



SQUAD TRAINING

Newsletter

March /April 2008

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The year is really flying fast, I am still getting used to writing 2008.

We have had a few changes over the start of the year with Katrina leaving and Robbie to a full time Job as a lawyer. We wish them well.

We have appointed coach Mary Rule and Anne Hochwallner to join Brett Mulder as the coaching staff.

Mary has been Swim teaching and coaching for 11 years. Mary is currently completing her silver licence.

MARY 'S PROFILE

- Favourite colour - Purple
- Favourite Music - Ricki lee, Rhianna
Rogue Traders
- Hobbies - Swimming, Roller Blading



Anne has been Swim teaching and coaching for 10 years. Anne is studying Kinesiology at university.

ANNE'S PROFILE

- Favourite colour - Blue
- Favourite Band - Cold Chisel
- Hobbies - Scrap booking and going to Nippers with her 2 children Travis and Kate

We are really excited to have these two experience staff come on board.

Justin and Angela Rothwell

COACHING TIPS

* Drink at least 2 liters of water a day when exercising to ensure your body gets the fluid it needs to replenish the hard work done at training. Make sure you bring a drink bottle of water to training

* Stretching is an important part of training to ensure that muscles don't get as sore and also to prevent injuries. Make sure you are stretching before and after training.

* If children are being dropped off at the pool before their training starts please make sure that they are aware that they need to be safe, as the coaches can not be constantly watching them as they are coaching others.

There will be

No
Squad
Training

EASTER

Good Friday 21st
Easter Monday 24th

ANZAC DAY
Friday April 25th

I Think I Can

If you think you are beaten you are;
If you think you dare not, you don't;
If you like to win but think you can't;
It's almost a certain you won't.

If you think you'll lose you're lost;
For out of the world we find
Success begins with a fellow's will;
It's all in a state of mind.

Life's battles don't always go
To the stronger and faster man,
But sooner or later the man who wins
Is the man who thinks he can

Anonymous