



The Ssscoop Issue 7 Winter 14 September 2016

Jeremy in Rio

Jeremy McClure, competing in his fourth Paralympics, has had outstanding results in Rio. He finished fifth in the final of the 100 Backstroke in a very strong field producing a PB of 1:09:11. He also produced a PB in the heats. On Sunday, he raced in the 50 Free with a time of 29.61. Jeremy has one more event – the 100 Free - on Thursday and we wish him the very best.



Senior States

Georgia Anderson, Mathew Beck, Sean Beck, Lennard Booth, Abby Clarke, David Crothers, Bella Dans, Cullen Dans, Ellie Fry, Isaac Ho, Shayla Hodzic, Georgia Mack, Sirena McDowell, Brooke Pensini, Jack Prigg, Sophie Rich, Lisa Saetang, Jemma Schofield, Remy Seneque and Vienne Seneque represented South Shore at **The West Australian Newspaper State Open and Age Short Course Championships** last weekend. Sean Beck won Gold in the Boys 12-13 200 Fly and Bronze in the Boys 12/13 Years 200 Backstroke. Isaac Ho took 2 seconds off his time to win Bronze in the Boys 14 years 100 Fly! Despite being a 12 year old swimming in the difficult 12-13 age group, Ellie Fry won Silver in the 200 Backstroke, producing a 4 second PB. Other swimmers to make finals included Mathew Beck, Lennard Booth, Remy Seneque, Brooke Pensini, Jemma Schofield and Bella Dans. Many personal best times were produced across the board. Thanks a million to our hard-working coach Chris, without whom all these swimmer's results would not have been possible.



Junior States

South Shore has 22 swimmers competing in the **The West Australian Newspaper Junior Short Course Championships** on 24-25 September 2016 at HBF Stadium: Harry Alliss, Milan Bazley, Jessica Cooke, Ben Della-Marta, Jack Della-Marta, Thomas Dreverman, Ava Forrest, Ellie Fry, Jessica Fry, Lucas Ho, Tahlia Kitson, Georgia Mack, Sirena McDowell, Ebony McGuigan, Liam McGuigan, Sienna Motton, Declan Mould, Tremayne Mould, Amelie Prinsloo, Eben Prinsloo, Vienne Seneque and Samiah Shepherd. Phew! That's what you call a quality field, with nine of those swimmers racing in 10 or more events. Good luck to our amazing juniors!

Bogan Bingo

Tune up your air guitars and get ready to release your inner bogan at our Bogan Bingo fundraiser on **Friday 16 September** at Tompkins on Swan. If you don't already have a ticket please contact Deb, Gail, Chantal or Carolyn to get one. You don't need to organize a table for 10 – we will find a fun table for you to join (we can push numbers out to 12).

Bogan Bingo supporters

Thanks so much to all of our organisers and extremely generous supporters of South Shore's Bogan Bingo fundraiser. We would also like to say a big thanks for sponsorship support to:

- **Gerald Burns Pharmacy** in Melville, which has donated two adults-only fun weekend packs worth \$100 and \$70 respectively
- **Baker's Delight Myaree**, which has donated 2 x \$25 vouchers
- **Baker's Delight Melville**, which has donated 2 x \$25 vouchers
- **Melville Fruit and Veg** (at Melville Plaza) will be donating a basket of fresh fruit
- **Applied Fire Technology**, which has donated a box of goodies
- **Southbridge Dental, in South Perth**, for the generous donation of a custom-fitted mouthguard to the value of \$250
- the staff of **Portorosa Café Fremantle**, who have donated a \$150 voucher
- the owner of the **Portorosa Café Fremantle**, who has donated a \$50 voucher
- **Eurostyle small goods in Bibra Lake**, which has donated a \$100 voucher
- Kate Hadley from **Health Freak Cafe (Canning Highway)** who has donated a \$50 voucher.

Please support these fabulous businesses, who have been so supportive of our club and swimmers.

Putting swimmers in the frame

This fabulous signed shirt has been framed courtesy of Peter Stone and **The Big Picture Factory** and will be put up for auction at our Bogan Bingo night. It features several Olympic medallists from Rio. The signatures include 400 Free Gold medallist Mack Horton, and relay gold and silver medallist Cate Campbell, who is also the current world champion. Other members of the Olympic squad include Cameron McEvoy, James Magnussen, Mitch Larkin, Jess Ashwood, Emma McKeon (Gold in the Womens 4 x 100 Relay and individual Bronze), David McKeon, Brittany Elmslie (Gold in the Womens 4 x 100 Relay), Maddie Groves (Silver in the 200 Butterfly), Madi Wilson and Bronte Barratt, among many others. Thanks so much to The Big Picture Factory for the framing and to Darren Beazley and Swimming WA for the shirt.



Winter Wind-up

Could everyone please return their Winter season perpetual trophies Deb Doody via Shannon. The club's Winter Wind-up and AGM will be held at **3pm on 15 October** so make sure you save the date. Families with the surname A-M will be asked to bring a dessert while families with the surname N-Z are asked to bring a salad. The club will provide pizza and chicken. As well as the winter trophies, JX Awards will also be presented.

Engine goggles

South Shore will be selling high quality Engine Weapon goggles as a fundraiser. These fantastic goggles are already used by many of our swimmers and normally retail online for \$32 plus postage. The club will be selling them for \$28 each. They come in a range of colours and will be delivered in October. Please see Mandy Mack or Lee Jasson for pre-orders or reply to this post.



Summer League

Round 1 of the Summer League kicks off at Booragoon Leisurefit on Sunday 16 October. We have 20 entrants to the meet so far with only 40 entrants allowed per club. Don't miss out!

Fins for sale

If anyone needs pair of brand new training fins in small please see Larisa (mum of Sienna and Marcus), coach Chris or reply to this post.

1 x DMC Original Training Fins -
Flouro Blade/Charcoal Heel -
Size S (\$39.99)



LeisureFit Competition Swim

The club welcomes anyone interested in swimming as a sport or for fitness into the LeisureFit Competition Swim coaching program. New Head Coach Chris Twomey oversees all squads

from Bronze through to Nationals. For information about the program please go to www.southshore.swimming.org.au/page.php?id=9672 Please share or email this link to any friends who may be interested in joining. Strong junior swimmers able to swim continuously for an hour will be considered for enrolment in Bronze.

School Sports

Cullen Dans would like to acknowledge a \$100 City of Melville Youth Sports Grant and a \$50 donation from Ben Morton MP to assist him to compete in the State School Swimming Championships in Darwin next week. Thanks also to the many club members who bought School Sports raffle tickets.

Dress for success

See Apparel Officer Kylie Baker for all your apparel needs.

Club polo shirts \$35

Club caps \$11

Club shorts \$25

Coach's Report: It's not just about personal best times

Swimming is not just about PBs. It worries me at times when I hear parents and swimmers solely focusing on PBs. I know first-hand the immense satisfaction of winning a race, smashing my PB and all the jazz that goes with it. I also know the same feeling of coaching someone to such achievements and perhaps in time I will understand what it is like to experience it from a parent perspective.

As many of you know I emphasise the journey that we are on and how it is not about the destination. When the destination is PBs, sometimes people seem to forget about journey. Instead the attention shifts from what was achieved along the way and unfortunately sometimes a season is solely remembered for the disappointment of not achieving at a particular competition, getting disqualified for a mistake, or for not getting promoted to the next squad.

Minor incidents can easily overshadow the fact that the swimmer has invested a lot of time and effort, they have improved in hundreds of ways technically, physically, psychologically, socially, etc. and most importantly they probably had a heap of fun doing it, surrounded by teammates and encouraging and supportive parents and coaches.

If you wish to achieve happiness and longevity in competitive swimming, it is imperative to focus on process rather than the outcome. It is impossible to control an outcome like aiming to win a state championship when there are so many variables involved; e.g. someone trained harder and deserved more to win, you make a mistake on the day, you are not 100% when you race, etc. When your sole focus is an outcome, you are setting yourself up for disappointment. You did not win the state championship and now all the arduous training, all the sacrifices and early mornings were all a waste of time. You feel like a failure. You may question whether you wish to continue?

On the other hand, if you concern yourself more with the processes required to better yourself, you will deal much better with set-backs. If we take the same example of not winning the state championship but we look back at the journey from a process standpoint; you may discover that now you are technically better, physically fitter, psychologically stronger and you are more accomplished than ever before. Sure, you didn't win that particular event, but you are now much closer to winning and by analysing your processes, it is easy to discern which areas to target to be even better. The most successful people in life are those that can take a set-back and turn it into a learning experience, and endeavour to be better.

So I implore swimmers and parents alike... please focus on the journey. First and foremost, the journey should always be FUN! Solely focusing on outcomes like PBs, squad promotion, medals, etc. can put undue pressure on everyone involved that can sour a once in a lifetime exciting journey. Seek out the best processes to improve yourself and at the end of the day just do your best and have fun!

Chris Twomey

Upcoming meets

Coaches will only attend Target meets. All entrants must provide a helper to fulfill the duties allocated to the Club by Swimming WA (e.g. time-keeping, selling programs and refreshments). This generally only involves a 1 to 1.5 hour commitment per meet.

The West Australian Newspaper Junior Short Course Championships

Saturday 24 to Sunday 25 September 2016 at HBF Stadium

Entries closed

Save the date

- Jeremy competes in the Rio Paralympics 100 Free on **15 September**
- Bogan Bingo **16 September**
- Winter Windup **15 October**
- Summer League at Booragoon Leisurefit **16 October**
- First Summer Club night **24 October**
- Possible Adelaide Tour **18-22 January**



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Why wait for *The Ssscoop* to come out to find out the latest South Shore news? 'Like' the Club's Facebook page and club updates will be posted to your Home page as soon as they happen.

Website

southshoreswimming.com.au



Swimmer's World

Swimmer's World is a South Shore Swimming Club preferred retailer. Please mention South Shore and customer number 504 when you shop in store, to receive a 10% discount. To shop online and receive the 10% discount enter the coupon code "SOUTHSWIM". Your purchases will also earn benefits for the club.



Milan Bazley is a SWA poster girl for the Open Water Series