



# TUART HILL SWIMMING CLUB

22nd February 2008

Website - <http://www.geocities.com/tuarthillsc>



## Pennants

Applecross	2648
Kwinana	1778
<b>Stirling</b>	<b>1308</b>
Peel	935

This season Stirling again competed very creditably against a very strong Applecross and a stronger Kwinana teams and came clearly in front of Peel to finish in third place overall.

The focus is now on this Saturday's pennants at **Challenge Stadium** which gives our swimmers an opportunity to compete against seven other clubs at a similar level.

Any swimmers with Stirling T-shirts and caps not swimming this Saturday please return them to Sandy Tandy,



## November/December Points

Boys:

**1st** Lachlan Sutherland (72)  
**2nd** Nathan Torodo (64)  
**3rd** Jordan Bozich (61)

Girls:

**1st** Abbey Sutherland (57)  
**2nd** Caitlin Arcus (44)  
**3rd** Kate Myers (44)



## January Points

Boys:

**1st** Nathan Todoro (69)  
**2nd** Gwyn Durbridge (68)  
**3rd** Eddie D'Uva (59)

Girls:

**1st** Caitlin Arcus (60)  
**2nd** Linda Salleo (36)  
**3rd** Abbey Sutherland (46)

## Perpetual Trophies

Could the holders of perpetual trophies from last season please return them in preparation for this year's Trophy Day which will be provisionally held at the pool on Saturday 4th May.

## Learn to Swim

The learn to swim classes at Tuart Hill will come to an end on the 27th of February, a big thankyou to Kai for his efforts in bringing swimmers though to the Junior squad.

## New Club T-Shirts

The new club T-shirts should finally be with us by the time you read this newsletter if everything goes to plan.



## Spare Flippers

The club can always use any sets of old flippers that no longer fit or no longer required for use in club training. Swimmers with their own flippers should bring them along to training.

## Coogee Jetty to Jetty

Caitlin, Nathan and Jake (Nancy also does it) are intending to do this swim on 9th March 2008 - there will be a 750m or a 1500m race. This is an easy ocean swim with breakfast afterwards. This is organised by AUSSI so there will be a big age range of entrants. Any others interested are welcome to come!

## Sporting Tips For Parents

1. Accept that they can not win every time they compete..
2. Allow them to be a kid and to have fun.
3. Don't do everything for them – teach them responsibility and self management.
4. Praise qualities like effort, trying hard, attempting new skills, the execution of a new skill in a game and similar values rather than winning.
5. Attend training regularly to show you are interested in your child's effort and the process rather than just the win / loss of the outcome.
6. Accept flat spots – times when your child does not improve. During these times encourage participation for fun, focus on learning skills and help them develop perseverance and patience – two life skills that will help them throughout their lives.



## Christmas @ THSC

