



Churchill 11& Under Meet- August 27th 2016

Well done to all the swimmers who participated in the meet last night. I am so proud of each and every one of you and you should be proud of yourselves too!

We had approximately 35 swimmers participating, ranging from 5 years old to 11 years old.

Some highlights of the night included the amazing 6 & under swimmers smashing it down the pool. These swimmers included; Daisy Marotta, Sienna Hunt, Tayah Matheson, Jay Douglas and Archer Cameron.

Three of our 8 year olds had an equipment malfunction at the beginning of the IM that saw their goggles fall off when they dived in. Did they stop to put them back on? NO WAY..... They swam four laps without so much as flinching to put them back on! That takes courage! Well done to Maddy Douglas, Rahni Matheson and Finlay Cameron.

For me, I really enjoyed getting to know swimmers who I haven't coached before. They were polite and respectful from the start and did everything I asked of them, I could not be prouder.

I also had some feel-good coaching moments when swimmers implemented what we had been working on at training. They may not have been the fastest or come first in their heat, but the discipline they showed to keep their technique together and do the little things shows that they have been listening and that their training has paid off. Some of these swimmers include Jake Marotta, Jay Douglas, Finlay Cameron, Alex Beale, Tabatha Heffer and Mitchell McKay.

A huge thank you must go out to the helpers on the night. Sue Kiley for making sure the swimmers were all ready and marshalled on time. John Car and Alycia Marotta for stepping in and taking kids to marshalling when needed. And most of all I need to give a huge thanks and congratulations to two of our club swimmers who are a part of the Captain Team; Jarrod Muir and Mikaela Notley. They worked tirelessly during the warm up, taking swimmers to marshalling and making sure they felt comfortable in the swim meet environment. These two showed exceptional leadership qualities and it was great to see them developing themselves as individuals too. The swimmers warmed to them straight away and would seek them out for assistance or just to hang out with. Although a couple of the swimmers forgot I was there by the end of the night and were saying goodbye to Jarrod and not me or saying "Bye Jarrod," and just gave me a "See ya." Think they had forgotten about me already ;)



After the meet I told Jarrod a story about one of our swimmers. He has only been training with us since the start of the season. I encouraged him to come along to this swim meet as I thought it would be a good opportunity to see how swim meets work. His mum told me how she really wanted him to go but he was very anxious. To have even got him along to start squad swimming was an achievement in itself. Last night I watched him exit the pool with a huge smile on his face and interact with boys in his age group who he hadn't met before. He said that he had so much fun. His parents were proud of him for getting out of his comfort zone and giving things a go. While waiting in the car park after the meet I saw this boy coming out the facility skipping. I said to Jarrod "That's why I enjoy coaching and teaching..... Because you get to be a part of and witness people achieving things that makes them better people."

Swimming (and sport/life) isn't always about the results. In fact it's not about the results at all. It's about making you a better person all round to help set you up with a good foundation for life. The listening skills, social interaction, increasing self-esteem, the discipline of getting to training and doing your best time and time again. It's about getting out of your comfort zone and trying new things and realising that while anxiety and nerves are ok, you should never let them stop you from experiencing things in life.

Keep up the good work swimmers. You make your parents, all the coaches and the club proud!

Cheers, Gemma