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PB?
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CALENDAR

- 7-8 Aug:
FNQ Short
Course
Champion-
ship
- 14 Aug:
FNQ AGM
- 4 Sept:
CCS Sign-
ON
- 26 Sept:
Green Is-
land Ocean
Swim

The Rat Review

AUGUST 2010

The New Swimming Season

The 2010/2011 swimming season has started! On the 17th of July, about 20 swimmers from Central Cairns competed at TAS. Lots of PBs, lots of fun and a nice short carnival! This was a good warm-up for the FNQ Short Course Championship on 7-8th of August. Results from TAS can be found on the FNQ Website .

Thanks to all who swam, time-kept and coached. Special mention to Jacky Bowen who went on deck to help with officiating. We hope to see her in white soon!

Next Carnival will be the FNQ Short Course Championship at TAS on 7-8th August 2010. See you all there!

Central Cairns Sign-On will be

on 4th September at Trinity Bay's Pool.

CCS New Look

Over the past few seasons, we have received so many compliments on the fact that both swimmers and parents wear the club colours with pride. This season we will have new style shirts which will be selling for

\$40 each and can be purchased from the Uniforms Officer (Natalie McDonald). The new shirts have been ordered and should arrive in August.

The Club Uniform is the Club T-Shirt (new ones are Azure and Royal blue with White piping), Brown Bucket Hat, Shorts are swimmers own choice. Swimming togs are available in club colours blue, chocolate and white and the chocolate swim caps are to be worn by all swimmers when competing. It is important for all swimmers to wear the full uniform when attending carnivals as our aim is to promote a sun-smart club with a wow factor.



PBs.. What where when

What is a PB? PB stands for Personal Best or your fastest time ever!

How can you remember all these times? Where do you find them? If you are one of those swimmers who can never remember your PBs, help is here! Beware, after reading this you will be out

of excuses if you don't know your PBs! There are various websites that you can visit. The swimming Australia website https://console.clubsonline.com.au/swimmaster/_resultsTable/. You can filter and sort the results very easily. Another site with all the FNQ results is the FNQ

website <http://www.fnqswimming.asn.au/>. Click on any "Meets & Results" sub-headings. Click twice on "Parent directory" and you can access all results since 2002. Finally, all results from Qld meets can be found in <http://www.anotherpb.com/lmeet.php?jid=QLD>.



Hell Week 2010

Hell week 2010 was an enormous success and it made enough waves to attract the attention of Win News! Well done to all swimmers, especially the adult squad for their outstanding performance! (OK, I am biased!). It was a fantastic effort from both swimmers and coaches. Last year's record was smashed and the goal—reaching Brisbane—was within sight. I reckon that next year will see the swimmers passing Brisbane.

A massive thank you to all coaches — Fantastic job to keep the kids coming everyday!

Thank you to the parents for dealing with tired children and making sure they came to the pool everyday, Thanks for the dedicated parents who provided food to sustain the swimmers.

Thank you to Dogtainers for providing the towels.

And most important, thanks to the swimmers. You all made

your parents, coaches and club proud! Also, the 41 swimmers who went along for lunch and cinema at Cairns Central were overall well behaved and needed minimal supervision.

Well done all!



The Swimmer

who says "It

can't be done"

is passed by

the Swimmer

who is doing it.

We are always looking for sponsors! If you wish to advertise your business here, please contact CCS president Steve Anderson (40552511 or steve@dogtainers.com.au)

Focus on the Committee Member

As you all know, the Club needs a Committee to function. Being a Committee Member is perceived as being an enormous task which is untrue. Hopefully the FAQ below will help dispel this myth!

Committee Member — frequently asked questions.

Why would I want to become a Committee Member? It gives you a sense of involvement in your kids activities. It also gives you an opportunity to share your views

and implement new ideas to improve the Club. Being a Committee member can be a rewarding experience, especially when you see all the children being so active & motivated and the club becoming stronger.

Who can be a Committee Member and what do I have to do? Anybody can be part of the Committee. No previous experience is necessary. Various positions are available. Some require little time to fulfill, some take a little

more commitment. All are important

Is it hard to be a Committee Member? No. Everybody should give it a go!

Are they enough parents willing to be part of the Committee? No. We need more parents to step up. As you may be aware, CCS had difficulties filling in some positions. Please come and join the Committee at the meetings, learn about the various positions and put your hand up next year!

Scooter in Nederland

Scooter sets *afgebroken om Europa weer*. (if the Dutch is not good, blame the internet!).

Grant "Scooter" Patterson will be participating in the ICP Swimming World Championship in Eindhoven in the end of August (15-21st August)

Scooter is in great form at the

moment with 2 official world records under his belt. These were gained at the Australian Short Course Championships. He also got two gold medals, one silver, one bronze and two fourths. Congratulations Scooter.!

ABC2 will be broadcasting a daily 45 min summary of the

Championship.

Scooter, CCS wishes you all the best at the World Championship!!

