

JANUARY 25, 2023



VOLUME 07

# The News

## Murray Bridge Cods Newsletter



### WHAT HAS BEEN HAPPENING

It's been a quiet couple of weeks just training and gearing up for the busy carnival season up ahead.

A few carnivals have Handicap events so let's explain what exactly that is and what you must do to prepare for one.

In Handicap swimming, the swimmers are "equalised" by commencing their start at different time intervals based on entry times submitted for a determined style and distance, therefore giving slower swimmers a chance to take home a win.

It would be anticipated that if each swimmer swam to their submitted time (or swam to their "handicap") that all swimmers in that race would arrive at the finishing line at the same time.

In practice, the SLOWEST swimmer, based on their submitted time (or handicap), starts FIRST at the command "GO". The other swimmers leave the starting platform when their HANDICAP NUMBER is called until the last swimmer who has the FASTEST submitted time, has their starting number called and they commence the race. You will hear the Check Starter count out "one, two, three, four, five, etc, whilst walking behind the swimmers, continuing the counting until the highest handicap in that race is called out.

There is no False Start recalls in Handicap events, unless there is a malfunction in the timing system being used. Any swimmer starting before their handicap number will be disqualified unless they redeem themselves by returning to the place of starting and commence again after their starting number is called, if time permits this can be climbing out and waiting for the correct handicap or if there is not much time spare, come back touch the wall and then push off and re-continue their race.

You must take a handicap card with you to these events, please ask a committee member to provide you with one, and if you haven't filled one out before ask the coach to help you with it.

[murraybridgecods.swimmingclub.org.au](http://murraybridgecods.swimmingclub.org.au)

[murraybridgecodsswimclub@gmail.com](mailto:murraybridgecodsswimclub@gmail.com)

### Sponsors

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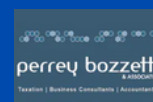
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Murray Heating and Cooling



## MEMBERS ACHIEVEMENTS

Tyler White is swimming 35 kms in February to raise money for sick kids. So please go to the website address below and support him on this exceptional journey, after all 35km is a heck of a long way to be swimming and for that alone he deserves your support but sick kids also benefit.

<https://superswim.org.au/tyler-white>

## HOW KIDS BENEFIT FROM SWIMMING

The human body is 90% buoyant when in water up to the neck, and this makes swimming a perfect low-impact yet high-energy workout for children. It is also less strenuous on the body when compared to any other sport or workout. Further, the natural buoyancy of water and its effect on the human body is more calming than other forms of exercises.

One major physical benefit of swimming is that it triggers the release of endorphins. Endorphins, famously known as the 'happy hormones' or the 'feel-good chemicals', lift our spirits and leave us refreshed.

Swimming has been proved to be an effective form of physical exercise for both mind and body. It is a great exercise regimen for the joints, offering around 20%-30% more mobility than many playground sports. At the same time, it offers a challenging workout which is not too harsh on the joints and connective tissues in the body.

Swimming boosts the cardiovascular capacity while increasing muscle strength, offering a good alternative to higher-impact activities like basketball, running and weightlifting.



## COACHES

- Head Coach - David Milan
- Dolphins Coach - Maralyn Polak
- Seahorse Coach - Leanne Pittaway
- Turtles Coach - Rachel Schulz
- Assistant Coaches - Cat Smith & Katie Ireland

## COMMITTEE MEMBERS

- Club President - Wade Smith
- Club Secretary - Elissa White
- Club Treasurer - Katie Ireland
- Marketing and Sponsor Coordinator - Jodie Austin
- Committee Member - Tanya Roberts
- Committee Member - Joanne Schellen
- Committee Member - Chloe Schellen

## Diary

28/01/2023	Vitor Renmark Open Carnival - Renmark Swimming Pool
03/02/2023	Murray Bridge Cods Pointscore Night - Murray Bridge Swimming Centre
04/02/2023	TTGSC Twilight Carnival - Waterworld Aquatic Centre
05/02/2023	EDSA Meet 4 - Murray Bridge Swimming Centre