

The Southside Splash



HAPPY NEW YEAR

FOR 2009

To all members of SSPW swimming club.

Welcome to the first edition for 2009.
Here's hoping that your Christmas and
New Year so far has been fun and also a time to
rest and recharge a little.

STATE AGE CHAMPIONSHIP RESULTS

Just prior to Christmas the Age swimmers (12/13 > yrs plus some 11
year old relay swimmers) were competing in the State Age
Championships and the results were truly fantastic.
Well done to everyone who competed.

Nick's comments from the States:

*"The coaching staff were thrilled with the results from the
States. In so many things we had been working on, the
swimmers were able to produce under pressure in race
situations. Lots of PBs, with many stepping up considerably.*

*We had 15 individual medalists- collecting 47 medals. 9 relay
teams also collected medals. The club came 2nd in the state
points ranking."*

DECEMBER 2008 STATE AGE CHAMPIONSHIP RESULTS

Hannah Barnett (14yrs)

Alex Mitchell (14yrs)

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14yrs 200IM	Gold	14yrs 100 Back	Silver
15-16yrs 400 IM	Silver		
14yrs 100 Breast	Silver	<u>Matt Sankey (13yrs)</u>	
14yrs 200 Breast	Silver	13yrs 50 Free	Bronze
<u>Elizabeth Bellis (14yrs)</u>		<u>Bradlee Sheppard (13yrs)</u>	
14yrs 200Im	Bronze	13yrs 200IM	Bronze
14Yrs & Under 400 Free	Silver	<u>Kristen Sheppard (15yrs)</u>	
14Yrs & Under 400 IM	Silver	15-16yrs 400 IM	Silver
<u>Sandon Block (16yrs)</u>		<u>Alex Stregas (14yrs)</u>	
16yrs 100 Free	Silver	14yrs 200 Back	Bronze
Open 100 Fly	Bronze	<u>Alex Taylor 16yrs)</u>	
17 100 fly	Gold	17yrs 100 Breast	Gold
16yrs 100 Fly	Gold	Open 200IM	Gold
<u>Shanelle Cassir (14yrs)</u>		16yrs 100 Breast	Gold
14yrs 100 Fly	Gold	Open 100 Back	Bronze
14yrs 100 Free	Bronze	Open 200 Back	Silver
14yrs 50 Free	Silver	16yrs 100 Back	Gold
14yrs 100 Back	Gold	16yrs 200IM	Gold
<u>Bundi Dingjan (16yrs)</u>		Open 100 Breast	Silver
17-18yrs 800 Free	Gold	16yrs 100 Back	Gold
15-16yrs 400 Free	Gold	<u>Kris Taylor</u>	
Open 400 Free	Silver	Open 50 Free	Silver
16yrs 200 Free	Bronze	Open 100 Free	Gold
Open 200 Free	Silver	<u>Gabriel Wright (14yrs)</u>	
17-18yrs 1500 Free	Gold	14Yrs 200IM	Bronze
<u>Merindah Dingjan (17yrs)</u>		14Yrs 100 Fly	Bronze
Open 200 Free	Silver	14yrs 200 Fly	Bronze
17yrs 100 Free	Gold	15-16yrs 400 IM	Bronze
<u>Leonard Lim (18yrs)</u>			
Open 50M Back	Bronze		

Relays

Gold

Open Mens Medley (Alex Tayloy, Sandon Block, Leonard Lim & Kris Taylor)
Male 13yrs & Under Medley (Bradlee Sheppard, Jayden Marciano, Tom Siford & Matt Sankey)
Male 13yrs & Under Freestyle (Bradlee Sheppard, Jayden Marciano, Tom Siford & Matt Sankey)
Open Mens Freestyle (Alex Tayloy, Sandon Block, Leonard Lim & Kris Taylor)

Silver

Male 18yrs & Under Freestyle (Sandon Block, Alex Taylor, Bundi Dingjan & Leonard Lim)
Female 15Yrs & under Medley (Shanelle Cassir, Hannah Barnett, Leah O'connell & Elizabeth Bellis)
Male 18yrs & Under Medley (Sandon Block, Alex Taylor, Bundi Dingjan & Leonard Lim)

Bronze

Open Womens Medley (Shanelle Cassir, Hannah Barnett, Leah O'connell & Courtney Davies)
Open Womens Freestyle (Shanelle Cassir, Elizabeth Bellis, Courtney Davies & Merindah Dingjan)

National Qualifying Times

The National Age Championships are due in April 2009 and a number of swimmers have already achieved a qualifying time to compete in Sydney in April. This is also a fantastic result as these times can be very hard to achieve.

A few swimmers are trying extra hard to also qualify so please show extra support to any swimmers who are aiming for a time before the cut off date for entry times (Western Sprint meet, 14 March 2009).

To date the 12 swimmers already qualified for the National competition in April are:

Alex Taylor, Sandon Block, Bundi Dingjan, Alex Stregas, Gabriel Wright, Alex Mitchell, Tom Siford, Brad Sheppard, Hannah Barnett, Shanelle Cassir, Liz Bellis, Kristen Sheppard and Merindah Dingjan.

Qualifiers for Open National:

Kris Taylor, Leonard Lim, Alex Taylor, Sandon Block, Hannah Barnett, Shanelle Cassir and Merindah Dingjan.

Kris Taylor also achieved WAIS time for 100 freestyle 50.26. This is 888 FINA points, he required 860.

CLUB PREMIERSHIP 'A' DIVISION- Friday 6 Feb Challenge Stadium

PENNANT SWIMMERS FOR 2009 ARE:

Female

Hannah Barnett
Elizabeth Bellis
Stephanie Boehm
Stefanie Carrara
Shanelle Cassir
Courtney Davies
Julie Fatovich
Sarah Flores-Vargas
Joanne Frisby
Sarah Gee
Fallyn Mitchell
Arianne Moore
Leah O'Connell
Kristen Sheppard
Mia Smith
Hazel Son
Petrea Stregas
Summer Walters
Georgia Wright
Sophie Yaksich

Male

Jack Atkin
Kenny Biesheuvel
Sandon Block
Bundi Dingjan
Angus Edmondson
Elliot Holland
Leonard Lim
Damon Marciano
Jayden Marciano
Alex Mitchell
Lawrence Mitchell
Mathew Sankey
Bradlee Shepard
Thomas Siford
Tim Son
Ryan Stanford
Alex Taylor
Corey Taylor
Gabriel Wright
Solomon Wright

Reserves

Isabella Atkin	Rachael Harding	Lachlan Black	Alex Gunnell
Renne Black	Emma Higham	Ben Bray	Troy Marinich
Alexandra Boehm	Alex Joyce	Mark Bush	Nick Pritchard
Melissa Carrara	Georgina Moore	Tom Crane	Christopher Purcell
Huan Evans	Harme Son	Harry Fleming	Lachlan Scrase
Kate Gunnell	Eliza Stewart	Cameron Gee	Alex Stregas
Annabelle Harding	Georgia Yaksich		

For new members the following information may be of some help.

The competing swimmers are selected by the coaches and the list of those SSPW members competing has been finalized however **ALL** members of the Club are encouraged to attend the night as it is a really fun event. It is extremely important that the swimmers named in the team and as reserves attend as it is not possible to substitute other swimmers.

Each year a **theme** is decided for the march past the crowd. Rumour has it that this years theme is **CIRCUS** but be sure to check with your club captains - Courtney Davies and Kris Taylor ASAP to check this year's theme (or the coaches as the Captains may have informed them already). Whatever the theme you need to find something to wear for the march from your dress up box that reflects the theme but also Club uniforms are also an essential item as well as the theme so get them organized as soon a possible.

A bus is organized to leave Wesley College on the Friday at 5.30pm sharp (parents can meet their swimmer at the meet after drop off at Wesley) all swimmers and reserves must travel with the team. The meet starts with the warm up at 6.15pm followed by the march at 7.15pm.

The bus leaves Challenge stadium after the meet has finished and heads directly to Hungry Jacks on Canning Highway in South Perth. ALL SSPW members (kids/adolescents) who have attended the meet and either swum or supported the swimmers are invited to HJ's for (club sponsored) food.

Parents may collect/join their child/ren from HJ's (? time approx 10:30 pm but a mobile phone check is probably a good idea).

Please let Robyn Bellis - Registrar (by either telling her or emailing robynbellis@bigpond.com) if you/your child is attending so the bus and food can be booked.

PLEASE NOTE: If your child is selected to swim you will need to be available (or have negotiated with a friend to be available for you) for possible timing roster on the night.

BIRTHDAYS

A VERY HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:

Mark	Bush	09-Jan
Cameron	Robertson	09-Jan
Gary	Scrase	11-Jan
Ellie	Gunnell	13-Jan
Merindah	Dingjan	15-Jan
Peter	Luckly	15-Jan
Michael	Biesheuvel	16-Jan
Renee	Black	18-Jan
Alex	Gunnell	19-Jan
Kevin	Lee	19-Jan
Kate	Bonner	21-Jan
Tomas	Buelow	22-Jan
Coco	Speak	22-Jan
Shelley-Ann	Atkin	23-Jan
Michaela	Neunborn	23-Jan
Jimmy	Foster	28-Jan
Matthew	Cassir	29-Jan
Harry	Fleming	29-Jan
Andrea	Williams	29-Jan
Bethan	Millar	30-Jan

UNIFORMS

The Uniform shop will be open 07.30 - 08.45, poolside during the next club morning which is **31 Jan 2009**. This will be the first (for 2009) and the last chance to obtain uniforms before the A grade ▶ and purchase on the 31st. All prices are listed on the SSPW web site and you do not need cash as we prefer electronic transfer of funds after purchase (we will give you the club details on the day if needed).

For new members uniforms are only available during club mornings.

Uniform Officers - Susan Hawkins & David Wright.

ANTI DOPING INFORMATION

Recently I have needed to investigate use of Ventolin (salbutamol inhaled B2 - agonists) in swimming competitions.

Swimming WA has no information but Swimming Australia has information on the web site:

Swimming Australia ▶ High Performance ▶ Doping Control ▶ where they have the Abbreviated Therapeutic Use Exemptions (aTUE) form, SAL Anti Doping Policy and Changes to the WADA Antidoping

Code for 2009 (which has the most recent Swimming Australia directions).

The Changes to the WADA antidoping code for 2009 has directions for swimmers who need/use Ventolin & Glucocorticosteroids etc and a summary advising all athletes to ensure they have a current aTUE that will last for 2009.

I will leave it to you to read and decipher and see if you need to be concerned but I believe for the National Age Competition this is an essential registration for any of the medications that appear on the anti doping list for 2009. The question is where to register?

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All the information is very non specific and Swimming Australia has yet to respond to my and Robyn's request for information as where exactly to send the completed form - the form actually states send to FINA!!!

(Note: this form is soon to be insufficient - see Changes to the WADA Anti doping Code and Banned list document.)

All very confusing but I thought you may like to know especially those who use substances on the banned lists and may be heading to the Nationals. I am completely in the dark as to whether this effects State competitions!

If you would like any further discussion feel free to ask me poolside and hopefully by then I will know more, at least where to send the aTUE.

If any one knows any more than I do please contact me and enlighten me and I will attempt to share with everyone. (Susan Hawkins -Antidoping officer - {joking of course}).

BRAG CORNER

I am aware that we have many SSPW members who have achieved some excellent results in other aspects of their lives. This can be in school or any other area of your life. Please please don't be modest and forward me your child's, your own awards/ achievements as we would all love to hear about them. I am sure that once someone is brave enough we will have many more contributions and we will all be able to celebrate your success together.

Any comments /contributions feel free to forward to the Editor-
Susan Hawkins
(wrightfa@globaldial.com)