

FEBRUARY 22, 2023



# The News

Murray Bridge Cods Newsletter



## SWIMMING TERMINOLOGY EXPLAINED

**Bilateral breathing** - Bilateral breathing alternate sides of the body in freestyle.

**Long course (LC)** - A 50-meter pool. Also referred to as Olympic distance.

**Short course (SC)** - A 25-meter pool.

**Medley** - All four strokes swum in a specified order. For individual medley this is butterfly, backstroke, breaststroke, freestyle. For medley relays (with four people) this is backstroke, breaststroke, butterfly, freestyle.

**Heats** - A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.

**Set** - A grouping of distances composing part of a workout or drill; 5x100m is a set that is 500m long; 400, 300, 200, 100 is a set that is 1,000m long.

**Split** - The time for a portion of a race, such as each 50m of a 100-metre-race. Coaches will compare the split for the first (or front half) part of a race with the second (or back half) to determine where the swimmer was fastest and slowest. A negative split means the swimmer swam the second half faster than the first.

**Personal Best (PB)** - this is your best time to date for a particular stroke and distance.

**Disqualified (DQ)** - A swimmers performance is not counted because of a rules infraction.

**False Start** - Any swimmer starting before the starting signal has been given shall be disqualified.

**Qualifying Times** - Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.

**Marshall** - The adult(s) (official) who control the crowd and swimmer flow at a swim meet.

**FINA** - The international, rules making organization, for the sport of swimming.

VOLUME 09

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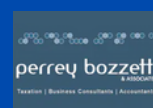
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# MEMBERS ACHEIVEMENTS

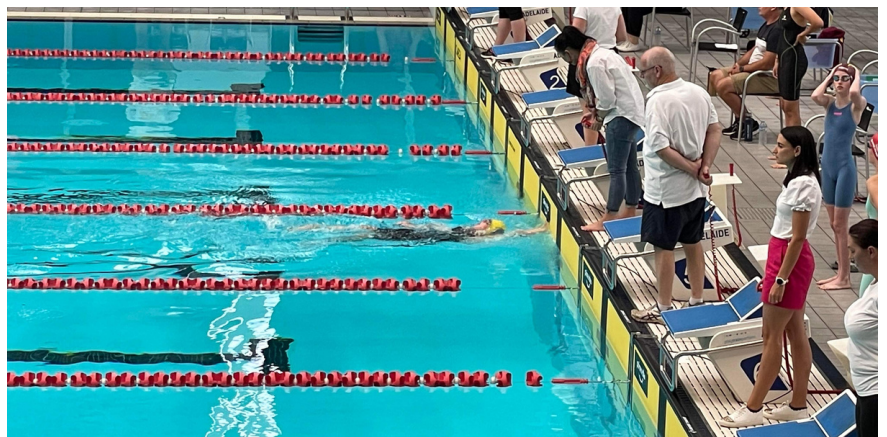
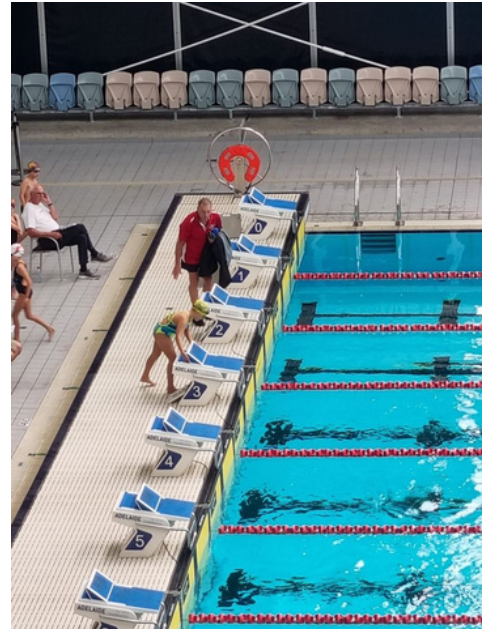
## Marion LC Carnival

- Ella Davy PBs 0.99, 3.37
- Charlie Ireland PBs 1.31, 0.48
- Ella Ireland PBs 2.01, 0.92, 10.96
- Chloe White PBs 3.77, 4.40
- Tyler White PBs 5.43, 4.74, 3.78

## 2023 State Prep Meet

Isabella Roberts came away with a third place in the 200m breaststroke and a second in the 50m breaststroke. 🏅🏅  
 Ella Davy dropped 2.61 seconds off her 50m backstroke and 4.12 seconds off her 100m backstroke.

**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

# 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

25/02/2023	Loxton Open - Loxton Swimming Pool
26/02/2023	Dolphins Carnival - Bordertown Memorial Swimming Pool
03/03/2023	EDSA Meet 5 - Woodside Swimming Pool
04/03/2023	Clare Open - The Valleys Lifestyle Centre