



Junior Academy

Friendship Fitness & Fun

NEWSFLASH

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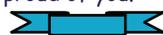
Hi Everyone

Welcome to September's Newsflash. The term has been a busy one and progress for many of our swimmers has been very impressive with great improvement on technique and endurance...really well done to you all. Particular mention should go to our Level 1 Wednesday Class where our Assistant Coach, Claire has been working so hard, especially on Breaststroke. Thanks Claire for all your great work .



PROMOTIONS

HUGE CONGRATULATIONS go out to Hayden Chapman and Francis Lockwood who have moved from our Level 1 Mighty Meteors to our Level 2 Champion Comets. Both boys have been working so hard this term and they have been so focused and worked hard on their Breaststroke to achieve promotion to the next level. Well done to you both I am super proud of you.



BRAND NEW Sticker Charts

In addition to our Daily Swimmer & upcoming Speed Awards, we have been thinking hard about how we can look to offer additional rewards to all of our swimmers when training. So, we are really excited to announce our BRAND NEW Sticker Charts and these will be out from Mon 5th Sept!! Each swimmer will have their own chart and we have 12 to work through. The idea is, during every training session if we see any swimmer doing well whether that be a skill, general drills, trying hard, being a super buddy or lane leader, then we will place a sticker on their chart. Once the chart is completed they can exchange this for their new chart and choose a super prize from our Mega Prize Bucket. We hope our new charts will be a great incentive to every swimmer in the Academy.

FAST & FROSTY SWIM MEET



Well what an absolutely awesome day we had at our recent Fast & Frosty Swim Meet. Many congratulations to all those swimmers that took part and with PB's flying out of the window and an amazing team spirit, we had a fun and successful race day.

Super well done to Sam Reid, Shelby Andrews, Harrison Cowie, Sara Stahlhut, Maddie Keaney, Lizzie Avis, Campbell France, Kaia Joyce, Miki Joyce, Caitlin Lang, Hannah Shilton, Ella Edwards, Nadia Cooper, Taylah Stanbra & Riley Stanbra.

Some stand out performances were Shelby Andrews swimming her first 200m Freestyle, Kaia Joyce with the 100m IM and Sara Stahlhut with her first 50m Fly in the IM Relay. Both Sam and Miki managed to take away ribbons galore and Caitlin Lang smashed PB records all over the place.

You all made me so very proud on the day and made me feel proud to be your coach too. Thank you !!

Junior Party & Splash Night Extravaganza

WOW !! What a super exciting event to look forward to for all of our Juniors.

We have decided to combine our Junior Splash Night and Awards Party to create one full packed FUN event for all.

We will have some great 25m and 50m races for you all to try and there will be some SUPER spot prizes available for grabs too, Don't forget you are all welcome to bring a friend along too so they can come join in the fun !!!



Sunday 11th Sept
2.00pm —4.30pm

Great Fun Races
Inflatable/Tarzan Swing
Spot Prizes
Prize giving

After our super races, we will then have our 6 week Challenge Prize Giving for all of our Commonwealth, World & Olympic Champions. We will take lots of photos so we can post for all to see. After that we will have the big inflatable and tarzan swing out and you never know, you may even get me into the water too!!! So come along for a great afternoon and we look forward to seeing everyone there.

