



*"To enrich lives of all through participation
and enjoyment of aquatic programs"*



Issue 2, December 2008

Aquatic News

After a fun filled month, welcome to our second newsletter bringing you all the updates on our aquatic environments, learn to swim and squad programmes. We hope you find it informative.

HELPING YOU ACHIEVE YOUR SWIMMING POTENTIAL

Champion swimmers are not born ... they are produced through a lot of hard work and dedication by the pupil, the teacher and then the coach. Hard work, natural ability, correct teaching methods, lots of fun, friendship and effort, all contribute to make it possible. Children who begin their water experience at an early age have definite advantages to those who begin later. This does not mean that they will necessarily become champion swimmers, but they will feel more comfortable and secure in an environment that can be frightening. By the time they are 3 or 4 they know fear, so they find it harder to try new things.

Often parents tell their children scary stories because they want to keep them far from the danger of water. These parents are often scared themselves.

Haven't you ever heard a child finish their lesson and say, "I didn't drown today Mummy"? Wouldn't it be better to teach them to respect the water and the safety issues that go with it? This is probably the most dangerous age for children around the water, especially if they have had no lessons or only a few and then not continued in a program. They believe they can swim but at the same time, have no concept of depth or consequences, and are just as likely to jump in to the deep end if not supervised.



STAFF PROFILE

ZARNIA WILSON – NUNDAH

This is Zarnia's second season coaching and she is thoroughly enjoying it! Zarnia is fully affiliated with 'Austswim' and has her Austswim 'Teacher of Water Safety' and Austswim 'Competitive Strokes' certifications. She also holds her Senior First Aid and CPR qualifications and is currently completing her Junior Squad Coaching Licence. Zarnia is a mother of 2 beautiful children who enjoys watching the kids, in all levels; develop their swimming and having fun whilst doing it.

QUALIFIED AQUATICS - DIRECTORS REPORT

Welcome to 2009. I am not quite sure where 2008 went but I know it was a busy one.

The second half of 2008 saw a lot of changes for Qualified with the obtaining of the lease of Earnshaw State College Pool. We are extremely excited with the number of people participating in programs that we offer at Earnshaw from Aqua Aerobics, Adult Swimfit to our swimming program for children.

We are also excited that we will continue these programs for the community throughout the winter.

Our other programs at Zillmere, Wooloowin, Mt Alvernia College,

Loreto College, Geebung, Craigslea and Nundah all finished 2008 will a lot of fun and vast improvement seen in all swimmers. Well done to all swim teachers and coaches.

We have a few new faces to the Qualified team so stop and introduce yourself and say hello. All staff have the appropriate qualifications or are under going training to obtain these qualifications. We however, want you to recognise that all of them have different experience levels and skills.

And we ask you to be patient with their development and not compare them to those that have a great experience in the industry. Our

staff undergo regular training to update and improve their skills.

We however were sad to say goodbye to Brad White, Head Coach at Earnshaw. Brad recently got married to. Kim and they have headed back to England where Kim's family lives. We wish the both of them the very best.

We welcome your feedback about our programs.

Come and join us to enrich your life through participation in one of our aquatic programs.

Yours in swimming,
Alina and Rae

COACHES REPORTS

EARNSHAW SWIMMING PROGRAM REPORT



PRODUCTIVITY AND TECHNIQUE FOCUS PAYING OFF AT EARNSHAW COLLEGE.

After a productive period things are winding up quite well for 2008 at Earnshaw College. Swimmers are getting stronger and are equipping themselves with great technique and we are improving out of sight. It's a shame that we have to stop

for a short break over the x-mas period. We are still targeting the basics and doing this very well and more importantly having FUN!!! I would like to take this opportunity to thank all those involved in the swimming world of

Earnshaw College for their hard work, enjoy the break, and keep safe and well.
Take care and remember keep swimming!!
Brad White
Earnshaw College

DO THE 5 AND SURVIVE!

LEARN TO SWIM **FENCE THE POOL**

SUPERVISE **SHUT THE GATE**

LEARN HOW TO RESUSCITATE





WOOLOOWIN SWIMMING PROGRAM REPORT

UPCOMING COURSES

WOOLOOWIN PROGRAMME PRODUCING RESULTS

Wooloowin swimmers are really improving their techniques through the drill programs at each session. We have started to introduce fitness sets to the swimmer and although are tough swimmers are showing an increase in fitness levels.

consistently.

We have had small numbers to the intensive blocks over the xmas break with the last week seeing everyone getting ready to get back into the swing of 2009.

Term 1 2009 will see a new face on Wednesday afternoons with Regina taking over for Cassie.

Cassie is starting her university degree this year and we wish her the best with her studies.

Nichole is still with us on Tuesday and is looking forward to working with the kids again.

Yours in swimming,

Alina Graham



Our learn to swim program is growing and all swimmers are progressing to the next level



GEEBUNG SWIMMING PROGRAM REPORT

Enthusiasm is at full throttle

With things coming to an end for the first part of the year here at Geebung it is great to see the kids finishing on a strong positive note. It is great to see the improvement by most of the children with next year looking at being another great 10 week period. I

would like to thank Vinca and Nicole for all the work and effort they both have put in during the first block and look forward to continuing our progress next year. The club competed in another carnival just recently in which they came third overall against some strong competition.

Well that's it for now from Geebung, have a great holiday and see everyone next year.
Yours in swimming,

Michael Steepe
Head Coach
Geebung

AUSTSWIM Courses

Course: AUSTSWIM Teacher of Infant and Preschool Aquatics

Where: Earnshaw College, Victor Street Banyo

When: Saturday 28th February 2009 and Sunday 1st March 2009

Time: 8:00am-6:00pm

CPR/ FIRST AID COURSE

Where: Earnshaw College, Victor Street Banyo

When: Wednesday 25th February 2009

Time: 7:00pm-9:00pm

NUNDAH SWIMMING PROGRAM REPORT

WHAT A DIFFERENCE SOME WARM WEATHER MAKES FOR SWIMMING!

The swimming season at Nundah is well underway, we have competed in a 6 way carnival where we placed 2nd and we have a couple more to end the year which the kids are excited about. Friday nights have been buzzing with excitement and we have seen an increase of members, either past

families returning or new families to the community. The atmosphere at club is lively and energetic. Squads are full but the swimmers are enjoying the training and they are keen to come. They look forward to the relays, races or short game after they have worked hard in their session.

Nundah is having a fantastic 1st half of the season!

"GO NUNDAH SHARKS"

Zarnia Wilson
Head Coach
Nundah



Go to:

www.qualifiedaquatics.com.au





LORETO SWIMMING PROGRAM REPORT

THE GIRLS ARE GOING WELL!

The swim clinic saw the girls participate in circuit programs using the water's great properties of providing resistance. Whilst working hard the girls had a lot of fun.

We are starting to get a lot of enquiries for 2009 especially from new year 8 students. We are excited to meet all the girls in 2009.

Jessica Morgan will be our head coach for the swim team and clinic and we are looking forward to another successful competition term with the Loreto girls.



CRAIGSLEA SWIMMING PROGRAM REPORT

WORKING AS A TEAM IS REALLY PAYING OFF!

Our programme at Craigslea has had a great progressive month. Technical drills, sprint and endurance training, along with starts, turns and finishes is really starting to have a positive impact on the students' style and efficiency in the water. Having incorporated 'Dry land' exercises into our squad training, we've been building core strength and flexibility which is paying off with quite a few personal best times being exceeded at club nights and carnivals. I would like to congratulate all of our

swimmers in the carnival against Geebung on the 15th of November. I was extremely proud of their swimming, attitudes and excellent times achieved! I also need to commend the swimmers for their focus on rules and technique! All students in our 'Learn to swim' programme are progressing nicely also with more children now participating at club nights in the 12 ½ m events or advancing to the longer distance events. I wish to thank Nicole for filling in as our LTS

teacher and congratulate Nick Otago for gaining a full time electricians apprenticeship. I'd like to wish everyone a very Merry Christmas and Happy New Year!

Til next year, stay safe and keep swimming!

Cheers
Sharon Neville
Head Coach
CSAC

ZILLMERE SWIMMING PROGRAM REPORT

TRAINING HARD AND MAKING WAVES

A huge difference in Zillmere swimmers after this term of swimming. With improvements in techniques swimmers are beginning to experience programs to improve their fitness and speed.

We are sad to say goodbye to Daisy, who is finishing her stay in Australia and is heading back home to Hong Kong in February 2009. She is making the most of Australia and doing some travelling before she goes. Thanks for your coaching Daisy. This will see some new faces at Zillmere for coaching with Tom and Mal joining Alina to conduct the program in Term 1 2009.

The xmas intensive program saw swimmers having a lot of fun whilst improving their technique. A few swimmers have also moved up levels which is always exciting to see.

Looking forward to a fantastic Term 1 2009 with the preparation of swimmers for their club championships and upcoming club and school meets.

Yours in swimming

Alina Graham
Head Coach



Mt Alvernia Swimming Program Report

Diving into a new direction of success

There has been a great turn out of swimmers to training sessions. Numbers averaged 16 swimmers with some new year 8's for Mt Alvernia in 2009 attending in preparation for the new year.

We were really excited to participate in Mt Alvernia's first swim camp held on 12th and 13th January. Just over 30 excited girls with over 10 of these being new year 8's participate in swimming and boot camp sessions.

The girls were extremely tired and sore by the end of the two days but had a lot of fun.

We conducted a group session to work on team spirit where the girls came up with their team name: Mt Alvernia Torpedos

We are looking forward to increasing the training to prepare for the Catholic carnival in March.

Train hard and good luck

girls.

GO MT ALVERNIA
TORPEDOS!!

Yours in swimming

Alina Graham
Head Coach

Term 1 2009 Swimming Program

WE WILL BE STARTING OUR TERM 1 2009 SWIMMING PROGRAMS on Tuesday 27th January 2009

Lesson Available

Toddler Time

For swimmers between the ages of 2-3½yrs of age. They learning water familiarisation and safety skills. Parents must be in the water also (maximum 6 per class).

Beginner LTS

For swimmers (4yrs+) that are learning water familiarization skills and water confidence. Swimmers will learn how to float, perform safety jumps and learn basic freestyle arm patterns with no breathing pattern.

Advanced LTS

For swimmers that are comfortable in the water and have learnt basic freestyle arms. They will be introduced to freestyle breathing pattern and backstroke kicking with basic backstroke arm pattern.

Stroke Development

For swimmers that can swim freestyle with correct breathing pattern (single or bilateral) for at least 12½m consistently with good technique. They can perform basic backstroke kicking arm pattern. They will be introduced to breaststroke kick and basic arm patterns.

Advanced Stroke Development

For swimmers that can swim freestyle for at least 25m consistently with good technique. They can perform backstroke for 12½m consistently with good technique. They can correctly perform breaststroke kick and are learning breaststroke arm pattern. They will be introduced to butterfly, turns and finishes of each stroke

Mini Squad

For swimmers that can swim freestyle 50m, backstroke and breaststroke 25m with good technique. They can perform basic butterfly for 12½m. Swimmers will be introduced to basic competition skills and will improve their starts, turns and finishes in respective strokes.

Junior Squad

For swimmers that can swim freestyle 100m, backstroke and breaststroke 50m with good technique. They can perform basic butterfly for 25m. Swimmers will refine competition skills and their starts, turns and finishes in respective strokes.

Senior Squad

For swimmers that can swim freestyle 200m, backstroke and breaststroke 100m with good technique. They can perform basic butterfly for 50m. Swimmers will improve their refine competition skills and their starts, turns and finishes in respective strokes.

Email us: info@qualifiedaquatics.com.au



Gift Ideas for All Occasions

STUCK ON SOME GIFT IDEAS FOR XMAS?

HERE ARE SOME IDEAS FOR YOU:



- ◇ PACKAGED THREE PRIVATE HALF HOUR SWIMMING LESSONS FOR ADULTS VALUED AT \$120.00 FOR ONLY \$100.00
- ◇ PACKAGED THREE PRIVATE HALF HOUR SWIMMING LESSONS FOR CHILDREN VALUED AT \$90.00 FOR ONLY \$75.00
- ◇ SWIM PACK – MADE TO ORDER. PRICE VARIED DEPENDING ON PRODUCTS INCLUDED. CAN INCLUDE KICKBOARDS, GOGGLES, CAP, TOWEL, FLIPPERS, PADDLES, SWIM BAG
- ◇ 10 SESSION PASS FOR POOL ENTRY AT EARNSHAW VALUED AT \$27.00 FOR \$24.00 OR 20 SESSION PASS VALUED AT \$54.00 FOR \$48.00
- ◇ 10 SESSION PASS FOR AQUA AEROBICS OR SWIMFIT SQUAD (ADULT) VALUED AT \$63.00 FOR \$56.00



Protecting your Children's Eyes

UV PROTECTION

- ◇ The earlier you protect your eyes, the better the chance of avoiding eye disease as you get older!
- ◇ Research has demonstrated that you're never too old to start but the younger you start, the better. By the time you hit your teens you've already been exposed to 80% of your lifetime UV exposure
- ◇ To reduce or even avoid the risk of macula degeneration and cataracts, everyone should wear sunglasses, especially children. There is also lots of reflected glare off the water at the pool or beach so consider tinted goggles as well

WHEN TO HAVE YOUR EYES TESTED

- ◇ 6 Months old
- ◇ 3 Years of age
- ◇ Pre-school/Prep years
- ◇ Annually grades 1 – 4
- ◇ Every 2 years for older children and teens
- ◇ Every 2 years for adults



HOW TO CHOOSE SUNNIES FOR YOUR CHILDREN

- ◇ Sunglasses must be Australian Standards Approved and marked as Category 3 or above
- ◇ They must fit snugly – don't buy them for your child to 'grow into'
- ◇ Snug means comfortable but with no gaps around eyebrows or sides (remember children look up more than adults)

STREAMLINE, STREAMLINE, STREAMLINE



Streamlining is achieved by maintaining (as best as possible) a long, straight, and slender shape; also taught and known as 'Rocket arms or Torpedos' to the little ones! This needs to be adopted as soon as possible in learn to swim and sets the swimmer up for an efficient technique down the track.

Because water tends to flow around the body in parallel layers it's important to maintain a high body position that keeps the long axis straight (i.e. no lateral movement of the hips or shoulders). Good body position also creates a platform for the efficient transfer of force on the water from the hand-arm. Until a swimmer has an efficient, effective kick this cannot be achieved. This is one of the main reasons teachers DO NOT teach big arms to the beginner. The

gravitational pull, placed on their little bodies, by an arm reaching out of the water is huge! Stabilising an effective kick helps to counteract this force and stops them 'going under' as a result. The propulsive force generated by the kick serves a very necessary function – it helps to maintain trunk stability and high body position. Teaching a long underwater pull, somewhat resembling alternate superman arms, firstly along with a strong kick, gives the beginner swimmer a 'feel' for the water whilst automatically incorporates a good length of stroke technique. Once a high position is achieved, emphasizing core stability during streamlining is a fundamental factor in achieving maximum efficiency through the water. Streamlining of the trunk is maintained even during the arm recovery phase of the stroke, once a swimmers kick is efficient, because the shoulders rotate around a midline axis. Rolling the trunk, combined with turning the head to the side, also helps breathing, minimizing downward drag of the body's position. There is some resistance created from the frontal contact of water at the head and shoulders, but this can be kept to a minimum if the head is comfortably aligned with the body. In fact, the small

wave produced around the head is used to the swimmer's advantage when breathing into the trough that follows the bow wave. Strong kicking is obviously essential to performance efficiency and this means the large muscles of the legs must be conditioned for sustained, and rapid muscle contractions. Kicking drills and sets of repeat kicking efforts are standard components of all learning to swim and training routines. Regardless of the kicking tempo, the efficiency is crucial to overall swimming propulsion. Effective propulsion is combined with good streamlining techniques to minimize active drag. All of these steps make for an effective, efficient swimmer in the long run. It will NEVER happen overnight and requires a lot of baby steps with encouragement, consistency and patience by the teachers and coaches from the time a swimmer begins their wondrous experience, right through to senior squad training.





NEWS OF THE MONTH

DiveXSite

Want to learn to Dive

DiveXSite utilises Earnshaw Pool for their Open Water Diver Course.

For more information

- grab a brochure from the canteen
- visit www.divexsite.com.au
- call Mick Jordan on 0404 199 340 or 3357 7745

SWIMFIT NEWS

WE HAVE A NUMBER OF SWIMFIT CLASSES THAT CATER FOR ALL LEVELS OF SWIMMERS AT EARNSHAW POOL.

Monday, Wednesday and Friday
5:30am-6:30am

Tuesday and Thursday
7:00pm-8:00pm

Saturday
8:00am-9:00am

Private Adult Lessons available

**COST: \$7.00 PER SESSION
OR 10 PASS \$63.00**

AQUA NEWS

WE HAVE A NUMBER OF AQUA CLASSES THAT HAVE STARTED AT EARNSHAW POOL.

Thursday	8:00am-9:00am
Saturday	9:00am-10:00am
Tuesday	6:00pm-7:00pm
Friday	4:00pm-5:00pm

**COST: \$7.00 PER SESSION
OR 10 PASS \$63.00**

THOUGHT OF THE MONTH

Happiness equals success divided by expectation

