



# Sunbury Amateur Swimming Club

## Term 4, 2012 Newsletter

Welcome back to all members and their families. I hope you all had an enjoyable and relaxing break and were able to enjoy some sunshine and that all swimmers are keen to get back into the water now that the weather is improving. Morning swimmers will be happy to now the outdoor pool will be ready for use from November weather permitting.

This year has been one of many positive changes and we are very fortunate to have a committed and motivated committee that is continually looking to make improvements to the Sunbury Amateur Swimming Club. Our fundraising has been very successful this year, the Bunnings BBQ held on Saturday 6<sup>th</sup> October was very successful even though the weather was anything but pleasant. A very big thank you to all those people that volunteered their time, without you all this event would not be possible.

Congratulations to all swimmers that took part in competitions throughout Term 3, we had several swimmers take part in the Wyndham Encouragement Meet, many of these swimmers were first time competitors and it was very encouraging to see to the great results. We would like to focus on getting more members involved in these meets and having a good team time, please keep an eye on the calendar in the notice board on pool deck for future events and speak to Karen after training sessions if you have any queries.



During Term 4 we will hold our annual Short Course Championships and encourage all members to enter, entry form will be available closer to the event. Medals will be awarded at the end of year function Friday 14<sup>th</sup> December 2012. If you have not competed in a competition before please give it a go, you will be swimming alongside other club members and it is friendly competition.

As we look closer to the end of the year, please put aside Friday 14<sup>th</sup> December 6.00pm for our Christmas Party/Presentation Night, this year we are endeavoring to do something that's not been done before, so keep posted for the final details.

Enjoy your swimming

Vaughan Manders  
Club President

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

#### VICE PRESIDENT

Karen Garrard

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

#### TREASURER

Danielle Ziervogel

Email: [dziervogel@bigpond.com](mailto:dziervogel@bigpond.com)

#### SECRETARY

Michelle Olson

Email: [mdolson@bigpond.com](mailto:mdolson@bigpond.com)

**CLUB COACH:** Karen Garrard

#### 2012/13 CLUB CAPTAINS:

Liam Hooper, Mackenzie Pettit  
Isabel Manders, Rachel Doody

#### COMPETITIONS/CLUB NIGHTS

Peter Semmens

Email: [peter.semmens@bigpond.com](mailto: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 22nd October, 2012 - 7.30pm

#### 2012 School Terms

Term 4 08 Oct - 21 Dec (11 weeks)

# Training Times and Fees

## Monday morning training

6.00 – 7.30am 10 sessions x \$10 = \$90

## Wednesday night training

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

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.**

## Thursday morning training

6.00 – 7.30am 10 sessions x \$10 = \$100

## Friday night training

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

7:00 - 8:30pm 8 sessions x \$10 = \$80 (No training 26th October & 16th November – Short Course Championships)

## Payment of Fees Term 4 due Friday 19<sup>th</sup> October 2012

Please also note that members that paid their Term 3 fees in full should adjust their payment this term, due to the pool closure during term 3. The pool was closed for 2 Friday night sessions or one of each of the other days depending on the days they usually train. If you are unsure of the amount owing please contact Danielle Ziervogel - Treasurer, at [dziervogel@bigpond.com](mailto:dziervogel@bigpond.com)

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.

It is preferred that payments are made by direct deposit 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 and dates in the transaction details* so we can identify who made the payment, or email Danielle Ziervogel with details, a receipt can be forwarded at your request.

## **PARENTS**

*It is requested that any general enquiries are to be made to a committee member at the pool, there will be a committee member present at the beginning of each evening session or contactable by email (addresses front page of newsletter).*

*It is important that Karren – Coach is not disrupted during coaching sessions, she will be happy to discuss your child's progress after sessions. This request is in the best interest of all our swimmers.*

*Position Vacant – Are you a parent/grandparent/carer who finds themselves sitting by the pool on a Wed and/or Friday evening? Your help is needed to assist with general enquires, from existing members and new members to Come 'n' Try, this would be like a Team Managers role, which will help stop interruptions to Karen and allow her to focus on the training session. If you would like any more information please contact one of the committee members or email Vaughan Manders.*

## Coaches Report

Wow! What a fantastic term we've had! Our member numbers have increased over on all four sessions, which is wonderful to see. I am now able to plan more efficiently for each session, especially for Fridays as that is such a big group.

One of the club's goals for last term was to have swimmers ready to compete in the State Short Course. Although it was only one swimmer, we did it! Congratulations to Liam H who in his age group, swam alongside the state's best swimmers and achieved a fantastic Personal Best. Well done Liam!

To top things off we had a group of swimmers who competed at the Wyndham Encouragement Meet, Liam H, Matthew U, James B, Lachlan, Jillian, Isabel M and Olivia M, all placing in the events they swam, and all achieving massive Personal Bests. It was so exciting to see you all doing so well. I must make mention of Liam's 4 gold medals and 1 bronze. I was so excited, and so proud of you all. So were your parents! Lots of photos were taken, courtesy of Sandra M, our photographer. We are so proud of you all. It was wonderful to see SASC being represented in competition again after such a long time.

I have put dates on the calendar, on the club's notice board, by the pool, highlighting competitions and closing dates, from the Swimming Victoria calendar. I've also included open water swims which some have shown interest in. Please look at these as it would be great to have more swimmers attending competitions, whether it is an Encouragement meet or a Qualifying meet. Some meets, particularly qualifying meets, require you to be registered as a competitive swimmer. If you are unsure of how you have been registered please check with myself or one of the committee and we can follow that up for you.

The State Age Long Course championships are fast approaching, and swimmers will need to qualify for this meet. It would be fantastic to see our younger swimmers attending the 7-10 Encouragement competition. It's a fun way start off your competitive career in swimming. Please see me if you would like to enter any competition.

Morning swimming has continued over the holiday period, well done to those who have made the effort to attend, and thanks to those parents who have been dropping swimmers off at the pool. I am sure everybody's efforts will be realised in results achieved in the coming weeks.

As usual **PLEASE** remember to bring all your equipment to training, especially drink bottles and pull buoys. If you have a skipping rope, include it in your swimming kit.

This term we will be holding our own Short Course Club Championships, so I hope to see every swimmer entered into at least one event. More details and dates will be included in the Term 4 newsletter.

As this term will draw to an end fairly quickly, please keep in mind that we will be celebrating the year's achievements with a Christmas break up party which will include Presentations of the Short Course Championships. As always it will be fun! More information will follow in the coming weeks and in the newsletter.



See you at the pool,



Karen

# SHORT COURSE CHAMPIONSHIPS

Sunbury Aquatic Centre



## Dates

Friday 26<sup>th</sup> October 6.45pm  
Sunday 28<sup>th</sup> October 4.45pm  
Friday 16<sup>th</sup> November 6.45pm  
Sunday 18<sup>th</sup> November 4.45pm

All members are encouraged to enter this inter club competition, it's a friendly competition. Please don't be put off if you are a first timer there is nothing to be concerned about, if you would like any further details or you are unsure about anything please contact a committee member or speak with Karen after your training session.

Entry forms are attached please be sure to submit these by the 19<sup>th</sup> October 2012 as no late entries will be accepted.

Please note there is an entry fee per event this is to help cover the costs of trophies and running the competition.

Medals will be awarded at the Presentation Night/Christmas Party Friday 14<sup>th</sup> December 2012.

## COMPETITIONS

SASC has started the ball rolling again and has swimmers representing our club at swimming competitions, this is fantastic! We will be encouraging more of our swimmers to give it a go and experience competitive swimming, along with the team spirit of supporting one another.

In the SASC notice board on pool deck Karen will post a Calendar of Events for Pool Competitions and Open Water Competitions coming up, along with the closing dates for entries, on this calendar Karen will indicate which meets she will be available to attend please note she will not be attending Open Water competitions.

If you have any queries about which competitions are suitable for you please discuss this with Karen at the end of your training session. If you are unsure if you are a registered as competitive swimmer or recreational please speak with Diane Doody.

## UNIFORMS

Our uniform store is stocked with, club bathers, club swimming caps, clothing and all your essential swimming gear and equipment.

The committee is currently sourcing new items to be available soon, please keep an eye on the website and notice board.

**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.



**SUNBURY AMATEUR SWIMMING CLUB INC.**

**2012 SHORT COURSE CLUB CHAMPIONSHIPS**

*Held over 4 sessions*

**Session 1: Friday 26 October 6.45pm**

**Session 2: Sunday 28 October 4.45pm**

**Session 3: Friday 16 November 6.45pm**

**Session 4: Sunday 18 November 4.45pm**

Swimmer's Name: \_\_\_\_\_ Age as at 26/10/12: \_\_\_\_\_

Event No.	Date	Stroke	Distance	Age	Tick If Swimming
<b>Session 1 - 6.45pm Friday 26 October</b>					
1	26/10	Freestyle	200	Open	
2	26/10	Butterfly	25	8 & Under	
3	26/10	Breast	50	Age	
4	26/10	Back	100	Age	
5	26/10	Freestyle	25	8 & Under	
6	26/10	Butterfly	50	Age	
7	26/10	Individual Medley	400	Open	
<b>Session 2 - 4.45pm Sunday 28 October</b>					
8	28/10	Back	200	Open	
9	28/10	Freestyle	100	Age	
10	28/10	Breast	200	Open	
11	28/10	Butterfly	100	Age	
<b>Session 3 - 6.45pm Friday 16 November</b>					
12	16/11	Butterfly	200	Open	
13	16/11	Back	25	8 & Under	
14	16/11	Back	50	Age	
15	16/11	Breast	100	Age	
16	16/11	Breast	25	8 & Under	
17	16/11	Freestyle	50	Age	
18	16/11	Individual Medley	100	Age	
<b>Session 4 - 4.45pm Sunday 18 November</b>					
19	20/11	Freestyle	1500	Open	
20	20/11	Individual Medley	200	Age	
21	20/11	Freestyle	800	Open	
22	20/11	Freestyle	400	Open	

**ENTRY FEE:** \$8 PER EVENT UP TO 6 EVENTS, \$48 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 19 OCTOBER, 2012.  
[peter.semmens@bigpond.com](mailto:peter.semmens@bigpond.com)

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

# FUNDRAISING

We are well under way with our fundraising for this year. Cadbury Chocolates have been distributed to all families and have been selling very well, if you can sell anymore please collect another box and remember to return money asap. Our final fundraiser for this year will be the Tartan Shopping Tour which is sure to be a great day. Please support our club and get involved in this event.



## Tartan Tours

### Shopping Tours

Saturday 17<sup>th</sup> November 2012

Come along and join in on the fun, meet other parents and members within the SASC or bring a friend.

Christmas is just around the corner, what better time to start getting organised and help the Sunbury Amateur Swimming Club with our first fundraising event of this kind.

We will be visiting 10-12 outlets such as shoes, linen, toys, Christmas warehouse, handbags etc. (if anyone has any special requests please let Annette Hooper know a.s.a.p)

We will be stopping for lunch, consisting of a main and desert a glass of wine or soft drink and tea and coffee. Home baked morning and afternoon tea also included.

Final cost of tickets is dependent on number of tickets sold, the more people that come the cheaper it is.

Minimum \$53 – Maximum \$68 – (kids under 17 half adult price)  
Pick up and drop off times to be confirmed when number finalised

**Deposit of \$20 per ticket payable by 19/10/12, to Annette Hooper at beginning of each session or you can direct deposited to SASC (please note names in transaction details).**



## TERM 4 2012 CLUB TRAINING & EVENTS

Week	Monday	Wednesday	Thursday	Friday	Sunday
1	<b>8<sup>th</sup> October</b> 6.00 – 7.30am Training	<b>10<sup>th</sup> October</b> 6:30 - 8:00pm Training	<b>11<sup>th</sup> October</b> 6.00 - 7:30am Training	<b>12<sup>th</sup> October</b> 7.00 - 8:30pm Training	<b>14<sup>th</sup> October</b>
2	<b>15<sup>th</sup> October</b> 6.00 – 7.30am Training	<b>17<sup>th</sup> October</b> 6:30 - 8:00pm Training	<b>18<sup>th</sup> October</b> 6.00 - 7:30am Training	<b>19<sup>th</sup> October</b> 7.00 - 8:30pm Training  Due : Short Course Entries Shopping Tour deposit	<b>21<sup>st</sup> October</b>
3	<b>22<sup>nd</sup> October</b> 6.00 – 7.30am Training	<b>24<sup>th</sup> October</b> 6:30 - 8:00pm Training	<b>25<sup>th</sup> October</b> 6.00 - 7:30am Training	<b>26<sup>th</sup> October</b> 6.45pm arrival  <b>Short Course Club Championships</b>	<b>28<sup>th</sup> October</b> 4.45pm arrival  <b>Short Course Club Championships</b>
4	<b>29<sup>th</sup> October</b> 6.00 – 7.30am Training	<b>31<sup>st</sup> October</b> 6:30 - 8:00pm Training	<b>1<sup>st</sup> November</b> 6.00 - 7:30am Training	<b>2<sup>nd</sup> November</b> 7.00 - 8:30pm Training	<b>4<sup>th</sup> November</b>  <b>MELBOURNE CUP WEEK END</b>
5	<b>5<sup>th</sup> November</b> 6.00 – 7.30am Training	<b>7<sup>th</sup> November</b> 6:30 - 8:00pm Training	<b>8<sup>th</sup> November</b> 6.00 - 7:30am Training	<b>9<sup>th</sup> November</b> 7.00 - 8:30pm Training	<b>11<sup>th</sup> November</b>
6	<b>12<sup>th</sup> November</b> 6.00 – 7.30am Training	<b>14<sup>th</sup> November</b> 6:30 - 8:00pm Training	<b>15<sup>th</sup> November</b> 6.00 - 7:30am Training	<b>16<sup>th</sup> November</b> 6.45pm arrival  <b>Short Course Club Championships</b>	<b>18<sup>th</sup> November</b> 4.45pm arrival  <b>Short Course Club Championships</b>
7	<b>19<sup>th</sup> November</b> 6.00 – 7.30am Training	<b>21<sup>st</sup> November</b> 6:30 - 8:00pm Training	<b>22<sup>nd</sup> November</b> 6.00 - 7:30am Training	<b>23<sup>rd</sup> November</b> 7.00 - 8:30pm Training	<b>25<sup>th</sup> November</b>
8	<b>26<sup>th</sup> November</b> 6.00 – 7.30am Training	<b>28<sup>th</sup> November</b> 6:30 - 8:00pm Training	<b>29<sup>th</sup> November</b> 6.00 - 7:30am Training	<b>30<sup>th</sup> November</b> 7.00 - 8:30pm Training	<b>2<sup>nd</sup> December</b>
9	<b>3<sup>rd</sup> December</b> 6.00 – 7.30am Training	<b>5<sup>th</sup> December</b> 6:30 - 8:00pm Training	<b>6<sup>th</sup> December</b> 6.00 - 7:30am Training	<b>7<sup>th</sup> December</b> 7.00 - 8:30pm Training	<b>9<sup>th</sup> December</b>
10	<b>10<sup>th</sup> December</b> 6.00 – 7.30am Training	<b>12<sup>th</sup> December</b> 6:30 - 8:00pm Training	<b>13<sup>th</sup> December</b> 6.00 - 7:30am Training	<b>14<sup>th</sup> December</b> <b>6.00pm</b>    Presentation & Christmas party	