

BAROSSA SWIMMING CLUB
MAKING WAVES SINCE 2017

“COMMITMENT, EFFORT, PURSUIT OF EXCELLENCE”

SEASON 2023-24 CLUB SPONSORS



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Great sporting clubs do not leave team spirit, respect or culture to chance.

The Barossa Swimming Club is no different, and team spirit, respect and culture are at the heart of the growth and success of our club.

The culture of the Barossa Swimming Club is built around commitment and effort, together with an expectation of excellence in athlete behaviours, both in and out of the pool.

BAROSSA SWIMMING CLUB HONOUR BOARD					
SEASON	WAVEMAKER CHAMPION SWIMMER OF THE YEAR	COMMITMENT, EFFORT, PURSUIT OF EXCELLENCE AWARD	AUSTRALIAN AGE/*MC CHAMPIONSHIP REPRESENTATIVES	CLUB PERSON OF THE YEAR	PRESIDENT
2017-18	Harliai Curthoys-Davies	NA	Harliai Curthoys-Davies (1x)	Stephen Cook	Stephen Cook
2018-19	Harliai Curthoys-Davies	NA	Harliai Curthoys-Davies (1x)	Scott Logan	Stephen Cook

2019-20	Harliai Curthoys-Davies	NA	Harliai Curthoys-Davies (1x) (championships not held due to pandemic)	Mel Fletcher	Stephen Cook
2020-21	Leni Newham	Jasmine Carroll	Harliai Curthoys-Davies, Leni Newham (2x)	Chris Timms	Stephen Cook
2021-22	Leni Newham	Charlotte Ashmead	Harliai Curthoys-Davies, Leni Newham, Patrick Macie, Miella Curthoys-Davies, Keian Curthoys-Davies, Sophie Ashmead, *Gabe Cregan, Asta Mickan (8x)	Andrew Cregan, Lincoln Shannon	Stephen Cook
2022-23	Leni Newham	Keian Curthoys-Davies	Leni Newham, Miella Curthoys-Davies, Keian Curthoys-Davies, Sophie Ashmead, *Gabe Cregan, Mallika Fletcher, Angus Sloane, Georgiana Sloane, Meg Wood (9x)	Angela Curthoys	Stephen Cook
2023-24	??	??	Keian Curthoys-Davies, Gabe Cregan, Neil Cregan, Miella Curthoys-Davies, Mallika Fletcher, Annabel Ashmead, Fabricio Towers	??	Stephen Cook

AUSTRALIAN AGE/OPEN CHAMPIONSHIPS FINALIST/MEDALLIST

Harliai CURTHOYS-DAVIES (2 finals)	SYDNEY 2018
Harliai CURTHOYS-DAVIES (3 finals)	ADELAIDE 2019
Harliai CURTHOYS-DAVIES (BRONZE, 100 Freestyle/1 final) Leni NEWHAM (4 finals)	GOLD COAST 2021
Leni NEWHAM (SILVER, 50 Butterfly/5 finals) Miella CURTHOYS-DAVIES (3 finals) Patrick MACIE (2 finals) Harliai CURTHOYS-DAVIES (1 final)	ADELAIDE 2022
Leni NEWHAM (4 finals) Miella CURTHOYS-DAVIES (1 final)	GOLD COAST 2023

SA STATE CHAMPIONS

2017-18	Jackson Docherty, Harliai Curthoys-Davies, Keian Curthoys-Davies
2018-19	Harliai Curthoys-Davies
2019-20	Harliai Curthoys-Davies, Leni Newham
2020-21	Harliai Curthoys-Davies, Leni Newham, Charlotte Ashmead, Nyah Schubert, Max Schubert, Kegan Coulter, Miella Curthoys-Davies, Mallika Fletcher, Angus Sloane
2021-22	Harliai Curthoys-Davies, Leni Newham, Keian Curthoys-Davies, Nyah Schubert, Kegan Coulter, Miella Curthoys-Davies, Max Schubert, Georgiana Sloane, Patrick Macie
2022-23	Leni Newham, Miella Curthoys-Davies, Keian Curthoys-Davies, Neil Cregan, Jackson Fletcher, Milan Pozsgai, Mallika Fletcher
2023-24	Filippo Carboni

SA COUNTRY CHAMPIONS

2018	Jackson Docherty, Harliai Curthoys-Davies, Keian Curthoys-Davies, Kyrene O'Neill, Tristan Pearson
2019	Harliai Curthoys-Davies, Miella Curthoys-Davies
2020	Harliai Curthoys-Davies, Makayla Docherty, Miella Curthoys-Davies, Ray-Jian Ng, Kegan Coulter, Angus Sloane, Miella Curthoys-Davies
2021	Harliai Curthoys-Davies, Leni Newham, Charlotte Ashmead, Nyah Schubert, Max Schubert, Kegan Coulter, Miella Curthoys-Davies, Mallika Fletcher, Angus Sloane, Sophie Ashmead
2022	Harliai Curthoys-Davies, Leni Newham, Nyah Schubert, Kegan Coulter, Miella Curthoys-Davies, Keian Curthoys-Davies, Gabe Cregan, Max Schubert, Sophie Ashmead, Patrick Macie, Mallika Fletcher, Asta Mickan, Myles Brown, Jasmine Carroll, Charlotte Ashmead
2023	Leni Newham, Miella Curthoys-Davies, Keian Curthoys-Davies, Meg Wood, Noah Lewcock, Sophie Ashmead, Mallika Fletcher, Patrick Macie, Gabe Cregan, Angus Sloane, Georgiana Sloane, Charlotte Ashmead, Patrick Timms, Kegan Coulter, Leni Geister, Emmy Cox

2024	Patrick Macie, Miella Curthoys-Davies, Gabe Cregan, Mallika Fletcher, Noah Lewcock, Milan Pozsgai, Fabricio Towers, Annabel Ashmead, Jackson Fletcher, Sophie Ashmead	
SA STATE RECORDS		
APR 2019	Harliai Curthoys-Davies - 16yrs 100m Freestyle LC	
MAR 2021	Leni Newham - 13yrs 50 butterfly LC	
APR 2022	Leni Newham - 14yrs 50 butterfly LC	
JUN 2022	Leni Newham - 14yrs 100 butterfly SC	
JUL 2022	Leni Newham - 15yrs 50 butterfly SC	
AUG 2023	Jackson Fletcher, Milan Pozsgai, Noah Lewcock, Ethan Michallaney - 12yrs and Under 4x50 medley relay SC	
INTERNATIONAL REPRESENTATIVES		
Gabe Cregan	OCEANIA VIRTUS GAMES, NOV 2022 (BRISBANE, AUSTRALIA)	
Gabe Cregan	WORLD VIRTUS GAMES, JULY 2023 (VICHY, FRANCE)	
SA STATE RELAY CHAMPION TEAMS		
MAR 2021	12YRS AND UNDER 4x50 FREE LC Miella Curthoys-Davies, Mallika Fletcher, Sophie Ashmead, Asta Mickan	
MAR 2022	ALL AGE 8x50 FREE LC Harliai Curthoys-Davies, Patrick Macie, Keian Curthoys-Davies, Meg Wood, Leni Newham, Gus Sloane, Mallika Fletcher, Kegan Coulter	
AUG 2023	12YRS AND UNDER 4x50 MEDLEY SC Jackson Fletcher, Milan Pozsgai, Noah Lewcock, Ethan Michallaney	

“Clarity is power. - The more clear you are about EXACTLY what it is you want, the more your brain knows how to get there.”

~ Author Unknown ~

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To reach a goal, you need to have CLARITY around what you want to achieve, and thereafter an unwavering commitment to do what is required to achieve it.

1. MESSAGE FROM HEAD COACH

Please indulge me as I take the opportunity to thank our membership, and particularly our assistant coaches, for their support and understanding that allowed me to spend precious time (together with my family) at my mum's bedside last week. Additionally, I would like to express my immense gratitude for the support, understanding, and messages of appreciation that have been conveyed to me following last week's announcement of my departure at the end of June (below are some important and hopefully helpful dates regarding the timing of the transition of the Head Coach position)

Friday June 28th – final training session as Barossa Head Coach

Saturday June 29th – final race carnival (All in Winter Meet 3) as Barossa Head Coach

Monday July 1st – new Barossa Head Coach to commence role

Monday July 15th – commencement of new Head Coach role at Playford Aquatic2.

2. STARPLEX MEET NEXT SATURDAY

WAVE UP and best of fast swimming for the following 8x wavemakers who will represent our club at the Starplex meet next Saturday: Oscar C, Noah D, Evan F, Lottie K, Noah L, Blake M, Ethan M, Lucy M, Sophie M, Milan P

3. ALL-IN-WINTER MEET 1 WAVEMAKERS

Wave up for our 13 wavemakers who represented our club at the ALL IN WINTER MEET 1, yesterday. Thank you to Coach Scott* for his fantastic leadership and guidance as offered throughout what was a long day, but which was rewarded with a number of absolutely outstanding PB outcomes. *Coach Scott will no doubt provide a full summary of the meet but, in the meantime, here is a list of the PB swims and first time event performances.

Hugh B (5 PBs) 50 back (-0.54); 100IM (-0.90); 100 breast (-0.42); 50 free (-1.73); 100 back (-7.17)

Hailey C (5 PBs) 50 back (-1.42); 100IM (-15.17); 100 breast (-10.86); 100 back (FT); 100 free (-8.47)

Noah D (4 PBs) 50 fly (-6.08); 50 back (FT); 100IM (FT); 50 free (FT);

Evan F (2 PBs) 50 back (-3.28), 50 free (-2.85)

Rylee G (4 PBs) 100IM (-13.82), 100 breast (-5.01), 50 free (-1.03), 200 free (-1.10)

Oscar I (3 PBs) 100IM (FT), 50 free (-0.56), 50 breast (-4.56)

Noah L (2 PBs) 100 breast (-1.31), 200IM (-7.97)

Blake M (4 PBs) 100 back (FT); 100IM (-14.73); 50 free (-0.31); 50 breast (-6.61)

Ethan M (4 PBs) 50 free (-1.63); 100 back (-1.87); 200IM (-7.43); 100 free (-0.34)

Milan P (4 PBs) 50 back (-3.12); 100IM (-6.54); 100 breast (-4.99); 100 free (-4.84)

Isabella S (1 PB) 100 free (-1.30)

Emily T (2 PBs) 50 free (-0.33); 100 free (-0.21)

BIGGEST DROPS: Hailey Carter 15.17 seconds on the 100IM closely followed by Blake Michallaney 14.73 seconds and Rylee Garfield 13.82 seconds in the same event

BIGGEST CUMULATIVE DROP: Hailey Carter 35.92 seconds with drops of 15.17, 10.86, 8.47 and 1.42 in the 100IM, 100 breast, 100 free and 50 back respectively.

PLACEGETTERS:

Noah Duh 50 fly 3rd

Evan Frenzel 50 back 3rd (notably, this was also Evan's first ever state qualifying time)

Oscar Isbel 50 breast 3rd

Blake Michallaney 100IM 3rd

Milan Pozsgai 100IM 2nd, 100 breast 1st

Isabella Shannon 50 back 3rd

4. UPCOMING SWIM MEET TO ENTER - ALL IN WINTER MEET 2

The ALL-IN-WINTER MEET 2 of June 1st is a TARGETED MEET

A TARGETED MEET is a meet at which we would like ALL eligible swimmers to compete in the event - the coaching panel will be fully present at the meet, and NO training will be available on that day.

Entries for this meet close on May 15th. Please discuss entries with your coach as appropriate.

5. SWIM CLUB SPIN CLASS – DON'T FORGET TO BOOK!

Monday 4.30pm to 5.00pm

Spin class is a highly recommended cross-training session for our swimmers. Parents/family members are also encouraged to join the class. Please call 85632766 in advance to book your bike.

6. TRAINING CHANGES THIS WEEK? YES

POD 6 sessions will now be held on Monday afternoon from 3.45pm and Wednesday afternoon from 4.00pm.

7. CALENDAR OF UPCOMING EVENTS – SEE BELOW

TARGETED meets - meets at which coaches will be in attendance, and at which our swimmers should plan to participate. Generally speaking, there is NO TRAINING for any squad on days of TARGETED meets.

Home program responsibilities may preclude members of our coaching panel from attending non-targeted meets.

Other carnivals are advertised on the events calendar of the Swimming SA website:
<https://sa.swimming.org.au/events>

MEET NAME	ENTRIES CLOSING	WHO SHOULD ENTER? TARGETED OR NOT	COACHES IN ATTENDANCE
STARPLEX CARNIVAL MEET 1 SAT MAY 11 TH	CLOSED	Oscar C, Noah D, Evan F, Lottie K, Noah L, Blake M, Ethan M, Lucy M, Sophie M, Milan P	YES (SL)
ALL-IN-WINTER MEET 2 JUNE 1 st	MAY 15 th	TARGETED: ALL ELIGIBLE SWIMMERS OTHER THAN SWIMMERS ATTENDING NATIONALS. HIGHLY ENCOURAGED FOR SWIMMERS SEEKING STATE SC QTs.	YES
STARPLEX CARNIVAL MEET 2 SAT JUNE 22 ND	TBC	HIGHLY ENCOURAGED FOR ALL POD 2-6 SWIMMERS IN PARTICULAR	TBC
ALL-IN-WINTER MEET 3 JUNE 29 TH	JUNE 12 TH	TARGETED: ALL ELIGIBLE SWIMMERS OTHER THAN SWIMMERS ATTENDING NATIONALS. HIGHLY ENCOURAGED FOR SWIMMERS SEEKING STATE SC QTs.	YES
SA STATE SC CHAMPIONSHIPS 13yrs+ FRI AUG 30 th to SUN SEP 1 st	TBC	TARGETED: ALL QUALIFIED SWIMMERS	YES
SA STATE SC CHAMPIONSHIPS 11/12yrs & SAT/SUN SEP 14th/15th	TBC	TARGETED: ALL QUALIFIED SWIMMERS	YES
SA STATE SC RELAYS SUN SEP 15 th	TBC	TARGETED:	YES

8. THIS WEEK'S TRAINING TIMETABLE – MONDAY MAY 6TH SATURDAY MAY 11TH

DATE	POD	TIME	LANES	COACH	SESSION FOCUS/SKILLS
MON 6th	POD 1	5.45am to 7.45am	2	TD	TBD
	POD 2	5.45am to 7.15am	1	SaL	TBD
	POD 6	3:45pm to 4:15pm	1	SaL	TBD
	PODS 3/4	4.15pm to 5.15pm	2	SL	TBD
	POD 1	5.15pm to 7.00pm	3/4	TD	TBD
TUE 7th	POD 1	5.45am to 7.45am	2	TD	TBD
	PODS 4/5	4.00pm to 4.45pm	2	SaL	TBD
	POD 2	4.45pm to 6.00pm	3	SL	TBD
WED 8th	POD 1/ 2	5.45am to 7.45am	3	TD	TBD
	POD 6	4.00pm to 4:30pm	1	SaL	TBD
	POD 3	4.00pm to 5.00pm	2	SL	TBD
THU 9th	POD 5	3.45pm to 4.15pm	2	SL	TBD
	PODS 1/2	5.00pm to 6.45pm	3	TD/EG	TBD
FRI 10th	POD 1	5.45am to 7.45am	2/4	TD	TBD
	POD 2/3	5.45am to 7.15am	2	SaL	TBD
SAT 11th	POD 1	1.00pm to 2.45pm	2	TD	TBD
	POD 2	1.00pm to 2.15pm	1	TD	TBD
	PODS 3/4	11.45pm to 12.45pm	1	TD	TBD



WAVE UP!