



McKeon's SwimSchool

Swim Star News

Unanderra 4272 7272

Towradgi 4285 1666

“sharing our love of water”

Diary Dates

- **ANZAC Day Public Holiday**
Monday 26 April
- **Queen's Birthday Public Holiday**
Monday 14 June
- **Re-enrollment Week**
Monday 21 June - Saturday 26 June
- **Changes Week**
Monday 28 June - Saturday 3 July
- **Term 2 Concludes**
Saturday 3 July
- **School Holiday Program (Unanderra)**
1. Monday 5 July - Friday 9 July
2. Monday 12 July - Friday 16 July
- **Term 3 Commences**
Monday 19 July

School Carnivals

Congratulations to all swimmers who competed and achieved great results at their school carnivals this year! Particular mention must be made of Emily Rosskelly (12 Years) and Zoe Elkerton (16 Years) who were named State Champions in their respective age groups at the NSW CHS State Championships.

Good Choice!

Congratulations for making the decision to continue swimming in Term 2! The benefits of year round swimming are many:

- Continue to reinforce learnt skills
- Improve and learn new skills
- Healthy lifestyle from exercising in a temperature controlled environment
- Improved aerobic fitness as cross training for Winter sport

Of course the greatest benefit is that you'll be a safer and more proficient swimmer by next summer! In addition, continuing to swim as part of an active lifestyle can lead to:

- Increased self confidence
- Maintenance of a healthy weight
- Stress relief
- Increased concentration and attention
- Increased energy levels
- Building and maintaining healthy bones, muscles and joints throughout growth and development
- Improved sleep habits

Given the onset of cooler weather, please remember to bring a dry towel and warm clothes to change into after lessons.

In the Community

McKeon's Swim School has continued its community education program in 2010. Swim School representatives have visited a large number of pre schools in the Illawarra, with the aim of spreading the water safety message. If you would like McKeon's Swim School to visit your child's pre school, please speak to Reception at your Centre.

Summer Season Wrap Up

Term 2, 2010

McKeon's Swimming trained athletes had a stellar 2009 / 10 Summer Season, culminating with the selection of Robert Hurley on the Australian Team for the Pan Pacific Championships (California USA, August) and the Commonwealth Games (Delhi India, October).

Four (4) swimmers, representing Wests Illawarra Aquatic Swim Club, competed in the Telstra 2010 Australian Championships in March. Robert Hurley was one of the stars of the meet, winning the 400m, 800m and 1500m Freestyle events to ensure his place on the National Team. McKeon's swimmers competed in a total of seven (7) finals or 'B' finals.



Eleven (11) swimmers competed at the Australian Age Championships in early April, achieving 12th place in the overall point score (4th NSW club). A total of six (6) medals were won, with over twenty (20) "Top Ten (10)" swims recorded. Jarrod Poort and Emma McKeon were both selected on the 2010 Australian All Stars Team after winning gold medals during the meet. Emma's 200m Freestyle yielded her a National Record; a fantastic achievement. Emma will now represent Australia in August at the Junior Pan Pacific Championships, while Jarrod will compete in the Trans Tasman Series.

Babies and Toddlers

A reminder that all children under three (3) years of age must wear a firm fitting "Happy Nappy" in their lesson, regardless of whether they are toilet trained.

This policy ensures our water quality remains at the high quality our customers have come to expect. For more advice, or to purchase a "Happy Nappy", please see our friendly reception staff at the "Swim-In Shop" at Unanderra or reception at Towradgi.

Club Winter Point Score

We encourage all of our squad level swimmers to get involved with Swimming Club - you will love the fitness and fun of Competitive swimming! Winter Point Score commences at McKeon's Swim Centre on Friday 28th May from 6:30pm.

Come along and give it a try!

For more information see your coach.



ASCTA Convention

McKeon's Swim School has maintained its commitment to staff development by recently sending seven (7) staff members to the annual Australian Swimming Coaches and Teachers Association (ASCTA) Convention on the Gold Coast.

More than six hundred (600) swimming professionals attend the event, which is regarded as the best swimming convention in the world.

Our presence at the Convention ensures that McKeon's Swim School remains at the forefront of aquatic education and high performance programming.

Two staff members, Lloyd Rothwell and Liz Green, recognised for their expertise, delivered presentations this year. Lloyd spoke regarding maximising swim school opportunities, while Liz imparted her extensive knowledge on teaching special populations.

Stay Up To Date!

Check our website on a regular basis for regular updates, the latest news, frequently asked questions, and educational articles.

www.mckeonswimming.com.au



ascta

Australian Swimming
Coaches & Teachers Association