

Swimming cures Romeo

By Paul Haigh

VINCE Romeo can breathe easy since he started swimming.

Vince's mother Alyson said her son's asthma was now under control because of the sport.

"Vince had asthma when he was four," she said.

"The swimming has helped a lot. He hardly uses the ventolin now.

"When he was six months old he started to learn to swim here at the Whitlam Leisure Centre."

Vince, 13, belongs to the Justin Rothwell Swim Academy at the Whitlam Leisure Centre.

The Green Valley teen also trains under one of Justin Rothwell's assistant coaches, Darryl Howe, at Guildford Indoor Swimming Centre.

The 173cm tall swimmer's star is on the rise, judging from his recent results at the state age titles in Homebush.

Vince - with his size 12 feet acting

as flippers - powered his 54kg frame to win a silver medal in the 200 metres breaststroke and a bronze in the 100m breaststroke.

"I feel as though I am improving with my swimming," Vince said.

"I don't have to use the Ventolin as much.

"The swim training has made me feel a lot better."

The keen South Sydney rugby league supporter said Howe and Rothwell had improved him as a swimmer.

"I train twice a week here at Liverpool with Justin doing the long endurance work," he said.

"The endurance work has given me explosive power.

"I love my swimming but I also cannot wait for the footy season to start to cheer on the Rabbitohs."

Rothwell said Vince had shown big improvement in recent months.

"Vince has improved steadily and all of a sudden hit his straps," Rothwell said.



Breathing easy: Vince Romeo swimming underwater at the Whitlam Leisure Centre.

Picture: Mike Sea

Putt for cash

Liverpool Golf Club has joined the World's Best Putter quest giving one lucky resident a chance to win \$1000,000 in prize money. The competition will be held under lights at more than 130 Australian clubs during February. Each club's best putter qualifies for the state final. Australia's winner will play at the world event in 2009. Entry: \$10. Details: 9727 2422 or www.worldsbestputter.com.

Hornets buzzing

Ex Cabramatta and Mounties player Rob Noyes will coach the Hinchinbrook Hornets Junior Rugby League Club A grade team in 2008. Noyes is a NSW rugby league level two accredited coach, who previously coached Magpies junior representative teams. Rod Dredge will this year coach the under 18s. The side needs more players. Training starts tomorrow, January 31, at Winnall Reserve, 6pm. Details: Rob Noyes 0417 010 567 and Rod Dredge 0419 422 169.

Bulldogs trials

The Bulldogs will play two trial games before the 2008 NRL season opener in March. They play St George Illawarra at WIN Stadium on Saturday, February 23, at 7.30pm, and Penrith at Sydney's ANZ Stadium at Olympic Park, on Sunday, March 2, at 6.30pm. Details: www.bulldogs.com.au.

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