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Club info

Welcome...
 to the first CA Tritons e-newsletter! We hope you will find it informative, interesting and an effective method of club communication. If you have any suggestions for inclusion, please contact us by email.

New Committee

Following the recent AGM, a new CA Tritons Executive Committee has been formed:

- President:** David Plush
(Dad to Bella in State)
- Vice President:** Tracey Khan
(Mum to Morgan in NAP)
- Secretary:** Tracey Khan & Sally Schwartz
(Mum to Nic in State & Bec in NAP)
- Treasurer:** John Delaroudis
(Dad to Davide in Jr State)

A new 2008-2009 Summer Events & Social Calendar is currently being put together. Saturday Morning Breakfasts and Catering at Club Nights will become a regular feature on the calendar. We are also looking into other new & exciting fund raising and social activities and welcome any suggestions.

Shortly we will be re-issuing our club booklet with updated information and will also be asking all athletes to re-sign the clubs revised code of conduct, (in line with the name change).

We would like to encourage more parents to be involved in the club, in any way they can. Helping out at club nights, helping to organise functions and most importantly, we need parent willing to become our own **swimming officials**. Please email David Plush at plush@acsi.com.au if you can lend a hand, or are willing to start the process of becoming an official.

Uniforms

The following uniform items are being cleared at drastically reduced prices. They will be available for purchase at Club Nights or see Julie at the CSC office for all enquiries.

2 x	Deck Coat	\$ 175
10 x	CA Symbol Polo Shirt <i>Blue/Black/Yellow/White Combo (s,m&l)</i>	\$10
1 x	Yingfa Mens Brief <i>Black (m)</i>	\$10
1 x	Hydro Mens Leggings <i>Black (26)</i>	\$10
1 x	CA Triathlon Shirt <i>Combo colour (l)</i>	\$10
6 x	Waterproof Trousers <i>Black (l & m)</i>	\$10
12 x	CA Tracksuit Pants <i>Black (xxs, xs, s, l and xl)</i>	\$10
1 x	Shorts <i>Black (m)</i>	\$ 5
60 x	CA Fleece Lined Beanies <i>Grey & Black</i>	\$10

Tritons in the News

Tritons Swimmers Win Swimming Victoria Awards
 July 27 2008

President's Trophy - Leisel Jones
 Awarded to the most outstanding competitor in the current season selected by the State Selectors in conjunction with the President of Swimming Victoria.

VWASA Olympic Women's Trophy - Shayne Reese
 Highest Aggregate point score in Open Freestyle events at the SV Long Course Championship

Herald Sun News Pictorial Trophy (Female) - Grace Loh
 Highest Ranked 18/U female based on the International Point Score Ranking

Marilyn Wilson Trophy - Grace Loh
 Most outstanding 18/U backstroke swimmer at the Victorian Age Championships based on International Point Score Ranking



Grace Loh Wins World Junior Championship
 Monterrey, Mexico, July 10:

CA Tritons own Grace Loh has become the first Australian in history to win a world junior swimming title after the 17-year-old took out the 100 Backstroke on the second night of the 2nd FINA World Junior Swimming Championships in Monterrey, Mexico. Loh's victory, in a personal best time of 1:02.02 over American favourite Elizabeth Pelton (1:02.37), followed Ben Treffers' silver medal in the corresponding men's event and Ellen Fullerton's silver in the 400m individual medley.

Grace added another Gold medal to her collection in the 50 metres backstroke, clocking a superb 28.83 and moving to seventh on the Australian all-time list. Grace also combined with breaststroker Marshall, butterflyer Zalewski and freestyler Fullerton to win the silver in the 4x100m medley relay. The quartet clocked 4:07.59 to finish behind the American contingent's 4:06.90.

This is the first time Australia has sent a team to the World Junior Championships and Grace's performance has not only cemented her place in history but also pushed her into the long line of Australian female backstrokers of the future, that already includes teenage Beijing medal hopefuls Emily Seebohm, Meagen Nay, Belinda Hocking and the experienced Sophie Edington.



Events Calendar

(Click highlighted text for more event info)

AUGUST

- 16 **Nunawading Short Course**
MSAC
(Entries closed July 22nd)
- 17 **Moonee Valley Aquatic SC**
VU Pool, Footscray Park
(Entries closed August 8th)
- 17 **Metro North B Grade Aggregate**
CSC
(To be notified by your Coach)
- 27 **CA Tritons Winter Club Night**
CSC
PB Challenge and Pizza night
5:30 Warm up

SEPTEMBER

- 13 **CA Tritons Club Grand Final**
CSC
Time TBA
- 6 **Victorian Age SC Championships**
↓ MSAC
7 (Entries Close August 21st)
- 14 **Metro North 10/U & Open Champs**
MSAC
(Entries via club)
- 20 **Telstra Australian SC Champs**
↓ MSAC
24 (Entries to Swim. Vic. by August 25th)

OCTOBER

- 11 **Metro North 7-10 Encouragement**
Richmond
(Entries close September 28th)
- 19 **Bayside Long Course Meet**
MSAC
(Entries Close October 3rd)
- 25 **MLC Aquatic Long Course Meet**
MSAC
(Entries close October 15th)
- 26 **Metro North Age Champs**
MSAC
(Entries via club)



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Results

(Click highlighted text for links to full results)

CA Tritons Short Course Meet

June 28 CSC

Eltham Short Course

July 27 MSAC

Surrey Park Short Course

August 3 MSAC

Haileybury Waterlions Short Course

August 9 Haileybury

Pacific School Games Team VIC Trials

August 10 MSAC

Congratulations on selection for the trials to Joseph Arnaud, Lauren & Roman Bastone, Georgia Daniels, Chris & Natalie MacGregor, Raymond Mak, Isobella Plush and Nicholas Schwarz.

After some amazing PBs, Joey, Roman, Georgia, Chris, Raymond, Bella & Nic have made it on to **Team Vic** and will represent us at the Pacific School Games in the AIS Pool, Canberra from November 30th!

Records

Congratulations to the following swimmers for recently breaking records:

Victorian and Club Records:

Grace Loh - Both 16yr & Open Female

LC 50 Back 28.83
LC 100 Back 1:02.02

Club Records:

Grace Loh - 16yr Female
SC 100 IM 1:01.57

Isobella Plush - 11/U Female

SC 100 Free 1:06.26
SC 200 Free 2:26.07
SC 400 Free 5:03.96
SC 200 Back 2:48.22
SC 200 Fly 2:48.01
SC 100 IM 1:20.35
SC 200 IM 2:43.29

Nic Schwarz - 12 yr Male

SC 200 Back 2:54.18

Anita Strauks - 14 yr Female

LC 800 Free 11:00.21

Metro North Records

Georgia Daniels - 16/17yr Female

50m Free 29.53
50m Breast 36.45

Olivia Scala - 9 yr Female

100m Free 1:36.94
100m Back 1:50.09

Check the website for full listing of all LC and SC records. If one of your competition swims breaks an existing club record, don't forget to fill in the [Application Form](#) and submit to the Coaches Office.

Coaches Report

Head Coach: Carl Wilson

I am very happy with the progress of the program for the winter season. The application shown by all athletes from all levels is quite encouraging.

I do hope that everybody is enjoying the Olympic Games and learning from the best in the world. The footage is capturing every detail of the fastest athletes and more importantly the pure emotion of athletes being crowned 'Olympic Champion'. I strongly encourage all athletes to continue watching with great enthusiasm and support for our swim team and importantly our own CA Triton girls – Shayne Reese, Leisel Jones and our British import Ellen Gandy.

As I write this report, we congratulate our Shayne. Shayne performed a blistering personal best time on Saturday evening in the 4x100fs relay. I'm sure you were all disappointed she didn't swim in the final but we can all be happy that the girls swam to a bronze medal, ensuring Shayne became the first 'CA Tritons' Olympic medalist. Shayne, the entire club congratulates you on your performance and wish you all the best for the rest of your time in Beijing and beyond.

We must also congratulate Leisel on her stunning performance to win her 1st individual Olympic Gold Medal and go down in club history as the first CA Tritons Olympic Gold Medalist. After the expectation of Sydney and disappointment of Athens we should all be very proud of providing and contributing to Leisel's quest for Olympic Gold. Leisel now holds the 11 all time fastest 100m breaststroke times, a feat only rivaled by the likes of Michael Phelps, Ian Thorpe, Kieran Perkins and Grant Hackett.

To Leisel, we wish you all the best for the rest of the meet and are thrilled your 'journey' has included being a CA Triton swim team member and your legacy amongst the program will live on forever.

I am currently at the AIS in Canberra on an Olympic Youth Camp working with the 2012 hopefuls which include our own Grace Loh and Sam Ashby. Both athletes have been joined by the best rising talent in the country, and I can assure you, we have the depth and talent to fill the void should any of our current Australian members move on.

Also with me is our first paralympian, Hannah MacDougall. Hannah is beginning her final preparations for Beijing and is enjoying being with the countries best athletes and coaches in the best sporting facilities, enhancing her preparations to perform the best she can in Beijing.

On the home front our athletes are gearing up for State Age Champs in 4 weeks and this is looking to be a fast meet, with fast times. It will be the first time that SVI operates their meet in 'dual pools'. After this meet we will move on to the Australian SC Championships to be held in Melbourne Sept 20-24. Much of Australia's emerging talent will be on show at this meet and our CA Tritons will be greatly represented.

I would like to wish everyone, from Juniors to National swimmers, all the best for the upcoming swim meets and encourage you to keep persisting with your training application and keep watching the Olympic Games for the tips and inspiration from the best.

Messages to our Tritons swimmers in Beijing 2008

We will all be glued to our tellys over the coming weeks, watching our own Olympians with bated breath. Our very best wishes go out to Ellie Gandy, Leisel Jones, Hannah MacDougall and Shayne Reese.

You can send your own best wishes and show your support using the following contact links.

Leisel & Shayne can be sent a hero message at:
<http://hero.telstra.com/olympics/default.aspx>

Ellie can be contacted via the Great Britain Olympic Team Website at:
<http://www.olympics.org.uk/beijing2008/MessagesSend.aspx>

The Paralympics start in approximately 31 days time. A hero message can be left for Hannah **from** September 1st at:
<http://hero.telstra.com/paralympics/>

Hannah would love to receive regular contact from club members and has kindly given permission to be contacted via her private email address hmacdougall87@hotmail.com.

Tips

Nutrition

Swimmers, like other athletes, need to focus on "nutrient-dense" foods, that is, foods with a generous amount of nutrients for the energy they supply. These foods provide the energy, vitamins, minerals and dietary factors (such as phytochemicals) required for optimal exercise performance, growth and development. Examples of "nutrient-dense" foods include fruits, vegetables, low-fat dairy products, lean meats and whole grains.

To include more "nutrient-dense" foods, try to make choices like:

- * 100% fruit juice instead of soft drink.
- * A peanut butter and honey sandwich on whole-grain bread instead of cake.
- * Breakfast cereal and low fat milk instead of potato chips.
- * A banana instead of lollies

This doesn't mean that an athlete should never eat lollies or soft drink. Most of the time, however, you need to emphasize healthy, "nutrient-dense" foods.

And don't forget, water, water, water! Its crucial that swimmers keep themselves hydrated during training, during competition meets and throughout their day.

For more information on feeding your swimmer click [here](#).

Contact Us

Please feel free to contact us with your feedback or suggestions

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