

**Fighting Fish
Weekly Update
Additional Information
07 November, 2008**

It's been a busy week, so here's some more information!

[ICS League Round 4](#)

ISorry for the late notice. ICS League round 4 is next weekend - 14 November 9am - 1pm at FARRER PARK SWIMMING COMPLEX... See the map below.

Entries are now open on Direct Athletics.

This is a small meet where we are limited to 2 swimmers per entry, so not all swimmers will be eligible to attend. Coach Helen will make the final decision on who will swim based on entries received.

Consideration will be given to swimmers who tried to enter the August meet, but were turned away as all events were full. You will be notified early next week on swimmers entered. Please consider entering the meet if you are available next Saturday morning.



[map.gif](#)

[Santa Claus Entries](#)

Oh! You better watch out,
You better start training AND It better stop raining!!
I'm telling you why:
Santa Claus is coming to town!

Please find attached the individual entries for Santa Claus Meet and a GUIDE for the relays you will be swimming (relays may change!) Some of you have had additional events added by the coach, so check the listing carefully.

If your name is missing please let coachhelen@fastmail.net know by 12 noon Saturday 8th November.

Please note that Events 1 - 52 are on Saturday and events 53 - 78 are on Sunday. If you will not be at the meet both days, please make sure you are only entered into events and relays on the day you are attending.

[Santa Claus Relays](#)

All swimmers will participate in at least 1 relay event. Most swimmers will do both the freestyle relay and the medley relay. It is imperative that swimmers are at the Fighting Fish marshalling area when coaches are organising relays. **You will be replaced if you are not there** which is very inconvenient for coaches/swimmers and their parents. FINALISED
relay events will be sent early next week.

If swimmers are no-shows at a relay event it will impact on your ability to swim future events (including relays) and you may be unable to re-register with the Fighting Fish next season.

Please note that Events 1 - 52 are on Saturday and events 53 - 78 are on Sunday. If you will not be at the meet both days, please make sure you are only entered into events and relays on the day you are attending.

ANC Personal Bests

The Personal Bests report sent from the ANC event last weekend is missing some PBs! The report only shows personal bests if comparing your old time to one swam in a long course pool. Because SAS is short course (25 meter), results from Time Trials, or any other SAS meet, aren't reflected here. Coach Helen has manually gone thru to calculate the PBs for the star board and the embroidered stars that we hand out, so those will be coming home next week.

ANC Pictures

Wendy Naughton took many pictures this past weekend at the ANC meet. Click on the link below to view the pictures thru Shutterfly.

<http://share.shutterfly.com/share/received/welcome.sfly?fid=141d9a76a604f9f5&sid=0BZNXDZqzcMWQa>

Coaches Baby Shower

We are holding a "Swimming Baby Shower" for Coach Joe (expecting their 2nd child) and Coach Louise (expecting their 1st child) next Friday, 14 November. All swimmers are invited to attend. We will have regular practice from 3- 4:30 (all squads), then a short baby themed relay and cake.

As we have gotten lots of inquires about gifts, we have decided to put together a "Wishing Well" for each coach. If your swimmer would like to bring a very small gift (baby rattle, teething ring...) to put in each coach's Wishing Well, that would be lovely. However, gifts are in no way required!

Schedule Changes for Next Week

11 & 13 Nov (Tues and Thurs) - Long Course training open to Junior, Intermediate and Development squads. Meet on HS steps at 3:55. No Intermediate or Development squad practice at SAS those days. All other squads have practice as usual.

14 Nov (Friday) No school for SAS. All squads practice 3 - 4:30 at EP. Join us after for Louise and Joe's baby showers!