

# gluey's gibes

(insert)

Perth City Swimming Club

DAY 2 SC AUSTRALIAN CHAMPIONSHIP



**THE ANGELS**



## Jess's swim good enough to make Australian World SC Team

There are not many swimmers that can claim they have qualified for two National teams. Last month Jess Pengelly competed at the South African SC Nationals and earned herself a position on their National team to compete in the World SC Championships in Turkey in December. But also Jess's swim in the 400IM yesterday was fast enough to have been selected for this event representing the Australian team and also won the Silver medal.

Congratulations Jess!

## Another competitive morning for Perth City

The 100 FS started the Perth City combat for Day 2. With a full contingent of five Perth City girls racing the super sprint.

It was the 58 second crew with times posted as:

- Britt 58.20
- Kate 58.22
- Sam 58.92
- Tamsin 58.98

Tamsin finishing fastest 13 year old from the nine heats.

Bria's 55.17, just outside her best, ranked her 9<sup>th</sup> for the Semi-final tonight. Bria is also the fastest 16 year old in the field.

Tamsin had the double with the 50 Fly and achieved a 30.12.

Hamish stood tall in the heats of the 'splash and dash' 50 FS. The race in which perfection is a must. Any slip up can be crucifying. In a class field Hammer finished 14<sup>th</sup> to secure a Semi final tonight. A PB in 22.53 – it's going to be a hot semi.

Katie completed her day 2 event list with the 100 IM. Well on her way to becoming an experienced campaigner Katie's swim was solid and just outside her PB.



## Perth City sitting third on the point score

Team	Points
1 NUNA WADING, VIC	98
2 MELBOURNE VICENTRE, VIC	89
3 PERTH CITY, WA	76
4 CHANDLER, QLD	65
4 MIAMI, QLD	65

**WELL WISHES FOR WILL**  
Hope you are feeling better Will

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(finals fever insert)

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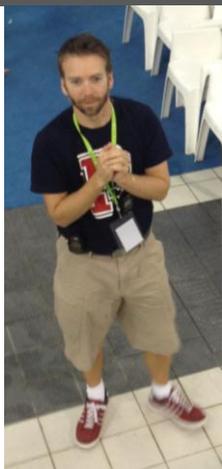
## Perth City is everywhere

The Perth City development swimmers again lined up to rub shoulders with the best at the finals of Day 2. Over 20 aspiring Perth City swimmers and many parents volunteered to assist SAL with basket carrying and as runners for finals on Wednesday, Thursday and Friday.

Highlights described as the

- "High 5's from our club members;
- "Blair stopping and talking to us";
- "Heidi Gan came down just to say hello".
- "The size of the shoes some swimmers wear!"

Look out for the young athletes again Friday Finals



### So what does a coach wish for?

## Brianna cracks the 55

It didn't seem that long ago when we were talking about Brianna breaking 56 seconds for 100m.

Tonight another milestone was achieved. Bria cracked a 54.46 as 7<sup>th</sup> fastest qualifier for the 100FS final tomorrow night. Although it probably seems like a long time ago to Bria it was on 16<sup>th</sup> April 2009 as a thirteen year old that she broke the 60 second barrier.

So three years down the track and more than 5 seconds faster – how far can she go?



## HAMISH MAINTAINS TITLE AS FASTEST SWIMMER IN WA



Dropping 0.08 seconds seems minimal but when you are talking about our fastest man in WA it means everything. Hamish "Hammer" Rose nailed his PB this morning in the heats and then fired up again in the Semi-finals.

When you also consider that the race is won in 21+ seconds and the difference between first and sixteenth is 1.19 seconds – you understand there is no room for error.

So how do you prepare for a race where there is literally no time for error. Well Hamish Rose has found a way!

Competing in the Semi final Hamish PB'd again to drop another 0.06 seconds. A new PB of 22.47 seconds.

**Great work Hamish and true role model.**

What keeps coming to my mind with amusement is watching Matt Magee run from one end to another whilst timing a LC 50 for Hamish in training.

**I'd like to see that!**



## DID YOU KNOW FACTS

- ✓ The world record for holding your breath underwater is 22minutes and 22 seconds
- ✓ Elephants are capable of swimming twenty miles a day, using their trunks as natural snorkles.
- ✓ Kangaroos are great swimmers.
- ✓ The average human produces 25,000 quarts of spit in a lifetime, enough to fill two swimming pools.
- ✓ Some hotels in Las Vegas have gambling tables floating in their swimming pools.
- ✓ An armadillo can walk under water.