



# Sunbury Amateur Swimming Club

## Term 1 2011 Newsletter

Dear Families,

Happy New Year! The committee would like to welcome everyone back for Term 1. We hope that you have enjoyed the holidays, and are looking forward to the year ahead.

2010 finished with a flurry of activity, including, normal training sessions, Short Course Club Championships, Club Photos, Bunnings BBQ, a brand new sign on the brick wall at the entrance to the aquatic centre, and of course our two attempts to get to Funfields for our Christmas celebration and presentations. Eventually the festivities got under way with everyone having a great time. Thank you to all who helped to make the day the success and, fun that it was.

Congratulations to our new Club Captains, Grace Semmens and Eric Armstrong. *We hope you enjoy the role and continue to be the great role models you are!*

Congratulations too, to all those who received medals and trophies for their efforts in the Short Course Championships, in particular those who were awarded Men's, Women's and Age Champion.

Toward the end of term 1 we will be holding the Long Course Club Championships We hope to see you all participating in this event. Entry forms are included in this newsletter. Get your entries into Peter asap.

We look forward to working with you to ensure that all of our swimmers are able to work towards achieving their goals, be that competing at a variety of competitions, achieving personal best times or maintaining a level of fitness.

**Next Committee Meeting will be held in the Club Rooms on Sunday 20 February 2011 at 4.00pm, just prior to club night All Welcome!**

Glenys Achter  
Club President

### Term 1 Training Fees

Term 1 fees are due and payable by the end of week 3 (25<sup>th</sup> February). Please ensure fees are paid by that date.

### Wednesday Training (By invitation only)

6:30 - 8:00pm 9 x \$8 = \$72

### Friday Training

7:00 - 8:30pm 7 x \$8 = \$56\*

\*Session 1 & 3 Club Championships will be held on Friday, 18 March & Friday, 01 April. There will be no training on those nights.

Fees can be paid to Perla Armstrong each Friday night. Fees can also now be paid directly into the club's account at Westpac:  
BSB: 033 - 118 Account Number: 132 173 Sunbury Amateur Swimming Club. Please ensure that you note the swimmer's surname in the transaction details so that we can identify who has paid.

## CONTACT LIST Committee 2010 /11

### PRESIDENT

Glenys Achter  
Home: 9740 5932  
Mobile: 0407 512 103  
Email: [gachter@bigpond.net.au](mailto:gachter@bigpond.net.au)

### VICE PRESIDENT

Melissa Taylor  
Email: [mtay8090@bigpond.net.au](mailto:mtay8090@bigpond.net.au)

### TREASURER

Perla Armstrong  
Email: [perlazsilva@hotmail.com](mailto:perlazsilva@hotmail.com)

### SECRETARY/ PUBLIC OFFICER

Diane Doody  
Email: [doody4@aapt.net.au](mailto:doody4@aapt.net.au)

**COACH:** Bernadine Hetherington

### GENERAL COMMITTEE

#### Competitions/Club Nights

Peter Semmens  
Email: [peter.semmens@bigpond.com](mailto:peter.semmens@bigpond.com)

**Uniforms:** Annette Hooper

Mark Doody  
Glenn McConnell

## Pay Fees by:

### Bank deposit

Sunbury Amateur  
Swimming Club  
Westpac a/c No. 132 173  
BSB 033-118

Please place swimmer's name in transaction details

### Post to

Sunbury Amateur Swimming Club  
Inc.  
P.O. Box 400  
Sunbury 3429

Cheques made out to  
Sunbury Amateur Swimming Club

### Cash/Cheque to

Perla Armstrong, poolside  
Friday Night training  
7.00 - 8.30pm

## Sunday Club Nights

There will be 2 Club Nights this term

- Sunday 20 February
- Sunday 06 March

Sessions 2 & 4 of the Long Course Club Championships will be held on

- Sunday 20 March
- Sunday 03 April

If you haven't previously participated in Club Nights and you're not sure what it's all about, speak to Bernie, Peter or a committee member. They will be happy to fill you in. It's a lot of fun!

Congratulations to Eric Armstrong and Alison Achter who received the most recently awarded trophies for the most improved Club Night, male and female.  
Well done!

## Fundraising Activities

Thank you to all who have continued to support the club through their assistance with our Bunnings Sausage Sizzles.

The dates for 2011 Bunnings Sausage Sizzles are:

- Sunday 13 March
- Saturday 25 June
- Sunday 11 September

Remember to keep these dates free, and to offer your help when you can. As part of our agreement with Bunnings the club is expected to operate the BBQ from 8.30am-4pm. We don't expect anyone to give up too much of their precious time, so the more willing helpers we have, the easier it is on everybody.  
This event is fun too!

If you are able to help please contact Glenys Achter

## Results of the 2010 Short Course Club Championships

2010 Short Course Open Women's Champion – Grace Semmen  
2010 Short Course Open Men's Champion – Eric Armstrong  
2010 Short Course Girls 8 and under – Zoe Doody  
2010 Short Course Girls 9 to 10 Champion – Hollie Buerckner  
2010 Short Course Girls 11 to 12 Champion – Melanie Boyd  
2010 Short Course Girls 13 to 14 Champion – Jacqueline Boyd  
2010 Short Course Women 15 and over Champion – Grace Semmens  
2010 Short Course Boys 9 to 10 Champion – Lachlan Jackson  
2010 Short Course Boys 11 to 12 Champion – Aiden Grimes  
2010 Short Course Boys 13 to 14 Champion – Isaac Mahon

***Congratulations to all who competed. You did yourselves proud!***

Good Luck to Isaac Mahon, who is leaving our club to live overseas while his father takes up a new job posting. Isaac intends to continue his swimming training while he is away. Thank you to the whole Mahon family for their contribution to SASC over their many years of membership. Bon Voyage!

***Thanks Kids for the Committee's medals, it was a lovely idea and much appreciated!***

## 2011 LONG COURSE CLUB CHAMPIONSHIPS

All swimmers are invited and encouraged to enter The Club's Long Course Championships.

Medallions for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in individual events per age groups will be awarded. An overall age champion trophy will be awarded to the swimmer with the highest accumulated point score in each age group. Swimmers will enter events in the following age groups:

8 & Under	Male & Female
9 & 10 years	Male & Female
11 & 12 years	Male & Female
13 & 14 years	Male & Female
15 & Over	Male & Female

The Club Short Course Championships will be run over 4 sessions as follows:

Session 1: Friday	18 March 7.00pm
Session 2: Sunday	20 March 4.45pm
Session 3: Friday	01 April 7.00pm
Session 4: Sunday	03 April 4.45pm

All events are open to all ages. \$6 per event up to six events entered or \$36 for seven or more events.

Entry form are attached.

Entry fees fund medal and trophy costs for this competition.

Please register for Long Course Club Championships by Friday 11 March 2011. Forms and payments can be given to Perla or you can email your entry form to Peter.

***We will need timekeepers for these sessions, could parents please stay and help.***

**SORRY, NO LATE ENTRIES CAN BE ACCEPTED**

## COACH REPORT- TERM 4

**The gear kit for Wednesday night swimmers consist of:** equipment bag, drink bottle, spare goggles, kick board, fins, hand or finger paddles, pull buoys and ankle band (see Bernie).

**Friday night swimmers gear kit should include the following:** equipment bag, drink bottle, spare goggles, kick board, pull buoy and fins.

All equipment should be clearly labelled with the swimmers name.

The above equipment can be purchased through the Club via Annette Hooper.

This term the Club Long Course Championships will be conducted over a number of weeks. I encourage all members to enter the championships as it provides valuable opportunity for swimmers to gain feedback on their performances against other swimmers of the same age. Medallions for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in individual events per age groups will be awarded. An overall age champion trophy will be awarded to the swimmer with the highest accumulated point score in each age group.

See you on pool deck,

**Bernie**

### **Uniform Corner**

If you are interested in purchasing club uniforms/equipment, please see Annette Hooper.

*Snag a bargain; we have reduced prices on selected items which are listed below.*

- T-shirt (Old Stock) \$10 reduced to \$5
- Sports Bag \$60 reduced to \$30
- Rugby Tops \$90 reduced to \$20
- Polo shirts \$40 reduced to \$15
- Shorts \$33 reduced to \$10
- Drink bottles \$10 reduced to \$3
- Baseball caps \$15 reduced to \$8
- Sports towel \$15 reduced to \$5
- Mesh Bags \$12 reduced to \$5

Week	Wednesday	Friday	Saturday	Sunday
1	<b>9<sup>th</sup> February</b> 6:30 - 8:00 Training Metro West entries into Peter	<b>11<sup>th</sup> February</b> 7- 8:30pm Training Metro West entries close	<b>12<sup>th</sup> February</b>	<b>13<sup>th</sup> February</b>
2	<b>16<sup>th</sup> February</b> 6:30 - 8:00 Training	<b>18<sup>th</sup> February</b> 7- 8:30pm Training	<b>19<sup>th</sup> February</b> Metro West All Junior Championships 11.30am	<b>20<sup>th</sup> February</b> 4.00pm- 5.00pm Committee Meeting Club rooms 4.45 - 6.00pm CLUB NIGHT
3	<b>23<sup>rd</sup> February</b> 6:30 - 8:00 Training	<b>25<sup>th</sup> February</b> 7- 8:30pm Training	<b>26<sup>th</sup> February</b>	<b>27<sup>th</sup> February</b> Metro West Sprint Championships 11.00am
4	<b>2<sup>nd</sup> March</b> 6:30 - 8:00 Training	<b>4<sup>th</sup> March</b> 7- 8:30pm Training	<b>5<sup>th</sup> March</b>	<b>6<sup>th</sup> March</b> 4.45 - 6.00pm CLUB NIGHT
5	<b>9<sup>th</sup> March</b> 6:30 - 8:00 Training	<b>11<sup>th</sup> March</b> 7- 8:30pm Training	<b>12<sup>th</sup> March</b>	<b>13<sup>th</sup> March</b> 8.30am - 4.00pm  Bunnings Sausage Sizzle
6	<b>16<sup>th</sup> March</b> 6:30 - 8:00 Training	<b>18<sup>th</sup> March</b> 7- 8:30pm  Session 1 Club Championships	<b>19<sup>th</sup> March</b>	<b>20<sup>th</sup> March</b> 4.45pm  Session 2 Club Championships
7	<b>23<sup>rd</sup> March</b> 6:30 - 8:00 Training	<b>25<sup>th</sup> March</b> 7 - 8:30pm Training	<b>26<sup>th</sup> March</b>	<b>27<sup>th</sup> March</b>
8	<b>30<sup>th</sup> March</b> 6:30 - 8:00 Training	<b>1<sup>st</sup> April</b> 7- 8:30pm  Session 3 Club Championships	<b>2<sup>nd</sup> April</b>	<b>3<sup>rd</sup> April</b> 4.45pm  Session 4 Club Championships
9	<b>6<sup>th</sup> April</b> 6:30 - 8:00 Training	<b>8<sup>th</sup> April</b> 7- 8:30pm Training  End of Term 1	<b>9<sup>th</sup> April</b>	<b>10<sup>th</sup> April</b>

\* For more information regarding Swimming Victoria and Metro West competitions please speak to Bernie or Peter Semmens. Further details (eg qualifying times) can also be found at Swimming Victoria <http://www.swimmingvictoria.org.au> or Metro West at <http://home.vicnet.net.au/~mwsvi>

### 2011 TERMS

- Term 1 Begins WED Training 09FEB, Ends FRI Training 08APR, (9 weeks)
- Term 2 Begins WED Training 27APR, Ends FRI Training 01JUL,(10 weeks)
- Term 3 Begins WED Training 20 JUL, Ends FRI Training 23SEP, (10 weeks)
- Term 4 Begins WED Training 12OCT, Ends FRI Training 09DEC, (9 weeks)

LONG



**SUNBURY AMATEUR SWIMMING CLUB INC.**



**COURSE CLUB CHAMPIONSHIPS  
CHAMPIONSHIP TO BE HELD OVER 4 SESSIONS**

- Session 1: Friday 18<sup>th</sup> March 7pm**
- Session 2: Sunday 20<sup>th</sup> March 4.45pm**
- Session 3: Friday 1<sup>st</sup> April 7pm**
- Session 4: Sunday 3<sup>rd</sup> April 4.45pm**

**SWIMMERS NAME:\_\_\_\_\_ AGE AS AT 18/03/11:\_\_\_\_\_**

Event No	Date	Stroke	Distance	AGE	Tick If Swimming
<b>SESSION 1 - 7pm Friday 18<sup>th</sup> March</b>					
1	18/03	Freestyle	200	Open	
2	18/03	Breast	50	Open	
3	18/03	Back	100	Open	
4	18/03	Butterfly	50	Open	
5	18/03	Individual Medley	400	Open	
<b>SESSION 2 - 4.45pm Sunday 20<sup>th</sup> March</b>					
6	20/03	Butterfly	200	Open	
7	20/03	Back	50	Open	
8	20/03	Breast	100	Open	
9	20/03	Freestyle	50	Open	
<b>SESSION 3 - 7pm Friday 1<sup>st</sup> April</b>					
10	01/04	Back	200	Open	
11	01/04	Freestyle	100	Open	
12	01/04	Breast	200	Open	
13	01/04	Butterfly	100	Open	
<b>SESSION 4 - 4:45pm Sunday 3<sup>rd</sup> April</b>					
14	03/04	Freestyle	1500	Open	
15	03/04	Individual Medley	200	Open	
16	03/04	Freestyle	800	Open	
17	03/04	Freestyle	400	Open	

**ENTRY FEE:** \$6 PER EVENT UP TO 6 EVENTS, \$36 FOR 7 OR MORE EVENTS.  
**Cheques to be made payable to Sunbury Amateur Swimming Club Inc.**

**CLOSING DATE:** ALL ENTRIES ARE TO BE HANDED TO PETER SEMMENS  
BY  
FRIDAY 11<sup>th</sup> MARCH.

**NO LATE ENTRIES CAN BE ACCEPTED**