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Michael Pratt (middle) celebrates his first placing

YARRA TRI COMPETITION UPDATE

Many of our YarraTri athletes have had another successful season with many competing in this series and the national series races around Australia.

Caitlin Wade, Jo Ryn Tan, Jamie Black, Hugh Allen, Nigel Fanning, Anthony Woodward and Michael Pratt all won their age groups at various races.

Caitlin, Jo Ryn and Anthony, all won at the Victorian Championships. Congratulations to our very own Head Coach, Michael Pratt who was the Australian Championships Winner.

WOMEN

- 1ST Caitlin Wade
- 2ND Jo Ryn Tan

MEN

- 1ST Michael Pratt
- 2ND Anthony Woodward
- 3RD Nigel Fanning

FOR FURTHER INFORMATION

Head to www.yarratri.com.au or email info@yarratri.com.au

ICA: PARENT'S GUIDE TO SWIM MEETS



With the new year, comes a new set of swim meets and a new chance for your child to compete and do their best to break their previous times. Swimmers work hard during training and this is their chance to see how all their training is going. This is also their chance to have fun with their teammates and cheer on their swim team as loud as they possibly can.

SO, WHAT DO YOU NEED?

Swimmers should wear their club uniform, their club cap, and their good racing goggles. A spare cap and pair of goggles could be good too, as they can really save the day should something break.

- Thongs/flip-flops are good for slippery pool decks and walking around the meet while wet.
- At least two good towels, the amount of towels you bring depends on how many events entered.
- Some extra dry clothes, something nice and warm to get into after your child finishes for the day.
- Healthy snacks to eat and minimise the junk food.
- A big water bottle to keep hydrated.
- A pen to write your child's events on their arm so they can remember what they are doing.

WHEN DO YOU ARRIVE?

You should arrive at least fifteen minutes before warmup starts, preferably half an hour so you have time to set up where you are sitting and your child has enough time to stretch and prepare for warmup. If your event is later in the day then you should arrive at least 1 hour and 45 minutes prior to your event being scheduled.

WHY DO THE SWIMMERS WARM UP?

Swimmers warm up so they have a chance to get used to the pool and warm up their muscles for competing. The competition pool might be different than the one they train in, so it is important to become accustomed to the new pool. It is also very important for swimmers to warm up their muscles for racing.

If the coach is there, your child will do first Mixed Strokes of a distance, Kick, Sculling, Drills and Pacing according to what they are racing and their ability. If there is no coach, your child should do the same as what they do when their Coach is there.

HOW LONG IS A TYPICAL SWIM MEET?

A typical swim meet usually has two sessions, one for 13 and under, and one for 14 and over. Alternatively a swim meet can run all day, with the ages being running concurrently - so it would be an all-day experience. If you are only there for one session, you will only spend half a day.

WHAT IS THE DIFFERENCE BETWEEN SHORT COURSE AND LONG COURSE?

Short course, typically during the winter, is competing in a 25m pool, long course, typically in summer, is competing in a 50m pool.

WHAT IF MY CHILD HAS A DISAPPOINTING SWIM?

Sometimes swimmers have poor races or get disqualified. If your child approaches you after one of these instances, be positive with them. It is important for them to gain this experience and move past it. Give them a hug and encourage them to speak to the coach. Concentrate on what they think they could do to improve next time following advice from the Coach and not what you think they could do.

WHAT DOES MY CHILD GET OUT OF COMPETING?

Your child gains a sense of accomplishment when all their practicing is paying off, a reason to set new goals for a personal best, more incentive to practice hard, and eventually an occasional bit of recognition with a ribbon, medal or trophy.

Above all, remember Swim Meets are really fun for the team members and a great experience to enjoy. Our Leadership Group is there for our swimmers, so please swimmers if you have any comments, suggestions, need some help or just want to say hello, as they would love to hear from you.

FOR FURTHER INFORMATION

Please visit the ICA club website at www.innercityaquatic.org.au or email info@innercityaquatic.org.au

TEST YOUR STAMINA, HEAD FOR THE HILLS



Head for the hills, fill your lungs with fresh alpine air and hit the trails running. Test and build your stamina on a series of colour-coded runs spanning the 7 Peaks of Victoria – Mt Baw Baw, Mount Buffalo, Mt Buller, Dinner Plain, Falls Creek, Hotham and Lake Mountain.

Weave your way through snowgum forests and towering stands of Mountain Ash, duck between granite boulders, sweep past carpets of wildflowers. With over 200km of mapped running trails, there's a course to suit every level of fitness and experience. Route Classifications:

GREEN

- Distance of less than 5km
- Moderate terrain, short sections of technical but mostly easy, single track + fire trails/roads. Mostly flat underfoot. No waterway crossings, no steep descents, few obstacles and limited tight switchbacks
- All run-able gradient, undulating in general with no more than 5% pushing more than 1:10
- Total Ascent less than 250m

- Route Markers excellent with markers at every junctions

BLUE

- Distance of 5-10 kms
- Moderately challenging terrain, mix of technical and non technical, single track with potential of debris, some steep descents, obstacles and limited tight switchbacks. Mixed surfaces
- Some short (100m) step ascent and decent sections with approx. 10% pushing more than 1:10
- Total Ascent 250 – 500 meters
- Route Markers good at every junction with a few reminders

BLACK

- Distance of 10-15 kms
- Difficult , demanding terrain

- May have water crossings which require runner to slow to walking pace, may have obstacles which require focus to avoid head/upper body.
- May require short climbs requiring hands.
- Includes hard cornering, switchbacks and winding sections
- Total Ascent 500 – 800 meters
- Lots of steep ascent and descent (more than 1:10 for over 30% of route)
- Route Markers more sporadic and navigational skills may be necessary
- Requires long periods of concentration for safe foot fall

Go to www.7peaksrun.com.au for more information.

YARRA TRIATHLON'S TRY-A-TRI COURSE

We had perfect weather for our recent Try A Tri participants who competed in Race 5 of the Sole Motive Active Tri series on Sunday the 19th of March.

Participants showcased the skills they developed over the past 6 weeks with coach Michael and their results showed!

We would also like to congratulate everyone who participated in the course as not only did they compete at such high standards but they all took on the added challenge and competed in the Sprint event rather than the Mini.

If you would like to be on our expression of interest list for the next course please email [Aquatic.Programs@yarracity.vic.gov.au](mailto: Aquatic.Programs@yarracity.vic.gov.au)



Try-A-Tri participants after Race 5 of the Sole Motive Active Tri series

OUR 3 WEEK ADVENTURE, BY CAROL COOKE

Australian Paralympian, and three-time gold medalist Carol Cooke experienced considerable shock when her Gold Medals were stolen. Here she recounts the ordeal, but not from her perspective, but the perspective of her medals.



Upon arriving home in Melbourne, Carol has taken us to all the talks and events that she has been to and passed us around so that others could share in her success. We don't mind being passed around amongst people because they always seem to love us and besides it sure beats sitting in a wood box all day, every day!

On the 26th of October Carol told us that she had to do some filming with Monash University that day and needed us to be involved. But because she had to train first she placed us in her Paralympic Team backpack. (We found out pretty quickly upon our arrival in Melbourne that training is usually in the early hours of the morning and we had gotten used to that).

So along with all her clothes, cycling gear, gym gear, toiletries, wallet and our friend 'Tom' (Paralympic mascot) we got packed for the day ahead. Carol had to meet other riders at 6am that day so as usual she parked out front of the Victorian Institute of Sport in Albert Park to ride from there and then come back for a gym session.

Now Carol didn't have her normal car as it had been written off in an accident before Rio so she was using a borrowed car with no boot. So she did what smart people would do in that circumstance and she hid the backpack in the front passenger footwell of the car before we arrived at the VIS. The one thing she did do wrong was to then put her coat over the bag after she had parked. That is where it all went wrong, someone had been watching!

Carol rode away to meet up with her cycling mates and all of a sudden from the bottom of her bag I heard the sound of smashing glass. G2 and I had been sound asleep and awoke with a fright. The next thing I knew the bag we were in was being swung through the air and pulled through the window. I knew it wasn't Carol as she would never be so rough with us and after a few moments we came down to earth with a thud as we were thrown on the seat of a car.

At one point someone was rummaging through the bag we were in and I was hoping that he wouldn't find us. He was pulling things out and throwing stuff around the car, he'd found Carol's wallet. The car took off and at that point I had no idea what our future would hold.

The next few hours were amazing and time seemed to stand still, were we ever going to get out of the predicament we found ourselves in? We ended up in an area of the city we had never been to before and I didn't think we would ever get home.

Then the unthinkable happened...he found us. I think he was just as surprised as us when we were being pulled from Carol's car. I don't think he knew what to think when he found us. The next thing I knew was that we were now being passed off to someone else. Once they worked out how to open the boxes we were passed around to a number of people and then eventually put back in our boxes minus our lapel pins and info sheets, but at least we were back in our homes where we belonged.

After a number of days, which seemed like forever we were then put into another bag all by ourselves, covered with other items, really bad things and we didn't know what was going to happen.

Once again we were lifted into the air and we were on another journey. It wasn't very long before we were put down again in a very dark place and whoever had brought us to this place left us there. Not too much time had gone by and we were picked up again, taken outside and then again passed over to someone else. That's when the zip on the bag was opened....ahh fresh air! We were so excited to find that we were in the hands of the police and taken to the Fawkner Police Station where we met Detective Senior Constable Joe Hartwig.

We were so excited....we were going home! We heard Detective Joe talking to Carol and realised that it was going to be a few more days before we were reunited as there was an investigation that had to take place in order to find out who had put us into that dark and silent place.

We found out that the police had executed a search warrant at a house, found some more stolen property and had arrested 4 people of which 2 of them were charged in relation to having us!

It was the most exciting day ever when Detective Joe handed us back to Carol. She looked so happy to have us back and we were certainly happy to be heading home with her. We are very excited that we will be able to continue our journey with Carol as she talks to people around the country.

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It's great to be home and we are very grateful that we weren't hurt in the last 3 weeks. Although it was scary, it is an adventure that not many of our colleagues will ever have! Carol told

us about everyone helping out in the search for us, from the tweets and Facebook posts, to the police in South Melbourne and the good samaritan who found us and then Detective Joe and his colleagues who investigated the circumstances, so thank you from both G2 and myself! We are now home and celebrating our return!

If you want to follow my journey you can either follow me on my athlete Facebook page at <https://www.facebook.com/Carol-Cooke-862587250481735/> or on my website <http://carolcooke.com.au> where I also sell my book 'Cycle of Life – A Gold Medal Paralympian's Secrets to Success'



Cooke's medals, back in safe hands!



CAROL COOKE - SPORTING LEGEND

Carol Cooke was born in Canada, but moved to Australia in 1994 – and it was in Australia that she was diagnosed with multiple sclerosis, not that that stopped her from continuing her swimming, in fact she also took up rowing and cycling. It would be the latter of those sports that would bring her the ultimate success.

She would win her first Paralympic Gold Medal in London 2012, taking first place in the mixed Time Trial T1-2.

Not content with one Gold Medal, Cooke won two Gold Medals at Rio 2016, in the Women's Time Trial T1 – 2 and the Women's Road Race T1 – 2!

As well as her Paralympic Gold Medals she has won 5 Gold and 3 Silver over the years at the UCI Para-cycling Road World Championships.

Cooke is a motivational speaker too, and an ambassador for those living with multiple sclerosis. She also founded the 24 Hour Mega Swim which Fitzroy Pool (alongside many others) hosts every year.

<http://www.msmegaswim.org.au/>



Cooke at the 2012 Summer Paralympics in London