

Armidale Penguins Swimming Club

Newsletter
November 2006



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

November Birthdays

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

11th: Matthew Robinson
16th: Daniel Cherry
17th: Brett Harris
23rd: Jenna Campbell

November Calendar

Please note the following dates in your diary:

3: Pointscore Week 1: *Backstroke*
10 Pointscore Week 2: *Breaststroke*
17 Pointscore Week 3: *Butterfly* +
November Birthday Night: bring a plate to share for supper.
24 Pointscore Week 4: *Backstroke*

Promotions

Congratulations to the following Penguins who have been working hard at improving their times:

Rebecca Marquardt
Chicks to Rockhoppers to Adelies
Patrick Marquardt
Rockhoppers to Adelies
Shah Biffin
Rockhoppers to Adelies

Upcoming Carnival Dates

Penguins	19th November
Scully Park (Tamworth)	26th November
Bellingen	2nd December
Quirindi	2nd December
Inverell	3rd December
Warialda	9th December
Glen Innes	10th December
Werris Creek	16th December
Gunnedah	17th December

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.

Penguins Distance Carnival

Sunday 19th November is our own Distance Carnival. Lots of Penguins helpers are needed, and no matter whether you can only spare an hour or two, there is a job for you! As we will be at the town pool, we will need time keepers for eight lanes, runners to bring the cards back to the computer operator, someone to announce and present medals, raffle ticket and program sellers. If jobs can be shared it means no one is stuck doing the one task all day.

Sponsors Needed

We are looking for sponsors for the Penguins November Distance Carnival. The cost of sponsorship is \$20 per race. The sponsors will be listed on the [Armidale Penguins Swimming Club](http://www.armidalepenguins.org.au) website (with links and graphics). This site may be viewed by any participants that attend or are thinking of attending the Carnival. So if you are in the accommodation, food, tourism, petrol, travel centre, banking, winery or any other business, or know someone that is please refer them to carnival@armidalepenguins.org.au for more details.

We will do everything possible to promote these sponsors before and during and after the events. Ask your boss today!

Important Dates for 2007

The Speedo Sprint heats will be held at Scully Park pool on Saturday 10th February 2007.

The New England & Central Northern District Championships Carnival will be held at Manilla pool on Sunday 4th February 2007.

Note these dates in your diaries.

Apparel

We have various items of Penguins Swimming Club apparel available, including club polo shirts, bucket hats, swimming costumes, towels and sports bags. If you are stuck for ideas, how about some Penguins apparel for a Christmas gift. Ask Lisa Russell, or email Apparel@armidalepenguins.org.au.

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Recent Carnival Results

Grafton ASC Short Course Carnival 27/8/06:

Tiana Bennett: 2nd in 7 years girls 25m freestyle, backstroke, breaststroke and butterfly.

Kiah Bennett: 2nd in 10 years girls 50m freestyle, backstroke, breaststroke and butterfly, and 2nd in 9-10 years girls 100m individual medley.

Jalon Marshall: 3rd in 9 years boys freestyle, backstroke, breaststroke and butterfly, taking an incredible 12 seconds off his best butterfly time, plus a very credible performance in the boys 9-10 years 100m individual medley.

Shani Marshall: great performances in the 12 years girls 50m freestyle, backstroke and breaststroke plus a 4-second personal best in the butterfly, and a great swim in the Girls 11-12 years 100m individual medley.

Gunnedah Spring Carnival 3/9/06:

Charlotte Russell (5): put in some great swims in the girls 6 years & under 25m backstroke, and butterfly plus personal best times in freestyle and breaststroke.

Madison Russell: 1st in the girls 8 years 50m freestyle and breaststroke, and second in the backstroke and butterfly, a great swims in the girls 10 & under 100m freestyle and 100m individual medley.

Jalon Marshall: 2nd in the boys 9 years 50m butterfly, 3rd in the freestyle and backstroke, and solid swims in the breaststroke and boys 10 & under 100m individual medley.

Shani Marshall: a personal best time in the girls 12 years 50m backstroke and consistent times in the freestyle, butterfly, breaststroke and girls 11-12 years 100m individual medley.

Sawtell Short Course Carnival 28/10/06:

Charlotte Russell: 2nd in girls 6 & under 25m freestyle, backstroke, butterfly and breaststroke, including 2 personal best times.

Madison Russell: 3rd in the girls 8 years 50m backstroke, 5th in the butterfly, and 4th in the breaststroke.

Jalon Marshall: 4th in the boys 9 years 50m freestyle with a huge personal best time of 40.88, another personal best time in the backstroke, and a good swim in the breaststroke.

Shani Marshall: excellent swims in all strokes, including personal best times in the girls 12 years 50m backstroke and butterfly.

The weather was absolutely delightful, and overall Penguins scored well on the day as a club, coming in 10th place out of 14 clubs with 16 points from our 4 competitors.



Right: Penguins of all ages and sizes enjoying the Sawtell Explosion Carnival