

STL NEWSLETTER

Sea's The Limit Swim Club

It's *only* November and we've already seen some great achievements across the squads. STL is growing at an unprecedented rate and we couldn't be more excited.

The adult morning squad recently had 31 swimmers one Wednesday morning, the November Club Night saw over 60 swimmers take part in the 50-metre sprints, and, well, don't even get me started on Coogee. But now that I have, suffice to say it was a fantastic turn-out, with plenty of swimmers tackling their first ever ocean swim, and a host of prizes made their way back to the STL camp. See page two for more details.

Thanks also to everyone who helped organise our Games & Trivia Night which was a great success. Photos have now been posted on the STL website. Check out some of those fancy dress costumes. Eye-opening.

And our Brasserie Bread Challenge has started. Don't forget—it's your participation that counts. You don't have to win your races: you earn more points simply for taking part, and also for improving your times over the course of the season. So have a go and we look forward to seeing you at December's Club Night.

November
2007



Meet Myrtle the Turtle,
the Club's new mascot

DATES FOR YOUR DIARY

BEACH DAY: SATURDAY 8 DECEMBER

Our next beach day at Coogee will be Saturday 8 December. If you've not swum in the ocean before, this is a great opportunity to join Chad and have a go, in a relaxed session.

There will be swimming, cricket, a BBQ and hopefully plenty of sunshine. Please try to let us know if you'll be there so we have an idea of numbers for the food. It all kicks off about midday—meet on the grassy hill at the northern end of Coogee Beach.



December Club Night is our biggie: the Christmas Club Night.

CLUB NIGHT: THURSDAY 20 DECEMBER

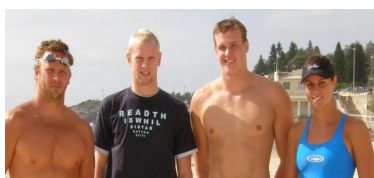
The only race will be a 50-metre freestyle sprint, and we look forward to record numbers. There's a BBQ, prize dives, a free lolly bag from Santa's helpers for all club members under 16—what could tempt you more than that?

Be ready outside the doors in the middle of the grandstand at 7pm.

SWIM REPORT—(OOGEE: SUNDAY 25 NOVEMBER

I don't think we could have asked for a better day for this year's swim around Wedding Cake Island at Coogee—warm but not too hot, water a comfortable 18 degrees (but still cool enough to make sure you kept swimming hard) and not a bluey in sight.

Over 60 swimmers, ranging in age from 9 to 60, drawn from Chad's squads at both Botany and Victoria Park, meant that we enjoyed a record turnout.



STL's A Team (l-r): Chad Schneider, Travis Nederpelt, Kenrick Monk, Candice Falzon

We were also honoured to be joined by Olympic swimmer, Travis Nederpelt, and World Championship freestyler, Kenrick Monk. In what other sport can us mere mortals compete in the same race as world class athletes?



First Timers: Rebecca Milne-Muller (left) & Nancy Muir (right), with old hand India Bosnich (centre)

STL took home a swag of prizes. Congratulations to the following in the 2.4km event:

Kenrick Monk: 1st (13-19)
Candice Falzon: 1st (20-29)
Travis Nederpelt: 1st (20-29)
Anna Torok: 2nd (30-34)

And in the 1km event:
Carly Riddoch: 3rd (13-19)
Kenrick Monk: 1st (13-19)
Bradley Horrey: 3rd (13-19)
Candice Falzon: 1st (20-29)
Travis Nederpelt: 1st (20-29)
Anna Torok: 1st (30-34)
Helen Conway: 2nd (30-34)
Chad Schneider: 1st (30-34)



Hobnobbing with the rich and powerful—Peter Garrett was very impressed to meet Mark Lyons

And what a remarkable achievement for the following swimmers who completed their first major ocean swim.

Let's hope it's the start of many:

Nancy Muir: 9
Rebecca Milne-Muller: 11
Jack Owen: 12
Erika Williamson: 12
Bronte Fisher: 12
Vassilis Georgouras: 13
Sarah Webb: 19
Llara Rope: 22
Katie Dixon: 25
Mario Fiorini: 34
Mark Lyons: 41
Paul Roberts: 43
Rohan Hankinson: 45
Richard Murray: 45

EVENT REPORT— GAMES NIGHT: SATURDAY 3 NOVEMBER

The Games and Trivia Night was a great success, with plenty of people taking the opportunity to indulge their dress up fantasies. We had witches, devils, Dracula, Fred & Wilma Flintstone, and the Wiggles (Wiggles at Halloween? Yes, men in skivvies can be mighty scary.)

A huge thank you to all those who helped organise the event—gathering an impressive range of prizes and ensuring it all ran smoothly. Thanks also to Amy for her DJ-ing skills. Rumours are that the dance floor was alive and kicking once the games were over.

ESQUINA D'EL PRESIDENTE

We have ridden a wave of positive swimming from October into November. The senior group welcomed a well deserved taper into the Coogee swim, and the youth groups have been seeing fantastic gains in technique and performance.

Our highlight of the month (and the season so far) was the Coogee ocean swim. Our group performed well with tons of smiles. I could not be more proud of the entire team.

Let's keep up the high energy into Christmas Club Night, where I want to see as many PBs as we can in the 50 freestyle (the only event for our December Club Night.)

SWIMMERS OF THE MONTH

I congratulate the November "Swimmers of the Month": Sidney Floyd and Darryl Bleasdale.



Sidney has put effort into her training every week. She has one of the best attitudes toward swimming that I have seen in anyone. She has worked hard to be able to do her freestyle, backstroke, breast-stroke, and even butterfly well, and Sidney is only 5 years old. Her talent and attitude are amazing. Keep up the good work, Sidney!

Darryl joined in with a group in the 5km open water swim at Penrith Lakes. Swimming for over an hour and a half is an achievement in itself; however, the swim was even more special when done without any training. Well done, Darryl, for even having the guts to test yourself, and more so for passing the test.



A DAY OF ACHIEVEMENTS: SUNDAY 11 NOVEMBER

"Is it normally this emotional?" gasped Amanda Ibbott when she crossed the finish line at the end of her first 8km swim. Well, yes, particularly when you achieve something you never imagined you could do. Only a year or so ago, Amanda hadn't swum more than 1km.

Amanda, Rodney Molesworth and Helen Conway made the trip to Canberra on 11 November, originally to swim 9km along the length of Lake Burley Griffin. Unfortunately, the swim had to be moved to Lake Gininderra in Canberra's north, but the course was still a daunting 8km.

It was also Rodney's longest swim to date, a stepping stone in his bid to complete a 10km swim this season, and he triumphed by collecting the biggest trophy, winning the male 60-69 (no wetsuit) category. Helen and Amanda finished 3rd and 6th, respectively, in the female under 50 (no wetsuit) category. Congratulations to both Amanda and Rodney. 10km here we come!



And on the same day, Bradley Horrey took part in a 5km swim at Penrith Lakes and posted a fantastic time of 1.16:43, which easily qualifies him for the NSW State Age Championships on 19 January. Well done, Bradley, and we wish you all the best for then.

BITS & PIECES

NOVEMBER CLUB NIGHT: THURSDAY 15 NOVEMBER

Wow! How many people can we expect at our bumper Christmas Club Night in December, if November's turnout is anything to go by? Over 60 swimmers tested themselves in 50-metre sprints in all four strokes.

Thanks to all those who helped organise the night and stayed behind to clear away at the end. Much appreciated.

MEET MYRTLE THE TURTLE

Meet Myrtle the Turtle, our Club's new mascot.

"Myrtle?" you might ask.

Yes, because not only does it rhyme with turtle, but Botany Pool is on Myrtle Street. Clever, huh?

As we received several nominations for Myrtle, we're unable to offer a prize to one winner, but congratulations to all those who suggested Myrtle, and many thanks to everyone who took the time to enter.



NEW LAPTOP

Thanks very much to Margie McDonald for donating the new club laptop. And thanks to Cello for helping us get it all working.

OUR SPONSORS

Thanks very much to our new 07—08 season sponsors:

Brasserie Bread—1737 Botany Road, Banksmeadow. Call 9666 6845.

PIA Security Services — Call 1300 650 884.

Eastside Collision Centre —Craftsmen in autobody repairs and refinishing. Call 9316 4985.



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