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The News

Murray Bridge Cods Newsletter



HOW TO BECOME A BETTER SWIMMER BY DOING NOTHING

by WAYNE GOLDSMITH 08 February 2023, 04:05am

1. Sleep More

2. Stop Eating LPF (Low-Performance Food)

Fuel your body for high performance with high performing food.

3. Become a Student of the Sport

Learn about the event you want to become great in. eg state record, who won it, what times did they get, how did they get there.

4. Swim in Your Head

When you're "swim-dreaming," try to think about all the things you CAN do and all the wonderful things you love and enjoy about the sport.

5. Have a Healthy Hobby

Find a hobby that engages your heart and mind...do it daily...and you'll be surprised how fresh and invigorated you'll feel when you get back into swimming mode.

6. Know Your Equipment...and Clean It

Every week, check your fins, paddles, pull-buoy, goggles, snorkels and everything else that you use in training and competition for signs of wear and tear.

7. Learn to Meditate

It's an incredibly powerful and effective way of calming your mind, simplifying your thinking and helping you to relax.

8. Talk to an Older Swimmer...to Someone Who's Been There

9. See Yourself in Your Swimming Dreams

10. Embrace a Last-Thing/First-Thing Mindset—Start With the End in Mind

By "seeing" and feeling the end before it happens, your brain—and your body—are more likely to do the things necessary to make sure your training activity will be a success!

Wayne Goldsmith has worked with swimmers, coaches, swimming clubs, swimming parents, sports scientists and swimming organizations all over the world for more than 30 years. Be sure to check out Goldsmith's websites at www.wgaquatics.com and www.wgcoaching.com.

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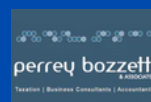
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Gold



ajshomestore.com.au

Silver



Bronze

Murray Heating and Cooling

MEMBERS ACHIEVEMENTS

Secondary Schools Swimming Championships

- Tyler White 🏆
- Matilda Baumgurtel 🏆
- Ella Davy 🏆 🏆 🏆 🏆 🏆
- Ella Ireland 🏆 🏆 🏆 🏆 🏆
- Ayden Atkinson 🏆 🏆 🏆 🏆 🏆
- Lily Purvis 🏆 🏆 🏆 🏆 🏆
- Isabella Roberts 🏆 🏆 🏆 🏆 🏆 🏆
- Eloise Baumgurtel 🏆 🏆 🏆 🏆 🏆 🏆
- Bronte Folley 🏆 🏆 🏆 🏆 🏆 🏆
- Esther Neumann 🏆 🏆 🏆 🏆 🏆 🏆
- Matilda Millan 🏆 🏆 🏆 🏆 🏆 🏆

2023 Clare Open and Mid North Sprints

- Ayden Atkinson 1PB
- Lily Purvis 6PBs
- Kaylee Schellen 2PBs and first-time swim in the 200m Fly in which she got gold. 🏆

Onkapringa Open Carnival 2023

- Bronte Folley 3PBs 🏆
- Ayden Atkinson 1PB
- Isabelle Farmer 🏆 🏆 🏆 🏆
- Amelia Farmer 🏆 🏆 🏆 🏆



Squad Promotions

- Turtles squad to Seahorse Squad - Louella May
- Seahorse Squad to Dolphin Squad - Zara Fullagrabbe, Chloe White, Isabelle Farmer, Amelia Farmer
- Dolphin Squad to Seniors - Charlie Ireland, Ayden Atkinson

Congratulations to these swimmers on all of their hard work! They have certainly earned the opportunity to move on to the next level of training. It is a testament to their dedication and commitment that they have achieved this success. We wish them continued success on their journey and look forward to seeing what they can accomplish next.

COACHES

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



2023 SA State LC Age Championships

Get ready to see these three incredible swimmers compete at the 2023 SA State LC Age Championships from 9th to 13th of March! Don't miss out on this amazing opportunity to be inspired by their determination and hard work – we will be cheering them on and showing our support for these champions!

- Ella Davy will be competing in 50m and 100m Backstroke and 50m Freestyle
- Isabella Roberts will be competing in 50m and 100m Breaststroke
- Tyler White will be competing in 50m and 100m Breaststroke

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

09/03/2023	SA State Age Champs - SA Aquatic & Leisure Centre
17/03/2023	Pointscore Night - Murray Bridge Swimming Centre
18/03/2023	Crystal Brook Open - Crystal Brook Swimming Pool
25/03/2023	Whyalla Carnival - Whyalla Leisure Centre