



Sunbury Amateur Swimming Club

Term 3, 2012 Newsletter

Dear Families,

It is with pleasure I can announce a new and enthusiastic committee

President – Vaughan Manders
Vice President – Karen Garrard
Treasurer – Danielle Ziervogel
Secretary – Michelle Olson
Fundraising Co-ordinator - *yet to be filled*
Competition Co-ordinator – *yet to be filled*
General Committee – Peter Semmens, Diane Doody, Brandon Ziervogel, Annette Hooper, Darren Woodvine, Sandra Manders.

The Club is taking on a new direction and would like to focus on creating a real club environment where everyone can get involved and support the club. As always our coach Karen looks forward to working with all swimmers to ensure that both social and competitive swimmer coaching needs continue to be met and swimmers are encouraged to work towards achieving their goals.

We are planning to give our uniform an update and will be asking for your support to promote the club with some new uniform pieces, such as t-shirts and hoodies to be made available in the following months.

Last term we had the pleasure of an inspirational visit from Olympic swimmer Andrew Lauterstein, followed by the AGM where several life members attended and the Presentation evening, a great afternoon/evening was had by all who got involved. A big thank you must go out to all our organizers who volunteered to help.

We have two positions that are required to be filled that is Fundraising Coordinator and Competition Coordinator, we are hoping that a couple of people will volunteer to join the committee to fill these positions, many hands make light work if we all join in we can make improvements to the club that all swimmers can benefit from.

The Fundraiser Co-ordinator will be required to oversee fundraising. At the moment we only do 2 Bunnings BBQ'S per year but would like to include perhaps 2 other fundraisers. The Competition Coordinator will research and coordinate upcoming events that our swimmers may be interested in consultation with coach Karen.

Vaughan Manders
Club President

[home.vicnet.net.au/~SASC/
sunbury.amateur.swimclub@gmail.com](http://home.vicnet.net.au/~SASC/sunbury.amateur.swimclub@gmail.com)

Training Times

Monday 6.00-7.30am
Wednesday 6.30-8.00pm
Thursday 6.00-7.30am
Friday 7.00-8.30pm

CONTACT LIST Committee 2012/2013

CLUB PRESIDENT

Vaughan Manders
Email: vaughan.manders@visy.com.au

VICE PRESIDENT

Karen Garrard
Email: garrard.karen.l@edumail.vic.gov.au

TREASURER

Danielle Ziervogel
Email: dziervogel@bigpond.com

SECRETARY

Michelle Olson
Email: mdolson@bigpond.com

CLUB COACH: Karen Garrard

2013/13 CLUB CAPTAINS:

To be announced, once all votes in.

COMPETITIONS/CLUB NIGHTS

Peter Semmens
Email: peter.semmens@bigpond.com

UNIFORMS:

Annette Hooper
Phone: 0403 026 110

GENERAL COMMITTEE

Peter Semmens	Diane Doody
Brandon Ziervogel	Annette Hooper
Darren Woodvine	Sandra Manders

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

COMMITTEE MEETING:

Third Monday of the Month everyone
welcome

Next Meeting
Monday 16 July, 2012 – 7.30pm

2012 School Terms

Term 3 16 Jul – 21 Sep (10 weeks)
Term 4 08 Oct – 21 Dec (11 weeks)

Training Times and Fees

Monday morning training

Come Join the Fun!!!!!!

6.00 – 7.30am 10 x \$10 = \$100

*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 night training

6:30 - 8:00pm 10 x \$10 = \$100

The Aquatic centre allocates the SASC 3 lanes only, for our training on Wednesday night. Space is limited! If you are interested in participating on a Wednesday, please speak with Karen regarding your suitability **as the program is aimed at the more experienced swimmer.**

'Come and Try' participants are not to attend on Wednesday

Thursday morning training

Come and Try it!!!

6.00 – 7.30am 10 x \$10 = \$110

*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!!!!!!!!!!!!!!*

Friday night training

7:00 - 8:30pm 10 x \$10 = \$110

'Come and Try' participants Welcome on Friday nights only!!!!

Sunday Club Nights *are Free!!*

Sunday 4.45 – 6.30pm ish

Check club calendar for dates

****If you haven't previously participated in Club Nights and you're not sure what it's all about, speak to Karen, Peter or a committee member. It's not as scary as you might think and it's generally a lot of fun!***

Payment of Fees

Term 3 training fees are due by Friday 27th July, \$10 per session. Please ensure you make every effort to pay fees on time. If you are having difficulties, please speak to a Committee member and we will be happy to come to an arrangement.

**If you intend to participate in more than 2 training sessions per week please speak to Committee regarding fees*

Payments can 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. These are may be mailed to P O Box 400 Sunbury Vic 3429

Sunday Club Nights

- There will be 4 Club Nights held in Term 3.

29 July

12 August

26 August

09 September

At all training sessions during the week prior to club night, Karen will have a list to which you can add your name. Mark the events you wish to participate in and then remember to tell your parents you have entered, so you can get there on time on Sunday.

OR

Peter emails the entry form to all members during the week prior to club night. All you need to do is, reply to Pete's e-mail by 12 noon on the Saturday, registering with him the events you wish to participate in. Arrive for Club night at 4.45pm (preferably with your parents, so they can help us out with time keeping and other simply duties) on the Sunday, participate, catch up with friends, and have fun. In all, Club Nights usually only take about an hour to complete.

The Club discourages late entries as the program is produced prior to the event and minimizes last minute changes.

Club Night Rules

Club nights are run by the club to give swimmers the opportunity to test their skills and measure their improvement. They are not a measure how well you perform against others but events will be seeded.

There is an annual award given to both the best male and female which is calculated on the most improvement points accumulated over the year. This is a measure against a swimmers own recorded times.

This means that a swimmer is awarded points depending on how much they have improved from their previous swims.

Points range from 1 to 6

- 1 point for a first swim or same as or slower than previous swims.
- 6 points for a PB which is 2 seconds or faster than previous PB time.
- 2 to 6 points are awarded depending on the range of improvement.

Points are not awarded for race placings or relay events. The swimmer is racing against their own times which is a great way to encourage swimmers to improve!

All points are calculated by computer using the Meet Manager program.

Entering Club Night

The different club night programs are listed by week. Although the club will endeavour to adhere to the calendar there may be some changes depending on entries.

25M events are only open to swimmers 8 & under.

Swimmers are to choose one distance of each stroke.

If a swimmer doesn't wish to do the 200M event they may choose one of the other strokes they have done.

All swimmers should be competing in 4 events each week which is the maximum allowed.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
					HANDICAP
Breast	Breast	Back	Back	I/M	Free
25,50,100M	25,50,100M	25,50,100M	25,50,100M	100 OR 200M	25M 8 & Under
					50M 9 & Over
Back	B/Fly	B/Fly	B/Fly	Relays	Breast
25,50,100M	25,50,100M	25,50,100M	25,50,100M		25M 8 & Under
					50M 9 & Over
Free	Free	Free	Breast		Back
25,50,100M	25,50,100M	25,50,100M	25,50,100M		25M 8 & Under
					50M 9 & Over
B/Fly	Back	Breast	Free		B/Fly
200M	200M	200M	200M		25M 8 & Under
					50M 9 & Over

Bunnings Sausage Sizzle Fundraiser



Saturday 6th October 2012

This is always a very successful fundraising event and great to be involved in. Once we have a Fundraising Coordinator finalized we will be rostering families on to help out for a small portion of the day, the BBQ runs between 8.30am -4.30pm and needs three people at all times, the more helpers we have the less time that will be required by everyone, so put this date aside in your dairies please.

If we are unable to get eager volunteers, the committee may look at negotiating a fee reduction for those families who choose to assist at the Bunnings BBQ – as this is a viable fundraising event, it would be unfortunate for the Club if we were unable to continue due to lack of volunteers.

WANTED – FUNDRAISING CO-ORDINATOR

This is a position that can be shared between couple of people, if you have any queries or you are interested please contact a committee member as soon as possible, or come along to the Committee Meeting Monday 17th July 2012 7.30pm.

At the moment we only do 2 Bunnings BBQ'S per year that are very successful, but would like to include perhaps 2 other fundraisers.

UNIFORMS

Our uniform store is stocked with, club bathers, club swimming caps, clothing and all your essential swimming gear and equipment. Annette Hooper will be at clubrooms for uniform enquires and fittings Friday 27th July 2012 7.00pm -7.30pm.

Check the website for a full list of items, prices and order form.

*Please note: Uniform Regulations Apply to competitions, external and normal club meets, club bathers, club swimming cap and T-Shirt/Polo Shirt must be worn.

Karen will run an information session to discuss what happens and competitions and uniform regulations at a date yet to be determined and would encourage all swimmers to attend.

COACHES REPORT TERM 2 SUNBURY SWIMMING CLUB

Karen Garrard

What a fantastic start to the new season, with the Special fun Day/AGM/Club Presentation night with our fantastic guest speaker Andrew Lauterstein.

Many swimmers had the pleasure of listening to Andrews words of wisdom, and then enjoyed a coaching session run by Andrew, and then to top it all off, everyone was able to play on the giant inflatable courtesy of the Aquatic Centre.

The night was finished off with the awarding of the Long Course Championship medals.

Club Captains were meant to be announced, but due to popular demand, I have delayed this process as all swimmers need to vote for captains. So stay tuned and don't forget to give me your vote when I read you a bit of each person's transcript when you tick your name off the roll!!!! Therefore they will be announced at the start of the next term.

This season has seen the hard work of our swimmers pay off, with Liam, Emily and Alison entering, and swimming so well at Metro West, that they actually placed, medalled and got qualifying times for State Age Swimming Championships' later on in August. Results for this will follow in my next report. Well done swimmers, hopefully this is the beginning of our rise back to competitive swimming. Keep up the good work swimmers.

Welcome to all of our new swimmers and the parental group. Everyone is welcome to attend as many sessions as you wish, but please speak to me about coming to Wednesday nights as we only have 3 lanes, and it's pretty busy on that night.

Other nights are Friday, mornings: Monday and Thursdays, and most importantly Sundays once a month where we do time trials. This is a very valuable part of our program as it is an indicator as to how all swimmers are going.

Many thanks to all who have helped out with all jobs this term from time keeping, putting out my equipment, especially in the mornings, assisting with coaching, and a special thanks must be said to Darren Hess our life guard who ensures all swimmers are safe in the pool at all times.

If you would like to enter any competitions, please look on the Swimming Victoria website, and tell me about it. If you would like more training programs, also see me.

Please ensure that you bring all your gear to training, Annette has the form to order more gear if you need it. I really need you all to bring a drink bottle to each session and make sure it is drunk. Also, a piece of fruit is also great to eat after class, as you will recover better.

That's all for now, stay tuned to the announcement of captains, results of Metro West, our new reward system being put in place and any other pieces of pool gossip.



Karen.

Further details regarding Swimming Victoria and Metro West and Victoria Swimming Club meets and competitions can be found on the Swimming Victoria and Metro West websites

Swimming Victoria at <http://www.swimmingvictoria.org.au>

Metro West at <http://www.metrowestswimming.com/>

2012 Long Course Club Championships Results

All members who entered to Long Course Championships are to be congratulated for their achievements; the Club Championships are a great opportunity for all members to get a feel for competitive swimming within our own pool environment.

These events take considerable organization. We must thank Peter for his work setting up the programs and all the other parents for their assistance time keeping. These events cannot run without the commitment of parents to assist.

May 2012 Trophies	
Category	Name
2012 Long Course Open Women's Champion	Grace Semmens
2012 Long Course Open Men's Champion	Mackenzie Pettit
2011 Long Course Girls 8 and under Champion	Tristan Ziervogel
2012 Long Course Girls 9 to 10 Champion	Zoe Doody
2012 Long Course Girls 11 to 12 Champion	Jillianne Arcibal
2012 Long Course girls 13 to 14 Champion	Isabel Manders
2012 Long Course Women 15 and over Champion	Grace Semmens
2012 Long Course Boys 9 to 10 Champion	Dave Chrisostomo
2012 Long Course Boys 11 to 12 Champion	Lachlan Jackson
2012 Long Course Boys 13 to 14 Champion	Liam Hooper
2012 Long Course Men's 15 and over Champion	Darren Woodvine

SASC LONG COURSE MEDAL WINNERS 2012

Distance	Stroke	Age	Gender	Gold	Silver	Bronze
200	Free	Open	Womens	Alison Achter	Grace Semmens	Rachel Doody
200	Free	Open	Mens	Liam Hooper	Jesse Morgan	Andrew Webster
50	Breast	9 to 10	Girls	Zoe Doody		
50	Breast	11 to 12	Girls	Olivia Manders	Jillianne Arcibel	Lana Semmens
50	Breast	13 to 14	Girls	Isabel Manders	Cathleen Armstrong	Rachel Doody
50	Breast	15 and over	Womens	Alison Achter	Grace Semmens	
50	Breast	9 to 10	Boys	James Boland	Dave Chrisostomo	Ethan Woodvine
50	Breast	11 to 12	Boys	Lachlan Jackson	Christian Urbaniak	Lachlan Ziervogel
50	Breast	13 to 14	Boys	Liam Hooper	Matthew Urbaniak	Mackenzie Pettit
50	Breast	15 and over	Mens	Darren Woodvine	Eric Armstrong	Andrew Webster
100	Back	9 to 10	Girls	Zoe Doody		
100	Back	11 to 12	Girls	Tayla Hooper	Olivia Manders	Lana Semmens
100	Back	13 to 14	Girls	Isabel Manders	Rachel Doody	Cathleen Armstrong
100	Back	15 and over	Womens	Grace Semmens	Alison Achter	
100	Back	9 to 10	Boys	Dave Chrisostomo		
100	Back	11 to 12	Boys	Lachlan Jackson	Christian Urbaniak	Lachlan Ziervogel
100	Back	13 to 14	Boys	Mackenzie Pettit	Matthew Urbaniak	
50	Fly	9 to 10	Girls	Zoe Doody		
50	Fly	11 to 12	Girls	Olivia Manders	Jillianne Arcibal	Lana Semmens
50	Fly	13 to 14	Girls	Isabel Manders	Cathleen Armstrong	Rachel Doody
50	Fly	15 and over	Womens	Alison Achter	Grace Semmens	
50	Fly	9 to 10	Boys	James Boland	Dave Chrisostomo	
50	Fly	11 to 12	Boys	Lachlan Jackson	Lachlan Zievogel	
50	Fly	13 to 14	Boys	Mackenzie Pettit	Matthew Urbaniak	
400	IM	Open	Womens	Alison Achter	Grace Semmens	Lana Semmens
400	IM	Open	Mens	Mackenzie Pettit	Lachlan Jackson	
50	Fly	15 and over	Mens	Andrew Webster	Jesse Morgan	
200	Fly	Open	Womens	Grace Semmens	Jillianne Arcibal	
100	Back	15 and over	Mens	Jesse Morgan	Andrew Webster	Darren Woodvine
50	Back	8 and under	Girls	Tristan Ziervogel		
50	Back	9 to 10	Girls	Zoe Doody		
50	Back	11 to 12	Girls	Emily Achter	Tayla Hooper	Olivia Manders
50	Back	13 to 14	Girls	Isabel Manders	Rachel Doody	
50	Back	15 and over	Womens	Grace Semmens	Alison Achter	
50	Back	9 to 10	Boys	Dave Chrisostomo	Ethan Woodvine	
50	Back	11 to 12	Boys	Lachlan Ziervogel		
50	Back	13 to 14	Boys	Liam Hooper		
100	Breast	9 to 10	Girls	Zoe Doody		
100	Breast	11 to 12	Girls	Emily Achter	Lana Semmens	Olivia Manders
100	Breast	13 to 14	Girls	Isabel Manders	Rachel Doody	
100	Breast	15 and over	Womens	Alison Achter	Grace Semmens	
100	Breast	9 to 10	Boys	James Boland	Dave Chrisostomo	
100	Breast	11 to 12	Boys	Casey Jones	Lachlan Zievogel	
100	Breast	13 to 14	Boys	Liam Hooper		
50	Breast	15 and over	Mens	Darren Woodvine		
50	Free	8 and under	Girls	Tristan Ziervogel		
50	Free	9 to 10	Girls	Zoe Doody		
50	Free	11 to 12	Girls	Emily Achter	Olivia Manders	Lana Semmens
50	Free	13 to 14	Girls	Isabel Manders	Rachel Doody	
50	Free	15 and over	Womens	Grace Semmens	Alison Achter	Samantha Jones

50	Free	9 to 10	Boys	James Boland	Dave Chrisostomo	Ethan Woodvine
50	Free	11 to 12	Boys	Casey Jones	Lachlan Zievogel	
50	Free	13 to 14	Boys	Liam Hooper		
50	Back	15 and over	Mens	Darren Woodvine		
200	Back	Open	Womens	Grace Semmens	Rachel Doody	Jillianne Arcibal
200	Back	Open	Mens	Jesse Morgan	Mackenzie Pettit	Andrew Webster
50	Free	15 and over	Mens	Darren Woodvine		
100	Free	9 to 10	Girls	Zoe Doody	Zoe Doody	
100	Free	11 to 12	Girls	Jillianne Arcibal	Olivia Manders	Tayla Hooper
100	Free	13 to 14	Girls	Isabel Manders	Rachel Doody	Cathleen Armstrong
100	Free	15 and over	Womens	Grace Semmens	Samantha Jones	Cathleen Armstrong
100	Free	9 to 10	Boys	James Boland	Dave Chrisostomo	Ethan Woodvine
100	Free	11 to 12	Boys	Casey Jones	Lachlan Jackson	Christian Urbaniak
100	Free	13 to 14	Boys	Liam Hooper	Mackenzie Pettit	Matthew Urbaniak
200	Breast	Open	Womens	Alison Achter	Isabel Manders	Olivia Manders
200	Breast	Open	Mens	Darren Woodvine	Matthew Urbaniak	Casey Jones
100	Fly	11 to 12	Girls	Jillianne Arcibal		
100	Fly	15 and over	Womens	Grace Semmens		
100	Fly	9 to 10	Boys	James Boland		
100	Fly	11 to 12	Boys	Lachlan Jackson		
100	Fly	13 to 14	Boys	Mackenzie Pettit		
1500	Free	Open	Womens	Grace Semmens	Jillianne Arcibal	Cathleen Armstrong
1500	Free	Open	Mens	Jesse Morgan	Mackenzie Pettit	James Boland
200	IM	9 to 10	Girls	Zoe Doody		
200	IM	11 to 12	Girls	Jillianne Arcibal	Lana Semmens	
200	IM	13 to 14	Girls	Rachel Doody	Cathleen Armstrong	
200	IM	15 and over	Womens	Alison Achter	Grace Semmens	
200	IM	9 to 10	Boys	James Boland		
200	IM	11 to 12	Boys	Lachlan Jackson		
200	IM	13 to 14	Boys	Liam Hooper	Mackenzie Pettit	Matthew Urbaniak
800	Free	Open	Womens	Grace Semmens	Rachel Doody	Jillianne Arcibal
800	Free	Open	Mens	Jesse Morgan	Mackenzie Pettit	Lachlan Jackson
400	Free	Open	Womens	Alison Achter	Grace Semmens	Rachel Doody
400	Free	Open	Mens	Jesse Morgan	Mackenzie Pettit	Andrew Webster
100	Fly	15 and over	Mens	Jesse Morgan	Darren Woodvine	
200	IM	15 and over	Mens	Andrew Webster	Jesse Morgan	Darren Woodvine

TERM 3 2012
CLUB TRAINING & EVENTS

Week	Monday	Wednesday	Thursday	Friday	Sunday
1	16 July 6.00 – 7.30am Training 7.30pm Committee Meeting @ The Manders’ 6 Citriodora Crt Sunbury	18 July 6:30 - 8:00pm Training	19 July 6.00 - 7:30am Morning Training	20 July 7.00 - 8:30pm Training	22 July 
2	23 July 6.00 – 7.30am Training	25 July 6:30 - 8:00pm Training	26 July 6.00 - 7:30am Training	27 July 7.00 - 8:30pm Training	29 July Club Night 4.45 – 6.00pm
3	30 July 6.00 – 7.30am Training	1 August 6:30 - 8:00pm Training	2 August 6.00 - 7:30am Training	3 August 7.00 - 8:30pm Training	5 August
4	6 August 6.00 – 7.30am Training	8 August 6:30 - 8:00pm Training	9 August 6.00 - 7:30am Training	10 August 7.00 - 8:30pm Training	12 August Club Night 4.45 – 6.00pm
5	13 August 6.00 – 7.30am Training	15 August 6:30 - 8:00pm Training	16 August 6.00 - 7:30am Training	17 August 7.00 - 8:30pm Training	19 August
6	20 August 6.00 – 7.30am Training 7.30pm Committee Meeting @ The Ziervogel’s 4 Hoya Place Sunbury	22 August 6:30 - 8:00pm Training	23 August 6.00 - 7:30am Training	24 August 7.00 - 8:30pm Training	26 August Club Night 4.45 – 6.00pm
7	27 August 6.00 – 7.30am Training	29 August 6:30 - 8:00pm Training	30 August 6.00 - 7:30am Training	31 August 7.00 - 8:30pm Training	2 September
8	3 September 6.00 – 7.30am Training	5 September 6:30 - 8:00pm Training	6 September 6.00 - 7:30am Training	7 September 7.00 - 8:30pm Training	9 September Club Night 4.45 – 6.00pm
9	10 September 6.00 – 7.30am Training	12 September 6:30 - 8:00pm Training	13 September 6.00 - 7:30am Training	14 September 7.00 - 8:30pm Training	16 September
10	17 September 6.00 – 7.30am Training 7.30pm Committee Meeting @ The Ziervogel’s 4 Hoya Place Sunbury	19 September 6:30 - 8:00pm Training	20 September 6.00 - 7:30am Training	21 September 7.00 - 8:30pm Training	23 September School Holidays 22 September – 7 October