



Bendigo Hawks



Aquatic

WELCOME

UPCOMING SWIM MEETS

JUNE

- 19th – Ballarat Short Course Distance meet – **CLOSED**
- 25th – Ballarat Short Course Meet 2 – **CLOSED**

JULY

- 3rd – Eaglehawk Winter Series Round 1
- 6th – Committee Meeting
- 16th – Melbourne Vicentre Short Course Meet
- 17th – Essendon Aquatic & Maribyrnong Short Course
- 23rd – Ballarat Short Course Meet 3
- 24th – Shepparton Short Course Meet

Welcome swimmers new and old to the new season of Bendigo Hawks Aquatic. We hope that you have all had a nice rest and are ready to rip into a brand new season.

This season has already kicked off to a terrific start with seven swimmers competing in the Ballarat Top 5 Short Course Meet 1 on the 28th of May. This was the first meet in which Bendigo and Eaglehawk swimmers competed together as one. The day was enjoyable for all that attended and resulted in all swimmers performing their best and receiving ribbons and PB times. Lachlann Tyson went to Kilmore Short Course meet and obtained PBs in all events and also broke two club records. Report by President Carl and results of Ballarat meet are online for all to view.



All the best to all swimmers this season, Happy swimming.

CLUB ROOMS

YEAH! It is finally here. After what seems like a long wait our new club room has finally been finished and is awaiting its final touches. We encourage all our members to have a look and use the facilities provided. A BIG thankyou to all members who assisted with the moving in.

JX AWARDS FOR 2010-11

Well done to the following swimmers who were awarded Junior Excellence (JX) awards for their great efforts during the 2010-11 season:-

- Mitchell Sherlock – Gold
- Lachlann Tyson – Gold
- Rochelle Vella – Gold
- Nikaylah Spofforth – Silver
- Jessica Dromey – Bronze
- Austin Boyd – Green
- Baylee Guimond – Green



MEET THE COMMITTEE

President: Carl Barkmeyer and Damien Jennings

Secretary: Greg Smith and Melissa Jennings

Treasurer: Sue Dullard and Doris Carroll

Team Manager: Michelle Tyson

Publicity Officer and Newsletter: Cherice Tyson

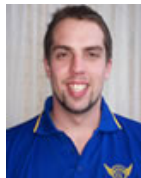
Social Committee: Jacky Hunt, Rachel Lyne and Tamara Kirkwood

Uniform Officer: Tamara Kirkwood

Member Liaison: Louise Murray and Robyn Vella

COACHES

Ash Sloan – Head Coach



Corel Everly



Wally Stables

Other coaching staff include Ryan Smith, Emma Burge, Ruth Toor, Alex Barkmeyer and Amanda Gawthrop.



Emma, Ruth and Ash

“You can’t put a limit on anything. The more you dream the farther you get”

Michael Phelps

SOCIAL ACTIVITIES

Plans are in place for our next social get together for the season. Tamara and her social committee are planning a fun filled night at the Bendigo Zone for the entire family. Dates and costing are still being confirmed.

THANKYOU

I would like to thank all the swimmers, committee and members for the lovely gifts presented to me on Presentation Night. It was totally unexpected and much appreciated. Dribs and Drabs was a wonderful night. Sue Dullard

SQUADS

Sparrowhawk Squad – Monday – Thursday 4.00 – 4.30 pm

This squad is a transition squad from swim lessons. Focus is primarily on freestyle and backstroke technique and learning the protocols of competitive swimming. The Sparrowhawk squad coaches work closely with the Falcon squad coach to ensure that the swimmers are properly prepared for progression to that squad. Sparrowhawk Squad sessions are available four days a week from Monday to Thursday. Swimmers are expected to attend a minimum of one training session. each week.

Falcon Squad – Monday – Friday 4.00 – 5.00 pm

In Falcon Squad, swimmers learn new training drills and begin to tackle the more demanding strokes while training for fun and fitness. Swimmers advancing from the Sparrowhawk Squad to the Falcon Squad must have achieved the necessary qualifying times in freestyle and backstroke. Focus is on developing the correct technique in all four strokes as well as race starts, turns and finishes. Representing the Club at District level should be goal of all Falcon squad members. Swimmers must have achieved three of the four Eagle Squad qualifying times to advance. Swimmers are expected to attend a minimum of two training sessions per week.

Eagle Squad – Monday – Friday 4:30 – 5:30pm

Eagle Squad members will receive an introduction to advanced stroke techniques along with further development of race starts, turns and finishes. Combined with this will be sessions that begin to build each swimmer's strength and stamina. Achieving success at District level and representation at Country level should be a goal of Eagle Squad members. Swimmers are expected to attend a minimum of three training sessions per week. Three of the four Harrier Squad qualifying times must have been achieved to advance.

Harrier Squad – Monday - Friday 5:45 – 7:00 am; Monday – Friday 5:30 – 7:00 pm

Focus in the Harrier Squad will be on further advanced technique development, starts, turns and finishes and building an increased level of strength and stamina. This squad will be coached by the Harrier Squad coach in conjunction with the Head Coach. Representing the Club at Country and State level should be the goal of Harrier Squad members. Sessions will be available five days each week. Swimmers will be expected to attend a minimum of four training sessions per week, including at least one morning session.

Hawk Squad – Monday - Friday 5:45 – 7:00am; Monday – Friday 5:30 – 7:00pm

At this level of swimming there is an expectation that swimmers will have a strong commitment to significantly improving upon all four of the stroke qualifying times. Swimmer's will have already developed good technique in all strokes and be committed to further developing their technique while building strength and stamina so that they can achieve success at Country, State or National level. This squad will also cater for mature-age athletes who wish to train for competition in Triathlon events. Swimmers will be expected to attend a minimum of six training sessions each week, including at least two morning sessions.

**Practice is 90%
physical-10%
mental.
Championship
meets are 10%
physical-90%
mental.**



SWIMMING NEWS

GOOD LUCK to all our swimmers heading off to the Ballarat Distance Meet and Ballarat Meet 2. May you all achieve fantastic results and come home with many ribbons and HUGE PBs. Most importantly have FUN!



Equipment Required

Each swimmer is expected to provide their own bag, flippers (fins), kick-board, pull buoy and goggles. Swimmers must also bring their own drink bottle to training. Any member wishing to purchase club uniforms can do so by contacting the Uniform Officer – Tamara Kirkwood.

IMPORTANT INFORMATION

The club has changed its banking details please ensure that you check the bottom of you first invoice for the new account details.

HAPPY BIRTHDAY TO YOU...

