

**GS** AQUATICS



# SWIM CLUB NEWS

What's happening @ GS Aquatics 2017

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# GENERAL MANAGEMENT MEETING

Tuesday 25th July 2017 – Noosa Central Suite 3, 6 Bottlebrush Ave, NOOSA HEADS

Time – 6.00pm

## Agenda Items

- Minutes of Previous Meeting
- Previous Action Plan
- Treasurers Report
- Presidents Report
- Secretary Inwards & Outwards Correspondence
- Fundraising Report
- Race Secretary Report
- General Items
- Working Bee
- Trophies and Award presentation – Set Dates
- Bundaberg Tour

# PRESIDENTS REPORT – June / July

Giddy All

The first few months in the role have been challenging but rewarding, and a lot of the time the committee has been planning for this season and beyond.

One of our first roles was meeting with our coaching staff of Brian & Peter to identify requirements they needed to help keep our high standards in the pool and what function we as a club, could do to help.

We identified three products that the club needs to invest in,

- (a) Dolphin Timing System – Cost \$15k
- (b) 28 Hand Held Electronic Timing Devices
- (c) Laser Beam Starting Light
- (d) Dolphin Program for running Carnival Meets



This is where we can give everyone some great news. We put an application to the P&F of Good Shepherd Lutheran College and have had the funding approved to go ahead with the purchasing of the above and will now be able to run official Qld Short Course Meets with recognised times by all swimmers.

- 1. Otter Score Board – Cost \$15k to \$17k
  - (a) Live times as the event finishes
  - (b) Placings in order straight away
  - (c) Large Board easy seen by all attending



EVENT	HEAT	LN	PL	TIME
12	2	1	7	10:03.90
		2	5	9:46.63
		3	2	9:37.46
		4	1	9:37.08
		5	3	9:38.52
		6	8	10:13.63
		7	4	9:42.70
		8	6	9:51.46

We are endeavouring to raise this money through the Annual Celebrity Golf Event on Friday 8th September at Noosa Springs Golf Course and hopefully we will have all of above operational for our Carnival in January 2018 or earlier

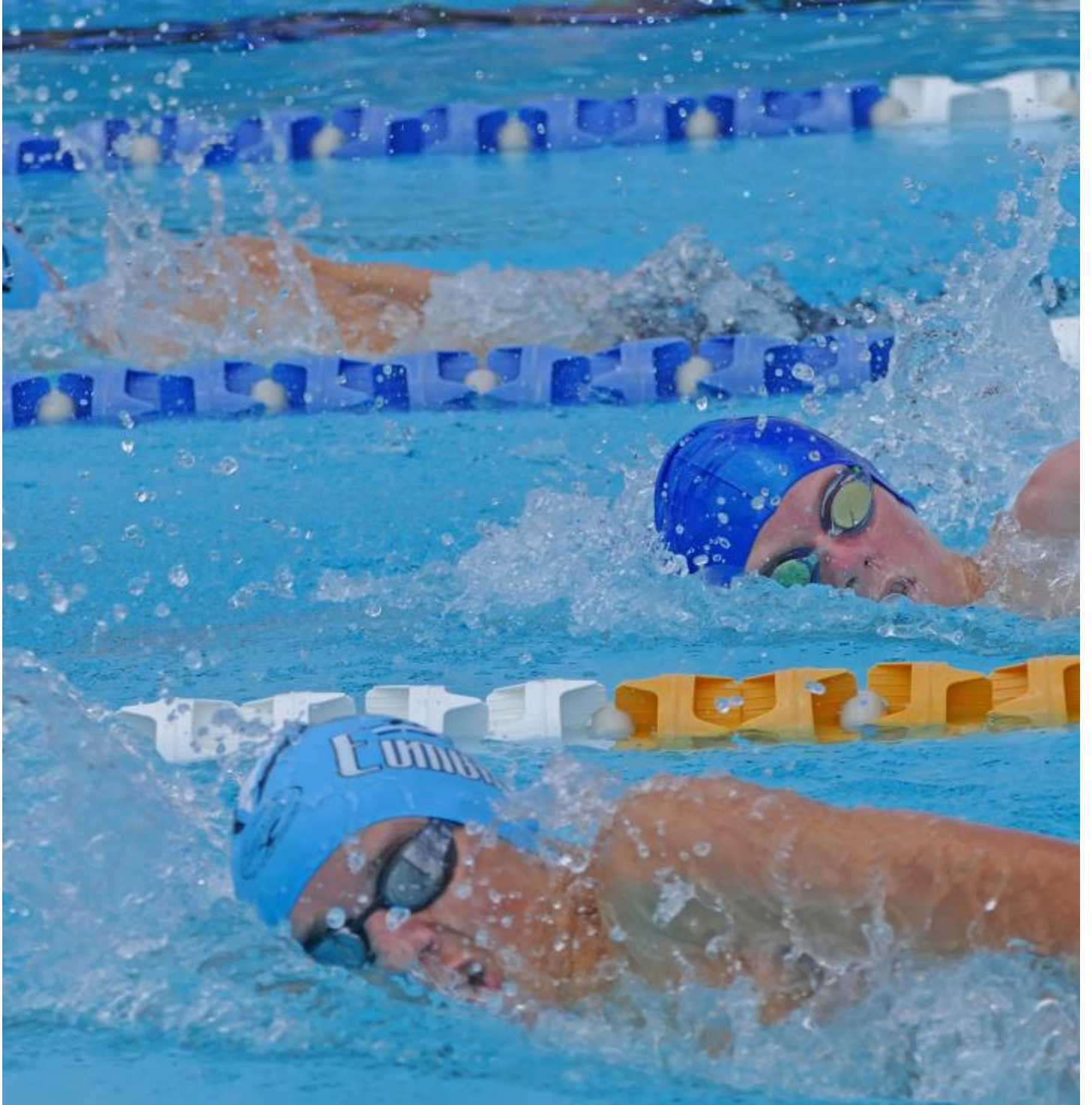
- 2. Quadratics Underwater Camera – Cost 7k to 9k
  - (a) Films strokes underwater looking for deficiencies
  - (b) Films all starts of the blocks
  - (c) Gives coaching staff the opportunity to analyse all strokes of our members.



As a committee, we are now well on the way with the planning process to make sure we achieve our short-term goals listed about that will only help not only our club but the school in which the pool is situated.

All I need from Club Members is to support all fundraising activities of the club and get behind the new direction we are taking so that in the end all our swimmers and parents benefit from

Wayne Bettany  
President



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### Engagement

How and where do we reach them?



### Strategy

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# FUNDRAISING REPORT – June / July

Listed below are work in progress and how we are going

## 1. **GSA Annual Celebrity Golf Event**

At present we look at having about 20 teams and have discussed with Wayne & Ian about giving each team exposure on face book. We thought it would be a great idea to announce one team every three days which will give the event a new team appearing all the time. We will work with Ian to get this done ASAP. We are confident in being able to fill all the spots but imagine how much easier it would be if the 15 members on this committee all just brought on board one team. Estimated Profit - \$10k to 15k

## 2. **Sponsorship Boards**

We have measured up all the spare spots on the fence at the pool and believe we could bring on board about twenty sponsors at \$500 and getting the club \$10,000 plus. We have asked Ian to prepare a one page flier regards showing perspective new sponsors where they will go. I also suggest if club members put their companies up that they should get one child's membership Free so in reality we would get \$300 for that sponsorship board. Estimated Profit - \$7k to 10k

## 3. **Club Equipment**

We have been approved by the GSLC P & F for \$15,000 in Dolphin Equipment and hopefully we can have the Underwater Camera & Scoreboard covered by the end of the year. Value - \$15k

## 4. **Memorabilia**

We are getting 6 pieces of Sporting Memorabilia that we will be auctioning off over the next ten weeks with the final bids to be at the Annual Celebrity Golf Event in September. We are purchasing the stock at cost and putting a reserve on each item and all the rest is profit. Estimated Profit - \$1k to 2k

## 5. **Raffle**

We have been given a weekend for two at Noosa Springs Golf Resort which we will raffle off over the next ten months with the draw happening at the Golf Event. Estimated Profit - \$1k

## 6. **Noosa Triathlon**

Michelle Prenzler has once again organised for 20-25 members to do volunteer work at the Noosa Triathlon in early November with a donation going to the club. Estimated Profit - \$2k

That's it from Mark & myself but rest assured we are working our butts off trying to make the golf day a real success but I challenge the rest of the committee to just get one team. I will cover Toni by getting two teams and Mark will cover Vicki by getting two teams but all thirteen of you need to get one team. We will shout a beer to each committee member bring on a tea.

The challenge is out to all of you to perform like we expect our kids too on a regular basis.

Bruce O,Sullivan & Mark McGowan

Fundraising Officers

# MOTIVATIONAL REPORT – June / July

In the depths of winter, the GS Aquatics Swim Club Committee has been on the move, working behind the scenes to help elevate the club to 'The Next Level'.

GS Aquatics is on the move, with a large group of talented swimmers, spanning all competitive age groups, we have become an emerging force on the Sunshine Coast.

Our coaches are sought after, up and down the coast, with swimmers travelling big distances daily to train in our beautiful pool. Cooroy, Coolumb, swimmers are even travelling from as far afield as Maleny and Tin Can Bay.

Is our water magical? Has a unicorn possibly dribbled a little wee in the pool as it flew over? No, although it sounds possible, I don't think so! I think our success lies in the foundation that was built by our previous humble committee members, parents with passion, every day heroes that are the mums and dads of swim club.

Our club is a rare thing indeed, we don't have the 'win at all costs' parenting from the sidelines attitude of some clubs, we don't hold onto stopwatches with a grip of death as our children touch the wall 0.1234 seconds slower than their PB. We actually enjoy swimming carnivals and that enjoyment feeds our swimmers success.

Our coaches have humour and the ability to 'have a laugh', they can be serious when they need to be, but after all it is only swimming, it isn't life and death (yet).

The poolside is literally buzzing at the moment around GS Aquatics, we recently held a "Breakfast with our Future Stars" which resulted in a big clean-up at the pool and a good chance for swimmers, parents and coaches to get to know each other over a bacon and egg breakfast.

My family (the Cuths as we prefer to be known) have been involved in swim club for more than 5 years. Through those years we have ran the canteen, kept time at club night, hosted and helped organise the Christmas Break up party, filmed and developed swim club breakup videos, updated facebook, photographed at events, blah blah blah.... Oh, and enjoyed every minute of it. It has been an overwhelmingly positive experience for us all.

I would encourage anybody who wants to get the most out of 'the swimming experience' to 'roll up their sleeves' and get involved. Join us and be in it for the long haul, develop memories that will last a lifetime. Do something that you can be proud of and something that your children can identify with, if they see you putting in the hard yards behind the scenes, they will in turn apply themselves with more gusto in the pool, every member combining as one to create the best, most positive swimming club experience in the world.

In the words of the greatest swim coach of all time...

**"My idea is to build GS Aquatics into a bastion of invincibility"**

Ian Cuthbertson  
Publicity Officer



# WHO AM I?

**Can you guess who this handsome chap is?**

I am a father at the GSA Club  
I've been a surfer all my life loving the beach  
I was a National Swimmer  
I'm a proud member of the GSA Club  
I am still in Great Shape

If you know who I am please just pat me on the back when I'm at training and I will let you know whether it was me or not.



# COACHES REPORT – BRIAN STEHR

We are now well on the way with winter training with over 85% of our competitive swimmers deciding to train all the way through winter without a break. Even though as coaches we encourage our swimmers to have the time off, I can't help but feel a sense of pride in the dedication our GSA swimmers are showing in the pool and results at the recent meet at Noosa will indicate to me, we are well on track for the season coming up.

Recently I had the pleasure to take Dahlas to Japan for the Australian Development Squad and it certainly opened my eyes to different coaching styles and techniques that are being used all over the world. With all my experience, I live by the moto, you never stop learning, and it has allowed me to have high quality swimmers all throughout my career.

I get asked by enthusiastic parents all the time, when is my child ready to go up to the next level, and the answer is very simple, when the coaching staff feel the child is not only physically ready but mentally ready to accept the next challenge in there swimming career. I know how hard this journey can be, so I am more inclined to be on the cautious side with all our young swimmers so that in years to come they are still in the pool enjoying it.

As parents, you all must be patient and don't expect your child to make an Olympic team or win Gold at National Events but to feel encouraged by improvement in technique, improvement in times and to see the personal development that swimming brings to children. I get more satisfaction from seeing the development of juniors to seniors and growing as people then I do from winning medals.

It is great for all swimmers to have high expectations but it all comes from the process

1. Technique
2. Training
3. Nutrition
4. Exercise

Take care of the process and all the results fall out at the other end

Brian Stehr

Head Coach GSA

# SENIOR CLUB CAPTAINS REPORT

Hey guys,

I'd like to start off welcoming all GS aquatics members back for another hectic season of racing. It's been exciting to watch our small club grow over the past season and become one of the most successful clubs on the Sunshine coast. All of this couldn't have been done without our amazing coaches, Pete and Brian and on behalf of the swimmers, THANK YOU!

Many of you have probably seen me around the pool, but for those who I haven't met, my name is Dahlas and I am your club captain for the new season. I've been racing for GS aquatics for almost 2 years and compete at a national level. I recently got back from racing in Japan with the QLD team and I'm off to Europe in July with the Australian team.

I have been swimming my whole life and have always had the big "OLYMPIC DREAM". Throughout my age group swimming I had always qualified for states and what not but when I was around the age of 14 I was given some of the best advice I ever received, "You only race the way you train", since that moment, I really started applying myself towards my training and reaped the benefits.

It's a fact in life, people don't like successful people. When you start succeeding whether it's in swimming or your school work or even in the work place, they tend to get jealous because THEY WANT WHAT YOU HAVE, which leads to bullying and can really affect your self-confidence. I was recently bullied on social media and I admit, it really got me down and I was worried to swim fast because of what they would say about me. The 2 lessons I have learned from this experience is to talk about it with somebody you trust and to laugh the hurtful comments off because you know you're a better person than they will ever be.

If any swimmer has a problem or wants to chat about something I am more than welcome to help. I promise you I'm nowhere near as scary as I look, however, I do tend to become a bit intense when it comes to my swimming, especially my training, so I could be a little standoffish but like I said I am happy to help if any issues arise.

I'd like to wish all members best of luck for the new season, including the new club committee, no doubt GS aquatics will continue to be a force to be reckoned with.

Dahlas Rogers

Senior Swim Club Captain

# JUNIOR CLUB CAPTAINS REPORT



Hi my name is Jude Youens, I am twelve years old am I the junior swim captain for GS aquatics. I started swimming at GS aquatics four years ago when I was eight years old. I started in the advanced learn to swim but quickly moved up to bronze squad. I was always driven to move up to the next level and this kept me motivated to get into the pool and train. Getting to gold squad was a massive achievement for me and I remember that day so well. It wasn't an easy journey getting to high performance, it took a lot of hard work, dedication, and most importantly self-belief.

I want swimming to be my career and to go all the way, my dream is to get to the Olympics and I know I will only get there with hard work as well as the right mental attitude. I'm always working on both of those!

I hope I can be a good role model to the younger swimmers in the club and really enjoy encouraging them and being part of the GS swim club.

Last weekend there was the first winter short course meet. It was great to see so many GS swimmers competing and having a good time. I think the winter meets are a great way to keep you motivated to train hard through the winter months when you have to get up at 5am in the dark! Thank you for choosing me as junior swim captain, I'm really looking forward to this coming season and am excited to be part of such a great club.

Jude Youens

Senior Swim Club Captain

# THE 'HAPPY HARRY' REPORT



Greetings all!

And welcome to 2<sup>nd</sup> edition of The Happy Harry Report, I hope that you all found the inaugural edition of the GSA Times entertaining and educational.

Can I start this edition with a big shout out to many of our swimmers who have received long service medallions from Qld Swimming, in testament to their dedication to the sport, some for 5yrs and many for 7yrs which is enormous considering the young ages of some of our swimmers, so CONGRATULATIONS to all that received them.

Isn't it also nice to have the Swim meets back on the calendar, HH has noticed that we have had representation at several meets so far and in particular a large turn out for the recent Noosa SC meet and I'm lead to believe that many a PB & Medal were achieved. Good Shepherd Aquatics is getting quite the reputation not only for the strength in its swimmers but also its large passionate, enthusiastic & educated support network.

While on the topic of achievements, I would also like to acknowledge the achievements thus far of our newly elected committee. In the short time that they have been together they have been tirelessly working away behind the scenes not only to establish and get a better understanding of the clubs dynamics but to enhance their affiliations with those particularly close to the club.

## THE 'HAPPY HARRY' REPORT continued...

What I can announce here is that the Honourable Sean Cawley, President of Wide Bay Swimming is now a current member of GSA, and will be sitting in on our upcoming Committee meeting and what wonderful experience and guidance his presence will bring, Sean believes that we as a club are doing many things right and would enjoy the opportunity to add to that. Hugh thanks Sean!!!!

With this wonderful news, HH would like to announce yet his biggest scoop of all.....

The Committee along with the Good Shepherd Lutheran College Administration and their affiliate P&F Committee, have all played a part in delivering GSA a state of the art, brand new, DOLPHIN TIMING SYSTEM....which will allow us to not only have a swim meet with appropriate timing but our club nights and there times all the more credible. I know this is something that Brian & Peter have been wanting for sometime and really highlights GSA move forward.

While I'm on a roll, I would also like to inform you of the upcoming bus trip to Bundaberg for the swim meet in November, our friends at GSLC have also agreed to assist us with the use of their bus which I believe has saved us considerable expense compared to other coach hire which I'm told will reduce the trips costings considerably. The last count was for 60 people attending and was booked solid within 5 days, hopefully this can become a more frequent occurrence as it is sure to be wonderfully exciting and great bonding session for swimmers and families alike. Its events like these that will become all the more frequent and at exceptionally low costings if we can really get behind the clubs fund raising events, in particular the Golf Day as its success will create many options, its not too late to get a team together.. jump on board!

In closing, I just wanted to help to ease peoples dismay, you may have noticed that our newly elected VP, Matty Johns has been poolside side with an injured right arm, tightly bound and nursed in a sling. Rumour has it he injured it in what was best describe as somewhat as a Match Race between himself, our also newly appointed BeanCounter, Lee Roberts and a third party of our one and only Publicity Man, Ian Cuthbertson. Apparently all were striving to see who was a better swimmer as an carry on effect of who has the fastest 10 yr old, which they all have. But as the story goes, as they were turning for home with 1 lap to complete, both Lee & Ian put the foot down and our very own Man behind the Man could not handle the swift rise in intensity and hence the mishap of him tearing the bicep away from the bone.

Happy Harry does suggest that while he does report all things true & factual, caution is highly recommended if considering passing on your condolences, and please note that the VP is quite sensitive regarding this and could even suggest that this was not the case and propose some other form of ludicrous propaganda.

That's all from me, just keep swimming!!! GO GOOD SHEPHERD AQUATICS.

**Happy Harry (definitely not Wayne Bettany)**

