

Armidale Penguins Swimming Club



Newsletter

December 2006

Penguins@armidalepenguins.org.au
http://www.armidalepenguins.org.au

Penguin Profile

Kiah Bennett - Emperors

Kiah Bennett (10) has been swimming with Penguins since she was about 2 years old. Swimming is Kiah's favourite sport and she has been successful at the New England & Central Northern District Championships, obtaining her first age championship (joint) in 1999 (aged 3 years 3 months). Kiah has competed at these championships and won the age champion every year since. Kiah has also had great success in school swimming, claiming both the PSSA District and Regional Junior Champion title, and representing North West at PSSA State for the last three years. This year Kiah qualified to swim at PSSA State at Homebush in 5 events, making 2 finals. One of Kiah's great swimming moments was competing at the 2006 Speedo Sprint Series finals at Homebush in March, winning a silver medal in backstroke, and a gold medal in butterfly, and finishing the final of the freestyle in 8th place overall. Kiah currently swims with Penguins in the Emperors.



Kiah Bennett lines up for the backstroke at a recent Penguins club night.

December Birthdays

Happy Birthday to the following Penguins who are celebrating their birthdays this month:

- 10th: Sarah Hore
- 10th: Oliver Morsley
- 15th: Portia McLenaghan
- 16th: Brittany Freeman
- 19th: Jack Campbell

December Calendar

Please note the following dates in your diary:

- 1st: Pointscore Week 5 (Breaststroke)
- 8th: Pointscore Week 6 (Butterfly)
plus
Birthday (Supper) Night (bring a plate) **plus**
Parent's Race Night
- 16th: Family Christmas Party
(Town Pool from 4.30 pm)

Family Christmas Party

Don't forget to RSVP for the Penguins Family Christmas Party to be held at the Armidale Town Pool from 4.30 pm on Saturday 16th December.

Cost is \$5.00 per person which includes meat for the BBQ, plus a Santa gift for the kids. Each family will be rostered for a salad, dessert for nibbles. Get your RSVP in to Lisa Russell (6772 5816) (lrussell@une.edu.au), or to Sharon Marshall (smarsha8@une.edu.au).

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- Page Two -

Recent Carnival Results

Scully Park 26th November 2006:

Jalon Marshall (9): 3rd in the Boys 9 years 50m butterfly.

Charlotte Russell (6): 3rd in the Girls 6 & under 25m freestyle and butterfly, 2nd in the Girls 6 & under 25m breaststroke.

Madison Russell (8): 2nd in the Girls 8 years breaststroke and freestyle, 3rd in the Girls 8 years backstroke and butterfly.



Sharon Marshall congratulates Jalon Marshall and Madison Russell on their swims at Scully Park, Tamworth.

Swimmer of the Week

Friday 8th December brings us to the half way point in the Summer Pointscore. Swimmer of the Week winners for weeks 1-6 are:

- Week 1: 03/11/06 Daniel Cherry (29.5)
- Week 2: 10/11/06 Adam Robinson (35)
- Week 3: 17/11/06 Jasmine Caldwell (23)
- Week 4: 24/11/06 Adam Robinson (24)
- Week 5: 01/12/06 Michelle Thomson (31)
- Week 6: 08/12/06:Portia McClenaghan (24.5)

Friday 8th December is the last Penguins Club Night for 2006. Penguins will resume club nights and the Summer Pointscore in February 2007.

Upcoming Carnival Dates

Moonbi-Kootingal: 14th January 2007

NE & CN District: 4th February 2007
(to be held at Scully Park Pool, Tamworth)

Speedo Sprints: 10th February 2007
(to be held at Manilla Pool)

Tamworth City: 11th February 2007



Check the folder under the glass cabinet at the pool for schedules and closing dates. Cards and money to Lisa Russell or Sharon Marshall. Cheques to made out to Armidale Penguins. Please ask if you need help with times and filling out entry cards.

Carnival Tips

Moonbi-Kootingal carnival is held at the Kootingal pool (just this side of Tamworth). This is a restricted carnival. See the program for qualifying times. If your time is faster, you can still swim, but the medals go to the three swimmers with the times closest to, but on the slower side of the qualifying time. This is an excellent carnival for beginner swimmers.

District is the annual carnival for all registered swimmers in the New England and Central Northern District (our district!). Cynthia encourages all Penguins to enter this carnival. Age champion trophies are awarded for male and female in each age group, ranging from 6 and under through to 16 and over.

Speedo Sprints: heats are held in each District and up to three (1st, 2nd & 3rd in each event heat) swimmers from each district are eligible to contest the finals to be held at the Sydney Olympic Park Aquatic Centre on 18th March 2007.

Tamworth City carnival is held at the Tamworth pool (on the corner near the traffic lights, opposite the cinema). This is a 50 metre pool. This carnival is the day after the Speedo Sprints, so you could make 10/11 February a swimming weekend!