

MAY 10, 2023



VOLUME 13

The News

Murray Bridge Cods Newsletter



PRESIDENTS REPORT - SEASON 2022/2023

Another season of swimming is over and what a good season it was!

Firstly, congratulations to our new swimmers and new families on completing a full season of swimming. I hope you have enjoyed the fun and supportive atmosphere the Cods club is trying to foster.

Club nights continued with the Pointscore system with the simple goal of aiming to better your time every meet. Swimmers gained points for simply competing, bettering a previous time or if progressing to the next distance. Tallying up the results it was impressive to see the gains made by every swimmer as the season progressed. Not every night was a PB for everyone but on the whole every swimmer finished the year faster.

Our annual Carnival continued with the split format of two sessions with one significant tweak this year. The evening session on Saturday was for sprints and the distance events were held on the Sunday Morning. Despite the cooler than expected weather the atmosphere during the night was upbeat and the dash for cash under lights was a spectacle. The feedback received from clubs and Swimming SA was positive to the point that other clubs changed the starting times for their carnivals to later in the day as the season progressed.

Our swimmers continued to excel this year on a personal level. Many achieved their season goals, most set PB's, a large portion went to carnivals but they all tried hard and gave everything they had and as a club we cannot ask for any more than that!

It was good to see the large turnout from Murray Bridge at Countries in Mount Gambier. Some swimmers competed for the first time in Superfish events, some achieved their season goals of Countries entry and some smashed out some epic PB's! The Country Cods all should be proud of the way they conducted themselves and competed over the four days. A special congratulations to the swimmers who made the finals of their events and those that medalled.

A few of our senior swimmers also achieved State Age LC times and competed at the recent SA State Age Championships. Well done to those swimmers who once again achieved PB's and made the Finals of their event.

Of course our swimmers cannot achieve these goals without the help, guidance and support of our coaching team. Once again led by Head Coach David, our coaching team of Maralyn, Leanne and Rachel were on pool deck regardless of the weather to coach our athletes into the swimmers they are. A big thank you to the coaching team – your hard work does not go unnoticed.

A big thank you to those accredited TO's who assisted at carnivals and a big congratulations to the TO's appointed to Swimming SA events. Finally thank you to our volunteer committee and pool deck crew. Anyone who has been on a community committee know the time sacrifice required and this committee is no exception. Whether you have rolled up flags, reeled in lane ropes or stood on pool deck in terrible weather please know that this club cannot survive without your time and effort.

Thank you all for another big year and I look forward to seeing you on pool deck next season.

Wade Smith - 7th May 2023

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jachomes.com.au



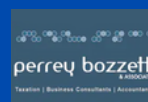
sprycrete.com.au

Gold



ajshomestore.com.au

Silver



Bronze

Murray Heating and Cooling

AWARDS

★ Papple Trophy Most Breaks of Time at Countries Isabella Roberts	★ Coaches Award Seahorses Chloe White	★ Most Improved Seahorses Isabelle Farmer
★ Faux Shield Club Champion Isabella Roberts	★ Coaches Award Seahorses Ayden Atkinson	★ Most Improved Seahorses Constance
★ 10U Age Champion Charlie Ireland	★ Coaches Award Dolphins Bridget Farmer	★ Most Improved Dolphins Esther Neumann
★ 11-12 Age Champion Ella Davy	★ Coaches Award Seniors Tyler White	★ Most Improved Seniors Ella Davy
★ 13-14 Age Champion Isabella Roberts	★ York Brown 4x50m Relay HCP Josh Zarantonello	★ Life Member 10yrs Continuous Swimming for Cods Asher Neumann
★ 15+ Age Champion Bronte Folley	★ York Brown 4x50m Relay HCP Sean Zarantonello	★ Life Member 10yrs Continuous Swimming for Cods Isabella Roberts
★ 50m Freestyle HCP Josh Zarantonello	★ York Brown 4x50m Relay HCP Cooper Galbraith	★ Club Night 10U Pointscore Champion Amelia Farmer
	★ York Brown 4x50m Relay HCP Tyler White	★ Club Night 11-12 Pointscore Champion Bridget Farmer
		★ Club Night 13-14 Pointscore Champion Lilly Purvis

LAP CHALLENGE RESULTS

90 Minute Lap Challenge You cannot stop forward motion – drinking must be done on the move. You cannot hang onto wall, lane ropes or touch bottom.	60 Minute Lap Challenge You can stop to take a breath or a drink but must float or skull. You cannot hang onto wall, lane ropes or touch bottom.	30 Minute Lap Challenge You can stop only for a drink of water.
Ella Davy - 84 laps	Amelia Farmer - 37 laps	Isabelle Farmer - 22 laps
Tyler White - 93 laps	Esther Neumann - 54 laps	Brodie Somerfield - 24 laps
Ella Ireland - 85 laps	Bridget Farmer - 48 laps	April Nicholson - 10 laps
Ayden Atkinson - 77 laps	Chloe White - 43 laps	Louella May - 14 laps
	Cooper Galbraith - 44 laps	Ollie Ireland - 16 laps
	Matilda Millan - 44 laps	Constance - 18 laps
	Zara Fullgrabe - 43 laps	Josh Zarantonello - 18 laps
		Sean Zarantonello - 14 laps

Ensure you don't miss out on all the fun by pre-registering your interest for the 2023/2024 swimming season with us! We'll get back to you before the season kicks off in November! Can't wait for it to begin!

<https://murraybridgecods.swimmingclub.org.au/contact/>

Photos of our presentation day can be seen here.

<https://murraybridgecods.swimmingclub.org.au/gallery/>