

Sebastian & Torri's Swimming



Fun Book!!



Word Sleuth

P	S	E	N	A	L	H	K	L	P	O	G	F
E	E	B	A	C	K	S	T	R	O	K	E	R
R	F	R	F	D	S	D	I	V	E	S	H	E
S	D	V	S	E	W	T	R	Y	J	L	N	E
O	G	L	T	O	R	R	I	Y	M	A	G	S
N	H	J	K	W	N	G	C	A	N	D	E	T
L	A	V	C	Z	S	A	T	K	B	E	W	Y
B	U	T	T	E	R	F	L	Y	C	M	C	L
S	N	D	W	Q	B	H	J	B	L	K	B	E
T	M	S	T	R	K	Y	B	M	E	N	F	L
B	U	O	L	Y	M	P	I	C	S	S	H	O
D	I	N	R	Ü	T	E	L	B	M	Ü	T	L
B	R	E	A	S	T	S	T	R	O	K	E	H
N	A	I	T	S	A	B	E	S	P	O	L	K

Butterfly
Breaststroke
Olympics
Dive
Torri
Medals

Backstroke
Freestyle
Tumbleturn
Sebastian
Lane
Personal Best



Fast Facts about Eamon Sullivan



Name: Eamon Sullivan
Nickname: Sullo
Date of Birth: 30 August 1985
Club: West Coast
Coach: Grant Stoelwinder
Hometown: Perth

Events: 50m free & 100m free

Career Highlight: World Record for the 50m freestyle –
17th Feb 08

Most admired athlete: Michael Klim

Spare time: In his spare time, Eamon enjoys cooking,
watching movies and going surfing.

Favourite Food: Kettle Chilli Chips

Favourite Quote: “Pain is temporary, Glory is forever.”

Match the Swimmers Names

See how many West Australian Swimmers you know. Match their first name from the left Column, to their surname in the right Column.

Eamon

Helen

Adam

Travis

Bill

Rachel

Julia

Jennifer

Sally

Todd

Lara

Jim

Carroll

Pearson

Greville

Harris

Foster

Piper

Denman

Sullivan

Nederpelt

Lucas

Reilly

Kirby



JX Recipes



PEACH PANCAKES

These pancakes are delicious served hot or cold. It is easy to change the flavour of the pancake by using a different fruit - apple, strawberry, pear and nectarine. Pick a fruit that is in season or use unsweetened canned fruit. Makes 2 pancakes

Ingredients



3 tablespoons plain flour
4 tablespoons plain wholemeal flour
1 egg
1 tablespoon runny honey
Pinch of ground cinnamon
½ cup non-fat milk
1 large peach
1 teaspoon polyunsaturated oil

Utensils

Measuring spoons
Small mixing bowl
Large mixing bowl
Sifter
Egg whisker or fork
Mixing spoon
Chopping board
Chopping knife
Non-stick frypan
Pastry brush
Spatula
Paper towels

Method



 <p>1 Sift both flours into a large mixing bowl.</p>	 <p>2 Make a well in the centre of the flour.</p>
 <p>3 In a small bowl, mix egg, honey, cinnamon and milk.</p>	 <p>4 Pour into flour mixture and mix well to make a smooth batter.</p>
 <p>5 Peel the peach, cut in half and remove the stone. Chop into very small pieces.</p>	 <p>6 Add peach to the pancake mixture and stir through.</p>
 <p>7 HIGH HEAT Turn on the stove. Put oil in the frypan and heat on the stove.</p>	 <p>8 NOT TOO THICK! When pan is hot, pour in enough mixture to cover the base of the pan.</p>
 <p>9 Cook pancake until bottom side is golden brown. Turn pancake over and cook other side.</p>	 <p>10 Set cooked pancake aside and repeat with remaining mixture. Serve HOT.</p>

Recipes from Healthy Food Fast © State of Western Australia 2007 reproduced with permission

Fast Facts about Jennifer Reilly



Name: Jennifer Reilly

Nickname: Jen

Date of Birth: July 6th 1983

Club: Rockingham

Coach: Roger Bruce

Hometown: Perth

Events: 400m Individual Medley

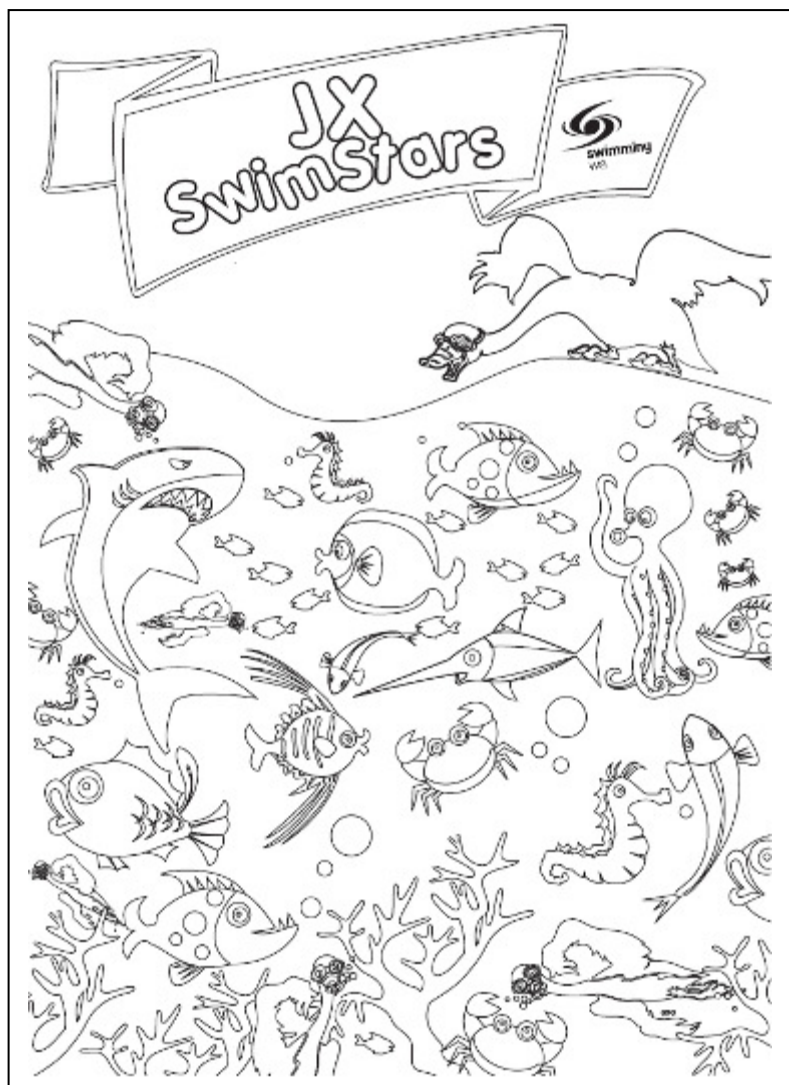
Career Highlight: First Australian Women to go under 4minutes 40 for the 400m IM

Most admired athlete: Sarah Ryan

Spare time: In her spare time, Jen enjoys shopping, dancing and going to the movies

Favourite Food: Chocolate

Sport outside of Swimming: Water Polo & AFL



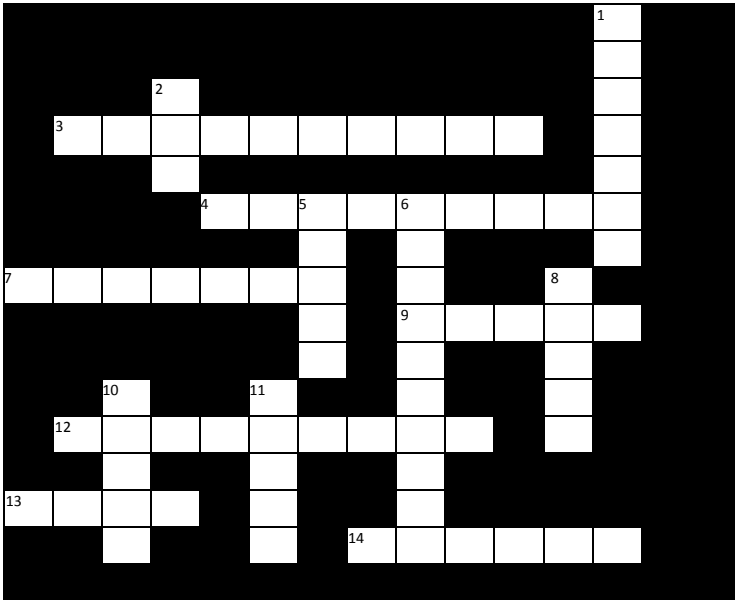
Question & Answer!!

Read each question and circle the answer you think is correct. (The answers can be found on the answers page at the back of the book.)

1. What event was Kieran Perkins famous for?
A) The 400m Individual Medley
B) The 100m breaststroke
C) The 1500m freestyle
D) The 200m freestyle
2. When were the Olympics last held in Australia?
A) 2000 – Sydney
B) 1992 – Melbourne
C) 1980- Perth
3. What stroke is the second in an IM?
A) Butterfly
B) Freestyle
C) Breaststroke
D) Backstroke
4. Which WA swimmer is a dual Olympian?
A) Todd Pearson
B) Jim Piper
C) Julia Greville
D) Helen Denman
5. What is the distance of the new Olympic Open water event?
A) 2.5 Km
B) 5km
C) 10km



Crossword



Down

- I. What do you cover your eyes with when you swim?
2. Keeps your hair dry while swimming?
5. Jennifer Reilly has held the national 400m IM title how many times?
6. What should you do coming of a tumble turn?
8. What is the name of Sebastian's new friend?
10. Adam _ first made an Olympic team in 2004.
11. What kind of pancakes does this fun book have a recipe for?

Across

3. The Swimming WA offices are located at? (2 words)
4. Eamon Sullivan is the fastest Australian swimmer over 50m?
7. The 2008 Olympic Games are to be held in?
9. _ Sullivan is a WA JX ambassador.
12. What is the first stroke used in an Individual medley
13. What kind of animal is Sebastian?
14. Jennifer who is a WA JX ambassador?

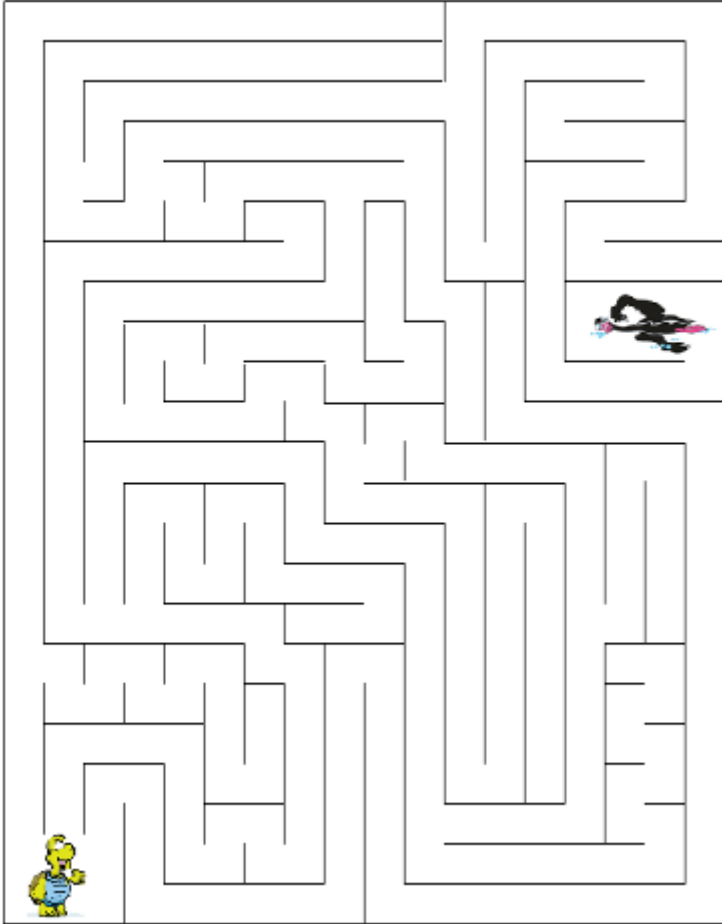
Swim Meet PB's

Freestyle						
25m						
50m						
100m						
200m						
Butterfly						
25m						
50m						
100m						
200m						
Backstroke						
25m						
50m						
100m						
200m						
Breaststroke						
25m						
50m						
100m						
200m						
Individual Medley						
100m						
200m						
400m						



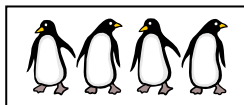
The Maze

Help Torri find her new friend Sebastian!



Fun Swimming Facts!!

The only bird that can swim, but can't fly is the penguin.



The Olympic Flag was introduced in 1920 with its five interlocking rings, one to represent each competing continent.

The Black Swan, like Sebastian, is a vegetarian.



Although they spend most of their time on land, Pandas love to swim!

The first modern Olympic Games had only four swimming events, three of them freestyle.



Fast Facts about Adam Lucas



Name: Adam Lucas
Nickname: Looky
Date of Birth: 27th October 1983
Club: West Coast
Coach: Grant Stoelwinder
Hometown: Perth

Events: 200m & 400m individual Medley

Career Highlight: 2004 Athens Olympics

Most admired athlete: Scottie Pippen

Spare time: playing Tennis, Jet skiing and DJ-ing

Favourite Food: Sausages

Favourite Travel Destination: Spain

Favourite Quote: “I can accept failure, but I can’t accept not trying.”

Fast Facts about Jim Piper



Name: Jim Piper
Nickname: Sniper
Date of Birth: 13th August 1981
Club: West Coast
Coach: Grant Stoelwinder
Hometown: Perth
Born: Sydney

Events: 200m breaststroke

Career Highlight: 2004 Athens Olympics

Spare time: In his spare time Jim likes to play golf and watch movies

Favourite Food: Chocolate

Favourite Travel Destination: Switzerland

Superstition: Clear Goggles

Sports outside of Swimming: Snooker & Golf

Some quick tips.....

Always try to do the correct butterfly kick, keeping your legs together



Make sure that you only kick and streamline under water to the 12 metre mark. Any more and you may receive a DQ

In breaststroke, make sure that you always touch the wall with two hands



Make sure you hold yourself steady on the blocks at the start of the race

Unscramble the words to reveal some healthy food options!



apsat

anbana

muppnik

mottoa

ovdocaa

loemwtrean

heswcsa

fhis

getvebelsa

uitrf laasd

Torri and Sebastian
IX Swimsfests 2008



Warm up and Stretching Tips

Do a gentle warm up before you stretch



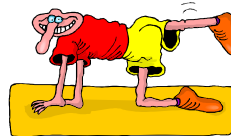
Stretch before and after exercise

Stretch all of your muscles that you will be using during your training



Stretch gently and slowly

Never stretch quickly



Never stretch so much that it hurts

Do not hold your breath while stretching, instead breathe slowly and steadily

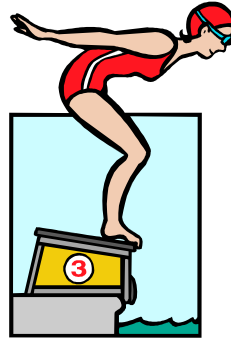


Good Manners at Training

It is important to remember to have good manners at training.

Here are some tips to help you out!

*Always keep to the left hand side of the lane rope to avoid crashing into other people who are swimming on the other side of the lane

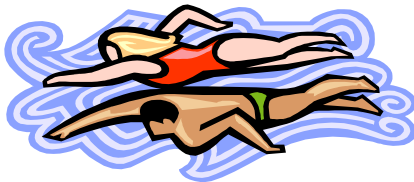


*Always touch the wall when you are finishing a set, and make sure to move to the side of the lane so that other swimmers can finish their set properly as well

* Never pull on the lane rope

*Don't talk with your friends while your coach is talking to you or you'll miss out on what the next thing you should be doing is

*Remember to have fun while you train!



ANSWERS!

P	S	E	N	A	L	H	K	L	P	O	G	F
E	B	A	C	K	S	T	I	V	E	S	H	E
R	F	R	F	D	S	D	I	V	E	S	H	E
S	D	V	S	E	W	T	R	Y	J	L	N	E
O	G	L	T	O	R	R	I	Y	M	A	G	S
N	H	J	K	W	N	G	C	A	N	D	E	T
L	A	V	C	Z	S	A	T	K	B	E	W	T
B	U	T	T	E	R	F	L	Y	C	M	C	L
S	N	D	W	Q	B	H	J	B	L	K	N	F
T	M	S	T	R	K	Y	B	M	E	N	B	L
B	U	O	L	Y	M	P	I	C	S	S	H	O
D	I	N	R	U	T	P	E	L	B	M	O	L
B	I	E	A	S	T	S	T	R	O	K	E	H
N	A	I	T	S	A	B	E	S	P	O	L	K

Word Scramble ↓ The Maze →

Name Match

Jim	Piper
Adam	Lucas
Eamon	Sullivan
Jennifer	Reilly
Helen	Denman
Julia	Greville
Sally	Foster
Travis	Nederpelt
Bill	Kirby
Todd	Pearson
Lara	Carroll
Rachel	Harris

pasta,
banana,
pumpkin,
tomato,
avocado,
watermelon,
cashews,
fish,
vegetables,
fruit salad



Q&A: 1.C 2.A 3.D 4.A 5.C

Crossword: 1.Goggles 2.Cap 3.Beatty Park 4. Freestyle
5.Eight 6.Streamline 7.Beijing 8.Torri 9.Eamon 10.Lucas
11.Peach 12.Butterfly 13.Swan 14.Reilly