

From Pool Deck ...

We have had two short-course meets so far this season and it has been pleasing to note that everyone who has competed has swum a Personal Best time. It is also important that swimmers ensure that they are entering enough events to give them a chance to swim qualifying times for upcoming championships.

Three more of our swimmers have swum the Junior Excellence Program (JX) qualifying times. The JX is a program that acknowledges and rewards swimmers who achieve certain times and puts them on a pathway to achieving great things in swimming. I strongly encourage all swimmers to enter swim meets so that they can be acknowledged for their dedication to training. I hope that you take the time to read about the program and look at the JX qualifying times in this newsletter to see how close you really are to achieving them.

The Annual Registration is now due. **All swimmers training with Guildford Blues squads must pay registration fees** and belong to the Club if they wish to continue swimming training. Swimming WA has again increased its



Briellen performed superbly at the recent National Christian Schools Swimming Championships in Melbourne. Congratulations!

Club General Meeting

7.00pm Monday 28 July
John Burt Conference Room,
Guildford Grammar School

A General Meeting of Guildford Blues Swimming Club will be held on 28 July in the John Burt Conference Room. All members and interested persons are welcome to attend the meeting which will address proposed amendments to the Club's Constitution as well as amendments to membership of our Committee. The proposed Constitution amendments can be found on the Club website.

club registration fees and the Club (which has absorbed the rises of previous years) has had to increase the registration fee substantially. To encourage more adult members of the Club the Non-swimmer registration fee has been lowered.

A revision of the Club's Constitution has taken place and some amendments are proposed to update it to reflect the true running of the Club and its affiliation with Swimming WA and Guildford Grammar School. The constitution with its amendments in *italics* can be found on the website and a General Meeting has been called for Members of the Club on 28 July to address the proposed amendments. All members and interested persons are welcome to attend the meeting.

This season is already shaping up to be very successful for our swimmers. I strongly encourage all swimmers to nominate themselves for swim meets. The more swimmers we have at a swim meet the more fun it is. I am keen to help those who would like to take their first step to achieve official times.

See you on pool deck

Steve Morris

Congratulations to our Junior Excellence Stars

Guildford Blues Swimming Club congratulates Justin, Oscar and Daniel who have qualified for the Junior Excellence Program (JX). They have accomplished time standards set by Swimming Australia to qualify for the program.

Justin Mettam Green Standard
Oscar Wharton Green Standard
Daniel Whitehead Silver Standard

Justin, Oscar and Daniel are keen swimmers who realise that the best way to improve their swimming is to attend regular training and enter Swimming competitions.

Well done to these boys!



Guildford Blues
June Club Day
Thursday 26 June 2008
Prep School Pool
Warm-up: 3.45am Racing starts: 4.05pm

Event 1	400m Freestyle/200m IM
Event 2	50m Breaststroke
Event 3	100m Butterfly/100m IM
Event 4	50m Backstroke
Event 5	100m Butterfly
Event 6	100m Breaststroke
Event 7	50m Butterfly
Event 8	100m Freestyle
Event 9	100m Backstroke
Event 9	200m Any stroke
Event 10	50m Freestyle

- Entry cards to be filled out on the day.
- You may enter up to 4 events. 1 card per event.

Club Information Booklet

The Club information booklet has been updated and all members will receive a copy when they register with the club for the 2008/2009 season.

The information booklet contains everything you need to know about our club.

The Information Booklet is also available on the Club's website on the [About Us](#) page.



ANNUAL REGISTRATION - NOW DUE!

The next registration period is from 1 July 2008 to 30 June 2009

A registration form is attached to this newsletter or can be downloaded from the website.

All swimmers training with Guildford Blues **MUST** pay the registration fee and become Registered Swimmers.

The Junior Excellence Program



The Junior Excellence Program (JX) rewards and recognises swimmers between the ages of 9 and 13 who achieve high standards of swimming excellence. Under the JX, swimmers who accomplish time standards in various Swimming WA recognised swimming meets qualify for the program and earn recognition and rewards from Australian Swimming and Swimming WA. Junior swimmers should be aiming to achieve these times so that they can be included in the program. All Guildford Blues swimmers are encouraged to enter JX swim meets. For more information go to the Swimming WA website and click on the JX link:

www.wa.swimming.org.au

Liza Ranelli, one of our Junior Blues coaches, is Guildford Blues' Club JX Liaison Officer and is keen to get as many of our swimmers into the JX program. Speak to Liza or Mr. Morris if you have any questions regarding this important recognition program for young swimmers.

AUSTRALIAN JUNIOR EXCELLENCE PROGRAM (JX) 2007- 08 CRITERIA & QUALIFYING TIMES

Events and times recognised under the JX are listed on the attached table.

9 and 10 year-olds

Green standard	At least 1 Tier 4 time in any of the specified events
Bronze standard	At least 1 Tier 3 time in any of the specified events
Silver standard	At least 1 Tier 2 time in any of the specified events
Gold standard	At least 1 Tier 1 time in any of the specified events
Gold Star standard	At least 1 Tier 1 time in 3 or more of the specified events

9 & 10 year old times will be recognised from both short course and long course events.

11-13 year-olds

Green standard	At least 1 Tier 4 time in any of the specified events
Bronze standard	At least 1 Tier 3 time in any of the specified events
Silver standard	At least 1 Tier 2 or Tier 1 time in any of the specified events
Gold standard	At least 1 Tier 1 time in 2 or more of the specified events

11 -13 year old times will be recognised from long course events only.

The 2007-08 JX program will recognise performances from 1 April 2007 to 31 March 2008. To qualify for the program, all that is required is to achieve one or more of the JX time standards. All awardees are automatically notified through their clubs by the relevant State Swimming Association after the 31 March closing date. Visit the JX section of your State Association's website to determine meets eligible for JX.

Please note that where a child turns 11 years of age during the season and records times as both a 10 year-old and an 11 year-old, he/she will receive either a cap or a T shirt (not both), depending on the highest standard achieved in either of those age groups – i.e. gold, silver, bronze or green.

JX QUALIFYING TIMES

How do your times compare to the JX Times?

GIRLS 2007-08 JX QUALIFYING TIMES

	9 Years				10 Years				11 Years				12 Years				13 Years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
	50 FS	37.00	40.00	42.00	46.00	35.00	36.00	37.00	40.00	32.50	33.50	35.00	38.00	31.50	32.50	33.50	36.00	30.00	31.00	32.00
100 FS									01:11.00	01:14.00	01:17.00	01:24.00	01:07.00	01:10.00	01:13.00	01:19.00	01:06.00	01:07.00	01:10.00	01:17.00
200 FS													02:22.00	02:25.00	02:33.00	02:45.00	02:18.00	02:23.00	02:27.00	02:41.00
400 FS													04:55.00	05:05.00	05:15.00	05:45.00	04:55.00	05:05.00	05:05.00	05:35.00
800 FS																	09:50.00	10:05.00	10:25.00	11:20.00
50 BK	45.00	48.00	50.00	55.00	42.00	44.00	46.00	49.00	39.00	41.00	43.00	47.00	38.00	40.00	41.00	45.00	36.00	38.00	40.00	44.00
100 BK									01:21.00	01:23.00	01:27.00	01:35.00	01:19.00	01:21.00	01:24.00	01:29.00	01:15.00	01:18.00	01:21.00	01:30.00
200 BK													02:42.00	02:48.00	02:53.00	03:09.00	02:38.00	02:44.00	02:50.00	03:08.00
50 BRS	50.00	53.00	55.00	01:00.00	47.00	50.00	52.00	56.00	44.00	47.00	49.00	52.00	42.00	44.00	45.50	50.00	40.50	42.00	43.50	48.00
100 BRS									01:32.50	01:35.00	01:40.00	01:50.00	01:29.50	01:32.50	01:35.00	01:45.00	01:25.00	01:28.00	01:31.50	01:40.00
200 BRS													03:02.00	03:11.00	03:20.00	03:36.00	02:55.00	03:03.00	03:10.00	03:23.00
50 BF	44.00	47.00	50.00	55.00	39.00	42.00	45.00	49.00	37.00	40.00	42.00	46.00	35.50	38.00	39.00	41.00	33.50	35.00	36.50	40.00
100 BF									01:19.00	01:23.00	01:28.00	01:32.00	01:16.00	01:20.00	01:24.00	01:33.00	01:12.00	01:15.00	01:19.00	01:28.00
200 BF													02:42.00	02:50.00	02:55.00	03:11.00	02:35.00	02:40.00	02:46.00	03:03.00
200 IM	03:25.00	03:35.00	03:45.00	03:56.00	03:05.00	03:15.00	03:25.00	03:35.00	02:51.00	02:56.00	03:03.00	03:15.00	02:46.00	02:52.00	02:55.00	03:07.00	02:39.00	02:45.00	02:50.00	03:01.00
400 IM																	06:25.00	06:43.00	06:55.00	06:30.00

BOYS 2007-08 JX QUALIFYING TIMES

	9 Years				10 Years				11 Years				12 Years				13 Years			
	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4	Tier 1	Tier 2	Tier 3	Tier 4
	50 FS	37.00	40.00	42.00	46.00	35.00	36.00	37.00	40.00	32.50	33.50	35.00	38.00	30.50	33.00	34.00	37.00	29.00	30.00	31.00
100 FS									01:10.00	01:13.00	01:16.00	01:24.00	01:06.00	01:08.00	01:12.00	01:19.00	01:03.00	01:05.00	01:06.00	01:16.00
200 FS													02:21.00	02:25.00	02:30.00	02:45.00	02:15.00	02:19.00	02:24.00	02:37.00
400 FS													04:52.00	05:02.00	05:12.00	05:43.00	04:43.00	04:52.00	05:02.00	05:30.00
1500 FS																	18:45.00	19:05.00	19:25.00	20:32.00
50 BK	45.00	48.00	50.00	55.00	42.00	44.00	46.00	49.00	38.50	41.00	43.00	47.00	37.00	40.00	42.00	46.00	34.50	37.50	40.00	44.00
100 BK									01:21.00	01:24.00	01:27.00	01:35.00	01:17.00	01:20.00	01:24.00	01:32.00	01:13.00	01:16.00	01:19.00	01:27.00
200 BK													02:38.00	02:43.00	02:49.00	03:09.00	02:28.00	02:34.00	02:42.00	02:56.00
50 BRS	50.00	53.00	55.00	01:00.00	47.00	50.00	52.00	56.00	44.00	47.00	49.00	52.00	41.50	44.00	47.00	51.00	38.50	41.00	43.00	48.00
100 BRS									01:32.50	01:35.00	01:40.00	01:50.00	01:27.00	01:31.50	01:36.00	01:46.00	01:21.00	01:24.50	01:28.50	01:37.00
200 BRS													02:58.00	03:08.00	03:16.00	03:36.00	02:50.00	02:58.00	03:05.00	03:20.00
50 BF	44.00	47.00	50.00	55.00	39.00	42.00	45.00	49.00	36.00	39.00	42.00	46.00	35.00	37.00	38.00	42.00	31.50	34.00	36.00	40.00
100 BF									01:18.50	01:23.00	01:28.00	01:37.00	01:14.00	01:19.00	01:24.00	01:33.00	01:09.00	01:12.00	01:16.00	01:25.00
200 BF													02:35.00	02:42.00	02:50.00	03:11.00	02:25.00	02:32.00	02:40.00	03:00.00
200 IM	03:25.00	03:35.00	03:45.00	03:56.00	03:05.00	03:15.00	03:25.00	03:35.00	02:50.00	02:55.00	03:03.00	03:15.00	02:42.00	02:48.00	02:52.00	03:07.00	02:33.00	02:39.00	02:45.00	02:58.00
400 IM																	05:19.00	05:35.00	05:47.00	06:20.00

Upcoming Swim Meets

Date of Meet	Name of Meet	Location	Who can Enter	Entries to Due
Sunday 22 June	Region 3 S/C Carnival	Challenge Stadium	All Swimmers	Closed
<i>Thursday 26 June</i>	<i>Club Day</i>	<i>Prep School Pool</i>	<i>Anyone</i>	On the Day
Saturday 28 June	Breakers Pentathlon	Challenge Stadium	All Swimmers	Tue 15 Jun
Sunday 29 June	Mandurah Club Challenge	Mandurah Aquatic Centre	All Swimmers	Closed
Thursday 10— Sunday 13 July	WA State Open and Junior S/C Championships	Challenge Stadium	Qualifying Swimmers	Tue 24 June
Saturday 2— Sunday 3 August	August Qualifying Meet	Challenge Stadium	All Swimmers	Tue 15 July
Sat 9—Sun 10 August	Rockingham Stingrays S/C Winter Distance Carnival	Aqua Jetty, Warnbro	All Swimmers	Tue 22 July

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

www.guildfordblues.com.au

How do I enter a Swimming WA 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 you 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.



2008 Winter Almanac is now available

It contains all the swim meet details for the Winter season. If you have not yet received yours, collect a copy from Mr. Morris.



Southlake Dolphins S/C Carnival



Marc is ready to race his 1500m Free

The first short course meet of the season has seen our swimmers perform some good times and excellent PB's. **Frances Walker** (Frankie) narrowly missed out on medal places in several of her swims but posted some excellent personal bests. **Marc Kendall, Miles Young, Daniel Whitehead** and **Oscar Wharton** also performed well.



Frankie in the Breaststroke

June S/C Qualifying Meet

Although this was a long meet over 2 days it did give the opportunity for our members to shine and produce PB's. It is very pleasing that many of our swimmers qualified for the State S/C Championships at this meet. An excellent result all-round.



Miles did well in 50 and 100Free

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.

IMPORTANT NOTICE ABOUT SUPERVISION



The safety of our swimmers is of utmost importance. Now that we are training in the Prep School pool, parents should be aware of a few issues regarding supervision of swimmers:

- **SWIMMING TRAINING BEGINS AT 4.00pm.**
Coaches do not take responsibility of swimmers until that time.
- **SWIMMERS MUST BE SUPERVISED BEFORE 4.00pm.**
There is no supervision provided at the pool until the coaches arrive. Swimmers who are not supervised must go to After School Care.
- **WAIT FOR A COACH TO ARRIVE BEFORE ENTERING THE SWIMMING COMPLEX.**
Even if the gate is unlocked. Nobody should enter the swimming complex without a coach. Adults entering the complex without a coach present will be responsible for the welfare and behaviour of any swimmer in and around the pool. It is best to wait outside!

Thank you for your co-operation in this matter.



Club Uniform

All Guildford Blues uniform items are now available from the GGS Clothing Shop. There is a range of uniform items available and each swimmer is expected to have at least a club shirt, navy shorts and a club swimming cap. The GGS Clothing Shop also stocks navy blue endurance Speedo bathers and goggles.

Swimmers are required to wear club uniform or GGS sports uniform when representing the club at swim meets (including club swimming cap). Guildford Blues swimmers aim to present themselves in a professional way and maintain a strong team image.

Club items available:

- Club shirt
- Club swimming cap
- Tracksuit jacket
- GGS crested towels
- Goggles



Holiday Training

Mr Morris will be away during the July holidays so there will be no formal training sessions held. Below are the training times for the End of Term 2 and the beginning of Term 3.

Mon 30 June	Normal training times
Tue 1 July	Normal training times
Wed 2 July	Normal training times
Thu 3 July	Normal training times

Friday 4 July	No Training
Sat 5 July—	No Training
Sat 19 July	

Mon 21 July	Normal training times
Tue 22 July	Normal training times
Wed 23 July	Normal training times



www.guildfordblues.com.au

2007/2008 GUILDFORD BLUES SWIMMING CLUB PRESIDENTS REPORT

Guildford Blues Swimming Club has had another exciting year. Strong membership, successful open water and pool swimming, representation at the Australian Open Championships (Olympic Trials), Australian Age Open Water Championships, club days as well as metropolitan and country meets has kept our members busy and improving in our demanding sport.

This year **Joseph Welstead** attended the Australian Olympic Trials in Sydney. **Joseph Welstead** and **Te Kai Saw** swam qualifying times for the National Age Swimming Championships. **Joseph Welstead, Jack Castellarin, Marc Kendall** qualified for the Australian Age Open Water Championships. **Marc Kendall, Bethan Kendall** and **Joseph Welstead** represented the Club at the Australian Age Open Water Swimming Championships.

Guildford Blues was well represented this year at the various State Championships with a large number of our competitive swimmers qualifying for these. Club Days have been well attended as was the annual Christmas and Summer Holiday Club Carnivals. The "Go Forward" Swim Camp was highly successful this year with a large number of enrolments. The quality of this camp has earned our club a high reputation in regards to swimmer development.

The Club's website and monthly newsletter have continued to be the main sources of information for our members. The website averages 400 visits per month and the Newsletter is posted on the website and distributed to members in hard copy on a monthly basis.

Guildford Blues Swimming Club secured a grant from "Heathways, Healthy Club" this year for the purchase of two sun shelters and sun cream. The sun shelters will provide shade for our time-keepers during Club Days and also shelter during open water competitions. My thanks to **Jill Kendall** for her important role in securing the Heathways grant.

Our Club Championships and annual Presentation Dinner were held in conjunction with Guildford Grammar School and were very well attended. The number of Guildford Blues Swimmers and families present at these functions is a testimony to the strength of our swimming club. The Swimming Dinner also saw the presentation of our second Life-Membership awarded to **Jill Williams** in recognition of her many years of involvement as a Committee Member, Secretary and Newsletter Editor of Guildford Blues from its formation.

I would like to thank the outgoing Committee which has so willingly supported the Club this year. **Sue Cole, Julia Young, Geoff Valentine, Lynne Dowman, Sue Gibbings, Jill Kendall, Sharon Whitehead,** and **Tracey Mettam.** The coaches, **Liza Ranelli, Rebecca Stokes, Cassidy Gibbings-Druce** and **Chelsea Richards** along with the committee members have contributed an enormous amount to the success of the Club. Finally thank you to all those who give their time so freely in support of our Club and to the swimmers themselves who make the Club what it is today. The successful year that we have had could not have been possible without you all.

Steven Morris
President.
(22 May 2008)

ANNUAL REGISTRATION - NOW DUE!

The next registration period is from 1 July 2008 to 30 June 2009

A registration form is attached to this newsletter or can be downloaded from the website.

All swimmers training with Guildford Blues **MUST** pay the registration fee and become Registered Swimmers.

Parent Notice! Parent Notice!

Timekeeping Duties

It is an expectation that each club provides time-keepers at swim meets. This responsibility is given to the parents of swimmers competing at a meet. It is important that parents make themselves available to assist with timekeeping so that the duties can be spread evenly between swimming parents and not just a few.

It is also necessary on Club Days that parents help with time-keeping. Club Day's cannot run without volunteer support. If you are asked to help with time-keeping duties please volunteer. The more volunteers we have the less we all have to do!

Please support your child's swimming by volunteering for this very necessary (but not overly time-consuming) activity. The best seat beside the pool is usually the time keeper's.



Term 3 Swimming Training Times

Blue Marlin Squad (Cassie and Bec)	Tuesday & Thursday	4.00—5.00pm	Prep Pool
Junior Blues Squad (Mr. Morris, Liza and Chelsea)	Tuesday, Wednesday and Thursday	4.00—5.00pm	Prep Pool
Senior Blues Squad (Mr Morris)	Monday—Friday Saturday	4.00—5.00pm 9.00—10.30am	Prep Pool Prep Pool
Blues Squad (Mr. Morris)	Monday—Friday Saturday	4.00—6.00pm 9.00—10.30am	Prep Pool Prep Pool

Extra for Junior Blues Squad

Traditionally the Junior Blues Squad's main training has been on Tuesday and Thursday afternoons. Members of the Junior Blues who are competing in competitions are welcome to attend sessions with Mr. Morris on other days of the week. This will allow up to 5 sessions per week for those swimmers who are keen to do well.



Matty G's Funny Page

A millionaire throws a massive party for his fiftieth birthday. During the party, he's a bit bored and decides to stir things up a bit. He grabs the mic and announces to his guests that down in the garden of his mansion he has a swimming pool with two great white sharks in it. He offers anything he owns to anyone who will swim across that pool.

The party continues for some time with no one accepting his offer, until suddenly there's a loud splash. All the party guests run to the pool to see what has happened, and in the pool a man is frantically swimming as hard as he can. Fins come out of the water and jaws are snapping and the guy just keeps on going. The sharks are gaining, but the guy manages to reach the end and he leaps out of the pool, soaked.

The millionaire grabs the mic and says, "I am a man of my word, anything of mine I will give—for you are the bravest man I have ever seen. So, what will it be?" the millionaire asks.

The guy grabs the mic and says, "Why don't we start with the name of the person that pushed me in!"



Matty's Musings:

- It's a good idea to begin at the bottom in everything—except in learning to swim.
- If one synchronized swimmer drowns, do all the rest have to drown too?
- Oxygen is overrated.
- When the earth floods from global warming, the swimmers will rule the world.
- He who burns his bridges better be a damn good swimmer.
- Chlorine: the breakfast of champions!
- We swim because we are too sexy for a sport that requires clothes.



Moses' first and last day as a lifeguard.

