



# TEA TREE GULLY Swimming Club

Issue 1

April 2019

## Dates to remember:

- 15th—22nd April  
National Age  
Championships
- 25th May  
All in Winter Meet  
8 May (closing date)
- 2nd June  
Norwood SC  
22 May (closing date)
- Easter Egg Hunt  
12th April @ 7pm  
Waterworld
- 19th October  
TTGSC 50th  
Anniversary Dinner



10th April Aditya

10th April Chelsea

23rd April Grace

24th April Izzy

**C**ongratulations to many of our swimmers who recently represented their schools and the swimming club in the SSSA, SACSA and SAPSASA competitions. Good luck to all the Primary School swimmers representing their districts at the metro carnival on the 28th March. We keenly await the results and will update in the next



newsletter. Also a big thank you to the parents that helped at the TTG SAPSASA day with the TTG stand. Hopefully we will see a few new swimmers come our way!

**G**ood luck to our National swimmers for the upcoming Open and Age Nationals in April.

Brittany competes in the Open National Australian Championships 7th—12th April, Adelaide Aquatic Centre.

Tara, Grace, Euan and Emma will be competing at the National Age Championships, Adelaide Aquatic Centre from the 15th—22nd April.

**Tea Tree Gully are proud of you  
all!**

## Coach's corner

### Shoulder injury causes:

Crossing over, thumb -first entry, head-up swimming, armpit breathing, overtaking or catch-up, bottom hand pull down, proper pacing, snorkel and pulling with paddles.



### What are the common methods used to prevent shoulder injuries?

Every swimmer from Junior squad to Nationals should have their entire body screened by a physiotherapist that understands the angles each part of the body needs to have to prevent swimming injury. Following the screening the Physio gives each individual swimmer exercises to strengthen or stretch areas which have poor range. Coaches need to know if a swimmer has pain. Knowing their athlete's current level of pain will help monitor whether or not the symptoms are improving (scored 1-10). Helping the swimmer to progress with milder and fewer symptoms allow them to improve, keeping their sanity and staying positive as they return to the pool.

Full article on TeamApp.





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**S**wim central is the Australian swimming community's new and bespoke operating system for all clubs and swimmers. Everything will be available via the online portal. The roll out to South Australia will begin in the coming weeks so keep an eye on your emails for further information about swim central.

The full article and more information is available through the Swimming SA website.

## Easter Egg Hunt

Please can all participating families donate a packet of eggs for the hunt—donation box in the clubrooms.



**W**ell done to Sian and Chelsea who were presented with some awards at the Club BBQ.

Sian won a Silver medal for her 5KM swim at the State Open Water Champs.

Chelsea was presented with her trophy for the Female Learner's Champion from the TTG Club Champs last year.



## Tea Tree Gully Learners

As a club we also run a learn to swim program for over 300 swimmers,



open to all age groups starting at six months through to adults. The TTG Learners is run by Yvonne Peacock and have lessons available on Wednesdays Fridays and Sundays at Hampstead Rehab Pool and on Saturdays at the new Modbury Rehab Pool.

Many of our older swimmers have achieved their Austswim certificates and have become swimming instructors including club members Erin McGlashan, Kristijan Liivamagi and Sian McGlashan. Lucy Young, Max Tyler and Jasmine Crosby are also assistant instructors. Our Learners Program is very successful and plays a large part in the success of our swimming club.



**W**e have recently sent out information regarding the **Entertainment Book**. Get in early for the Early Bird deals!

**Have something you would like to share? Please email**  
[TTGSCnewsletter@gmail.com](mailto:TTGSCnewsletter@gmail.com)

## Swimmer profile

**TRAVIS OWEN**

**Age 10**



**Squad:** J1

**Siblings:** Hollie and Jasmine

**Born:** Scotland

**Favourite food:** Sushi

**Pets:** Border Collie, Barney

**Hobbies:** Kayaking, kneeboarding and playing handball, cricket and basketball

**When I grow up I would like to be:** A pilot

**Countries visited:** USA, Dominican Republic, Mexico, Holland, Iceland, Dubai, Qatar, Thailand and all of the countries within the UK