

February 6th, 2024 Volume 21

The News

Murray Bridge Cods Newsletter



Next Seasons Committee

✨ Join Our Committee and Make a Difference! ✨


Are you passionate about driving positive change and making a lasting impact? We are seeking dedicated individuals to join our dynamic committee and contribute their skills, ideas, and enthusiasm.

🔍 **Who Are We?** We are a forward-thinking committee committed to the Murray Bridge Cods Swimming Club. Our goal is to instill a life-long love of the water, providing a disciplined and consistent training program so our students achieve their full potential to compete at their highest level with the supportive atmosphere of coaches, peers and family. As we continue to grow and expand our impact, we're looking for like-minded individuals to join us on this exciting journey.


🌈 **Why Join Us?**


- **Impact:** Be part of initiatives that create meaningful change in the competitive sport of swimming.

- **Networking:** Connect with a diverse group of professionals and experts in the field.
- **Skill Development:** Enhance your leadership, teamwork, and project management skills.
- **Community:** Join a supportive and collaborative community working towards a common goal.

 **Who Are We Looking For?** We welcome individuals with a variety of skills, backgrounds, and experiences. Whether you're an expert in organising or simply passionate about swimming, we want to hear from you. Key qualities we value include:

- Enthusiasm for our mission
- Strong communication and collaboration skills
- Willingness to contribute time and effort

 **Commitment:** Our committee meets monthly during the summer swimming season to discuss ongoing projects, brainstorm ideas, and plan upcoming initiatives. We understand the demands of daily life, so we strive to make our meetings and activities flexible and accommodating.

 **How to Apply:** If you're ready to be a part of something meaningful or know of someone perfect for the role, please apply by filling in the form, click on button below.

Applications are open until 10th April 2024.

Committee Nominations

Presentation Night /AGM

Our Presentation Night/AGM will be held on the 12th April at 6pm open to all our club members and their families/friends.

It will be held at the Bend Motorsports Park, where they will be providing us a buffet style dinner.

Dinner will be bread, tossed salad, slow cooked roast beef, texas rub roasted chicken fillets, rice, steamed vegetables and chips, for the kids 12years and under

nuggets and chips, and a sweet treat platter for dessert. Soft drinks and juice included.

If you have any special dietary requirements please let us know 14 days prior to the event, by email to murraybridgecodsswimclub@gmail.com.

We ask that you pay for your meal upfront which will be available to pay for on Swim Central, adults are \$45pp kids 12&U \$27pp. Shut off date to pay for your meal will be 26th March.

The Bend is also providing special accommodation rates for anyone wanting to stay the night.



Club Person of The Season

It's that time of the year when we come together to celebrate the heart and soul of our beloved Cods Swimming Club. We are excited to announce the opening of nominations for the prestigious **Club Person of the Season** award!

This accolade aims to recognize and honor an individual who has gone above and beyond in contributing to the success and spirit of our club. We believe in the power of acknowledging those whose passion, dedication, and positive influence make a significant impact in and out of the pool.

Who Can You Nominate?

- Any member who contributes positively to the Murray Bridge Cods Swimming Club who has demonstrated exceptional commitment, leadership, and sportsmanship throughout the year.
- Individuals from various roles within the club, including swimmers, coaches, support staff, parents and volunteers. Committee members are exempt and any nomination of a committee member will be excluded.
- Nominees who embody the core values and ethos of Murray Bridge Cods Swimming Club.

How to Nominate:

1. Fill out the online nomination form by clicking the button below.
2. Provide specific examples of the nominee's contributions, demonstrating their impact on the club.
3. Nominations are open from 06/03/2024 to 29/03/2024. Late submissions will not be considered.

Selection Criteria: The Club Person of the Season should exemplify:

- Dedication and commitment to The Murray Bridge Cods Swimming Club.
- Leadership qualities that inspire and motivate others.
- Positive impact on the club's culture and community.
- Long-term contributions and a holistic approach to club development.

Why Nominate? This is your chance to shine a spotlight on those individuals who make our club special. Your nominations play a crucial role in ensuring that the Club Person of the Season truly reflects the values and spirit of The Murray Bridge Cods Swimming Club.

Award Presentation: The winner will be announced at our upcoming Presentation Night, where we will celebrate their achievements and contributions. The Club Person of the Season will receive the Aileen Earl Trophy.

Let's come together as one strong Swimming Club family to recognize and applaud those who make our club exceptional!

Club Person Nomination

Lap Challenge

Our lap challenge is back on and will be held on the Monday 25th March, challenge starts at 5:15pm so you need to be on pool deck by 5:00pm.

Lap challenge is one of most popular events for the year.

Check out the past results here.

[Lap Challenge Results 2023](#)

You can choose one of 3 challenges

30 Minutes Challenge

- 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

- 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

- 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 dinner.

All the best to our team at the **SA LONG COURSE STATE AGE CHAMPIONSHIPS**

8th March - 11th March

Bronte Folley - 50m Breastroke

Ella Davy - 50m Backstroke, 50m Freestyle, 100m Backstroke, 50m Butterfly

Isabella Roberts - 50m Breastroke, 100m Breastroke

Tyler White - 50m Breastroke, 100m Breastroke



Carnivals and Meets

Port Pirie Open

Bronte - 1 gold, 1 silver and 1 bronze. 1 PB.

Ella D - 4 gold, 1 silver and 1 bronze and 1st in skins

Isabella - 3 gold and 3rd in Skins.

Ivy - First gold medal in 50m breast and 3PBs.

Mark - Not far off his PB

Girls swam 3 relays and finalled in 2.



EDSA 5 Murray Bridge

Sean - 7 Swims, 2x1st swims, 1 PB, 1 first place, 1 third place

Josh - 7 Swims, 3x1st swims, 1 PB, 2 third places

Helayna - 5 Swims, 1x1st swim, 2 second places

Brodie - 4 Swims, 2 PBs, 2 third places

Leo - 5 Swims, 3x1st swims

Isabella - 5 Swims, 1x1st swim 100m fly which she got SA country qualifying time, 1 first place, 1 second place, 3 third places

Leanne - 3 Swims, 1x1st swim

Matilda - 4 Swims

Chloe M - 4 Swims, 1 PB, 1 second place

Ivy - 6 Swims, 1 PB, 1 second place

Isabelle - 7 Swims, 1x1st swim, 3 first places, 1 third place

Bridget - 8 Swims, 1 third place

Amelia - 6 Swims, 1 PB, 1 first place, 1 second place, 2 third places

Ayden - 6 Swims, 2 PBs, SA country qualifying time in 200m free, 3 third places

Sean gets PB of the day with 10.86 second off his 50 free.

The squad also submitted 5 relays

200m Medley Team A - Bridget, Isabella, Brodie, Josh, 3rd place

200m Medley Team B - Leo, Sean, Amelia, Isabelle, 4th place

200m Freestyle Team A - Ayden, Isabella, Brodie, Josh, 3rd place

200m Freestyle Team B - Bridget, Ivy, Leo, Sean, 4th place

800m Freestyle - Chloe M, Ivy, Sean, Helayna, Amelia, Isabelle, Josh, Sean, 2nd place.

Murray Bridge as a whole team came second.

Big THANKYOU to Wade, Cat, Tanya, Keeley and David for your official duties and all the parent that help with time keeping and setup and pack up.

Schools Sports Senior Swimming Championships

Monday - Individuals

Our club swimmers representing their schools for Murray Bridge High School and Unity College.

Out of a total 52 swims

23 personal best times met

2 first places

3 second places

5 third places

Ella D, Bronte, Charlie, Ella I, Isabella, Ayden, Keeley, Helayna, Bridget, Mikaela, Matilda, Lilly

Friday - E Grade

Our club swimmers who represented the River Mallee and District

Eloise, Harrison, Ivy, Esther

Out of 13 swims

2 first places

2 second places

5 third places

And as a team were the E Grade Champions

.



Onkaparinga Open

Ella D - 6 swims, 3 first places, 1 second place, 1 third place

Keeley - 2 swims



Clare Open and Mid North Sprints

Clare Open and Mid North Sprints

Lilly 13 Swims 8PBs

Brodie 7 Swims 6PBs



Murray Bridge Cods
Swimming Club

**COACHES
WANTED**

All Squads
2024-2025 Season



send applications to
murraybridgecodsswimclub@gmail.com

Useful 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 your 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

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
 25/03/2024 ***Lap Challenge - Murray Bridge Swimming Centre
 28/03/2024 Last Taining session for the season
 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

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