

Young champs of the water display right attitude

PENRITH'S young swimmers showed the professionals what it's all about when they competed in the Swimming Metro South West 5-6 years development meet at Gokilford recently.

Swimming Metro South West vice-president Richard Galen said the excitement on kids' faces showed they were having great fun.

"This is pretty much getting them used to the carnival racing," he said.

"It is quite enjoyable to see the kids racing and having fun."

"It's very different from the early mornings the serious swimmers undertake later in their lives."

Several parents put their kids into swimming at an early age and Galen said it was important for kids to learn.

"I think swimming is a skill that every kid has to have these days," he said.

"From a parent's point of view it is a great sport for fitness and to have fun."

"Importantly there is very little chance of injury compared to other sports as well."

"We have fantastic clubs in the Penrith region where kids can learn how to swim."



Sophie Procter (Nepean Aquatic) in the 7 years 50m breaststroke.



Lauren Reeson (Dive In Penrith) after the 8 years 50m freestyle.



Nathan Folkes (Nepean Aquatic) in the 7 years 50m breaststroke.



Mariah Michalopoulos from Nepean Aquatic Centre Swim Club in the girls 7-8 years 4x50m freestyle relay.

Pictures: OMBELA WOODS



William Heath (Nepean Aquatic) wins his 5 years 25m freestyle heat.



Chloe Williams (Nepean Aquatic) after the 7-8 4x50m freestyle relay.

LOCAL CLUBS

- Penrith Swimming Club
 - Penrith RSL
 - Nepean Aquatic Centre
 - Dive In Penrith
 - Glenbrook
 - Springwood
- * Not part of Metro South West