

STL NEWSLETTER



Sea's The Limit Swim Club

Summer's nearly over (if it ever really started this year) and it's dark getting to squad in the morning, and it's dark early at club nights. Only two months of this season left, which means...

February 2008

... that it's time to start pulling out some PBs. Many of our younger swimmers, aged 8-13 took part at the Speedo Sprint Carnival and achieved best times. And our long distance swimmers keep getting longer—after the first 10 km event of the season at the Cole Classic, sights are turned to the scenic Bridge to Beach event (11.2 km from the Harbour Bridge to Manly) on 9 March.

Our next big club event is the Gear 1 Challenge, on Sunday 2 March (see below) - can you meet Chad's individual challenge?

GEAR 1 CHALLENGE: SUNDAY 2 MARCH

A different kind of PB

All season we have been asking ourselves, "How **FAST** can we go?"

Now we ask, "How **FAR** can you go?"

Coach Chad has set the Gear-One challenge for all Sea's the Limit members. The challenge looks to see how many laps we can swim in a set time limit. We are all trying to set our own personal boundaries and achieve our best. This is a new way to see what we can do.

Each swimmer will be given a Gear-One 'LAP LIMIT.' This limit is set as a target for the number of laps Chad challenges you to do. The time limit for all swimmers is **2-hours**. Breaks may be taken during that time, however laps must be **SWUM ONLY**, not walked.

This challenge also works as a fundraiser for our club. We challenge every swimmer to raise as much as possible and, in return, earn Myrtle Money, which can be redeemed for fantastic club merchandise. The more you collect, the more gear you can walk away with. You'll receive your Myrtle Money when you hand in your collected funds to Georgina. We'll have club merchandise available at club nights so bring your Myrtle Money with you (Myrtle Money expires 30 April so you have until the end of the summer season to spend it.)

The Challenge is at Botany Pool from 3pm to 7pm.

*Will YOU accept the Gear**1** Challenge?*

BRASSERIE BREAD CHALLENGE: CASH PRIZES

Attempting the Gear 1 Challenge also earns you points in our Brasserie Bread Challenge. Cash prizes are up for grabs at the end of the season to the top point scorers. You'll already have some points to your name if you've participated at club nights, at the Coogee and Cole Classic ocean swims, as well as our Beach Day in January.

Our number gurus are busy working out the updated placings after last week's club night, so don't let this chance slip past. Who knows where you're currently sitting on that ladder?



DATES FOR YOUR DIARY

MARCH CLUB NIGHT: THURSDAY 20 MARCH

The next Club Night is on 20 March, which is the night before Good Friday. Great, no school the next day!

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



Would you buy a sausage from these people?

Early notice about April's Club Night, which is the Club Championship. It will be on the **second** Thursday in April, not our

usual third Thursday. This is because the school holidays start on 11 April and we'd like to see as many swimmers there on the night. Can you achieve a PB after a full season's training?

CLUB CHAMPIONSHIP: THURSDAY 10 APRIL

BALMORAL 1 KM SWIM: SUNDAY 16 MARCH

The Balmoral 1 km ocean swim is a great starter swim in the relatively sheltered waters of the harbour for those who haven't tried ocean racing before. And for those for whom 1 km is still next year's challenge, there's a 250m nippers race for our young 'uns.

The Balmoral 1 km ocean swim is a great starter swim in the relatively

The swim starts at 10am. See Chad if you're interested in swimming.

Early notice again, but the Mollymook ocean swim falls in the middle of the school holidays

MOLLYMOOK 2 KM SWIM: SUNDAY 20 APRIL

and might need some planning, particularly if you want to book accommodation.

We usually have a good representation from Sea's the Limit and it's a fantastic swim in a beautiful location. For those really keen, you can do the 1.2 km Shellharbour swim on the Saturday morning, on the way down from Sydney, and continue on to Mollymook for the swim on Sunday. The organisers also offer special prizes for those who do both swims.

It makes for a great weekend away.

OTHER RESULTS

Congratulations to Nicholas Pavlakis, 9, who made it through to the next level after finishing third in the 50m butterfly in a great time of 48.27 at the recent Speedo Sprint Carnival. Good luck, Nicholas.

And in the packed fields that are Palm to Whale age groups, congratulations to Anna Torok who finished second in the F30-34 category. Well done.

At North Bondi, Luke Harris finished second in the 1 km event, in the M30-34 category. Luke is seen here receiving his prize from legendary swimmer, John Konrads. We think Chad also won something but he lost his timing chip so we'll just have to take his word for it.



L-R: Chad, John Konrads & Luke Harris

Our Lane 1 Men just keep on swimming, with three members, Ian Phillips, Tim Barry and Andrew Camfield, heading over to WA for the 19.2 km Rottneest Channel Swim. Ian and Tim swam in quads and Andrew paired with a friend to do a duo. Great effort, guys.

ESQUINA D'EL PRESIDENTE

February is certainly the month for swimming. The pool has been full, the energy has been high and we have shown some great effort in training. And to think the weather hasn't helped us out at all along the way.

The school carnival season has been a very interesting one. We have seen some amazing carnivals where our swimmers have shown great skill and ability. Congratulations to all and good luck to the many who will be continuing onto the zone and regional competitions.

There are MANY events to look forward to and to keep training for. RSL states, Club Championships, the Gear-One challenge, school competitions and new open water races will keep the calendar full straight through the month of April. Let's keep focused and see how far we can all go together.

SWIMMERS OF THE MONTH

I congratulate the February "Swimmers of the Month": Charlotte Wilson and Rhys Jones.



Charlotte swam exceptionally well at her school carnival to book a place in the Cluster competition held at Des Renford Aquatic Centre. She then performed a personal best in the 50m free-style to further qualify for the Regional competition to be held next week. Good luck, Charlotte, and keep up the good work.



Rhys has shown great talent swimming with a vast majority of older kids in his 4.30pm squad group. He has a tenacity to be competitive and can certainly hold his own. Rhys smashed his own personal bests in multiple events at his Banksmeadow School carnival, and will again be racing at the Zone carnival this week. These great results show what can happen when you add concentration to your training program.

SWIM REPORT: COLE CLASSIC— SUNDAY 3 FEBRUARY

It was raining, there were jellyfish, big swells rolling in to Manly but we still managed plenty of positives at this year's Cole Classic, even if this editor didn't particularly appreciate them on the day, given a nasty run-in with some bluebottles during the 10 km event.



A huge congratulations to our SEAs Mix-Up Team, consisting of Rosie Cronley, Bradley Horrey, Peter Penn and Shaun Williams, which won the Mixed Team event in the 2 km swim. They each win a coveted Cole Classic ceramic bowl.



Our Young Guns

While the weather let us down with persistent drizzle, it didn't dampen the spirits of some of our first-timers: Joel, Luke and Sharon Lyons, and Jake Fallowfield all completed their first 1 km event. Well done.

Lyons First Timers

And out of 31 starters for the 10 km solo swim, 7 were from STL. (What is Chad doing to us?) Congratulations to Rodney Molesworth for his first successful 10 km finish.

And we also had another three starters in the 10 km duos: Shaun Williams (yes, the same Shaun that then backed up to be part of our winning 2 km team!) and Amanda Ibbott swam together, and Andrew Camfield teamed up with a friend, to complete their duo swims.

Thanks to all those who showed up, swam their best and represented Sea's the Limit.



Hobnobbing again. Check out the smile—Libby Lenton sure was pleased to meet Mark & Blake

BITS & PIECES

TELSTRA SWIMMING CHAMPIONSHIPS

Don't forget, this is your chance to see Australia's top swimmers in action. 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.

Georgina has only a handful of tickets left, so make a decision, see her at poolside or email her on horrey@optusnet.com.au to secure your tickets.

Tickets are only \$16.25 each—bargain. It's on Saturday 29 March at 6.30pm, Homebush.

Payment is now due, so if you haven't given your money to Georgina please do so as soon as possible.

JAMES PITTAR SWIMS AGAIN



Our Club's patron, James Pittar, swam the 10 km Cole Classic race at Manly on 3 February and raised \$840 for the Fred Hollows Foundation.

Well done, James.

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