

Sliema Swimming Monthly

Swimming Monthly



May Time Trials

May was a very busy month for our swimmers who did take part in 2 time trials organized by the ASA on the 5th and on the 26th. A total of 21 swimmers participated in both events and some fine results were achieved. It was a surprise for the coaches to have 61 personal bests in May when our swimmers are currently working mainly on aerobic endurance.

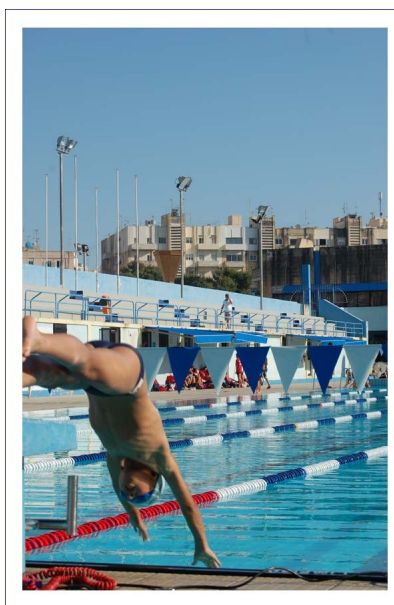
On the 5th May Sliema swimmers took part in 51 races, obtained 32 personal bests and placed 13 first place finish, 8

second place finish and 9 third place finish.

On the 26th May our swimmers competed in 60 races, obtained 29 personal bests and placed 8 first places finish, 10 second place finish and 9 third place finish.

In June our swimmers will have the final test ahead of the most important meet in the swimming calendar; the Swimming Nationals.

Well done to all participants



Special points of interest:

- > May Time Trials
- > Summer School 2012
- > A meeting With Saho Harada
- > What is Synchronised Swimming?
- > Super Star Profile: Ian Thorpe

Sliema ASC Swimming Time Trials May 2012



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A meeting with: Saho Harada

Name: Saho Harada

She was like a real snake and when I saw it, I got goose flesh.

pool and cheered me up when I got bad result.

Nickname: Saho

Full Time Job: Swimming Coach

Swimming Job: Synchronised Swimming coach

Favourite Athlete? Why?

Saori Yoshida She is 2 times Olympic champion in wrestling. She still does her sport and is going to the London Olympics to get gold medal again. She is friendly to everyone and not snob.

A dream you have:

Maltese Synchro become more popular

An achievement in life:

Having a good family like my family.

Years in Swimming: 24 years (I started synchronised swimming at the age of 7)

Type of music: Classic, Musical

Personality admired: My parents. They dedicate all for me and help anytime. My mother made a lunch box everyday, sew my swimsuits. My father drove to the

Something that defines you:

People say I am polite and woman of active.

A quote you have:

Effort and Possibility are infinity.

Favourite film: Titanic

Favourite Food: Sushi, Noodle

Favourite Drink: Sprite

Favourite Colour: Yellow, Orange

Favourite Swimmer/ Synchro-nised swimmer? Why?

Anna Kozlova(USA) She was a Russian swimmer but she changed nationality and got bronze medal in Sydney Olympic games. Her movement is elegant and attractive. My favorite performance is 'Snake'.



QUOTE OF THE MONTH

“Swimming - what real men do while boys play football. “

World Blood Donor Day 2012 - Every blood donor is a hero



On 14 June, countries worldwide celebrate World Blood Donor Day with events to raise awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood. The theme of the 2012 World Blood Donor Day campaign, “**Every blood donor is a hero**” focuses on the idea that every one of us can become a hero by giving blood. While recognizing the silent and unsung heroes who save lives every day through their blood donations, the theme also strongly encourages more people all over the world to donate blood voluntarily and regularly.

In Malta the National Blood Transfusion Service takes care of collecting blood that is needed to treat patients in Malta. From this news letter I urge every person who is healthy to be a real hero and donate blood. More information is found on https://ehealth.gov.mt/HealthPortal/health_institutions/Units/nbts/introduction/nbts_default.aspx

Summer School 2012: Synchronised Swimming



1912 - 2012

Summer School 2012



Synchronised Swimming
with Olympic Medallist Saho Harada
at Sliema Pitch

10th July - 7th September

Tuesdays Thursdays & Fridays

10:00- 11:30

More Info: sliemaswimming@yahoo.com

Summer School 2012: Applications Now Open



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 Don-
alds Plaza Sliema 09:00-10:30
Saturday 23rd June at Sliema
Pitch 10:30–12:30.

Applications will also be accept-
ed 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-asc.org.mt

What is Synchronised Swimming?

Synchronized swimming, also known as pattern swimming or water ballet, is an Olympic sport that mixes swimming with ballet and gymnastics, and includes diving, stunts, lifts, and endurance movements. Synchronized swimming started as an organized sport at the beginning of the 20th century, when Margaret Sellers, a Canadian water polo player, developed the art of 'ornamental swimming'. The term *synchronized swimming* was coined later on by former gymnast Katherine Curtis to refer to her group of swimmers, later renamed The Modern Mermaids. In the 1940s and '50s, Esther Williams became a Hollywood sensation by performing synchronized swimming routines in a series of films.

Women's synchronized swimming didn't become an Olympic sport until 1984, when both duets and teams of four to eight swimmers were allowed to compete. The sport is now ruled by the *Federation Internationale de Natation Amateur* or FINA. The US team holds world records for

receiving a perfect score of ten 10s and for winning the most medals. Synchronized swimming has been the most successful American Olympic sport since its inception, as the US team has won gold or silver medals in each event.

Requirements of synchronized swimming include wearing a noseclip and a hair bun, which is kept in place with unflavored Knox gelatin. Competition suits and costumes are usually hand-made to fit a special theme or music score. While these items don't count directly towards the score, they do affect the overall artistic impression of the performance.

Technical merit is evaluated based on a series of predetermined elements, such as execution of strokes and transitions, difficulty, and synchronization. Arm sections and figures, similar to those of figure skating, are also required, and all elements must be presented in a specific order. Points are deducted for touching the bottom of the pool, lack of

fluidity, and missing required elements.

Free routines are also an important part of synchronized swimming. They give swimmers the opportunity to demonstrate artistry, choreography, and musical interpretation. In preliminary competitions, free routines account for up to 65% of the total score.

Synchronized swimming routines can last from two and a half to five minutes depending on technical requirements and the number of swimmers. Solos are usually under three minutes, while large teams make use of longer routines to include all required technical elements. Because synchronized swimming routines require exceptional breath control, judges also take into consideration the ability of the swimmers to preserve the illusion of effortless-ness while holding their breath for up to two minutes.

From: <http://www.wisegeek.com/what-is-synchronized->

Advertise Here



Forthcoming Events:

Time Trials: 16th June

Summer School Registration: 16th Plaza, 23rd Pitch

Mc Donald's Swimming Taster @ Pitch: 30th June

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



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1912 - 2012

Swimming Section Contact

sliemaswimming@yahoo.com
+356 79702312

Super Star Profile

Full Name: Ian James Thorpe

Also Known As: The Thorpedo

Born : 13th October 1982

Physical Attributes: Height: 195 cm (6'5")
Weight: 104 kg (229 lbs)
Feet Size: 17
Arm span: 195 cm

Bio: One of the greatest swimmers the world has ever seen. In his career, he won five Olympic gold medals, 11 world titles and set 13 long-course records and 23 overall. On November 21 2006 he announced his retirement from swimming after 10 years on the Australian team, citing that he has lost the desire, and "there are things in my life that are more important to me and I have to pursue them now". Surprise! In 2011, he announced he return to swimming, wanting to compete in the 2012 Olympic Games .

- **Achievements:**
 - World Championships, Perth (1998), won 400m freestyle
 - Commonwealth Games in Kuala Lumpur 1998: 4 Gold medals (200m free, 400m free, 2x200m freestyle relay, 4x100m freestyle relay)
 - Pacific Championships 1999: New world record, 400m freestyle, broke world record for the 200m freestyle twice in consecutive days
 - Australian Olympic Swim Trials 2000: bettered own 400m freestyle mark, lowered the 200m freestyle world record twice again
- **Sydney Olympic Results, 2000**
 - 200 meter freestyle (1 min 45.83 secs), 2nd
 - 400 meter freestyle (3 mins 40.59 secs), 1st
 - 4 x 100 meter freestyle relay (3 mins 13.67 secs), 1st
 - 4 x 200 meter freestyle relay (7 mins 7.05 secs), 1st
 - 4 x 100 meter medley relay (3 mins 35.27 secs), 2nd
- **Athens Olympics Results, 2004:**
 - 400m freestyle, 1st, 3:43.10
 - 4 x 100m freestyle relay, 6th, 48.14 (3:15.77)
 - 200m freestyle, 1st, 1:44.71 (Olympic record)
 - 4 x 200m freestyle relay, 2nd, 1:44.18 (7:07.46)
 - 100m freestyle, 3rd, 48.56



Quote: For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in.