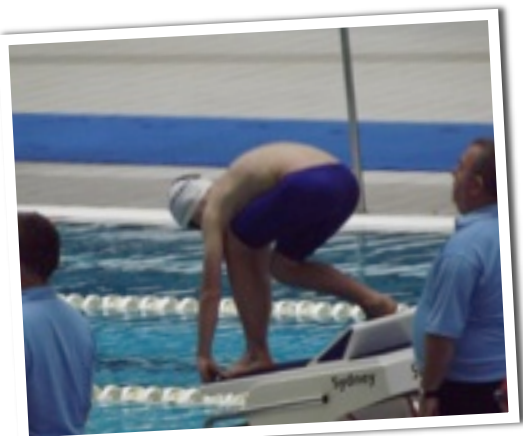


BEHIND THE BLOCKS

GALSTON SWIM CLUB NEWSLETTER ~ 21st FEBRUARY 2012

President's Update

Welcome back after the holidays. Whilst it was not a great "summer" holiday in Sydney, what a fantastic start to the swimming year. **Many huge PBs and new club records swum** at both State Age Championships as well as other carnivals and club nights during the last 6 weeks. Congratulations to our State Age medal winners: Emily Steer (2 Gold), Kaea Bidois (Silver) and Patrick Walsh (Bronze). (Amazing what happens when the Club President goes away for 3 weeks!!)



Pat Walsh on the blocks at State Age
Photo: Karen Stockwell

Congratulations also to Emily Steer and Patrick Day who have recently broken/created new club records... and to the swimmers who have so far qualified for the National Championships. Fingers crossed we may have a couple more swimmers who also qualify for Galston Swim Club's Nationals Team.

A very big **THANK YOU to our coaches, El and Eric**, who have spent many hours developing our swimmers to achieve these results. To see the younger swimmers coming through the squad levels achieving medals at 11 and 12 years of age is a credit to the coaches and of course the swimmer themselves. It is always nice to hear Galston names being announced on the podium.

The next few months will be a busy time for us. There are **many carnivals** happening on weekends between now and April. **Keep up to date by checking the club noticeboard** (back room), our website and NSW Swimming website.

There has been a change in guard of some GSC Committee positions which were confirmed at the last committee meeting. **A huge thank you** to the people who are stepping down: particularly **Cathy Pearson** who has been our club's Race Secretary for the last 2½ years. This is a huge job, and Cathy has assisted club members with attending many carnivals during this time. Hopefully the workload will be less for Angela Day as online entries are now becoming more popular.

Keep an eye out for our new purchase: a stand for the TV and underwater camera equipment. The stand will enable this equipment to be used by the coaches more easily, regularly and safely.

Good Luck to everyone for your swimming carnivals! Swim well and have lots of fun.



Robyn Yabsley

CONGRATULATIONS!!

To all of our club's swimmers so far who have qualified for the 2012 National Age Championships

(9th-14th April 2012 in Brisbane)

Damien Yabsley
Emily Steer
Jordan Campbell
Michael Pearson
Patrick Walsh



"Creating more than a ripple.."
www.galstonswimclub.com.au

**IMPORTANT REMINDER:
FILLING IN RACE ENTRY CARDS**

It is a very busy time of year for the Race Secretary with many carnivals being attended by club members. Just a reminder to everyone that race entry cards that are put into the Race Entries box must be filled out **with ALL of the correct information** before they can be submitted for a carnival. If there is incorrect or missing information, the card has to be handed back to the club member to be completed and handed in again (the risk of this is that the closing date could then be missed, and the swimmer may not get entered). Please remember that it is your responsibility to make sure that your/your child's race entry cards are completed correctly.

Our Committee members who collate these race entries are volunteers and busy parents like everyone else, and unfortunately they don't have the time to make corrections on the many race entry cards that are submitted.

Some TIPS to make this fiddly job easier for everyone:

- **Regularly check the club noticeboard** for information about upcoming carnivals. You are also free to attend other carnivals advertised on the Swimming NSW website, but information about these is not necessarily posted on the club noticeboard.
- Read closely the **specific terms** and conditions stipulated **for each carnival**: qualifying times, entries closing dates, manual or online entries?, Do you need to do a "Multi Entry" or "Single Entry Card"? etc
- For manual entries that need to be done through the Club Race Secretary, ALWAYS check the **noticeboard** for **what is Galston Swim club's closing date** (ie. this is the date that our entries must be submitted, so that the GSC Race Secretary has enough time to collate everyone's entries and submit them on time). Manual entries cannot be received after the club's closing date.
- The swim times put on entry cards must be times achieved and recorded through the club and/or NSW Swimming.

If you have any questions?

Angela Day and other experienced Committee members are happy to answer questions.

Reminder:

New Uniform orders

The **last weekend in February** is the cutoff date for ordering new uniform items. The Clothing Order form is on the club website under "Club Info/Technical Info"
To place an order or if you have any questions, please see Simone Dahlen.

Galston Swim Club Committee Update

There have been some changes to the Committee positions, voted at the last meeting:

Race Secretary - Angela Day
(replacing Cathy Pearson)

Publicity Officers - Karen Stockwell & Effy Alexakis (replacing Janelle Sauer)

Social Secretary - Janelle Sauer
(replacing Angela Day)

Friday Night BBQ - Cathy & Wayne Pearson
(replacing Janelle & Tony Sauer)

Any GSC member is invited to attend your Club's committee meetings which are held on 1st Thursday of the month, generally at Galston Aquatic Centre. For more information, please speak to Robyn Yabsley.

Welcome to new club members from these families:

**Creighton
Usher
Devaney
Cox
Borton
Bisoglio**

And welcome back to GSC:

**Sutherland
Louw
Shields**

**Happy Birthday
in February**
Kaea Bodois

**Thank You to
Galston Swim Club's
MAJOR SPONSOR**

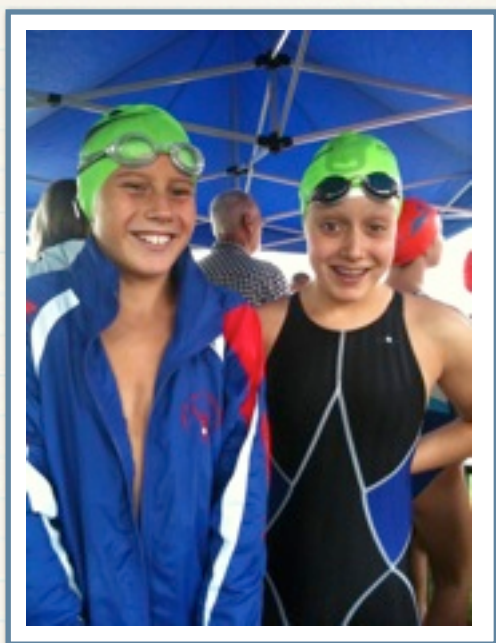


NEWS

At the NSW State Open (10th - 12th February), GSC had five swimmers compete across three days: Jordan Campbell, Rebecca Yabsley, Jeremy Tunkunas-Scott, Damian Yabsley and Emily Steer. This event attracted not only the best in NSW, but also visitors from other states in Australia and overseas. Athletes from NZ, Japan, Korea, Singapore, Sweden and Great Britain participated in this competition. This was a great experience for our swimmers who were able to swim with some of the best in the world. PBs were posted by Damien, Jeremy and Emily, including a National qualifying time for Emily in the 200m butterfly.



Emily Steer also broke the 200m backstroke record by 4 seconds. This record was held by Olympian, Ellie Overton for 23 years!



Patrick Day and Connie Janiszewski braved the cool water temperature to swim 5kms at the 2012 Lake Glenbawn Classic in Scone on Australia Day (photo left). Both swimmers got State times, and Pat came 1st overall.

.. and Connie also swam the Bondi Ocean Swim (8th January) and was presented a prize for 2nd by Graeme Brewer, Olympic Bronze Medallist Moscow & Commonwealth Games Gold Medallist (photo right).



Some of our swimmers were also lucky enough to meet some famous faces at the NSW State Open. Jordan and Emily pictured with Geoff Huegill.



Photos: Effy Alexakis, Angela Day, Karen Campbell & Sharron Steer

CALENDAR what's coming up..

24 th February	Club night Program 4 and Club event: Race the Coaches* *Fundraising event for the GSC Nationals Team
26 th February	Ripples Long Course Qualifying Meet at Ripples Pool, St Marys
2 nd March	Club night Program 5
3 rd & 4 th March	Metro SCU Long Course Championships at SOPAC
9 th March	Club night Program 6
11 th March	Speedo Sprints Finals at SOPAC
16 th , 23 rd & 24 th March	SAVE THE DATES! 2012 Galston Swim Club Summer Club Championships The program will soon be on the club website and noticeboard. Please keep the dates free for this important event in our Club's swimming year.

BBQ ROSTER (Friday club nights)

Please arrive by 6.15pm to assist with the BBQ.

If you cannot attend, please organise a replacement in advance ~ thank you.

Date	Helper 1	Helper 2
24 th February	Day	Dearden
2 nd March	Di Bona	Dollar
9 th March	Gleave	Haglund
16 th March	Janiszewski	Jones

Thank you to Galston Swim Club's many other SPONSORS



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