

From Pool Deck ...

Our Competitive swimmers have been pleasantly surprised lately as they have been showered with Personal Best times (and some medals) in all the race meets they have entered. It has been obvious that those who put the most into their training get the most out of competition and I congratulate our competitive swimmers on their successes. There are plenty of competitions this summer and I encourage all swimmers to seriously consider going to these meets to achieve official times for their swims rather than the unofficial ones obtained at many of our Club Days. There is plenty of information in our newsletters and on our website about swim meets and I am very happy to advise you on which ones you should enter.

The Victoria Park Christmas Carnival is one such competition. It is a fun carnival aimed at our junior swimmers and it would be great to see you come along and try competitive swimming in a relaxed atmosphere. I will accept entries up until Thursday 20 November so check it out and have a go!

The holiday training times are listed in this newsletter and our weekly holiday programs can be found on the club website.

The "Go Forward" Swim Camp is on again in January. This is a most worthwhile swimming camp to attend and this year we will be capping our numbers so it is important that you get your enrolment forms in as soon as possible.

This will be the last newsletter until February next year so the website will be the best source of information for all that is happening in our club during the holidays.

I wish you and your family the very best for the upcoming festive season and I look forward to a very exciting summer season.

See you on pool deck

Steve Morris



Guildford Blues Swimming Club

GO FORWARD SWIM CAMP

27 - 30 January 2008

Juniors: Intensive swimming training and skill development
9.00am - 11.00am each day

Seniors: Specific Swim Sessions, Gym, Dry Land, Education Sessions and Biomechanics Workshop.
9.00am - 5.00pm each day

Further information and registration details are on the club website

Upcoming Swim Meets

Date of Meet	Name of Meet	Location	Who can Enter	Entries to Due
Saturday 6 December	Victoria Park Christmas Carnival	Aqualife Centre	All Swimmers	Thu 20 Nov
Sunday 14 December	Narrogin Swim Meet	Narrogin	All Swimmers	Tue 25 Nov
Sunday 14 December	Open Water #3	Mullaloo Beach	All Swimmers	Tue 9 Dec
Wednesday 17— Monday 22 December	2009 Western Australia Swimming Championships	Challenge Stadium	Qualifying Swimmers	Tue 25 Nov
<i>Tuesday 23 December</i>	<i>Christmas Club Carnival</i>	<i>Senior Pool</i>	<i>Anyone</i>	<i>Tue 16 December</i>
Sunday 4 January	Open Water #4	Leighton Beach	All Swimmers	Tue 9 Dec
Sat 24—Sun 25 January	State Open Water Championships	Sorrento Beach	All Swimmers	Tue 9 Dec
<i>Friday 30 January</i>	<i>Club Fun Carnival</i>	<i>Senior Pool</i>	<i>All Swimmers</i>	<i>Wed 28 Jan</i>
Sunday 1 February	Albany Open Water Swim	Middleton Beach	All Swimmers	TBA
Sunday 8 February	Northam Open Carnival	Northam Pool	All Swimmers	Tue 20 Jan
Friday 13— Sunday 15 February	Swimming WA Summer Sen- sation	Challenge Stadium	Qualifying Swimmers	Tue 27 Jan

Details of swim meets can be found in the 2008 Swimming WA Summer Almanac or on the Guildford Blues Website:

www.guildfordblues.com.au



Birthdays

November
Rebecca Frame
Sue Gibbins
Te Kai Saw

December
Hamish Robertson
Miles Young
Lynne Dowman

January
Bethan Kendall
Abbie Connell

How do I enter a Swimming meet?



- Download an electronic entry card from the club website or collect one from Mr. Morris.
- Complete one entry card for each competitor detailing each event to be contested.
- Ensure that ALL details requested are completed.
- If there are qualifying times for your event you must have swum that time or faster to be able to enter the event. If you do not include an entry time on your card you may be placed in the slowest heat.



- Submit your entries by attaching the electronic entry card document to an email to entries@guildfordblues.com.au or give your card to Mr. Morris.
- Entries to be submitted by the due date.

No late entries can be accepted!

Guildford Blues Christmas Club Carnival

Thursday 23 December 2008

Senior School Pool

Warm-up: 9.00am Racing starts: 9.30am

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|---------|--------------------|
| Event 1 | 200m Any Stroke/IM |
| Event 2 | 50m Breaststroke |
| Event 3 | 100m Freestyle |
| Event 4 | 50m Backstroke |
| Event 5 | 100m Breaststroke |
| Event 6 | 50m Butterfly |
| Event 7 | 100m Backstroke |
| Event 8 | 50m Freestyle |
| Event 9 | 100m Butterfly |

Event 10 6 x 50 Mixed Freestyle Relay *



- This carnival will have the use of electronic timing equipment.
- **Entry cards to be submitted by Tuesday 16 December**
- You may enter up to 4 events.
- * Event 10 will be organised on the day.

Your Email Updates

All swimming updates and notifications are now sent to members' email addresses. If you are not receiving emails regarding training or being notified when the website is updated you may need to update your email address. Also make sure you change your email spam filters to allow you to receive emails from Guildford Blues.

Champion Lakes Open Water Swim

Guildford Blues had a very successful day at the first Open Water swim of the Summer season at Champion Lakes rowing course. Marc Kendall took out the gold medal and Miles Young the silver medal in the 17years and under 5km swim. Jake Harris also went home with a gold medal in his 2.5km swim. It was an outstanding effort by Guildford Blues as we embark on our summer season of swimming.



Carnival and Race Meet Results

Congratulations to our swimmers who have achieved such good times in their last few meets. So far this season we have had 100% PB's with every swimmer successfully achieving a personal best time at every carnival or club day we have had. A quick run through our Club's Team Manager program has given us a wonderful spread of results. For some, their goals are still far from being realised and they know they have to step up a couple of notches in training. There is not much time left until the State Championships so qualifying times are becoming important. Check out the short course season results on the following pages to see how you have fared.



Electronic Entry Cards

It is now possible to complete and submit your swim meet entry cards electronically to our Swim Meets Officer. This is handy if you do not have an entry card or you forget to hand it in at the pool. Here is how to do it:

1. Visit the *Swim Meets* page of the Guildford Blues Website: www.guildfordblues.com.au.
2. Download the Electronic Entry Card from the link to your computer. If you save it you can use it for future entries.
3. Complete **all** the details on the card.
4. Attach your completed card to an email and send it to entries@guildfordblues.com.au.
It is important that you attach it as a document and not put it in the body of an email.
5. You will receive an auto-reply saying that your email was successfully delivered.
6. Give your entry fees to Mr. Morris who is the swim meet officer.

All electronic entries must be received by 8.00pm on the closing date.

The Guildford Blues Website

has all the latest information about our club. Be sure to check it each week for updates.



Upcoming Race

Meets

Latest club news

Training Times

Learn-to-swim

Due dates for entries

Squad Information

What 's New

Links

www.guildfordblues.com.au



Summer Holiday Swimming Training Times

(Beginning 8 December in Senior School Pool)

Blue Marlins	9.00am – 10.00am	Monday – Friday
Junior Blues	8.30am – 10.00am	Monday – Friday
Senior Blues	8.30am – 10.00am	Monday – Friday
Blues	8.30am – 10.30am 4.00pm – 5.30pm	Monday – Saturday Monday - Friday

Watch out for the Weekly Holiday Timetables with detail each session. These can be found on the Club Website.

www.guildfordblues.com.au

