

February 21st, 2024 Volume 20

# The News

Murray Bridge Cods Newsletter



## 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.

Please register at

<https://murraybridgecods.swimmingclub.org.au/school-championship-intensive-swim-clinic/>

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## Club Night /Point Score Night

Pointscore Club Nights are an informal introduction to competitive swimming where the swimmer is only competing against themselves!

The night is run as close to carnival conditions as possible so swimmers (and parents / caregivers!) experience what will happen at higher level meets - including entering online via Swim Central!

The simple goal of Pointscore swimming is to better your time every meet. You will gain points for competing, if you better a previous time or if you progress to the next distance.

Pointscore Club Nights will all follow the same format: All four (4) strokes (Free, Back, Breast and Fly) and a Distance Event. Everyone is encouraged to 'have-a-go'. Your coach will guide you in deciding if to do the distance event: Seniors – It is expected that you will do it!

There are three (3) standard distances: 25m, 50m and 100m. Once you achieve the progression time you move up to the next distance. The Distance event is open to anyone.

Progression Times are as follows: Or you could even call it qualifying time.

Freestyle 25m 29 sec 50m 45 sec

Backstroke 25m 34 sec 50m 53 sec

Breaststroke 25m 41 sec 50m 58 sec

Butterfly 25m 33 sec 50m 48 sec

You must break the progression time to advance. E.g. you must swim 50m Freestyle in 44.99 seconds or less to advance to the 100m distance. Swimming it in 45.01 will not advance you.

If you achieve the progression time you cannot swim the next level until the next meet.

23/02/2024 free, back, breast, fly and 400m free

15/03/2024 free, back, breast, fly and 50m HCP & Relay Trophies awarded for these on presentation night.

Enter via Swim Central, choose up to three (3) strokes you wish to swim (eg Free, Back and Fly - Ignore the 50m distance!).

New swimmers will be allocated a distance based on coaches' discretion.

To enter the Distance Events see the Recorder on the night.

50m HCP and Relay entries will only be taken in the two weeks prior to the meet

Let it be noted, these rules only apply to club night, carnivals and meets kids can swim what ever they choose, if available on Swim Central then they can swim that distance, any uncertainty talk to your coaches.

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## Carnivals and Meets

### State Prep Meet

Bronte - 3 swims, 2 second place

Ella D - 3 swims 1 PB



## EDSA 4 Lameroo

Beau 3 swims 2 PBs

Taylah 1 swim 1 PB

Amelia 7 swims 3 PBs 3 second places and 1 third place

Isabelle 6 swims 5 PBs first place and 1 second place

Bridget 6 swims 2 PBs

Ivy 7 swims 5 PBs

Esther 6 swims 1 PB

Lilly 7 swims 4 PBs 2 second place

Brodie 6 swims 2 PBs

Constance 7 swims 1 PB

Helayna 7 swims 1 PB 2 third places

PB of the day goes to Beau with 11.32 seconds off his 25m freestyle.

The squad also submitted 2 relays

Team A Beau, Brodie, Helayna, Lilly who came 5th

Team B Amelia, Isabelle, Constance, Esther who came first in their heat but did not place as they are an all girl team.

Shout out to Wade Smith, Kat Smith, Rachel Schultz and Rachel Neumann for their help with Official Duties.



## Renmark Open

### Day 1

Ayden 4 swims

Ella D 4 swims 1 PB

Amelia 3 swims 1 third place

Bridget 3 swims 2 PBs

Isabelle 3 swims 2 PBs

Bronte 4 swims 1 first place

Mark 1 swim 1 PB

Ivy 4 swims 3 PBs

Chloe M 2 swims

Matilda 3 swims 1 PB and PB of the day with 16.77 seconds off her 200 free

Ruby 2 swims 2 PBs

Lilly 4 swims 3 PBs

Isabella 4 swims 1 PB 1 second place

Keeley 4 swims

Chloe W 2 swims

Helayna 3 swims 3 PBs and her first country championship qualifying time in the 100m breaststroke

Tyler 2 swims

### Day 2

Amelia 4 swims 1 third place

Chloe W 4 swims 1 PB and PB of the day with 14.48 seconds off her 100 freestyle

Matilda 3 swims 2 PB

Bridget 4 swims 1 PB

Ruby 3 swims 3 PBs

Ivy 4 swims 1 PB

Ayden 4 swims 1 PB

Lilly 5 swims 4 PBs and her first qualifying countries time in the 100 back

Ella D 5 swims 1 third place

Isabella 4 swims 2 PBs 1 first place and country qualifying time in 50 butterfly

Keeley 4 swims

Bronte 4 swims 2 PBs 3 first place and 1 second place

Isabelle 3 swims 2 PBs

Halayna 3 swims 2 PBs and country qualifying time in her 50 Breaststroke

Tyler 4 swims

Murray Bridge ranked 7th out of 23 teams.

There were also many that strived to push themselves further and attempt new swims.

Big Thankyou to the members that took on official duties Kat, Wade, David and Renee and of course all the parents that helped with time keeping duties.



## 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](mailto: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](http://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

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

28/02/2024 SACPSSA (St Joes) Swimming Trials - MB Pool

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
- 22/03/2024 \*\*\*Primary School Champs LC Swimming Trials 4:30pm - MB 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
- 03/04/2024 SACPSSA (St Joes) Carnival - SA Aquatic Centre, QT apply
- 08/04/2024 \*\*\*Primary School Champs LC - SA Aquatic Centre, QT apply
- 12/04/2024 Murray Bridge Cods Swimming Club Presentation Night

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](mailto:murraybridgecodsswimclub@gmail.com)

## PLATINUM SPONSORS





## GOLD SPONSORS

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



## SILVER SPONSORS



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TIMBER, HARDWARE & BUILDING SUPPLIES  
**Phone. (08) 8531 2544**

**Adrian Pederick MP**  
Member for Hammond  
20 Mannum Road, Murray Bridge  
Phone (08) 8531 1676





## BRONZE SPONSORS



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

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