



Another day comes to an end. This was a quiet day with 6 swimmers involved. It was also a much shorter day for the coaches. Stefannie swam her race plan to a T, in the 1500 winning herself a bronze medal. While her club mate back in NZ, Phoebe kept her honest the whole race with a descending set of 500's finishing 4th with a 22 sec PB



(Stef on her way to her Bronze medal)

Other swims of note today were Mitch Nairn, who handed in a strong hundred metre swim going 57.93 - an almost 2 sec PB. Taylor went under the mystical minute for the 100 free for the 1st time, with a great swim going from 8th to 5th in the final.

While they were competing at the pool the younger swimmers, accompanied by Oscar, Tai and Melana went on a tour of the Science museum. It was full of interactive activities, but again not everybody's cup of tea. Julian really like the roller coaster and Tai thought the earthquake simulator was very cool. They also visited the Canberra Sky Tower.



It's not only the swimmers that have been showing good team work but also the coaches. To help lighten the manager's load, the coaches said they would do the washing at night. Oscar being the most practical domestic technician took command of the operation. He gave us an insight as to what life in the Deep South would be like. It appears he must still use a copper down there.

(I KNOW THE SOAP POWDER GOES IN HERE SOMEWHERE)

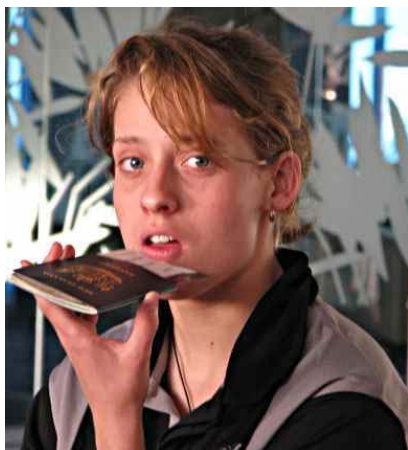
(Those of you that are very young a copper is a tub over a fire to boil the water for washing clothes)

He proceeded to load the dirty washing into a dryer and was about to tip in the soap powder, and was only stopped by a passerby. Move over Melana, we have a new Wally of the Week. It must feel good to pass the crown over.

The messages that the team are getting are great. We now manage to cover one whole Wall of the recreation room here in the AIS; it's great to know people are watching the results with interest. The whole team scans the new arrivals and all messages are enjoyed by everyone.

The early finish at the pool last night meant the evening could be enjoyed and the swimmers played ball with some of the members of other teams, The Tekon game in the pool room has also been getting a thrashing. If the boys spent as much time on their home work as they do on that game. They would all be geniuses.

Today's quiz



1) Does this girl know it is her passport and not toast she is about to eat.



2) What are these letters an acronym for.



3) Mothers who's swimmer now has this



4) What dance is this boy doing?



5) Define Bad hair day.