

January 19, 2022

Yeronga Park

Chlorine Chronicle

Issue No: 393

From our Coaches

Happy New year to everyone and I hope you all had a lovely festive season. In these somewhat different and challenging times, we have tried to keep the pool and training environment as "normal" as possible. I am very happy with all our swimmers' efforts and commitment over the last 6 weeks. As a swimming club we are always playing by the ever-changing rules during these unprecedented times. A big thank you goes out to the coaches and parents that continue to help with providing relevant information when needed and navigating these strange times.

Good luck to our 12 athletes and their support crews heading down to Adelaide next weekend for the Australian Open Water Championships. These 12 swimmers have been amazing in their preparations over the last 12 months, but especially over these last 6 weeks. They have maintained absolute professionalism even through these challenging times. Kate and I will be heading to Adelaide to support the team with Toby and Sienna looking after the fort back at Yeronga Park.

Congratulations to our team of 33 swimmers who competed at the Churchie Sprint meet last Sunday. Kate and Sienna were very happy with the results and look forward to some more fast swimming over the next couple of months.

Club is back on and last year it was awesome to see so many happy swimmers. Let's continue this and enjoy the remaining Club Nights for the season.

Our next target meets are the Brisbane Sprints 29/30 January which has always been one of our most exciting meets. Unfortunately, this meet coincides with open water in Adelaide, so our 12 open water swimmers won't be there. Lucky for us, Toby and Sienna will be at Chandler to catch all the action. I hope you have your nominations in, they close Midnight Tuesday 18 January. I have always preferred the timing of the Brisbane Sprint Meet over the QLD identical meet two weeks later, hence why QLD Sprints is not a targeted meet. In saying that, you can still



UPCOMING EVENTS

Jan 19

Club Night, Racing @ 6:15pm

Jan 29-31

Australian Open Water Champs, Adelaide

Jan 29

Brisbane Sprint Champs, Chandler

Feb 2

Club Night, Racing @ 6:15pm

Feb 6

Chandler Long Course Prep Meet, Chandler

Feb 12-13

Queensland Sprint Championships,
Chandler

Feb 16

Club Night, Racing @ 6:15pm

Feb 18-20

Victorian Open Championships, Melbourne

Feb 19

Brisbane Junior Mets, Chandler

Mar 2

Club Night – Alan Waite Handicap Relay,
Racing @ 6:15pm

Mar 5 (TBC)

Club Championships, Racing @ 3pm

Check our website for updated news & events
<https://yerongapark.swimming.org.au>

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nominate if you would like to, but NO coaches will attend the QLD Sprint Meet. If you are not sure, just ask me or one of the coaches.

The other targeted meet is the Chandler Swimming Club Long Course Preparation meet on Sunday 6th Feb at Chandler. Obviously, this is a great pool to race in, and Yeronga Park have been allocated this meet which is a great opportunity to have another race at Chandler. I would encourage everyone to nominate. Nominations close Saturday 29th January. I would nominate sooner rather than later, as they have been known to cap some meets if they get too busy.

At this stage the swimming calendar looks okay but be prepared for any changes that may arise. I know schools will tread very carefully regarding their involvement with running swimming meets, so stay positive and I have no doubt that we will get through these challenging times together.

Take care, Rob

Ted Curtis Corner

Welcome to newsletter #393 and our first for 2022. Hope you all have a great year!

I thought that our final club night for 2021 went really well. Thank you to all the swimmers who attended and swam for the trophy with my name. Also, thank you to those who stayed back after the racing finished to say hello to Santa. I spoke with Santa afterwards and he was wrapped.

The Queensland State titles is a big event with 7 days and 6 nights of swimming. I know that the swimmers are there to try and swim a PB and some are aiming for medals, and it is such a big week. I attended 4 days this year and can honestly say that I am very proud of all our Yeronga Park swimmers. Every swimmer had a red hot go but what I was most wrapped in was that nearly everyone came and said hello with a wonderful smile on their face. Beautiful!

Let's get on and enjoy the new year.

Regards, Ted



Club Shirt & Shorts \$35 each

Clothing News

NEW club merchandise is available for purchase. All swimmers are to wear a club swim cap and shirt when competing.

Email Kylie Sheehan via clothing@ypsc.com.au

Club Swim Caps \$10



Club Bucket Hat \$15



Club Baseball Hat \$15



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SLOGAN OF THE WEEK

“Chlorine, the breakfast of champions”

HUMOUR SPOT

A passenger is sitting on a flight when she notices that the woman next to her looks a bit excited.

"Are you okay?" she asks.

"I am" replies the woman.

"I used to be much worse than this and I was petrified of flying. I have developed a technique to cope with it, using the in-flight movie system".

"Really?"

"Yeah, when the plane is taking off, I'd put on a romantic movie, that way the soaring emotions match the soaring of the planes ascent".

"That's clever".

"Yeah, and if there is turbulence during the flight I put on an action movie. That way all the rough and tumble just enhances the action and takes my mind off it".

"Wow, so what do you put on when the plane is landing?"

"Well, my seatbelt. Don't you?"

CLUB HISTORY

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My printer has taken a dive, so for this newsletter, I am sharing "Chlorine Chronicle Issue 1" from July 1993. I may have shared this with you last year and I am very proud of our newsletter. I have a copy of every one of the 393 issues.

Yeronga Park Swimming Club Inc.

CHLORINE CHRONICLE MKII

July 1993 No. 1

Hello everyone. There is only 5 weeks to go before the swimming season is to begin. As you can see we have a new name for our newsletter. Well we call it a new name but in fact it is quite an old one.

The first edition of the "Chlorine Chronicle" was published in January 1985. This newsletter kept swimmers up to date with "POOLSIDE" gossip and chatter. We aim to do the same. The 1985-1986 editions were published by the Club Captain Peter Wellspring with the support of his swimmers' committee. We will also need this support if we are to succeed with it. We will not be asking the Club Captain to do the newsletter as Ted Curtis has already offered to undertake this major commitment.

COACHES REPORT

Just to inform our Parents and swimmers summer training will be commencing 6 a.m. on the 16th August. During the previous week we will be having a Parents and Coach Evening where I will be inviting Sports Physio and Scientist Enid Ginn to come and discuss our seasonal program. More on this at a later date.

I have been speaking to Physio Tim Brown who works with the Australian Swimming Team Physio R. Fitzgerald and Tony will be looking at coming to our squad during the early weeks of the season. He will be looking at the swimmers balance in the water and how muscle groups are working in unison with each other.

So already for me the season planning has begun. When you read this you will have 5 weeks to go before summer training begins. Please remember to keep up that running and working on the following:-
20 sit-ups per day - increase by 10 each week
10 push-ups p/day - increase by 5 each week
5 chin-ups per day - increase by 2 each week
Skipping for 10 minutes and increase by 5 minutes each week. This is just for stay reasonably fit and get ready to start in the water.

Hope to see all the old faces back and you'll be pleased to see the new ones who are ever so keen.

Good luck to Scott and Brad McIntosh who will be competing in the Winter Brisbane Sprint Titles.

The best in swimming.

Shelly.

LIST OF OFFICE BEARERS

On the 12th of May we held our A.G.M and the following members were elected.

President:	Russell Gregory Phone 379 3114
Vice President:	Ted Curtis Phone 848 4860
Treasurer:	Marie Strong
Secretary:	Sue Ward Phone 892 2070

If you have any queries or wish to know any information please feel free to call any of the above and they will endeavour to answer your questions and if we are unable to answer them straight away we will find out the answers and get back to you.

B P YERONGA

A-GRADE MECH. REPAIRS
WAYNE PFINGST, E.F.J.

V.I.P. CUSTOMER SERVICE

BRIAN AND FAY BRENNAN
07 848 8800
563 FAIRFIELD RD YERONGA



BATCH MEWING
LAWYERS



Email contact details for Committee Members

President

Adam Sheehan

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Club Secretary

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Treasurer

Peta McGrogy

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Race Secretary

Robyn Nolan

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Registrar

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Clothing Coordinator

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Club Night / Meet Coordinator

Gemma Zangari

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Corporate Sponsorship

Coordinator

Ben O'Dwyer

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