



# Sunbury Amateur Swimming Club

## Term 4, 2011 Newsletter

Dear Families,

The Committee would like to welcome everyone back for Term 4. 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 competitions, achieving personal best times or maintaining a level of fitness.

We also, look forward to some warmer weather and brighter evening training sessions. The Short Course championships will take place this term and will be run over four individual sessions. Two of these sessions will take place on Friday night and will be in lieu of the regular training session. Two sessions will take place on Sunday afternoon in place of Club night. A calendar is included with this newsletter, so check out the dates for this event. We encourage everyone to enter into events, no matter age or experience, even if it's just your favourite stroke. It's a fun event, with lots of medals and trophies to be won, which we will look forward to being presented at the Christmas Party in December.

We trust that everyone is enjoying our new and very enthusiastic coaches, Karen and Chris. Now they know who you all are, and what you are capable of expect a change of pace this term! It's great to see everyone enjoying their swimming. Chris and Karen are very approachable, so if you have any worries or concerns please arrange to speak with them at an appropriate time.

We would like to thank Jacqui Sims for her assistance to our coaches over the past year. She has decided not to continue assisting this term, but will continue her own swimming training with our squad on Wednesday nights. Thanks Jacqui!

Great news! Glenys and Diane have, after much persistence and perseverance been able to successfully negotiate with Centre Management to implement a *Morning training session for our club.*

We would like to thank Nic Hall for allowing the club to do so, and for his support and willingness to listen and help us in our time of redevelopment. Initially, to test the waters we will run a Monday session from 6-7.30am. Depending on member interest and participation we have been assured that we would be able to expand the morning sessions to an additional one or two other mornings.

Many past and very committed Committees have tried unsuccessfully to get a morning program in place. Perhaps this time, fortunately, our timing was just right! The cost of hiring lanes and the payment of coaches is a big expense to the club, so it is important that members participate and make use of the morning session so it can continue to operate and expand.

It may seem early, but the benefits of morning exercise are well documented and it is a great start to the day. Please get involved! Any parents looking to up their fitness or just get back in the pool are welcome to participate in this program. Our coaches are willing to set appropriate programs to suit fitness levels and swimming abilities. It would be absolutely fantastic and very gratifying to see this morning session succeed.

Just a reminder that fees have increased this term. Term 4 fees are due and payable by Friday, the end of week 3.

We wish everyone a very successful Term 4.  
Happy Swimming!

Kind regards  
SASC Committee

### CONTACT LIST Committee 2011 /2012

#### VICE PRESIDENT /ACTING PRESIDENT

Karen Garrard

**Email:**

[garrard.karen.L@edumail.vic.gov.au](mailto:garrard.karen.L@edumail.vic.gov.au)

#### TREASURER

Perla Armstrong

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

**COACHES:** Karen Garrard & Chris Rajan

#### COMPETITIONS/CLUB NIGHTS

Peter Semmens

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

**UNIFORMS:** Annette Hooper

#### GENERAL COMMITTEE

Tanya Morgan

Glenys Achter

Sandra Manders

Jan Eustace

Brandon Ziervogel

#### 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 payable to  
Sunbury Amateur Swimming Club

#### Cash/Cheque to

Perla Armstrong, poolside

Friday Night training

7.00 - 8.30pm

#### COMMITTEE MEETING:

Thursday 13 October, 2011

CLUBROOMS 7.30pm

All Welcome!!!!!!

#### 2011 TERMS

**Term 4** 12 OCT – 09 DEC (9 weeks)

# Monday Morning Training

## *Here at last!!!!!!!!!!!!!!!!!!!!*

6.00 – 7.30am 7 x \$10 = \$70

*\*If you are intending to participate in all 3 training sessions please speak to Committee regarding fees*

*We need as many members as possible participating in this session for it to be viable for the club to run it!  
Please, please get involved!!!!!!!!!!!!!!*

## Wednesday Training

6:30 - 8:00pm 9 x \$10 = \$80

*\*Those of you, who paid fees for Wednesday sessions Term 3, will only pay for 8 weeks in lieu of the 7 September session which was cancelled.*

**(On Wednesdays, the Aquatic Center allocates SASC 3 lanes only, for our training. Space is limited! If you are interested in participating on a Wednesday, please speak with Chris or Karen as to your suitability, as the program is aimed at the more experienced swimmer.)**

## Friday Training

7:00 - 8:30pm 7 x \$9 = \$63

***\*Session 1 & 2 Club Championships will be held on 04 November and 11 November. There will be no training on either of these nights, so if you are participating in the Club Championships events you are not required to attend. You are most welcome to come along, however, to see what happens and how it all works.***

All fees can be paid to Perla Armstrong on Friday nights. Payments 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 we can identify who made the payment. Please also ensure that any *cheques* written, are *made payable* to Sunbury Amateur Swimming Club Inc.

## Sunday Club Nights

There will be no Club Nights in Term 4 due to the running of The Club's short Course Championships

## Fundraising Bunnings Sausage Sizzle

Thank you to all who have supported the club through their assistance with our Bunnings' Sausage Sizzles. Thank you to the Doody, Achter, Armstrong, Pettit, Mander, Warrior, Ramsay, Semmens and Ziervogel families for helping out on Sunday 11 September and for enduring the cold and wet weather. We raised \$683.

Our application to Bunnings for 2012 Sausage Sizzles has been submitted. Dates for future BBQ's will be advised when available. We look forward to more of our members becoming involved with this, the Club's, only fundraising activity.

## 2011 Christmas Party

We have chosen Sunday 11 December as the date for the Christmas party. Last year we had a wonderful time at Funfields. As always, the ultimate success of these events is dependent on the weather. This year we thought we'd be a little lower key and closer to home with a pool and pizza party at the aquatic centre, but more information will be passed on during the term. If anyone has any ideas, we are happy to hear from you. We are always open to, and looking for new things to do. We'd also love some assistance with getting this event organized. Please speak to Coaches and committee members about your ideas. Perhaps the children could put their heads together and come up with some fun ideas for the evening.

## Coaches Reports

Welcome to all, to training on any day of the week! Chris and I are very excited to be taking our club in a new direction, especially with the commencement of morning training, beginning Monday 17 October. We would love to see you taking part in this training session! For those swimmers who intend training in the mornings, I look forward to those early starts!

Our goal is to start entering competitions outside of our club.

Remember swimming is available to all members on Fridays where we do general work including stroke correction, distance, starts and turns. Wednesdays has more of a distance focus, individually altered for swimmers depending on ability. We all follow the same program, with distance variants included, as well as stroke development which is extremely important in any program.

*Karen*

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".

**Michael Phelps**

Hello to everyone at the Sunbury Amateur Swimming Club. I have only been with the club for a short time now and everyone has been so welcoming. I would like to thank everyone for making me feel so at home. It is a pleasure to work alongside Karen, her experience, drive and knowledge is very refreshing. I have missed being on pool deck and look forward to a successful future working with one of the top clubs in Victoria.

I am also looking forward to using my experience as a swimmer and a coach to help Sunbury Amateur Swimming Club succeed as one of the most successful clubs in Australia.

The new season is under way and the squad schedule is alive and kicking, with new and old faces. Well done to all who have made the transition into the mixed lane groups. Keep your eyes on the ball and focus on the task ahead, and the pool is your oyster!

I encourage all swimmers to be prompt in attendance and make the most of skill development drills to prepare for the upcoming year.

This term looks to be promising, filled with laughs, hard work and fast swimming performances. I ask all members to participate in all targeted swim meets. I do believe that you can learn a great deal by attending the targeted meets. Think about it! History shows that the most committed athletes achieve the best results.

I am very excited about my future with the Sunbury Amateur Swimming Club and its success...

Just a reminder to all members of the Club a few things we need to look at in order to maintain a healthy lifestyle and training routine:

1. Keep your bodies warm (morning sessions)
2. Eat healthy (lots of fruit & veg)
3. Rehydration (lots of water)
4. Good sleep patterns
5. Flexibility and strength for injury prevention
6. Strong mental focus & awareness of your commitments in and out of the pool.
7. A good understanding of what you are trying to achieve.

See you all keen and eager on pool deck!

*Chris*

## 2011 SHORT COURSE CLUB CHAMPIONSHIPS

All swimmers are invited and encouraged to enter The Club's Short 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 04 November 7pm
- Session 2: Friday 11 November 7pm
- Session 3: Sunday 13 November 4.45pm
- Session 4: Sunday 20 November 4.45pm

All events are open to all ages excluding 25m events which are only open to swimmers aged 8 and under. Entry fees are \$7 per event up to six events entered or \$42 for seven or more events.

Entry forms are attached.

Entry fees fund medal and trophy costs for this competition.

Please register for Short Course Club Championships by **Friday 21, October 2010**. 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 will be ACCEPTED.**

*\*Short Course Club Championship entry form follows*

**SUNBURY AMATEUR SWIMMING CLUB INC.**



**2011 SHORT COURSE CLUB CHAMPIONSHIPS**

*Held over 4 sessions*

**Session 1: Friday 4 November 7.00pm**

**Session 2: Friday 11 November 7.00pm**

**Session 3: Sunday 13 November 4.45pm**

**Session 4: Sunday 20 November 4.45pm**

Swimmer's Name: \_\_\_\_\_ Age as at 04/11/2011: \_\_\_\_\_

Event No.	Date	Stroke	Distance	Age	Tick If Swimming
<b>Session 1 - 6.45pm Friday 04 November</b>					
1	4/11	Freestyle	200	Open	
2	4/11	Butterfly	25	8 & Under	
3	4/11	Breast	50	Open	
4	4/11	Back	100	Open	
5	4/11	Freestyle	25	8 & Under	
6	4/11	Butterfly	50	Open	
7	4/11	Individual Medley	400	Open	
<b>Session 2 - 6.45pm Friday 11 November</b>					
8	11/11	Butterfly	200	Open	
9	11/11	Back	25	8 & Under	
10	11/11	Back	50	Open	
11	11/11	Breast	100	Open	
12	11/11	Breast	25	8 & Under	
13	11/11	Freestyle	50	Open	
14	11/11	Individual Medley	100	Open	
<b>Session 3 - 4:45pm Sunday 13 November</b>					
15	13/11	Back	200	Open	
16	13/11	Freestyle	100	Open	
17	13/11	Breast	200	Open	
18	13/11	Butterfly	100	Open	
<b>Session 4 - 4:45pm Sunday 20 November</b>					
19	20/11	Freestyle	1500	Open	
20	20/11	Individual Medley	200	Open	
21	20/11	Freestyle	800	Open	
22	20/11	Freestyle	400	Open	

**ENTRY FEE:** \$7 PER EVENT UP TO 6 EVENTS, \$42 FOR 7 OR MORE EVENTS.

**Cheques to be made payable to Sunbury Amateur Swimming Club Inc.**

**CLOSING DATE:** ALL ENTRIES MUST BE SUBMITTED TO PETER SEMMENS BY FRIDAY, 21 OCTOBER 2011.

***NO LATE ENTRIES WILL BE ACCEPTED***

# SASC CALENDAR

## TERM 4, 2011

W e e k	MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
1	10 OCTOBER	12 OCTOBER 6:30 - 8:00pm Training <i>Start of Term 4</i>	14 OCTOBER 7 - 8:30pm Training	15 OCTOBER	16 OCTOBER
2	17 OCTOBER 6.00 - 7.30am Training	19 OCTOBER 6:30 - 8:00pm Training	21 OCTOBER 7 - 8:30pm Training <i>Closing date for Club Championship Entry forms</i>	22 OCTOBER	23 OCTOBER
3	24 OCTOBER 6.00 - 7.30am Training	26 OCTOBER 6:30 - 8:00pm Training	28 OCTOBER 7 - 8:30pm Training	29 OCTOBER	30 OCTOBER
4	31 OCTOBER <i>No training due Melbourne Cup Public Holiday Tuesday</i>	02 NOVEMBER 6:30 - 8:00pm Training	04 NOVEMBER <i>Session 1 Club Championships 6.45 - 8:30pm</i>	05 NOVEMBER	06 NOVEMBER
5	07 NOVEMBER 6.00 - 7.30am Training	09 NOVEMBER 6:30 - 8:00pm Training	11 NOVEMBER <i>Session 2 Club Championships 6.45 - 8:30pm</i>	12 NOVEMBER	13 NOVEMBER <i>Session 3 Club Championships 4.45 - 6:30pm</i>
6	14 NOVEMBER 6.00 - 7.30am Training	16 NOVEMBER 6:30 - 8:00pm Training	18 NOVEMBER 7 - 8:30pm Training	19 NOVEMBER	20 NOVEMBER <i>Session 4 Club Championships 4.45 - 6:30pm</i>
7	21 NOVEMBER 6.00 - 7.30am Training	23 NOVEMBER 6:30 - 8:00pm Training	25 NOVEMBER 7 - 8:30pm Training	26 NOVEMBER	27 NOVEMBER
8	28 NOVEMBER 6.00 - 7.30am Training	30 NOVEMBER 6:30 - 8:00pm Training	02 DECEMBER 7 - 8:30pm Training	03 DECEMBER	04 DECEMBER
9	05 DECEMBER 6.00 - 7.30am Training	07 DECEMBER 6:30 - 8:00pm Training	09 DECEMBER 7 - 8:30pm Training <i>Last Training Session</i>	10 DECEMBER	11 DECEMBER <i>Christmas Party</i>
10	12 DECEMBER	14 DECEMBER	16 DECEMBER	17 DECEMBER	18 DECEMBER
11	19 DECEMBER	21 DECEMBER 22 DECEMBER <i>End of School Term 4</i>	23 DECEMBER <i>Christmas School Holidays See you in 2012</i>	24 DECEMBER	25 DECEMBER <b>MERRY CHRISTMAS HAPPY HOLIDAYS</b> 

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