

January 17, 2024 Volume 18

The News

Murray Bridge Cods Newsletter



SA Country Championships 2024

What an incredible start for the team at the Day 1 Country Swimming Championships in Nurioopta! The team showcased their talent and determination as they competed in the backstroke, breaststroke, and fly events.

A special shoutout goes to Chloe White, who truly shone in her performances. She amazed everyone by dropping an impressive 4 seconds in the 50 breaststroke and nearly 8 seconds off her time in the 50 backstroke. Chloe's hard work and dedication paid off, earning her well-deserved personal bests.

The excitement continued to build on Day 2 of the Country Champs as our senior swimmers showcased their skills in the backstroke, breaststroke and freestyle events. The competition was fierce and the determination was palpable as they pushed themselves to new limits.

But it wasn't just about the seniors. Our very own Chloe shone bright in the Superfish category with her incredible performance in the fly event. Her dedication and hard work paid off as she left everyone in awe.

A special mention goes to Bronte for her outstanding achievement of a massive 11.16 seconds personal best in her 200 breast event. It's moments like these that remind us of the power of perseverance and self-belief.

Day 3's swim session was filled with excitement and achievements! Cooper Galbraith showcased his incredible talent by participating in his first-ever SA countries event. Not only did he bravely take on the challenge, but he also managed to surpass his own expectations by shaving off an impressive 1.18 seconds from his 100m free time. What a remarkable accomplishment!

Let's not forget to congratulate Ella Davy for her outstanding performance, making it into not just one, but two finals that night. Her dedication and hard work have truly paid off, and she should be proud of her achievements.

Lastly, a special mention goes out to Bronte for her remarkable effort in swimming the challenging 100m free in the Eastern Districts 16-18 years team coming away with a silver.

The final day of the SA countries in Nuriootpa was nothing short of exhilarating. The Cods team showcased their incredible talent and determination as they smashed through their heats with remarkable performances.

Ella displayed her prowess in the pool by making it to the highly anticipated 50 free final.

Not to be outdone, Bronte showcased her versatility by excelling in both the 100 fly and 50 breaststroke events.

Tyler and Isabella proved their mettle as they fearlessly took on the challenging 50 breaststroke. With each stroke they chipped away at their personal bests (PBs), leaving a trail of accomplishment behind them.

In an exciting turn of events, Isabella emerged victorious with a well-deserved silver medal.

But it wasn't just about medals and personal achievements; it was also about having fun and creating lasting memories. The camaraderie among all participants was palpable as they cheered each other on and celebrated every triumph together. As this exhilarating journey comes to an end, we can't help but feel a sense of anticipation for what lies ahead. The future holds endless possibilities for these talented swimmers who have shown us what true dedication looks like.

So let's celebrate their achievements thus far while eagerly looking forward to witnessing more remarkable performances from these extraordinary athletes. The final day may have come to a close, but their journey is far from over - it's only just beginning!

For competitors who want to know how to qualify for this event follow the link below.

[SA Country Qualifying Times](#)





What is a Handicapped race?

Handicap racing in swimming, also known as handicap or handicapped swimming, is a system designed to allow swimmers of different abilities to compete on a more level playing field. The purpose of handicap racing is to create fair and exciting competitions by adjusting the starting times or distances for swimmers based on their skill levels.

Here's how handicap racing generally works in swimming:

- 1. Assessment of Swimmers:** Swimmers are assessed based on their previous performance or swimming abilities. This assessment can include factors such as personal best times, stroke proficiency, and overall swimming skills.
- 2. Handicap Calculation:** Handicaps are then calculated for each swimmer. The handicap is essentially a time adjustment or a modification of the distance that a swimmer needs to cover.
- 3. Adjusted Start Times or Distances:** Swimmers with higher handicaps will have adjusted start times or shorter distances to swim, giving them a head start over faster swimmers. On the other hand, swimmers with lower handicaps may have later start times or longer distances to swim.
- 4. Race Execution:** The race is then conducted, with each swimmer starting at their individually adjusted time or distance. The goal is for all swimmers to

finish the race at roughly the same time, creating an exciting and competitive environment.

5. **Finish Time Comparison:** After the race, the actual finishing times are compared to see how well the handicap system worked. Ideally, swimmers of varying abilities should finish close together, demonstrating the effectiveness of the handicap adjustments.

Handicap racing is often used in recreational or amateur swimming events to encourage participation from swimmers of all skill levels. It adds an element of strategy, as swimmers need to pace themselves to either catch up with or hold off competitors based on their respective handicaps. This format can make swimming competitions more inclusive and enjoyable for participants with different levels of experience and proficiency.

Carnivals and Meets

Marion LC Carnival

Ella Davy 5 Swims and 2 PBs

Amelia Farmer 4 Swims and 2 PBs, 2 silver medals

Bridget Farmer 5 Swims and 1 PB

Isabelle Farmer 4 Swims and 3 PBs

Bronte Folley 5 Swims and 2 PBs

Chloe White 4 Swims

Tyler White 3 Swims and 2 PBs, 1 bronze medal

Tyler got the PB of the day shaving 4.93 seconds off his 200 Breast

Club Night 20/12

What a fantastic turnout and great to see so many new faces, we had excellent success on the night with great times and many getting promoted to the next level up swimming distance.

PROMOTIONS

Free 50 > 100: Helayna, Brendan (Kudos to Leanne for achieving time too!!)

Free 25 > 50: Amirah, Ashton, Tobias

Back 50 > 100: Cooper, Brendan

Back 25 > 50: Heston, Samuel, Leo, April

Breast 50 > 100: Brendan, Helayna, Ayden, Cooper

Breast 25 > 50: April, Ashton, Heston

PBs from previous club night results only

100m free

Ella D, Ayden, Lilly, Matilda M, Brodie, Ivy, Ruby

50m free

Constance, Amelia, Isabelle F, Sean, Mikaela W, Chloe M

25m Free

Beau, Vivienne

100m Back

Ella D, Lilly

50m Back

Bridget, Helayna, Ivy, Ruby, Constance, Amelia, Isabelle F

25m Back

April, Chloe M, Beau, Matilda D

100m Breast

Lilly

50m Breast

Helayna, Ivy, Constance, Ruby, Isabelle F

25m Breast

Louella

100m Fly

Ella D

50m Fly

Leanne, Bridget

Just a reminder please submit your registration through Swim Central for ALL competitions as placements for races are made days prior to the event, it is extremely difficult to coordinate late entries. If you need guidance in submitting entries talk to either a Committee member or your coaches.



MORE SPONSORSHIP OPPORTUNITIES AVAILABLE FOR 2023/2024

If you too would like to get involved in Sponsoring our Club please email us at

murraybridgecodsswimclub@gmail.com

to discuss a option that best suits your needs and budget.

We'd welcome the opportunity to have a conversation with anyone interested in finding out more. No pressure and no obligation.

murraybridgecods.swimmingclub.org.au

Coaches

Head/Seniors Coach - David Millan
Dolphins Coach - Maralyn Polak
Seahorse Coach - Leanne Pittaway
Turtles Coach - Rachel Schulz
Assistant Coach - Katie Ireland
Assistant Coach - Cat Smith
Specialist Coach - Darcy

Committee Members

President - Wade Smith
Secretary - Jodie Austin
Treasurer - Renee Davy
Meet/Carnival Coordinator - Tanya Roberts
Merchandise - Trish Markham

Committee Member - Chloe Anderson
Child Protection Officer - Jodie Austin

DIARY

****Club Favourite Strongly encourage participation for Fun, Friendship, and Unwavering Support

27/01/2024 ***Loxton LC - Loxton Swimming Pool
 28/01/2024 ***Dolphin LC - Bordertown Swimming Pool
 03/02/2024 TTGSC Twilight Carnival LC - Waterworld Aquatic Centre
 28/01/2024 ***Jamestown Open SC - Jamestown Swimming Pool
 02/02/2024 ***Club Night - Murray Bridge Swimming Center
 10/02/2024 State Prep LC Meet LC - SA Aquatic Centre, Qualifying times apply
 11/02/2024 ***EDSA Meet 4 LC - Lameroo Swimming Centre
 11/02/2024 Booleroo Open SC - Booleroo Centre Swimming Pool
 11/02/2024 Mt Gambier Open LC - Wulanda Recreation Centre
 16/02/2024 ***Club Night - Murray Bridge Swimming Center
 17/02/2024 ***Vitor Renmark Open LC - Renmark Swimming Pool
 17/02/2024 Port Augusta LC - Ryan Mitchell Swimming Centre
 24/02/2024 Clare Open SC - The Valleys Lifestyle Centre
 25/02/2024 Mid North Sprints SC - The Valleys Lifestyle Centre
 25/02/2024 Onkaparinga Open SC - Adelaide Hills Swimming Centre
 01/03/2024 ***Secondary School Champs LC - SA Aquatic Centre, QT apply
 02/03/2024 ***Port Pirie Open LC - Port Pirie Aquatic & Leisure Centre
 03/03/2024 Port Pirie Open Water - Port Pirie River
 03/03/2024 ***EDSA Meet 5 LC - Murray Bridge Olympic Pool
 08/03/2024 SA State Age Championships LC - SA Aquatic Centre, QT apply
 15/03/2024 ***Club Night - Murray Bridge Swimming Center
 16/03/2024 Crystal Brook Open SC - Crystal Brook Swimming Pool
 23/03/2024 Whyalla Carnival SC - Whyalla Swimming Pool
 24/03/2024 Whyalla Open Water Swim - Whyalla Marina Warf
 24/03/2024 Onkaparinga Aggregate Meet 2 SC - Adelaide Hills Swimming Centre
 07/04/2024 ***ESDA Meet 6 SC - Fleurieu Regional Aquatic Centre
 08/04/2024 ***Primary School Champs LC - SA Aquatic Centre, QT apply

LC - Long Course 50m long pool

SC - Short Course 25m long pool

Sponsors

We are in the process of signing up new sponsors if you are interested, let the club know by writing to murraybridgecodsswimclub@gmail.com

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