

January 31, 2024 Volume 19

The News

Murray Bridge Cods Newsletter



New Club Policy

TEAM MANAGERS

Every carnival or meet will be assigned a Team Manager a day before the event. The position is open to all.

The Team manager will be exempt from Time Keeping Duties, in some cases this will not be possible but for the most part exempt.

The team manager must be at the event for the Team Manager Meeting half an hour before the race starts and cannot leave until our last swimmer has finished their race.

Responsibilities of the Team Manager.

Attend the Team Managers' Meeting and record all relevant information.

Allocate time-keeping duties (other members can help).

Debrief all swimmers and attendees their expectations for the day (guidance will be given on this from the Committee).

Notify officials of absences or no swims.

Ensure all swimmers are marshalling at the allotted time, have all the correct equipment and know what swim they are doing.

Collect DQ cards from officials after our last swimmer has swam and distribute to the guardian of the swimmer that DQ, if they have left present to their coach when back at training.

If results are not on Meet Mobile record swim times.

If you wish to be a Team Manager please make your request no later than 2 days prior to the carnival so the committee can provide you with all the relevant information needed. If no one is forthcoming the Committee will assign the role to one of the members attending.

Carnivals and Meets

2024 SA Country Championships

Ayden Atkinson – First SA Country Championship

100m Backstroke, placed 25th time 1:37.51

200m Freestyle Finals – unfortunately disqualified

13-15 4x100m Free Relay Finals – Placed 5th time 5:08.65

Cooper Galbraith – First SA Country Championship

100m Freestyle – placed 24th time 1:29.04 PB of 1.18 seconds

Ella Davy

50m Fly – Placed 7th, time 34.47, PB 2.09 seconds. First alternate for final. State qualified time.

100m Breast – Placed 18th, time 1:42.79, PB 5.70 seconds

200m Back Finals – Placed 13th, time 3:00.47

100m Back – Placed 5th, time 1:20.24, Qualified for finals

100m Back Finals – Placed 6th, time 1:19.92

200m Freestyle Finals – Unfortunately Disqualified

100m Freestyle – Placed 6th, time 1:11.06, PB 0.33 seconds. Qualified for finals

100m Freestyle Finals – Placed 6th, time 1:10.62 PB 0.77 seconds

50m Backstroke – Placed 6th, time 37.43

50m Backstroke Finals – Placed 6th, time 37.07

400m Freestyle Finals – Placed 10th, time 6:01.56

50m Freestyle – Placed 5th, time 31.70, PB 0.02 seconds. Qualified for finals

50m Freestyle Final – Placed 5th, time 31.45, PB 0.27 seconds

100m Butterfly – Placed 10th, time 1:27.63, PB 5.22 seconds

4x100m Medley Relay Finals – Placed 13th, time 5:49.52

Bronte Folley

50m Fly – Placed 10th, time 36.20, PB 1.08 seconds

100m Breaststroke – Placed 2nd, time 1:28.35, PB 3.54 seconds. Qualified for finals

100m Breaststroke Finals – Placed 2nd, time 1:29.13, PB 2.76 seconds

100m Backstroke – Placed 11th, time 1:34.39

200m Freestyle Finals – Placed 8th, time 2:48.57

200m Breaststroke Finals – Placed 9th, time 3:13.24, PB 11.16 seconds

100m Freestyle – Placed 12th, time 1:14.92, PB 0.08 seconds

400m Freestyle Finals – Placed 6th, Time 6:01.32

13-18 4x100m Freestyle Relay Finals – Placed 2nd, time 4:58.06

50m Freestyle – Placed 22nd, time 33.73

100m Butterfly – Placed 6th, time 1:33.11, PB 0.55 seconds

100m Butterfly Finals – Unfortunately disqualified

50m Breaststroke – Placed 5th, time 40.85, PB 0.75 seconds

50m Breaststroke Finals – Placed 5th, time 40.29, PB 1.34 seconds

200m Individual Medley Finals – Placed 4th, time 3:07.36

Isabella Roberts

100m Breaststroke – Placed 4th, time 1:27.39. Qualified for finals

100m Breaststroke Finals – Placed 5th, time 1:27.23

200m Freestyle Finals – Placed 9th, time 2:36.34, PB 0.51 seconds

200m Breaststroke Finals – Placed 11th, time 3:15.98

100m Freestyle – Placed 9th, time 1:10.47 PB 0.80 seconds

50m Backstroke – Placed 19th, time 41.01

400m Freestyle Finals – Placed 11th, time 5:44.38

13-15 4x100m Freestyle Relay Finals – Placed 5th, time 5:08.65

50m Freestyle – Placed 8th, time 32.15

50m Breaststroke – Placed 1st, time 39.62. Qualified for finals

50m Breaststroke Finals – Placed 2nd, time 38.81

200m Individual Medley Finals – Placed 12th, time 3:04.48

4x100m Medley Relay Finals – Placed 13th, time 5:49.52

Keeley Smith

50m Fly – Placed 21st, time 43.00

200m Back Finals – Time 3:25.93

100m Backstroke – Placed 20th, time 1:37.97

50m Backstroke – Placed 25th, time 44.78

50m Freestyle – Placed 24th, time 35.98

Tyler White

50m Fly – Placed 18th, time 37.28

100m Breaststroke – Placed 12th, time 1:30.68

100m Backstroke – Placed 14th, time 1:28.06

200m Breaststroke Finals – Placed 18th, time 3:16.46, PB 3.52 seconds

200m Individual Medley Finals – Time 3:03.26

50m Backstroke – Placed 18th, time 39.07

50m Breaststroke – Placed 5th, time 39.67, PB 0.46 seconds. Qualified for finals

50m Breaststroke Finals – Placed 5th, time 38.45, PB 1.68 seconds

4x100m Medley Relay Finals – Placed 13th, time 5:49.52

Choe White Superfish

4 Swims, 4 PBs



Loxton Open Carnival

Amelia 4 Swims 1 PB, 2nd Place

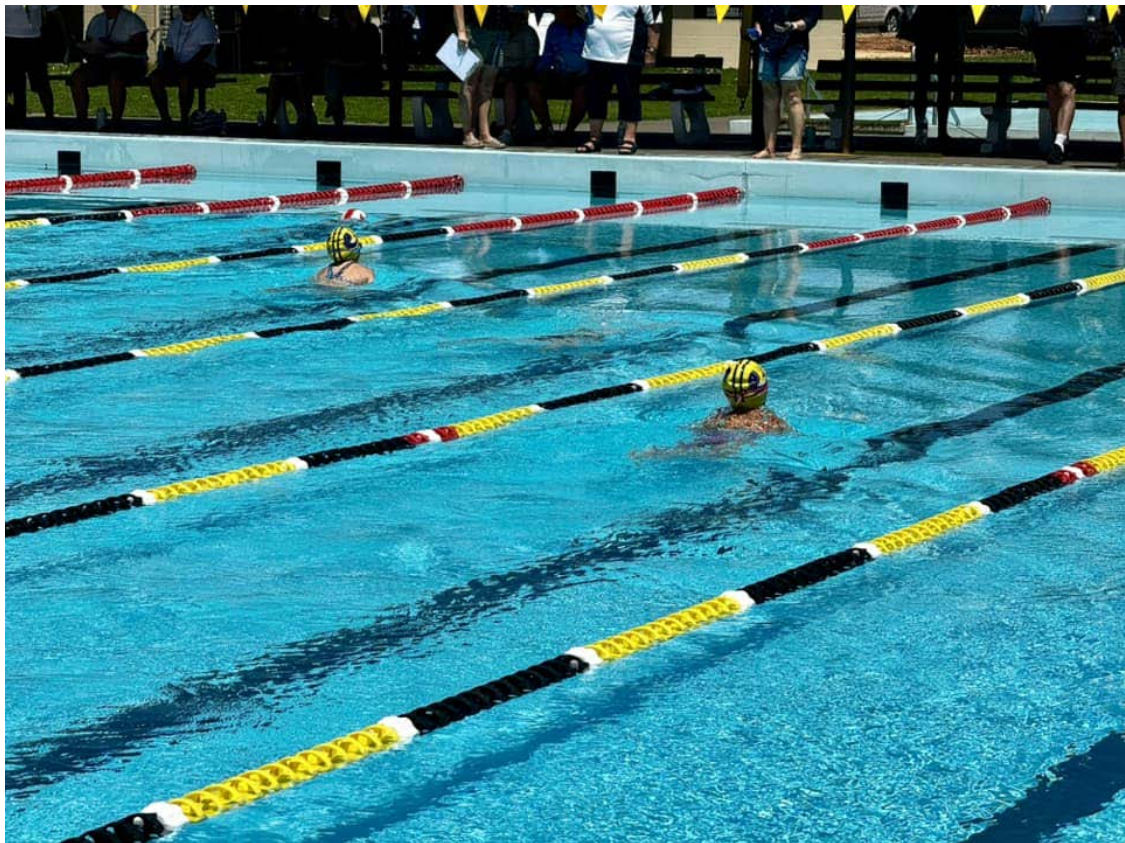
Louella 5 Swims 3 PBs

Isabelle 4 Swims 1 PB

Bridget 6 Swims 1st time 200IM

Helayna 3 Swims 1st Carnival and fantastic results on the 50 free and 100 breast

PB of the day with 5.6 seconds goes to Louella in her 50 breast



Dolphin Open - Bordertown

Amelia 7 swims 2 PB 1 new swim, 3 first places

Chloe M 3 swims 2 PBs

Chloe W 6 swims, 1 first and 1 second place

Constance 5 swims 2 PBs

Bridget 5 swims

Matilda 5 swims 4 PBs

Helayna 5 swims all new

Ester 4 swims

Ayden 4 swims 1 new swim, 1 third place

Ella D 7 swims qualified for dash for cash, 4 first and 1 second place

Isabella 7 swims 1 PB qualified for dash for cash, 3 first and 1 second place

Tyler 5 swims, 1 first and 3 second places

Isabelle 4 swims 1PB, 1 third place

PB of the day goes to Chloe M with 7.5 seconds off her 50 free





Jamestown Open - Bordertown

Leanne 7 Swims

Maralyn 12 Swims 3 PBs

Lilly 7 Swims 4 PBs

PB of the carnival goes to Lilly with 6.10 seconds off her 100m breaststroke.

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.



School Championship Intensive Swim Clinic

Open To All

About Us

Murray Bridge Cods Swimming Club trains swimmers to compete at a National level with qualified coaches. Our swimmers compete across the state in various club carnivals and meets, Country, State and School Championships.

What will you get

Stroke Correction

Our qualified coaches will analyse your technique and give you tips to correct them.

Dive From Blocks

Competition swimming requires a swimmer to dive from a block, blocks are not readily available at most pools, swimmers will have a chance to try diving from the blocks.

Learn The Rules

Our coaches will let you know what the most common reasons for disqualifications in a swim heat so you can be aware of what will cause a potential disqualification.

Location

Murray Bridge Swimming Centre

Days and Time

Friday 09/02/24 and Friday 23/02/24, 5:30 - 6:30pm

How Much

\$5 per session per person payable to Murray Bridge Cods Swimming Club prior to session. Pool entry not included. EFTPOS available.



Unseful Links

[SA Country Qualifying Times](#)

[State Qualifying Times](#)

[State SC Qualifying Times](#)

[Junior Excellence Qualifying Times](#)

[Senior School Swimming Championships](#)

[Primary School Swimming Championships](#)

Helpful Apps and Programs

Swim Central

You may have dabbled a little in the Swim Central program, let us give you a brief run down. Not only is it where you go to pay your fees but you can also check out what events are open to register for, events such as Club Nights, Meets, Carnivals and Clinics. You can also check official swim times from past events.

Meet Mobile

Is a app you can download (fees apply) which give you live results of swim times while at a meet or carnival, you can tell straight up how you went against you seed time (your last best time), what you placed in the race, you can check on your competitors times, you can save your favourite swimmers and set alerts when results are available.

Swimming SA

This is where you will find the most information about swimming and is a very informative website.

<https://sa.swimming.org.au/events>

A detailed list of events throughout the year, so you can plan your swimming journey, not only that when you click on the event you can get details on the event such as location, time, age restrictions, prizes, take a deep dive this is one of the most helpful links you will come across

<https://www.swimming.org.au/events-results/results/results-central>

Want to check out your swim history you can get a comprehensive list of all your official times here, when, where and what you swam.

<https://sa.swimming.org.au/events/forms-resources>

Want to know what times you need to qualify for State or Country Championships then you need this link.

<https://sa.swimming.org.au/community/technical-officials>

We need volunteers for our events if you want to learn more about the technical roles click on the link above.

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

03/02/2024 TTGSC Twilight Carnival LC - Waterworld Aquatic Centre
 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
 17/02/2024 ***Vitor Renmark Open LC - Renmark Swimming Pool
 23/02/2024 ***Club Night - Murray Bridge Swimming Center
 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 ***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

PLATINUM SPONSORS



JACKSONS
4X4 ACCESSORIES



Murray Bridge
RECYCLING



8532 4551

**55 THOMAS STREET
MURRAY BRIDGE**



Solomons
Flooring



GOLD SPONSORS

AJ'S HOMESTORE
 Cypress Tce, Murray Bridge SA 5253
Phone: 8532 2377
 Home & Office Furniture, Beds & Mattresses, Bedroom, Lounge & Dining,
 Nostalgic Signs, Floor Rugs, Manchester,
 White Goods, Electrical Appliances & TV's.
www.ajshomestore.com.au



SILVER SPONSORS



General & Life Insurance Brokers



BRONZE SPONSORS



Murray Bridge Swimming Club, Adelaide Rd, Murray Bridge, SA 5253

[Unsubscribe](#) [Manage preferences](#)

Send free email today

