

# Armidale Penguins Swimming Club

Newsletter  
January 2007



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

## January Birthdays

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

1st: Anna Kennedy  
3rd: Sharon Marshall  
5th: Tom Campbell  
6th: Jarron Cherry  
8th: Pauline Morsley  
13th: Jacob Freeman  
18th: Patrick Marquardt  
18th: Matt Ryan  
20th: Shah Biffin  
24th: Katrina Freeman

## Penguins Term 1 Calendar

Please note the following dates in your diary:

### February:

2: 25m Night & Sausage Sizzle  
9: Pointscore Week 7: *Backstroke*  
16: Pointscore Week 8: *Breaststroke*  
23: NO PENGUINS CLUB NIGHT (PSSA)

### March:

2: Pointscore Week 9: *Butterfly* +  
**February Birthday Night:** bring a plate to share for supper + **Parent's race night**

## Upcoming Carnival Dates

NE & CN District (Manilla Pool) 4th February  
Speedo Sprints (NE & CN District Heats) (Scully Park Pool) 10th February  
Tamworth City 11th February  
Bingara Fun Carnival 18th February  
Nundle Restricted Carnival 18th February  
Manilla 24th February

Check the folder under the glass cabinet at the pool for programs and closing dates. Cards and money to Lisa Russell or Sharon Marshall. Cheques to be made out to Armidale Penguins.

## School Swimming Carnival Dates

### February:

2nd (Friday)	Small Schools
7th (Wednesday)	Armidale High School
8th (Thursday - Day)	Armidale City Public
8th (Thursday - Night)	O'Connor Catholic College
9th (Friday)	St Mary's Primary
12th (Monday)	Newling Primary
13th (Tuesday)	PLC Secondary
14th (Wednesday)	PLC Primary
15th (Thursday)	Ben Venue
16th (Friday)	NEGS Junior
18th (Sunday)	UNE
19th (Monday - Night)	Sandon Primary
20th (Tuesday)	Minimbah School
21st (Wednesday)	Drummond Primary
22nd (Thursday)	Duval High School
23rd (Friday)	<b>PSSA</b>

### March:

2nd (Friday)	Waldorf Primary
5th (Monday)	Secondary Regional
6th (Tuesday)	Primary Regional

## Farewell to the Kampens & Robinsons

This month we say farewell to Peter, Michelle and Lilly Kampen, and Sam, Matt and Adam Robinson. We wish them well in their new home in Albury and Michelle in her new career as a lawyer.



Adam (10), Sam (15) and Matt (12) Robinson

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## Recent Carnival Results

### Bellingen: 2nd December 2006

#### Kiah Bennett (10):

2nd Girls 12 & under 100m butterfly  
1st Girls 10 years 50m freestyle  
4th Girls 12 & under 100m backstroke  
1st Girls 10 years 50m breaststroke  
7th Girls 12 & under 100m breaststroke  
4th Girls 12 & under 200m individual medley  
1st Girls 10 years 50m backstroke  
1st Girls 10 years 50m butterfly  
10 years girls age champion with a total of 20 points.



*Penguin participants had a great day at Inverell!*

### Inverell Long Course: 3rd December 2006

**Peter Fay (18):** 3rd in Mens Open 100m freestyle, 1st in Mens 15 & Over 50m freestyle, 2nd in Mens 13 & Over 50m freestyle 'dash for cash', 2nd in Mens 15 & over 50m butterfly.

**Brittany Freeman (8):** 3rd in Girls 8 years 50m freestyle and breaststroke, 2nd in 50m butterfly and a PB for 4th in the backstroke.

**Hayden Freeman (11):** personal best times in all strokes, including the 12 years & under 200m IM, and a member of the winning 12 & under 200m freestyle relay.

**Jacob Freeman (6):** 2nd in the boys 7 years 25m breaststroke and butterfly, 3rd in the freestyle and 4th in the backstroke

**Jalon Marshall (9):** Personal best times in the freestyle and butterfly, picking up the bronze medal.

**Shani Marshall (12):** Great efforts in all strokes, including a personal best time for the girls 12 years 50m backstroke.

**Adam Robinson (10):** A great effort with four gold medals for 1st place in the 10 years boys freestyle, breaststroke, backstroke and butterfly.

**Matthew Robinson (12):** a great effort for 5th place in both the boys 50m freestyle and backstroke.

**Sam Robinson (15):** 1st place in the 15 & over mens 50m butterfly, 50m breaststroke and open mens 100m breaststroke, 2nd place in 50m freestyle.

**Charlotte Russell (6):** personal best times in the 7 & under girls 25m freestyle, breaststroke and butterfly.

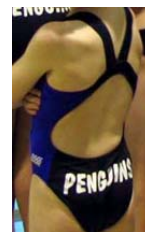
**Madison Russell (8):** 4 gold medals for 1st place in the 8 years girls 50m freestyle, breaststroke, backstroke and butterfly.

**A well attended carnival where everyone did their best and had heaps of fun!**

## Club Apparel

Penguins Swimming Club apparel available includes club polo shirts, bucket hats, baseball caps, swimming caps, swimming costumes, towels and sports bags. We are about to order some more swimming costumes. We haven't had mens or ladies sizes previously and can now get them. For the boys, this includes skins (knee length). For more information ask Katrina Freeman or Lisa Russell, or email

[Apparel@armidalepenguins.org.au](mailto:Apparel@armidalepenguins.org.au).



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## Penguin Profile

### Tiana Bennett - Adelies

Tiana Bennett (7) comes from a family of 'Penguins', older brother and sisters having all been members of the club. Tiana swims in the Adelies and enjoys club night and the fun afterwards. She has been with Penguins since she could swim. Tiana competes in the occasional carnival and has set some club records, including the 7 years girls 50m breaststroke at the Penguins Distance Carnival last November.



## Christmas Party

What a great night was had by all at the Penguins Family Christmas Party held at the Monckton Aquatic Centre on Saturday 16th December. Despite the cold and misty weather, around 75 people turned out! The kids still got in the pools and Santa found his way there!

Many hands make light work and a big thank you to everybody who brought food along and pitched in to make the evening such a success! Thanks are also due to David and Julie from the Lynches Road Store for organizing the BBQ and the meat, and for their generous donation of the soft drinks for the night. Thank you to everyone for coming along, getting in the spirit and making a fun night.

## Fundraiser

Our major fundraiser for the first half of the year is a giant hamper raffle. All families are asked to donate something (around the value of \$5) to build a really good hamper prize that people will be queuing up to buy the tickets. If you are in business or know any business people who may donate some goods or a service please contact Penguins fundraising co-ordinator, Scott Freeman. Suggested items are groceries, gifts, cosmetics, wine, apparel, hats, gift vouchers - whatever you can think of that you would like to win in a hamper prize yourself. The idea is to sell tickets over a longer period and draw the winner at our June carnival. If you have any suggestions, talk to Scott. Collections will kick off when club nights resume in February.

## Carnival Tips

With the school carnival season upon us, here are some carnival tips to help you get the best out of your day:

- Prepare your swimming gear the night before
- Adjust your goggles for racing
- Go to bed early the night before
- Pack snacks for after your races
- Pack a hat and sunscreen
- Eat breakfast
- Arrive early
- Find a shady area to sit
- Warm up
- Listen for your races to be called
- Be on time in the marshalling area
- Have a short swim or walk around for 10 minutes after each race
- Drink water regularly
- Make sure you eat (small amounts) between races

## \*\*\*Reminder Note\*\*\*

Penguins club nights will resume on Friday 2nd February at 6.30 pm at the Sport UNE Pool. Our first week is a 25m night, followed by a sausage sizzle. Come along for some sprints (great practice before the school carnival) and have a sausage sandwich - no need to cook dinner!