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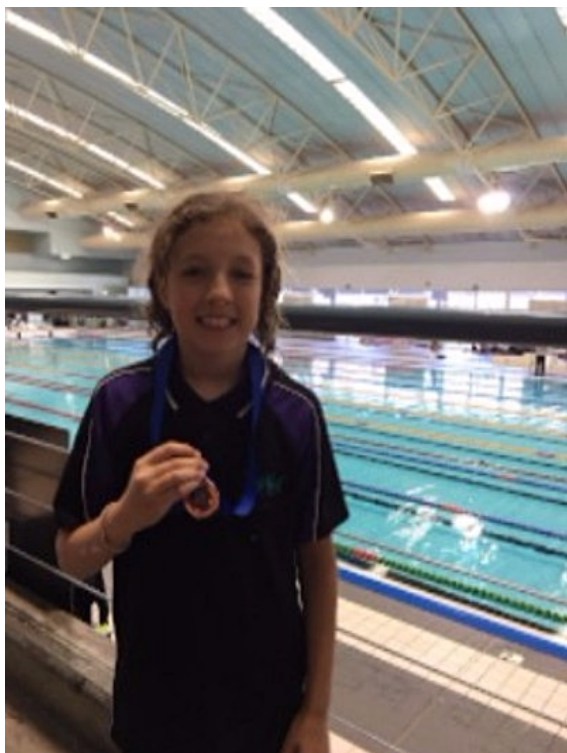
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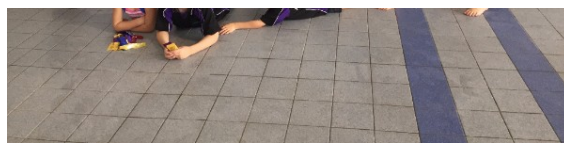
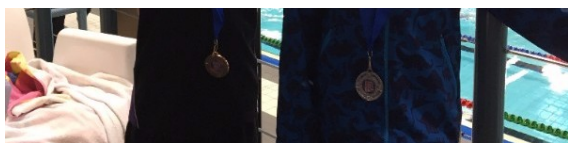
AQUA ATTACK NEWS DECEMBER 2016

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# AQUA ATTACK SWIMMING CLUB





Congratulations to Mitchell, Julia, Sola and Finn who medalled at the Perth City LC Championships on 26th November. Well done to all the swimmers who competed, with most achieving PBs and several competing in their very first event.

Mackenzie, Harriet, Jocelyn and Charlie had loads of fun at last weekend's Junior Dolphin Meet. Thanks to Noah and Josh for being great supporters too.

## FROM THE COACH

### Training Tips

One of the most important things you need to do at training is to concentrate on your stroke. Most swimmers find it hard to focus on making the stroke modifications or adjustment that they are asked to by their coach. The first thing you have to understand is what do you want to change in your stroke and why? Your coach will help you understand this and give you some ideas on what to do.

Even Olympic Champions have to concentrate on keeping their strokes as efficient and smooth as possible. When your coach asks you to make a stroke modification or alteration, you must remember the key points you have been asked to work on.

This can be made easier if you try to remember the information given to you by your coach and each time you work on that particular stroke, keep trying to improve in the areas that your coach has pointed out to you. Write the areas you want to improve down in a book if you want to. This can help you remember what you need to work on. Every time you swim, try to improve on your weak areas and imagine a picture in your mind on what you want your stroke to look like.

This can make the learning process a lot easier and faster and your reward will be a stroke that is efficient, fast and suited to your individual style. So, always remember keep your mind on your stroke at all times. Never swim with sloppy strokes, especially during your warm ups and swim downs.

## CLUB NIGHT

The last club night for the year is on Friday 16th December at 5.30pm  
Events will be 200m freestyle, 100m Breast stroke and 50 Back stroke.

There will not be a post meet meal, due to the Christmas party the next day.

## HOLIDAY TRAINING DETAILS

Training times will change to 4.30-6.30pm Monday - Friday  
(starting Monday 19th December)

There will be NO training on the following dates - Monday 26th to Friday 30th  
December and Monday 2nd January.

Training will recommence on Tuesday 3rd January 4.30-6.30pm

If you are going away, please inform your coach.

## SWIMMER'S CHRISTMAS PARTY



Saturday 17th December 3-6pm (please note the time change)

"Inflatable fun and food to share"

Please bring some party food for the swimmer's and their families to share and  
enjoy.

\*Pool entry is covered by the club\*

[CLICK NOW TO RSVP FOR THE CHRISTMAS PARTY](#)

## UPCOMING MEETS

### **FRIDAY 6th January SunSmart Rookie Meet**

Registrations are now open for the Sunsmart Rookie Meet. Recommendations for event entry will be provided by the coaches. Please see Nicki Barrett for entry assistance.

Click on this link to enter the event (search for your swimmer by name)

<http://www.myswimresults.com.au/Entries.aspx?MeetID=AUSI3007>

*This is a club targeted meet, that some of the coaches will attend. If you choose to enter into a meet that is not a club targeted meet, please discuss your*

*proposed event entries with your coach. Coaches are not available to attend all swim meets but will be able to give you advice pre-meet.*



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As a member of Aqua Attack Swimming Club, Wanneroo

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