmers who have achieved National Qualifying times, and to those that did PBs and just missed their target, keep working hard, believe in yourself - there are plenty of opportunities still to come.

National Qualifiers as of 14.1.14

Yolane Kukla 6 events
 Matthew Meinema 5 events
 Tristan De Villiers 5 events
 Ryan Butler 2 events
 Brittany Beesley 2 events
 Justin Martin 2 events
 James Claxton 2 events
 Logan Bristow 2 events
 Aimee Lee 1 event
 Savannah Lorregian 1 event
 Candice Wall 1 event
 Amy Williams 1 event

Nic De Bomford Open Water 5 and 10KM
 Lewis Downes Open Water 5KM



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Still to come: Very Close to Qualifying

Lewis Downes (Pool)
Ben Roberts
Nic De Bomford (Pool)
Dylan Lotti
Paolo Da Silva
Teisha Bristow
Ben Smith
Danae Okulicz

Our Full State Age Stats 2014 were:

31 Individual swimmers with 25 achieving PBs
24 individual finalists.
154 Heat swims
8 Semi final swims
92 Final swims
32 Individual Medals
5 Relay Medals

Special mention must be made to our Junior Swimmers who graciously took on the task of basket carriers for the event and congratulations on the fantastic job they did!



DECEMBER

Well done to our Junior Swimmers who competed in Top Gun December. Thanks to all the parents, committee members and National Swimmers that helped out on the day. The Top Gun Winners were Charlie Fountain for both 50m Backstroke and 50m Freestyle and Lucy Williams for 50m Breaststroke.

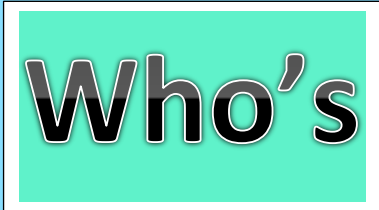


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Flippa Ball has kicked off again so don't forget to re-enrol or find out about enrolling if you have an enthusiastic Water Polo player in the making. Training is on Thursday nights with games played on Sunday afternoons. Please note that there will be no Flippa Ball on the 2nd February (Big Day Out)

and 2nd March (Future Music Festival).



WHAT OUR AWESOME ATHLETES ARE ACHIEVING OUTSIDE THE POOL :-

(Please email juzz.corbett@bigpond.com with anything you would like included in future editions!



Congratulations to Ella Packer for her Academic Award, received in the final term of 2013! Not just an awesome swimmer and pretty face!



Congratulations to Karly-Emma Corbett who attended the premier of the short film *Daze of Innocence* in which she starred in a lead role as "Lucy."



We encourage our new swimmers to look into the Dive and Try Swim meets that are held each year. The Dive & Try Swim Meets have been held in Western Australia for the past 41 years and are designed to be Swimming WA's premier Junior Sport Program. The meets encourage boys and girls in Western Australia to participate in swimming, with all swimmers rewarded for their efforts. They are friendly, non-threatening swim meets with modified rules and provide an opportunity to become involved in one of Australia's leading sports. The meets cater for 6-14 year-olds, including children with disabilities. For more information on the SunSmart Dive & Try Swim Meets see <http://wa.swimming.org.au/sunsmart-dive-and-try.html>

GOOD NEWS! Entry into several DIVE and TRY meets is still possible. Eligibility requirements can be found at the above link. The following upcoming meets may be of interest to some of our members:-



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- SUNDAY 9TH FEB:** - GUILDFORD AND KALAMUNDA DISTRICTS SWIMMING CLUB
VENUE: GUILDFORD GRAMMAR POOL KALAMUNDA
- SUNDAY 16TH FEB:** SOUTHSORE SWIMMING CLUB
VENUE: MELVILLE AQUATIC CENTRE, MELVILLE
- SUNDAY 16TH FEB:** BUNBURY SWIMMING CLUB
VENUE: SOUTH WEST SPORTS CENTRE, BUNBURY
- FRIDAY 28TH FEB:** UWA UNISWIM SWIMMING CLUB
VENUE: UWA AQUATIC CENTRE, CRAWLEY
- SUNDAY 2ND MARCH:** BREAKERS SWIM CLUB
CRAIGIE LEISURE CENTRE, CRAIGIE
- SATURDAY 8TH MARCH:** SWAN HILLS SWIMMING CLUB
VENUE: SWAN PARK LEISURE CENTRE, CRAIGIE
- SATURDAY 22ND MARCH:** LEISUREPARK LAZERS SWIMMING CLUB
VENUE: LEISUREPARK BALGA



Yes...Facebook is not for everyone! However over the past year it has become a very effective way of communicating news, reminders and highlights to our members. Why not try it? You may find you like it!

(The Arena Facebook page is a closed group.)

ARENA WOULD LIKE TO WELCOME THE FOLLOWING SWIMMERS WHO HAVE JOINED OUR CLUB FROM JULY LAST YEAR :

Anja Van Meersberge, Amber Norton, Kai Norton, Olivia Paterson, James Vorster, Anthony Cummins, Pantita Phobubpa, Ben Luyke, Daniel Lummins, Ryan Macdonald, Emilia Thomas, Kirstin Stobbe, Tayla Dodds, Tom Hall, Joseph West, Macklin Annett, Kahna Annett, Kate Avery, Phoebe Dean, Toby fountain, Ava Fountain, Charlie Fountain, Emilia Holroyd, Arron Cox, Amy Cox, Jemma Pistorius, Alexander Williams, Lucy Williams, Ryan Lummins, Breeanna Paice, Libby Goodison, Samantha McHardy, Harley Price, Oliver Williams, Joshua Bateson, Paula Gutierrez, Justin Sabouri, Anthony Jackson, Zac Ashton, Ella Jolley, Tahlya Paice.

TARGETED SWIM MEETS FOR COMPETITIVE MEMBERS :-

please check the "Swim Meets" page on the website

- ROCKINGHAM STINGRAYS (15th/16th February):** Entry via registrar – closing date 29/1/14
- RACE SESSION #1 (7TH February):** Entry via registrar – closing date 31/1/14
- WESTERN SPRINT CHALLENGE (1ST March):** SWA Online – closing 14/2/14
- A DIVISION CLUB PREMIERSHIPS (15th March):** N/A - Club Selection
- SWA End of Summer Sensation (21st-23rd March):** SWA Online – closing 11/3/14

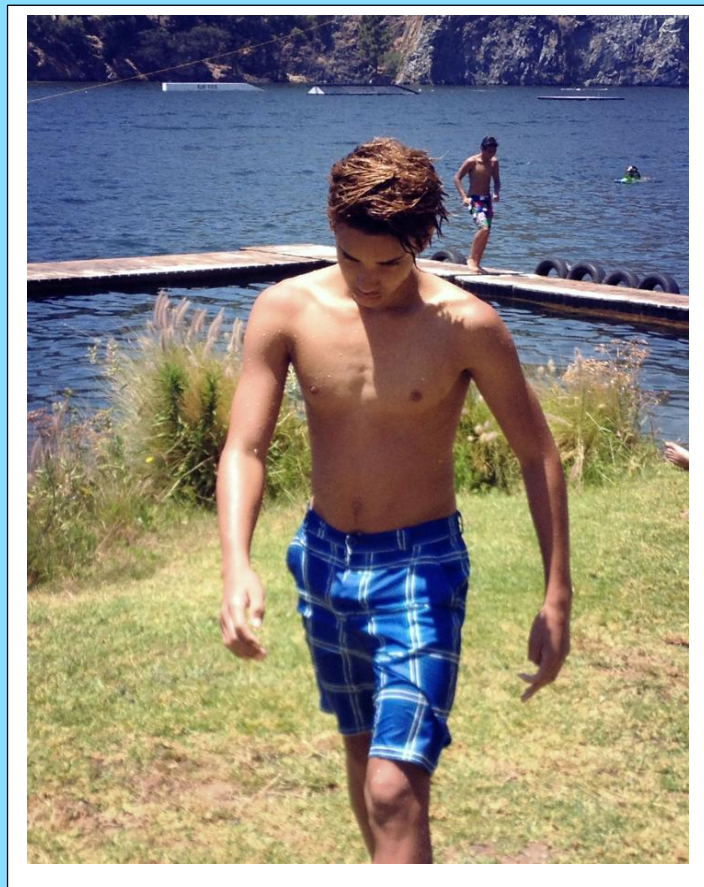


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Congratulations to Yolane Kukla who was recognised in the 2014 Australia Day honours list for service to sport as a gold medallist at the London 2012 Olympic Games, and awarded the **MEDAL (OAM) OF THE ORDER OF AUSTRALIA IN THE GENERAL DIVISION**, announced on Australia Day. Yolane and Kat Downie also from WA, were recognised along with several other members of the Australian Swim Team.

SWIMMER PROFILE : TRISTAN DE VILLIERS



DO YOU HAVE ANY NICKNAMES AND WHAT ARE THEY?

TRIST, T-DAWG



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WHAT YEAR ARE YOU IN?

YEAR 11

WHAT SCHOOL DO YOU GO TO?

PRENDIVILLE COLLEGE

WHICH SQUAD DO YOU TRAIN WITH?

NATIONALS

WHAT IS YOUR FAVOURITE STROKE AND EVENT?

50M BREASTSTROKE

WHAT IS YOUR FAVOURITE FOOD?

STEAK

WHAT IS YOUR WORST FOOD?

CELERY

WHAT IS YOUR FAVOURITE SONG?

DON'T HAVE ONE

WHO IS YOUR FAVOURITE SPORTING HERO?

MICHAEL PHELPS

WHAT DO YOU WANT TO DO WHEN YOU LEAVE SCHOOL?

NOT SURE YET

WHAT IS YOUR FAVOURITE SUBJECT AT SCHOOL?

SPORT

DO YOU DO ANY SPORTS OTHER THAN SWIMMING?

BASKETBALL

WHAT IS YOUR FAVOURITE THING ABOUT SWIMMING?

SWIMMING!

WHAT IS YOUR WORST THING ABOUT SWIMMING?

TRAINING AND GETTING UP EARLY!



LOOK OUT FOR THE INTERS
AND DEVO'S CAMP REPORT IN
OUR NEXT EDITION...