

Sliema Swimming Monthly

Swimming Monthly



Special points of interest:

- > 2012 Nationals
- > FISEC Games
- > Summer School 2012
- > Super Star Profile:
Ryan Lochte

National Championships 2012

The National Championships which were organised by the ASA in mid-July brought to an end a very successful season for our Sliema Swimmers. The first session was held on Thursday 19th in the afternoon and it was already clear that all of our swimmers were preparing to show all their best effort. It must be said that these national championships were highly attended by all clubs and the number of swimmers that participated was very encouraging for the swimming in general.

Our club was represented by 31 swimmers, 4 of who are national team swimmers (4 of these swimmers were out of competition since they are not Maltese). In total our swimmers took part in 104 races and managed to obtain an impressive 20 gold medals, 14 silver medals and 24 bronze medals. The spirit was very high as all team members cheered their fellow blues in every race.



Unfortunately due to some technical problems with the timing system not all the official results are on the timing website however you can find some of the results by following this link: http://cis-online.net/?menu=2&cat=2&lang=en&v_id=718

The following are all the members of our team who took part in the races:



Agius Andrea, Barbara Kyle, Buhagiar Kyle, Cachia Benji, Cachia Louise, Calleja Jordan, Castelletti Kimberley, Ciantar Dean, Dimech Michael, Engerer Carla, Fedrigo Mario, Fino Kristina, Galea Matthew, Galea Jeffrey, Galea Daniel, Galea Lisa, Grech Alec, Mallia Simon, Mc Gonigle Alex, Micallef Kylie, Micallef Matthew, Morris Jody, Muscat Brenda, Powell Jessica, Satariano Leah, Sommei Jacopo, Tabone John, Turnbull Alex, Vella Jean Paul, Wareing Sean, Wareing Thomas.



Well done to everyone!

Inside this issue:

Fisec Games	2
Nationals Pics	3
Summer School Coaches	4
Super Star Profile	6

FISEC Games Malta 2012

QUOTE OF THE MONTH

"Once you agree upon the price you and your family must pay for success, it enables you to ignore the minor hurts, the opponent's pressure, and the temporary failures"

In existence since 1947, FISEC (Federation Internationale Sportive de l'Enseignement Catholique - International Sports Federation of Catholic Schools) has been organizing International Sports Games each year, which unites the best performing athletes from catholic schools in the age-group between 14 and 17. The Games include six individual sports and 5 team sports.

This year it was Malta's turn to organize the games. 8 sporting categories were organized: athletics, football, futsal, basketball, handball, swimming, volleyball and table tennis. In swimming a number of Sliema swimmers took part under the guidance of Keit Bartolo.

Sliema Swimmers included; Cachia Louise, Cachia Cas-teletti Kimberly, Calleja Jordan, Galea Jeffrey, Galea Matthew and Turnbull Alex. The level of competition was very high with Team Brazil doing some impressive swims. Malta managed to obtain 14 medals, 3 Gold, 6 Silver and 5 Bronze.



**Be a Hero:
Donate Blood**



National Championships in Pictures



Summer School 2012

The 2012 Swimming Summer school opened its doors to some 70 kids on Tuesday 10th July. Sessions are being held every Tuesday, Thursday and Friday at our club house. It all starts as early as 8am when the junior performance group take the pool and practice in preparation for the new season. At 9am the first group of the summer kids have their lesson whilst at 10 we have the second group. The school is coordinated by Kevin Casaru with the help of Brenda Muscat, Jeffrey Galea, Michaela Calleja, Melivia Axisa and Louise Cachia. Sahao Harada is in charge of the Synchronised swimming team.

In this issue we will meet some of the summer school coaches.

Name: Michela Calleja
Nickname: Mickey
Full Time Job: Care worker
Swimming Job: Coach
Years in Swimming: 8 years
Type of music:
 According to my mood
Favourite film: Remember me
Favourite Food: Pizza
Favourite Drink: Apple Juice
Favourite Colour: Aqua
Favourite Swimmer? Why?:
 Micheal Phelps because he has a great motivation in swimming

Personality admired:
 Some who is always willing to help no matter what :) •
A dream you have:
 Doing voluntarily work a round the world.
An achievement in life:
 That i managed to study, work and to do Voluntarily work.



Name: Melivia Axisa
Nickname: Melly
Full Time Job: (Just finished my studies)
Swimming Job: Coach
Years in Swimming: 6 years
Type of music:
 Soft music and pop.
Favourite Film: The Stoning of Soraya M.
Favourite Food: Pasta
Favourite Drink: 7 up
Favourite Colour: Yellow
Favourite Swimmer:
 Michael Phelps because I admire his butterfly stroke.
Favourite athlete:
 Michael Phelps once again for he has succeeded in swimming and has seen great success.
Personality admired:
 One that is willing to help and one who is honest.
A dream I have:
 To succeed in my goals.
An achievement in life:
 Being the softball team captain and succeeding in all my studies.



Name: Jeffrey Galea
Nickname: Jeff or Spirit
Full Time Job: none
Swimming Job: coach
Years in Swimming: 12 years.
Type of music: mainly rap, hip hop, rock.
Favourite film: Saving Private Ryan
Favourite Food: Chinese food.
Favourite Drink: Water
Favourite Colour: Blue
Favourite Swimmer? Why?: Ian Thorpe, i always loved how he was different than the rest with the full body suite. He put swimming to a whole new level. My dream was to be a long distance swimmer like him, and that is what really kicked off my swimming career to reach the national team.
Favourite Athlete? Why?: I have more than one which have motivated me through out the years. first and foremost: Djokovic, he was always the underdog, finishing 3rd behind Nadal and Federer, but trained hard and never gave up and this year, outstandingly, topped the rankings. Ian Thorpe for all his achievements and long distance races. Michael Phelps for the 22 Olympic medals he has won, and being the best Olympian to have ever lived.
Personality admired: someone who does not give up easily when life gets hard, and pushes and tries with every muscle in their body to succeed.
A dream you have: To break a Maltese national record, go to Olympics and meet all the greatest swimmers.
An achievement in life: Swimming for the ASA, national team of Malta.





WATERPOLO & SWIMMING Summer School at Sliema Pitch

Waterpolo

2nd Jul— 31st Aug
Mondays Wednesdays
Fridays

Group A : 09:45-10:45
Group B : 10:45-11:45

Swimming

10th Jul— 7th Sept
Tuesdays Thursdays
Fridays

Course 1: 09:00-10:00
Course 2: 10:00-11:00

Registration Days:

Saturday 16th June at Mc Donalds Plaza Sliema 09:00-10:30
Saturday 23rd June at Sliema Pitch 10:30-12:30.
Applications will also be accepted by the Pitch Manager after the registration days.



FEES:

€110 - MEMBERS (INCL KIT)
€135 - NON MEMBERS (INCL KIT)
€165 - MEMBERS BOTH SPORTS (INCL KIT)
€190 - NON MEMBERS BOTH SPORTS (INCL KIT)
MORE THAN 1 CHILD - €15 DISCOUNT ON ABOVE RATES PER ADDITIONAL CHILD

More info:

Swimming: sliemaswimming@yahoo.com
Waterpolo: manager@sliema-ssc.org.mt

Advertise Here



Forthcoming Events:

Swimming Gala 7th Septembers

We are on the Web
www.sliema-asc.org.mt

Sliema A.S.C.
Swimming Section

Advertise On the News letter

The Sliema Swimming Monthly is reaching all the members of our club. We are offering the opportunity to companies to advertise in this news letter. The prices are very reasonable and the money raised will help in the running of the Swimming section and to further develop our young swimmers.

For more information contact:

sliemaswimming@yahoo.com



SLIEMA A.S.C.
Taht il-
Fortizza
Ghar id-Dud



Swimming Section Contact
sliemaswimming@yahoo.com
+356 79702312

Super Star Profile

Full Name: Ryan Lochte

Birthdate: August 03, 1984

Weight: 192 lbs (87 kg)

Height: 6'2" (1.88 m)

Age: 28 years

Biography:

Born in Canandaigua, New York on August 3, 1984, Ryan Lochte started swimming at the age of 5. Soon after, his family moved to Florida so that his father could coach swimming, and Lochte began taking classes under his father and competing in Junior Olympics tournaments. He has since won 11 Olympic medals, including five golds; seven NCAA championships; and 51 major international medals.

Most recently, at the 2012 Summer Olympic Games, Lochte won two gold medals, in the 400-meter individual medley and 4-by-200-meter freestyle team event; and two silver medals, in the 4-by-100-meter freestyle relay team event and 200-meter individual medley (losing to Michael Phelps).

His father was a swim coach, so Lochte started swimming at an early age. According to his parents, Lochte had a great feel for the water by the age of 5 or 6. Ryan was often kicked out of his father's swimming classes for misbehaving, which often included pulling other children's legs, blowing bubbles,

and hiding at the other end of the pool. Lochte only began taking swimming seriously when he was a junior in high school.[3] Steve Lochte said, "I would send him to go shower when he was messing around. He spent more time in the showers than he did in the pool." At fourteen years old, Ryan's loss at the Junior Olympics changed his attitude towards swimming: "I suddenly said, 'I'm sick of losing'. After that I trained hard and I never lost there again.

