



Hi Everyone.

The countdown is on with only 2.5 weeks till we leave for the staging camp for the PanPacs in California.

This month has been a lot more positive as far as training goes. Bohly & I have seen a steady progress forward which has given me a lot more confidence in my preparation for the PanPacs. We have altered my training program to support my shoulder and I am working up the kilometers each week. We have been compensating with extra training sessions of spin classes on the bike and hill runs. I have been doing extra work in the gym as well to help support and strengthen the shoulder and it is noticeably stronger. I am managing heavier weights and I did 5 chin-ups last week. Yeahh! Currently I am swimming 45km/week which is a huge improvement from the 12km/week I was pushing out only 4 weeks ago.

The Australian Short Course Championships were on in Brisbane last week. The meet for me was all about the process of preparing to race again. (We call it being race-fit.) Handling the nerves and getting a feel for the excitement. I only raced the 50m Butterfly because we didn't want to risk the shoulder. Bohly & I were pretty happy with the time I did, as it is good for where I am at in this preparation.

Outside of the pool and training there has been a bit happening. Girlfriend Magazine, which is part of the Ch7 network, asked me to be an ambassador for a campaign they are promoting on positive body image for young woman. I was thrilled to be asked and willingly took part as it is a message I feel strongly about. "I am Beautiful" initiative is a huge focus for Girlfriend magazine and will include sweeping changes - including the banning of catwalk models from the magazine and also celebrities that don't have a positive self respect for their bodies. The campaign is being launched tomorrow in a promotion through New Idea and then officially on Wednesday in Girlfriend Magazine; makes sure you buy a copy of each.

This Tuesday evening is the official launch of MOVE magazine. This is the savvy new women sport magazine I was telling you about last month. I sincerely wish Rosanne Bayes every success with the magazine. It is fabulous to have a publication that supports and promotes sporting women. Please get behind this magazine and tell all your friends and family to buy a copy. It is on sale Monday 2nd August with your truly on the cover.

This month I have been busy with a few interviews. Mainly to support photo shoots that I did earlier this year and a couple of international pieces for London and India. I also filmed a promo for Bathurst V8 Supercars which will be aired on Ch7 in October. I will keep you up to date as it approaches.

The next time you hear from me, will be following the PanPacs. We arrive back in Australia around 23rd August. I am only doing some sprint racing at this meet as the goal is to be fit for October. I am racing the 50m Fly, Back & Free plus the 100m Fly. I am looking forward to going away with the team and soaking up some of the Californian sunshine.

All the best,

Ricey xx