



MARLIN MATTERS

"You may delay, but time will not." *Benjamin Franklin*. And 2014 is certainly progressing in haste. With the Club Premierships completed, the Junior Long Course State Championships just around the corner and our National Swimmers preparing for their April excursion to Sydney – time most definitely waits for no one! It is a reminder to make the most of each day and for all of us – swimmers, coaches and parents to keep striving to be the best we can be.

COWBOYS AND INDIANS WHIPPED UP ANOTHER VICTORY AT THE SWA A DIVISION CLUB PREMIERSHIPS





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An incredible effort from all the swimmers and coaches ensured that Arena once again "Galoped" across the victory line, winning \$200 for the best dressed. Coach Warren Paynter came as a rather formidable Indian, (with his customary full hair and make-up), accompanied by Justin Martin whose skills with the "Whip" perhaps "gently" persuaded the judges that it would be in their best interests to ensure a favourable outcome for the Arena team. Our swimmers rose to the occasion and gave all they had, resulting in Arena finishing third behind Breakers (2nd) and West Coast who finished First. Team spirit was plentiful and the Arena supporters cheered enthusiastically from the other side of the pool. It was great to see such good sportsmanship amongst our athletes and parents. Watch out for next year ... let's hope that our victory in the dressing room will be matched with a victory in the swimming pool!

GOOD LUCK TO OUR NATIONAL SWIMMERS

Congratulations and Good Luck to our National Swimmers who will be travelling to Sydney from the 11th April 2014 until the 20th April 2014. The competition commences on the 14th April through till the 19th April. All the best to the athletes and the coaches. The following is a list of all our National Qualifiers for 2014 :

Pool

1. Matthew Meinema
2. James Claxton
3. Ryan Butler
4. Tristan De Villiers
5. Justin Martin
6. Logan Bristow
7. Brittany Beesley
8. Amy Williams
9. Savannah Loreggian
10. Aimee Lea
11. Kiara Thomas
12. Lachlan Thomas
13. Paolo Da Silva
14. Candice Wall
15. Yolane Kukla
16. Danae Okulicz

Open Water

1. Nic de Bomford
2. Lewis Downes





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SWA JUNIOR LONG COURSE STATE CHAMPIONSHIPS

On Saturday 29th March 2014 the Junior State Qualifiers were presented with their Arena caps and treated to a breakfast of bacon and egg rolls in celebration of our National Swimmers and Junior qualifiers. It was a fantastic morning with parents pitching in to cook up a feast and a superb way to boost club morale and show support for our swimmers that have a busy April of competition!



WITH THE JUNIOR LONG COURSE STATE CHAMPIONSHIPS FROM THE 4TH-6TH APRIL AND OUR NATIONAL SWIMMERS GETTING ORGANISED FOR SYDNEY, NUTRITION IS AN IMPORTANT PART OF THEIR PREPARATION. NOT ONLY IS IT IMPORTANT FOR OUR SWIMMERS TO GET A BALANCED DIET – THEY ALSO NEED TO ENSURE THAT THEY ARE GETTING ENOUGH “ENERGY IN” TO COMPENSATE FOR THE “ENERGY OUT”

Energy In vs. Energy Out

Energy is a measure in kilojoules (kJ), so when we refer to ‘energy in’ we actually mean ‘kilojoules in’ (the kilojoules in the food we have eaten). ‘Energy out’ refers to the amount of energy used by our body to



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perform everyday functions, as well as being active. **What happens when the amount of energy taken in as food is greater than the amount of energy used?** - The extra energy will be stored in the body as fat, and it will cause body weight to increase. After playing a sport or participating in some form of physical activity many of us reach for something to eat from the canteen. Many of the foods we eat contain a concentrated amount of energy and we end up leaving energy positive. How do you think you or your kids fare?

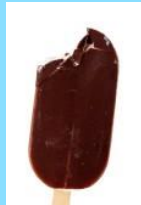


One sports drink (798kJ)

=



25 minutes of swimming



One chocolate coated ice-cream (1180kJ)

=



30 minutes of horse riding



One bucket chips (1255kJ)

=



40 minutes of basketball



One full fat meat pie (2037kJ)

=



50 minutes of jogging

Eating and drinking for sports performance

Good nutrition and hydration play an important role in sports performance and recovery, but there can be some confusion when it comes to the best way to eat and drink before and during sport.

What should I eat? The meal or snack eaten before training or competition provides an opportunity for you to perform at your best and helps you to recover sooner. Your pre-event meal should be eaten 2-4 hours before competition. The foods you choose should be easy to digest, low in fat and rich in 'good' carbohydrates for energy. Some examples are listed below:



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- Tuna and salad sandwich and an orange
- Baked beans on toast and a glass of milk
- Jacket potato filled with cheese and vegies
- Vegemite on toast, fruit salad with reduced fat yoghurt
- Ham, cheese and tomato toasted sandwich and an apple
- Rye crackers topped with ricotta cheese and cucumber and a banana
- Wholegrain English muffins topped with spaghetti and a fruit smoothie

What should I drink? Sports drinks and vitamin waters are promoted as being better than water. The truth is that the average athlete can and should get all the necessary hydration from drinking plenty of water before, during and after exercise. Sports drinks are developed for elite, endurance athletes who are training or playing for at least two hours. Sports drinks contain added kilojoules which can lead to weight gain as well as excess sugar and salt. For the average player the best choice is water. Milk including flavoured milk is also a good choice. Milk provides a great source of carbohydrates, protein, fluid, electrolytes and other important nutrients making it an ideal rehydration and recovery drink for active people.

What about during breaks?

Many people believe that lollies provide a good source of energy. Lollies provide a source of energy but have no other nutritional value. Plain water to drink and fruit to snack on are the best choices. Fruit such as watermelon, oranges and berries provide carbohydrate as well as a source of vitamins, minerals and antioxidants.

Each individual is different and it important to monitor the effects of food and drink choices on your performance. Listen to your body and figure out what works best for you. By meeting your nutritional goals you will be able to perform at your best and not run out of energy or get any stomach discomfort, allowing all that hard work to pay off!

SPECIAL MENTION THIS EDITION TO TWO OF OUR SWIMMERS THAT ARE TAKING THEIR SKILLS IN THE POOL TO OTHER AREAS OF ELITE SWIMMING

Nic de Bomford :- Nic has had an outstanding season of Open Water Swimming, culminating in the Rottneest Channel Swim where he was the 13th male to finish, coming 16th overall and the youngest solo swimmer on the day, finishing in an official time of 4 hours 59 minutes and 30 seconds.





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Nic also represented WAs Western Suns Surf Team at the National Interstate comps in Sydney earlier this year. He competed in the Pool Rescue events at Ryde Aquatic Centre and the Beach Events at Newport Beach coming in the top three in all his contested events. They included 200m Obstacle Race, 50m with fins, the beach surf race, tube rescue and several relays. This year Western Australia came third for the first time in years, finally beating the Victorians and also won for the first time the handicap points trophy for most improved.



Jessica Claxton : In the National Youth Triathlon Jessica competed in the 15/16 year age group at Twin Waters, Queensland. Despite being a year younger than most triathletes she placed 2nd. She was also featured in the Joondalup Times on the 11th March and will be crowned the Australian Youth Triathlete of 2014 having taken out the national youth title in December. Jess is gunning for Australian Olympic representation in the long term and with her dedication and amazing results in recent times, this could be a future reality! Keep up the amazing work Jess.



A REMINDER THAT THE 2014 WINTER ALMANAC IS NOW AVAILABLE TO ORDER. YOU CAN EITHER ORDER ONLINE DIRECT FROM SWA OR \$10 VIA THE ARENA SWIM CLUB. IF ORDERING THROUGH THE ARENA PLEASE EMAIL YOUR ORDER TO SECRETARY@ARENASWIMCLUB.COM.AU WITH CONFIRMATION OF PAYMENT TO THE CLUB BANK ACCOUNT (PLEASE USE YOUR SURNAME AS DETAIL). ORDERS AND PAYMENT MUST BE RECEIVED BY 5PM ON FRIDAY 4TH APRIL 2014



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ARENA SWIMMERS SHINE AT SCHOOL SWIMMING CARNIVALS

Summer sports sees most schools hosting inter-house and inter-school swimming carnivals. Arena Swimmers are dominating the School Championships and a big congratulations to the following swimmers :-

PAOLO DA SILVA
 TRISTAN DE VILLIERS
 AIMEE LEA
 DYLAN LOTTI
 MADDISON LEA
 GRACE LENAGHAN
 LUKE RICHARDS
 MEGAN MCGLOIN
 SHANE MASOLIN
 NIAMH JELLEY
 ASHA MACDONALD-RAZVI
 LAUREN GASTEVICH
 JUSTIN MARTIN
 TATIANA VALENTIM
 ROSS GOODISON
 LUCIANO TODORO
 ALYSSA BURGESS
 KIERAN CORBETT
 ADRIANO TODORO
 AIDAN COYNE
 JESSICA LEA
 AIDEN BURGESS

BOY CHAMPION OPEN
 BOY CHAMPION YEAR 10
 GIRL CHAMPION YEAR 9
 BOY CHAMPION YEAR 9
 GIRL CHAMPION YEAR 7
 RUNNER UP GIRL CHAMPION YEAR 7
 BOY CHAMPION YEAR 7
 GIRL CHAMPION YEAR 8
 BOY CHAMPION YEAR 9
 GIRL CHAMPION YEAR 8
 GIRL CHAMPION YEAR 7
 GIRL CHAMPION YEAR 8
 BOY CHAMPION OPEN
 GIRL CHAMPION YEAR 7
 BOY CHAMPION YEAR 7
 RUNNER UP BOY CHAMPION YR 8
 GIRL CHAMPION YEAR 6
 BOY CHAMPION YEAR 6
 RUNNER UP BOY CHAMPION YR 6
 BOY CHAMPION YEAR 5
 GIRL CHAMPION YEAR 4
 BOY CHAMPION YEAR 4

PRENDIVILLE COLLEGE
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 PRENDIVILLE COLLEGE
 PRENDIVILLE COLLEGE
 PRENDIVILLE COLLEGE
 MATER DEI COLLEGE
 MATER DEI COLLEGE
 MATER DEI COLLEGE
 ST STEPHENS DUNCRAIG
 ST STEPHENS CARRAMAR
 INTERSCHOOLS
 INTERSCHOOLS
 SACRED HEART COLLEGE
 ST SIMON PETER
 ST SIMON PETER
 ST SIMON PETER
 ST SIMON PETER
 ST SIMON PETER
 ST SIMON PETER



SPOTTED...
 Arena Athletes are recognised at the Young Sports Awards and were featured in the Joondalup Times



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TOP GUN MARCH

Well done to our Junior Swimmers who competed in Top Gun March. Thanks to all the parents, committee members and National Swimmers that helped out on the day. The Top Gun Winners and record breakers were Joe Quirk (9 years) for 50m Backstroke in a time of 48.17 seconds and Cameron Quirk (10 years) for 50m Freestyle in a time of 36.17 seconds.



Flippa Ball is looking for numbers for the Thursday night sessions. Keep an eye out for "Bring A Friend" evening which is currently being considered. This is a great way to try out the sport without having to commit – "TRY BEFORE YOU BUY!" Training is on Thursday nights with games played on Sunday afternoons.

A small group of Arena Swimmer's bumped into each other at the 2014 Weetbix TRYathlon. It was a great morning of breakfasting with champions and fun.



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



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SWIMMER'S PROFILE : LAUREN GASTEVICH

DO YOU HAVE ANY NICKNAMES AND WHAT ARE THEY?

WHAT YEAR ARE YOU IN?

WHAT SCHOOL DO YOU GO TO?

WHAT SQUADS DO YOU TRAIN WITH?

WHAT IS YOUR FAVOURITE STROKE AND EVENT?

WHAT IS YOUR FAVOURITE FOOD?

WHAT IS YOUR WORST FOOD?

WHAT IS YOUR FAVOURITE SONG?

WHO IS YOUR FAVOURITE SPORTING HERO?

WHAT DO YOU WANT TO DO WHEN YOU LEAVE SCHOOL?

WHAT IS YOUR FAVOURITE SUBJECT AT SCHOOL?

WHAT IS YOUR LEAST FAVOURITE SUBJECT AT SCHOOL?

DO YOU DO ANY OTHER SPORTS THAN SWIMMING?

WHAT IS YOUR FAVOURITE THING ABOUT SWIMMING?

WHAT IS YOUR WORST THING ABOUT SWIMMING?

Lozza, Laur,

Year 8

St Stephens Duncraig

State Age

50m/100m Breaststroke

Pasta

Sultanas

Brave

Stephanie Rice

Physiotherapist

Sport

Science

Netball

Race Meets

Time Trials