
October 9, 2019

Yeronga Park Chlorine Chronicle

Issue No: 375

It's very exciting to see Club nights starting up again with our first Club Night for the season on Wednesday 9 October. The early start continues to be a success so I am looking forward to all club members participating on these nights. Club nights are a great opportunity to connect as a team, get in some race practice, fine tune your skills in starts, finishes and turns and just enjoy the atmosphere. Squads have been going great, and I look forward to watching them get back to big numbers as the warmer weather well and truly sets in.

Our targeted meets and racing schedule has been established as we head towards Queensland Championships. There is no excuse to miss meets and closure dates with up to date information, including links, constantly posted on Team App, Instagram and via regular email reminders. If ever in doubt, don't hesitate to speak to Kate, Mike or myself on pool deck.

As the 2019/2020 swimming season kicks off, I would like to take this opportunity to welcome new and returning club members, their parents and families to the Yeronga Park Swim Club community. I am so excited to see where this season takes us and cannot wait to see the results, opportunities, learning experiences and growth in our young people as they enjoy the season ahead.

Rob



Upcoming Events

October 19

Queensland Open Water Champs
Kawana

October 23

Club Night, 6:15pm start

October 24-26

Australian Short Course Champs
Melbourne

October 26

Rackley Centenary LC Prep Meet

November 2

Shelly Douyere Novice Meet
12 Years & Under - 2pm start

November 6

Club Night, 6:15pm start

November 17

Brisbane Relay Champs Chandler
Keep Date FREE – All to swim

November 20

Club Night, 6:15pm start

November 24

Albany Creek LC Prep Meet

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

Page 1 of 9

Ted Curtis Corner

Welcome to Yeronga Park Swimming Clubs first club night for the 2019/2020 season.

For some of us, it is a bit weird saying that as we are involved with the sport of swimming for 12 months of the year.

May I welcome new members and our not so new members to our first club night.

I believe that our aim is for everyone, parents, swimmers and other special people to enjoy the night and for the swimmers to compete and have fun.

The way the Committee has set it up as the swimmers swim their strokes and the next time they try to improve their time and then again. Points are accrued and at the end of the season the swimmer that gains the most points wins the trophy.

So, even though they are swimming against other swimmers each club night, the main thing is that they are really trying to beat their own time.

We have a great group of Coaches and Committee so please speak to them if there is a problem or you have a question. I am there most club nights and I am very happy to assist.

This year we have a new President. Most know him and the ones that don't will find him a great bloke (crawling?). So, for the first club newsletter I asked him to complete a member profile.

May I please introduce Adam Sheehan.

Name: Adam Sheehan

Star sign: Pisces

Favourite drink: A nice cold beer!

Favourite movie: The Hangover

Favourite music: Anything but Opera and Classical music

Favourite holiday destination: Byron Bay. It's a family tradition!

Greatest moment in my life:

1. The day I met my beautiful wife.
2. The birth of both my children.

Person I would like to meet: Adam Scott

Most admired sports person: Steve Waugh

Immediate ambition: To win my age group at the 2020 Byron Bay Open Water Swim.

SLOGAN OF THE WEEK:

To accomplish great things, we must not only plan, but also believe



RSL Volunteers Needed!

Thank you to those swimmers & families who have volunteered already this year!

Please support our fundraising activities by volunteering one hour of your time to sell raffle tickets at the Yeronga RSL from **6pm-7pm** on Saturday evenings.

Saturday nights to be filled are:

October 19: **Volunteers Needed**
October 26: **Volunteers Needed**
November 2: **Volunteers Needed**
November 9: **Volunteers Needed**
November 16: **Volunteers Needed**
November 23: **Volunteers Needed**
November 30: **Volunteers Needed**
December 7: **Volunteers Needed**
January 25: **Volunteers Needed**
February 1: **Volunteers Needed**
February 15: **Volunteers Needed**
February 22: **Volunteers Needed**
February 29: **Volunteers Needed**

It is very simple and we can pair you with another family who has sold tickets before.

If you are under 18 years of age then you must attend with a parent or other swimmer who is over 18 years old.

Reminder

All swimmers who are competing at Open Water & Pool Nationals must complete 2 x Raffle nights in order to receive subsidized uniforms.

Swimmers who do not complete two raffle nights will be charged the full amount for your uniforms.

Contact James Basham via email to advise which night you can assist.

racesecretary@ypsc.com.au

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

Page 2 of 9

Club History

Over the years that I have been involved with the club and pool, I have collected a fair bit of history. May I please share the following, the creation of Yeronga Park Swimming Pool.



TWENTY-FIVE YEARS OF THE LIFE OF YERONGA PARK SWIMMING CLUB INC.

Before a Swimming Club can be formed in any District, a swimming pool needs to be readily available. The Southern Districts War Memorial Pool Association had its beginnings in the early Sixties and in 1963 an enthusiastic group of local business people and citizens worked hard towards applying necessary pressure on the Brisbane City Council to build a swimming pool in Yeronga Park. This pool was to meet the demand of the rapidly developing Southern Suburbs.

According to records available, no attendance books or lists of membership were kept but the following people were those most certainly involved with the acquisition of land, monetary support and interest in the building of the Yeronga Park Memorial Pool.

PRESIDENT: Mr. J. VICKARY
SECRETARY: Mr. J.C. DAVENPORT

Other people connected with the Association at various times:

Mr. & Mrs. K. ANKERTELL
Mr. CUNNINGTON (TEMNYSON R.S.L.)
Mr. E. EARLY
Mr. G. FURNESS
Mr. & Mrs. G. GIBSON
Mr. R. GIBSON
Mr. J. GOODAIR (He became Honorary AUDITOR)
Mr. C. N. HUGHES, M.L.A.
Mr. A. KERLIN
Mr. F. LISSAMORE
Mr. A. LIDSON
Mr. & Mrs. E. MACKENZIE
Mr. & Mrs. C. B. O'BRIEN
Mr. W. OVERDEN
Mr. & Mrs. K. OWEN
MR. RON RIDDELL
Mr. & Mrs. C. RODWELL
Mr. H. RUSSELL
Mr. & Mrs. W. RYAN
Mr. & Mrs. W. SCOTT
Mrs. Pat SHERLOCK
Mr. TAIL (Save the Trees Campaign)
Mr. A. THORNTON
Mr. & Mrs. F. UNDERWOOD.

On SATURDAY, 12th September, 1964 the YERONGA PARK MEMORIAL SWIMMING POOL COMPLEX was officially opened by RT. HON. LORD MAYOR ALDERMAN CLEM JONES. The official party present were:

LORD MAYOR AND LADY MAYORESS
TOMM CLERK MR. SLAUGHTER AND MRS. SLAUGHTER.
ALDERMAN AND MRS. GREENFIELD
ALDERMAN AND MRS. CRAWFORD.
ALDERMAN AND MRS. DENT
SIR RAYMOND AND LADY HUISH
DOCTOR THIELE, PRESIDENT Q.A.S.A. AND MRS. THIELE
MR. K. D. MORRIS AND MRS. MORRIS
MR. AND MRS. H. DAVIES
MR. NORMAN LEE, M.L.A. AND MRS. LEE
MR. J. VICKARY, PRESIDENT YERONGA PARK AMATEUR SWIMMING CLUB & MRS. VICKARY
MR. C. B. O'BRIEN, SECRETARY YERONGA PARK AMATEUR SWIMMING CLUB AND
MRS. D'BRIEN
MRS. N. UNDERWOOD, TREASURER OF YERONGA PARK AMATEUR SWIMMING CLUB
MR. D. MABBETT, CHIEF HEALTH OFFICER, B.C.C. AND MRS. MABBETT.

Clothing News

We have club shirts & caps available for purchase.

We encourage all our swimmers to wear a YP cap and shirt when competing.

See Robyn Nolan on club nights or email her via clothing@ypsc.com.au

Current T-Shirts \$25
Caps \$10

HUMOUR SPOT

A man and a woman were having a candle lit dinner in a posh restaurant, when the waiter noticed the man slowly sliding out of his chair and under the table. The woman seemed not to notice as he disappeared out of sight.

"Pardon me madam," the waiter said, "But I think your husband is under the table."

"No he isn't", the woman said, eyeing the waiter calmly, "My husband just walked through the door."



We would like to send an enormous thank you to Andrew Mewing of Batch Mewing Lawyers for their sponsorship of new marquees for the Swim Club.

Customized marquees are very expensive items for a Swim Club to purchase, however, with the gracious sponsorship from Batch Mewing Lawyers we have been able to purchase two marquees. We will be receiving a 3m x 3m and a 6m x 3m marquee for our club to utilize on cub nights and swim meets. Keep an eye out at the Shelly Douyere Novice Meet and you will see our brand new marquees in use.

Andrew is a former member of the Australian Swim Team representing Australia at the Commonwealth Games in 2006, World Championships in 2005 & 2007, Pan Pacs in 2006 and World Short Course Championships in 2004 & 2006.

The Mewing Family are long time supporters of Yeronga Park Swim Club and we are proud that Andrew, along with his children and extended family are all members of our club.

Thank you Andrew & Batch Mewing Lawyers!

BATCH MEWING LAWYERS

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

Page 4 of 9

Shelly Douyere asked that we include this article which she came across recently online at <https://www.yourswimlog.com/move-up-a-group/>

Why Isn't My Swimmer Being Moved Up a Group?

By Olivier Poirier-Leroy

There isn't much that is more exciting than improving for swimmers. And with young age group swimmers, this improvement is happening like *crazy*.

Personal best times tumble fast and furious thanks to a whirlwind combination of new skills, increased conditioning, and the natural strengthening and size that comes with sprouting like a weed. (Must be nice!)

This **rush to progress is often felt by the swimmer who feels they have outgrown their group.**

They look at the faster swimmers in the next group and know that they can compete and take on the enhanced demands of a more senior group. But just because a swimmer thinks they should be moved up doesn't mean it oughta happen.

For the swim parent who is curious as to why their kid isn't zooming along to the next level on the team, here is a breakdown of what you need to know about your swimmer moving up a group.

Why and when a swimmer gets moved up

There are a few different reasons that a swimmer graduates to the next group. Some are critical (attendance, chem), while others, like meet times, aren't as important as one might think.

Here's a breakdown of the common guidelines coaches use when considering to move a swimmer up:

Age.

Developmentally, it greatly benefits your swimmer to train (and socialize) with swimmers their own age. Swimmers of a particularly young age, 8 years old, for example, should be kept together.

As swimmers get older, age gets a little tricky, because a 17-year old who comes late to the sport will benefit more from training with people his own age than swimming with fast 12-and-unders. But generally, it's important to remember that coaches will coach for age, and not for ability.

When future Olympian Elizabeth Biesel walked onto the pool deck as a youngster, coach Chuck Batchelor of Bluefish Swim Club [found himself coaching to her talent and ability](#), and not her age.

"She was so good at such a young age that I tried to coach her like I thought you should coach someone at that level without taking into account that she was 12 and wanted and needed to be 12," says Batchelor. "After 6 months of that, I realized I needed to change things, and it improved our relationship and our results."

Attendance.

This is about as basic a requirement as you can think of. Is the swimmer making all of their present [swim workouts](#)?

Of course, shoddy attendance can sometimes be explained by factors outside of the pool (they have a bike race, or were playing in a concert), but when they miss for the sake of not wanting to be there or poor time management that is a different story.

[Attendance is an easy and subjective way to measure commitment](#). Senior groups require more commitment, so you could say that this is a biggie factor in determining whether a swimmer should advance groups.

Coachability.

Does the swimmer do the sets properly? Follows directions when instructed? Shows up on time and is a [positive influence on the group](#)?

[How coachable is your little swimmer?](#)

Ability and talent don't count for squat if the swimmer is spoiling team culture or disrupting practices. Coaches will be very resistant to reward a swimmer that resists instruction and negatively impacts the training environment by moving them up.

Keep in mind that the next group will require *more* from the athlete, which sets the uncoachable swimmer on a collision course with failure.

Technique.

Proper stroke mechanics and understanding of the rules of the sport are important, but not a deal breaker when it comes to group advancement. But it is still a consideration.

Has the [swimmer progressed technically](#) to the point that they are where they need to be? Are they completing races and practices with [technique, starts and turns that will not get them DQ'd](#)?

Meet times.

Although the scoreboard and medals might tell you otherwise, meet times are not really as important a factor as [most swim parents would think](#).

The results and what happens on race day acts as a limited snapshot of how your swimmer is doing in the water, but it doesn't always reflect what kind of attitude and [commitment the swimmer is showing at practice](#).

Where meet times can start to influence decision-making is when it comes to qualifying for higher-level meets. For example, athletes that have JO cuts or Olympic Trials cuts are more likely to train together, regardless of age.

Compatibility with group.

Can the swimmer keep up with the next group? Will they be able to compete a little bit with the other swimmers in their new group? Coaches operate at their best when the swimmers they coach are largely similar in ability and speed.

If one swimmer is far behind, in terms of skill or conditioning, this swimmer will require specialized training apart from the rest of the group, cutting instruction time for the other swimmers.

Time of the season.

In my experience, it's rare that a swimmer will be moved up a new group mid-season. Most common are the end of the season, because a swimmer has qualified for an advanced meet their group-mates have not qualified for, the beginning of a new season, or after a championship meet.

The schedule of a move-up varies by team, how seasons are arranged, and other factors. Austin, Texas' [Waterloo Swimming](#), for instance, move swimmers up at "the beginning of the short course season and long course seasons."

Check in with your coach and team for move-up requirements

Teams often have requirements for each group, from age to swimming ability (test sets, for example), so beyond believing that your swimmer is simply faster than their peers, inquire to the club about what is required for your swimmer to advance.

Talk to the coach. Get an idea of where your swimmer is at, what the next group demands, and base your expectations from there.

Trust in the process

I can understand the anxiety and pressure to want to move up groups as fast as possible. I was that kid. Chomping at the bit, always wanting to get leveled up. I craved [tougher competition in practice](#), and wanted the feeling of being “elite,” which is what I considered every group that was above me.

This desire is good, and will keep the swimmer hungry, even if it means they are feeling a little impatient at times. And no, your child won't be getting left behind if they aren't being rushed through the groups.

“We find in most cases that parents are very anxious to move their kids up to the next practice group,” says David Schreck, coach at NOVA of Virginia Aquatics. “And it drives me bananas. I am constantly urging parents to show patience and give the process more time. We move kids based on age, stroke, physical and emotional development. Sometimes, we'll have a fast swimmer and let them be a leader in a group before we move them on.”

Make sure they are earning the reward

Ultimately, moving up a group is a reward and not an entitlement.

It's an acknowledgement that the swimmer has excelled where they are at and are ready to level up.

It's recognition that they can take on more.

“For me, progression has always been more about the desire to be the best and about commitment rather than ability,” adds Batchelor. “Moving (up) should be an exciting and rewarding process. The key consideration is what will this swimmer bring to and gain from the new group.”

Thank you

FOR YOUR SUPPORT



Email contact details for Committee Members

President

Adam Sheehan

president@ypsc.com.au

Club Secretary

Jean Davison

secretary@ypsc.com.au

Treasurer

Peta McGroary

treasurer@ypsc.com.au

Race Secretary

James Basham

racesecretary@ypsc.com.au

Registrar

Bill Lynn

registrar@ypsc.com.au

Clothing

Robyn Nolan

clothing@ypsc.com.au

Club Night / Meet Co-ordinator

Robyn Nolan

clubcoordinator@ypsc.com.au

Corporate Sponsorship

Co-ordinator

Ben O'Dwyer

sponsorship@ypsc.com.au



Yeronga Services and Community Club



ACCELERATE
AUTOMOTIVE

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

Page 9 of 9