

SWIMMING HIGHLIGHTS FOR THE WEEK ENDING 15th DECEMBER 2006

SASI athletes in Medal Haul at IPC World Championships

The Telstra Dolphins finished the pool component of their IPC World Swimming Championships campaign on a golden high after SASI Paralympic star **Matt Cowdrey** won his fifth gold medal.

Cowdrey had a magical week in Durban, South Africa winning five gold, two silver and a bronze medal, breaking three world records along the way and helping the Dolphins team to an overall haul of 25 medals - the young team bringing home six gold, 14 silver and five bronze.

Shelley Rogers won her first ever international medal during the championships. The SASI High Performance/Paralympic athlete swam a personal best time to win the silver medal in the 200m individual medley (SM7) but it took a world record swim by American Erin Poppovich to beat Rogers.

"I can't believe I just won a medal, I am so surprised, this is a dream come true for me," Rogers said.

Both Cowdrey and Rogers train under talented SASI network coach **Peter Bishop** who was one of six Australian coaches who toured with the successful Telstra Dolphins team.

SWIMMING HIGHLIGHTS FOR THE WEEK ENDING 19th AUGUST 2006

IPC World Championship Team Announced

SASI will be strongly represented at the 2006 International Paralympic Committee World Swimming Championships. SASI's Paralympic Gold Medalist and World Record holder **Matthew Cowdrey** will accompany his team mate **Shelley Rogers** (SASI High Performance Scholarship Holder) and their SASI network coach **Peter Bishop** to South Africa and compete as part of a 22 strong Telstra Dolphins team. Congratulations also to Cowdrey who recently set new World Records in seven events at the 2006 Short Course State Swimming Championships.

SWIMMING HIGHLIGHTS FOR THE WEEK ENDING 19th MAY 2006

Bishop Appointed to Australian Swim Team Coaching Staff

Peter Bishop, coach of three SASI swimmers has just been appointed to the 2006 Australian Swim Team Staff for the Pan Pacific Championships that will be held in Victoria, Canada from 17-21 August. Bishop will join one of his swimmers, **Caroline South**, on the team. South has been selected for the 800m Freestyle event and she

will be looking to build on her first international swim at the Commonwealth Games earlier this year.

Caroline South and **Mitchell Bacon** are currently in Queensland attending National training camps and **Matthew Cowdrey** has just returned from a National Youth Sprint Camp.

The next competitive outing for these swimmers will be the second Grand Prix meet in Brisbane in early July. This meet will give the swimmers and coaches a chance to assess their early season preparation as they race against the Pan Pac Team members.

SWIMMING HIGHLIGHTS FOR THE WEEK ENDING 17th FEBRUARY 2006

Commonwealth Games Trials

Athletes from the SASI swimming program built upon their impressive early season form with some strong performances at the Commonwealth Games Selection Trials.

Caroline South, **Matthew Cowdrey** and their coach **Peter Bishop** were all selected to represent the Australian team at the Commonwealth Games. In qualifying for the Paralympic Games, **Matthew Cowdrey** broke the world record for the 100m Freestyle and as a result, Peter Bishop was selected as a coach for the Paralympic Games team. Caroline South swam close to her best in the 800m Freestyle event, finishing 3rd and qualifying for her first Senior Australian Team.

In other results, **Mitchell Bacon** qualified for the 200m and 400m Individual Medley finals, **Charlotte Clarke** made the semi final of the 50m Backstroke and **Alex Mitchell** swam in the B final of the 200m Backstroke.

There were also some good swims from swimmers in underpinning development programs.

2006 Pan Pacific Championships

The 2006 Telstra Dolphins Australian Swim Team has been selected to compete at the Pan Pacific Championships in Canada, August 17-21. SASI Scholarship holder **Caroline South** has been selected.

SWIMMING HIGHLIGHTS FOR THE WEEK ENDING 13th JANUARY 2006

SASI Swimmers Compete at Victorian State Championships

The SASI Swimming program began the year in style at the inaugural meet in the new Commonwealth Games Pool at the Melbourne Aquatic Centre. Four SASI

swimmers and their coach **Peter Bishop**, travelled to Melbourne to compete at the Victorian State Championships. The meet provided great competition with national team representatives from Japan, the US, Canada and Commonwealth Games hopefuls from across Australia. **Caroline South** swam two personal best times finishing 1st Australian behind two national team members in the 800 FS and 3rd Australian in the 400 FS. **Charlotte Clarke** swam a best time in the semis of the 100 back and also pb'd the 50 fly. **Mitch Bacon** swam his fastest ever unshaved and unrested time finishing 2nd Australian. **Alex Mitchell** swam a best time in the 100 FS and finished 3rd Australian in the 50 back. The opportunity to travel and compete against other top swimmers was a key part in the preparation of the SASI swimmers for the Commonwealth Games trials that commence in Melbourne on 30th January.