



# Ripples

PO Box 1592, Sale, VIC 3860  
[www.salestswimming.org.au](http://www.salestswimming.org.au)

February 2010

## Coming Events

**GARY BARCLAY is coming to Sale.**

**Nunawading's well respected coach and manager, Gary Barclay is conducting a swim clinic for all swimmers on 28<sup>th</sup> Feb.**

**See the flyer for details. Clinic starts at 7:30 am. So be early and get the full benefit of Gary's knowledge.**

**Just over one week to go to Gippy's. Forty-one swimmers have registered to swim for Sale and from recent results our prospects are good. Make sure you arrive at the pool with plenty of time to do a good warm up and settle in. The relays are a very important team effort. If you are selected for a relay make sure you are available to swim. Good luck to all swimmers.**

## TRAINING

**TRAINING WILL CONTINUE AFTER GIPPY'S FOR THOSE SWIMMERS GOING TO ALL JUNIORS AND SWIMMING FOR THEIR SCHOOLS.**

**IT IS LIKELY THAT TRAINING WILL CEASE IN APRIL AND RECOMMENCE IN JUNE.**

**IT HAS BEEN AN EVENTFUL SEASON AND A WELL EARNED REST WOULD BE WELCOMED BY MANY.**

## Swim News

Country C'ships have come and gone and the five swimmers who attended achieved good results. James, William, Shaylee, Emily and Julia all swam well and swam PB's and made a number of finals. To make a final at Countries is an achievement in itself considering over 40 clubs are represented. William Lee's Bronze Medal swim in the 13 year old 100 Backstroke was the highlight of the weekend for Sale.

Next year we go to Geelong. I'm hoping for a large contingent of swimmers from Sale to attend and make our presence felt. Country C'ship qualification is one goal all swimmers should set and strive for. Ask the swimmers who have been to Countries how much they enjoyed the experience. Set your sights now on going to Geelong next season.

Over the last month Sale has had large teams at the Targeted Meets and achieved great results. All juniors last weekend was fantastic with 20 swimmers making the Semi-Finals in Melbourne at MSAC. Well done to all swimmers who attended. The competition was strong and many swimmers only just missed a place. Keep training hard and you will make it next year.

School swimming is in full swing at this time of year and many swimmers from the club have achieved Age Champion Medals at their meets. This is a good reflection on the club and the coaches. Hopefully, these results will be noted by parents who are thinking about sending their children to us next season. For those who have yet to swim at school carnivals, do your best and good luck.

See you on pool deck.

## THOUGHT FOR THE MONTH

**IT IS NOT ESSENTIAL TO BE THE BEST.**

**IT IS ESSENTIAL TO BE THE BEST YOU CAN BE!**