

MARCH 22, 2023



# The News

## Murray Bridge Cods Newsletter



### ENDURANCE CHALLENGE

Tuesday 4th April 5:30pm

#### Endurance Challenge Guidelines

The endurance challenge is a test of your physical and mental capacity! All you have to do is swim as many laps as possible in the allotted time. Entry is via Swim Central and is open to any swimming member of the club.

Go on - Have a go! You will be surprised how far you can swim!

When - Tuesday 4th April 5:30pm

You can select one challenge

Challenge Options:

30 Minutes Challenge - Entered in Swim Central as 3000m

- Swim for 30 minutes - as many laps as possible
- 12U Only
- Any Stroke at anytime
- You can stop to take a breath - float, hang onto wall, lane rope or touch the bottom but cannot use these items for motion
- You can stop for a drink of water
- Kickboards allowed
- No fins or other aids

60 Minute Challenge - Entered in Swim Central as 5000m

- Swim for 60 minutes - as many laps as possible
- Any Stroke at anytime
- You can stop to take a breath but must float or skull
- You cannot hang onto wall, lane ropes or touch bottom
- You can stop for water but must float or skull
- No swimming aids allowed

90 Minute Challenge - Entered in Swim Central as 10000m

- Swim for 90 minutes - as many laps as possible
- Any Stroke at anytime
- You cannot stop forward motion - drinking must be done on the move. Please bring your own suitable water bottle for drinking on the go
- You cannot hang onto wall, lane ropes or touch bottom
- No swimming aids allowed

Normal lane etiquette applies - keep left, allow overtaking etc.

Completed laps only count towards total.

A breach of rules means your challenge is over. Laps up to the point of breach will count.

Medals presented at the presentation lunch.

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

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

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## Sponsors

### Platinum



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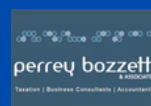
[sprycrete.com.au](http://sprycrete.com.au)

### Gold



[ajshomestore.com.au](http://ajshomestore.com.au)

### Silver



### Bronze

Murray Heating and Cooling

## MEMBERS ACHIEVEMENTS

### The 2023 SA State LC Age Championships

And that's a wrap for The 2023 SA State LC Age Championships which was a huge success for our team of 3 swimmers, who put in an amazing effort to make it happen. Our swimmers going up against the finest in all of South Australia – what an awe-inspiring sight! It was a great way to cap off the weekend and we are so proud of their accomplishments. We hope that this success will inspire more swimmers to take part in future competitions and strive for excellence.

Tyler White swam his 100m breaststroke and 50m Breaststroke also accomplishing a 0.54 second PB.

Isabella Roberts placed 6th in the state with her 100m breaststroke and dropped 1.01 seconds off her time, she also placed 6th in her 50m breaststroke also dropping 0.56 seconds off her time.

Ella Davy made it to the finals in her 50m backstroke placing 10th in the state and gaining a 2.00 second PB. In her 50m freestyle Ella made a 0.05 second PB, competition in this event was so tight and although she placed 29th there was only less than 4 seconds between her time and first place. Ella dropped 0.92 seconds off her time in her 100m backstroke.

Ella and Isabella were only milliseconds away from achieving National qualifying times, showing that they have the potential to compete on a national level. With the right training and dedication, we may yet see Ella, Isabella and Tyler competing at the highest levels of swimming.

Astonishingly, our swimmers manage to produce incredible results even though they only have access to the pool during summer. In comparison, top clubs in South Australia swim all year round - making our athletes' achievements truly remarkable.



### Squad Promotions

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.

### Turtle Squad to Seahorse Squad

Amirah Galbraith, Kyanii Barton-Ancliffe, Ollie Ireland, Josh Zarantonello, April Nicholson

### Crystal Brook Open

Ayden Atkinson 1PB 🏆  
 Bridget Farmer 3PB 🏆  
 Zara Fullgrabe for the Medley Handicap Shield 6PB and a place in the Dash for Cash 🏆  
 Isabelle Farmer 4PB 🏆  
 Amelia Farmer 1PB 🏆



### Dolphin Squad to Seniors

Lily Purvis

## 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

31/03/2023	Club Night - Murray Bridge Swimming Centre
02/04/2023	EDSA Meet 6 - Fleurieu Aquatic Centre
02/04/2023	2023 Port Pirie Open Carnival - Port Pirie Aquatic & Leisure Centre
04/03/2023	Endurance Challenge - Murray Bridge Swimming Centre