

FEBRUARY 08, 2023



VOLUME 08

The News

Murray Bridge Cods Newsletter



WHAT HAS BEEN HAPPENING

Lets explain pointscore night.

Pointscore Club Nights are an informal introduction to competitive swimming where the swimmer is only competing against themselves its also a way to see how the swimmer has improved over the season!

The night is run as close to carnival conditions as possible so swimmers (and parents / caregivers!) experience what will happen at higher level meets - including entering online via Swim Central!

The simple goal of Pointscore swimming is to better your time every meet. You will gain points for competing, if you better a previous time or if you progress to the next distance.

Pointscore Club Nights will all follow the same format: A Freestyle plus 2 x off-stroke (Back, Breast or Fly) and a Distance Event. Everyone is encouraged to 'have-a-go' at the Freestyle and the Off-strokes. Your coach will guide you in deciding the distance event: Seniors – It is expected that you will do it!

There are three (3) standard distances: 25m, 50m and 100m. Once you achieve the progression time you move up to the next distance. The Distance event is open to anyone. Once you progress to a distance you cannot go back to a shorter distance.

Progression Times are as follows:

Stroke	25m	50m
Freestyle	29 sec	45 sec
Backstroke	34 sec	53 sec
Breaststroke	41 sec	58 sec
Butterfly	33 sec	48 sec

Sponsors

Platinum



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facebook.com/murraybridgerecycling



jachomes.com.au



sprycrete.com.au

Gold



ajshomestore.com.au

Silver



Bronze

Murray Heating and Cooling

MEMBERS ACHEIVEMENTS

Vitor Renmark Open

Ella Davy PBs 0.67, 0.18, 1.01, 6.12, 0.66, 3.40
 Amelia Farmer PBs 1.77, 0.84, 0.34
 Bridget Farmer PBs 3.63, 10.57, 10.06, 0.34
 Isabelle Farmer PBs 2.45, 16.79, 3.36 🏅
 Bronte Folley PBs 13.93, 0.78, 0.53, 0.66, 2.65 🏅 🏅 🏅
 Zara Fullgrabe PBs 3.66, 4.28, 1.91 🏅 🏅 🏅
 Charlie Ireland PBs 1.58, 7.04
 Ella Ireland PBs 0.66, 12.19, 8.29
 Louella May first time racing 50m free, back and breast
 Matilda Millan PBs 5.24, 27.24, 2.43, 0.26, 0.53
 Lily Purvis PBs 4.87, 3.17, 1.55
 Isabella Roberts PBs 0.56, 3.26, 0.34 🏅
 Kaylee Schellen PBs 0.26
 Chloe White PBs 5.18, 2.80

TTG Carnival

Bronte Folley PBs 2.37, 3.96 🏅 🏅 🏅 🏅
 Zara Fullgrabe PBs 4.08, 0.46

Note - Personal Best - this is your best time to date for a particular stroke and distance and is the time improvements in seconds.



COACHES

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

EDSA Meet 4

Ayden Atkinson first time swim at a competition
 Ella Davy PBs 0.67 🏅 🏅
 Amelia Farmer PBs 1.28
 Bridget Farmer PBs 0.90
 Isabelle Farmer PBs 1.04
 Bronte Folley 🏅 🏅
 Zara Fullgrabe PBs 2.71, 1.97 🏅 🏅
 Cooper Galbraith PBs 0.55, 1.24
 Joshua Hobby first time swim at a competition
 Matthew Hobby first time swim at a competition
 Charlie Ireland 🏅 🏅 🏅 🏅
 Chloe White PBs 2.22
 Tyler White PBs 0.30, 0.01 🏅 🏅
 Josh Zarantonello first time swim at a competition
 Sean Zarantonello first time swim at a competition

Jamestown Open

Maralyn Polak PBs 0.10 🏅 🏅
 Lily Purvis PBs 2.68, 1.43, 0.58 🏅 🏅
 Kaylee Schellen 🏅 🏅
 Brodie Somerfield PBs 2.87, 2.27



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

12/02/2023	Marion LC Carnival - SA Aquatic & Leisure Centre
17/02/2023	Murray Bridge Cods Pointscore Night - Murray Bridge Swimming Centre
25/02/2023	Loxton Open - Loxton Swimming Pool
26/02/2023	Dolphins Carnival - Bordertown Memorial Swimming Pool