

STL NEWSLETTER



Sea's The Limit Swim Club

So far it's been a pretty wet summer but that hasn't stopped lots of swimmers turning up day after day for training. Chad's holiday stroke clinics have been booked solid and we had a record number — 33 — at morning squad recently.

December 2007 /
January 2008

Everyone has been putting in the extra effort for the upcoming Cole Classic. See below for more details or chat to Chad if you're thinking about entering.

We've got plenty of events coming up in the next couple of months so grab your diary and see page 2 to get those dates locked in.

And it's with great sadness that we pass on news of the tragic loss of one of our adult squad members, Sandy Harvey. More information on page 4.

COLE CLASSIC: SUNDAY 3 FEBRUARY

The Cole Classic is one of our feature swims of the year and we hope to field a strong team from Sea's the Limit. Training has been

gearing up for a few weeks now in anticipation and there are three distances on offer.

At 9.30am is a 1km Nippers and Novices swim, ideal for those wishing to give ocean swimming a try. The swim starts at Shelley Beach and hugs the shoreline of Cabbage Tree Bay before heading into the southern end of Manly Beach. You can see the bottom the whole way, there's usually plenty of fish to look at and it's a great starter swim.

From 10.30am, the main 2km ocean swim kicks off, although age group waves start spread out all the way until 11.33am.

And for those wishing to challenge themselves with a longer swim, the 10km starts at 6.45am. If you are interested in doing the 10km swim, Chad is holding a training swim starting at 8am at Coogee, on Saturday 26 January.

All those who wish to swim in any of the events, please see Chad for entry forms.

CHRISTMAS CLUB NIGHT: THURSDAY 20 DECEMBER



Despite all swimmers putting in a great effort in the 50m freestyle at the Christmas Club Night, we have a sneaking suspicion that it was the water slides that were the biggest hit of the evening.

It was a rainy night, so thanks to all those who came out and supported us.

A big thank you to all our volunteers who helped out on the night, and who kindly donated prizes for the prize dive.

We also had a good turnout at the January Club Night, even though we were missing a few swimmers still on summer holidays. Let's hope, wherever they are, they're having better weather than we are in Sydney.

DATES FOR YOUR DIARY

BEACH DAY: MONDAY 28 JANUARY

Unfortunately December's Beach Day didn't go ahead due to the dismal weather. Fingers crossed we have better luck for our next one, on Monday 28 January, on the Australia

Day long weekend.

If you haven't swum in the ocean before, this is a good chance to give it a go, one week before the Nippers and Novices race at the Cole Classic.

Meet on the grassy hill at the northern end of Coogee beach, around midday. If you're thinking of coming, please try to let us know so we have enough food for the BBQ.

Similar to Club Nights, the Speedo Sprint Carnival consists of 50 metre races in each of the four strokes.

SPEEDO SPRINT CARNIVAL: SUNDAY 10 FEBRUARY

The carnival is open to those aged 8—13 (as at 9 February 08) and it's a great opportunity to pit yourself against others in your age group and to see if you can manage a PB.

The carnival is held at the University of NSW pool, starting at 2.30pm (warm up from 2pm.) Entry costs \$4 per event and entry forms and money must be handed in to Chad or Georgina by 31 January, **at the latest.**

CLUB NIGHT: THURSDAY 21 FEBRUARY

Join us for the next Club Night in February—time is running out for you to be eligible for the Club Championships in April.

As always, line up outside the doors in the centre of the grandstand at 7pm. Entry is \$1 per person.

TELSTRA SWIMMING CHAMPIONSHIPS: SATURDAY 29 MARCH

The swimming team representing Australia at the Olympics in Beijing will be selected at the Australian Swimming Championships, to be held at Olympic Park in March.

Sea's the Limit has secured three rows of seats for the final evening's session, starting at 6.30pm This is your chance to see some of the great names in Australia swimming, for a really good price. Tickets cost \$65 for a family (2 adults, 2 children—normal price \$75) but talk to Georgina if you would like to go but don't own 2 children.

See Leisel Jones in the 50m breaststroke, Libby Lenton in the 50m freestyle, Grant Hackett in the 1500m freestyle, as well as other events, including the men's and women's 4x100m medley relays.

Please see Georgina if you would like a ticket or two—offered on a first come, first served basis.

ESQUINA D'EL PRESIDENTE

After-school squad sessions resume from Monday 4 February.

We have LOTS of opportunity to challenge ourselves with school carnivals, regional meets, open water events, and club nights. The atmosphere at training has been fantastic and I personally set the challenge to everyone as to how much can we grow in the next 10 weeks.

SWIMMERS OF THE MONTH

I congratulate the December "Swimmers of the Month": Nancy Muir and Jack Owen.



Both Nancy and Jack were recognised for their commitment towards accomplishing a goal: to finish the Coogee Ocean Swim.

They both put a great effort into having the belief in themselves that they could accomplish the task. Congratulations, guys, on a job well done. Who knows what our next mission might be...



And I also congratulate the January "Swimmers of the Month": Erika Williamson and Bradley Horrey.



Erika has come a long way in a short time. Recently she has really taken a step forward with her training and is accepting the challenge of how fast she can go.

At the RSL swimming zone championships, Erika posted excellent times and qualified to represent her Maroubra RSL club and her zone at the State Championships.

Bradley has been focusing on a target of qualifying for his first ever Open Water National Championships since August 07.

On Saturday 19th January he not only qualified, but did so in amazing style with over a 4 minute PB in the 5km open water event at Penrith Lakes. Let's keep up the hard work and go for another PB in April.



OTHER RESULTS

Yes, as mentioned by El Presidente, above, Bradley didn't just shave off the 26 seconds from his previous 5km time, he hacked it by four minutes, to post a 1 hour 11 minute time. Brilliant achievement. Now he heads to the National Championships in Brisbane in April. We all wish you good luck for then, Bradley.



Braving the crashing surf at Bilgola

And our ocean swimmers keep turning out week after week at Sydney's beautiful beaches; it can be *such* a chore. Recent medal winning performances include Anna Torok finishing 2nd in the hotly-contested F30-34 category at Bondi to Bronte (2 Dec); Bradley (again?!) finishing 3rd in the MU16 category at Bilgola (9 Dec); Chad finishing 1st in the M30-34 category at Long Reef (16 Dec); Anna finishing 1st in the F25-34 category at Wollongong (13 Jan); Andrew Camfield finishing 3rd in the M25-34 category at Wollongong; and Rodney Molesworth finishing 3rd in the M60+ category at Mona Vale (20 Jan.)

Well done, guys.

IN MEMORIAM

SANDY HARVEY: 1958–2008



It is with huge sadness that we pass on news of the death of one of the club's first members, Sandy Harvey.

Sandy was one of the original members of the Saturday morning Coogee swimming group, through which Chad came into our midst, and so was instrumental in the formation of Sea's the Limit.

Sandy was our Coogee Club's President, a role which generally ensured she got the biggest birthday cake of the year, as well as entertaining us each Christmas with her 'President's Report', about the year's antics of the swimming group.

Sandy was diagnosed with cancer last April and bravely fought her way through treatment before it returned more aggressively in November.

We were lucky to enjoy one last Christmas with her, before she lost her fight on 21 January. Our love and best wishes to her friends and family.

There will be a celebration of Sandy's life on Thursday 31 January, at 6pm at the Cushion Bar, at the Crowne Plaza on the corner of Arden and Carr Streets, Coogee.

We miss you, Sandy. Lane 5 and Saturday mornings will never be the same. Rest in peace now.

Chad's Message:

Sandy was the founding Vice President of Sea's the Limit Swim Club. The original committee sat and drew up our first constitution around her unique surf board-shaped dining-table.

She inspired the club format and not one existing member could have ever been a part of what we now have if it wasn't for her amazing energy, warmth, and boundless knowledge.

Her determination toward accepting all that came her way, and then leaving a positive impact is a lasting inspiration, specifically to me and, hopefully, to the entire club as a whole.

We will always cherish what Sandy meant to our club and hold her memory very dearly.

SEA'S THE LIMIT SWIM CLUB

KNOW WHERE YOU'RE GOING....ENJOY GETTING THERE!

Sea's the Limit Swim Club is a family-focused, not-for-profit, swimming club based at Botany Pool in the Eastern Suburbs. We are a NSW Swimming-affiliated club that looks to provide all members of our community with the chance to participate in the wonderful activities that our sport offers.

For information, please visit www.seasthelimit.com.
You can also email info@seasthelimit.com, or call Chad on 02 9665 1662