



Sunbury Amateur Swimming Club

Term 1, 2013 Newsletter

Welcome back to all our swimmers and their families, I trust everyone had a safe and restful holiday period and that all our members are keen to get back in the water.

It was great to see you all at the Christmas Party and Presentation Night held in December. Our swimming members always enjoy receiving their medals for taking part in the club competitions. I hope everyone had a good night it was unfortunate it was a cool rainy evening, although the inflatable was thoroughly enjoyed by those who chose to have a go.



I would like to take this opportunity to thank Karen for volunteering her time over the Christmas break to run skills clinics and continue with some of the morning training sessions, I am sure that those who attended achieved great results and are very appreciative.

School Swimming sports are fast approaching, best of luck to those of you that are competing. Also our club Long Course Championships starts Friday 22nd February 2013, enrolments need to be in by Friday 15th February 2013. I would encourage all members, new and old to enter at least a few events, this is a friendly competition between our club members and a great starting point into competing.

Parents it is important and in the best interest of all our swimmers that all general enquiries are to be made to a committee member at the pool not to Karen-Coach during sessions times, there will be a committee member present at the beginning of each evening session or contactable by email (addresses front page of newsletter). Karen will be more than happy to discuss your child's progress after sessions have been completed.

Please keep up to date with what's happening in our club by checking our notice board and the end of the pool and visit our website
home.vicnet.net.au/~SASC/

Enjoy your swimming

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

2012/13 CLUB CAPTAINS:

Liam Hooper, Matthew Urbaniak
Isabel Manders, Rachel Doody

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 18th February , 2013, 7.30pm

2013 School Terms

Term 1 - 31 January - 28 March

Term 2 - 15 April - 28 June

Term 3 - 15 July - 20 September

Term 4 - 7 October - 20 December

Training Times and Fees

Monday morning training

6.00 – 7.30am 7 sessions x \$10 = \$70 (Labour Day Public Holiday 11th March)

Wednesday night training

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

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 8 sessions x \$10 = \$80

Friday night training

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

7:00 - 8:30pm 5 sessions x \$10 = \$50 (Friday 22nd Feb & 15th March –Long Course Competition & Good Friday 28th March)

Payment of Fees

Unsure of the amount owing please contact Danielle Ziervogel - Treasurer, at 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.

Coaches Report

COACHES REPORT TERM 1 2013

Welcome back to all for what hopes to be an exciting, fun filled & busy, first term and 2013. I hope you all had a wonderful Christmas, New Year and Holiday season.

Our '*Christmas Celebration*' and '*Presentation Evening*' was very successful. I trust you all had an enjoyable time. You certainly looked like you were! Thanks for all the gifts I was given. I really appreciate your kindness and thoughtfulness, although after all the chocolate and other goodies I've eaten, my waistline doesn't!

I have some exciting things to report, in regards to the successes of some of our swimmers recently. Firstly, congratulations must go to Liam, who qualified for the Victorian State Age championships in December. He competed against 70 other swimmers in his age group, doing, both himself and the club proud. Thanks to those who went along to the event to cheer Liam along. I am sure he appreciated your support.

Next, in January, Khang competed in the Open and Multiclass Victorian State championships in multiple events. He was up against some very stiff competition but still managed to do a 22 second Personal Best in one of his swims.

Recently, Brandon and Lachlan swam in the annual Lorne, Pier to Pub. I was very impressed with their dedicated approach to their preparation for the big event. I will leave the bragging rights to Lachlan; I believe he improved on his time from last year by about five minutes against a very strong tide. Did father beat son, or was it the other way around???? Lachlan will gladly and proudly fill you in! Great job both of you!

On a sadder note, just after Christmas, we waved good-bye to our Club Captain, Mackenzie, for six months. He has gone to live; go to school and swim in the USA. We wish him all the very best during his time away and look forward to his return. I am sure he will have lots of stories to tell of his experience. Perhaps he will come home with some new swimming skills which he can share with us all. During Mackenzie's absence, Mathew U will step up to the role of Club Captain. Thanks Matt and enjoy! I have also heard on the grapevine that many of our swimmers, have, over the holidays, set and met personal goals and challenges, well done to you all.

During the holidays I ran some small swimming clinics which I felt, went really well. From the feedback I received, those who attended enjoyed them. I also volunteered my time and my morning sleep ins to continue the morning training sessions over the last few weeks to give swimmers the opportunity to maintain fitness levels over the holiday break. Thanks to those of you who attended. It was nice to see some new faces to the morning sessions. I hope you have benefited from all of our efforts (as in getting up early on holidays☺).

For this coming term, I will be looking at events that we can enter as a club, so stay tuned. Please remember to look at the Swimming Victoria website yourself to find any events you might like to enter. Darren and Ethan have organised themselves to go off to Castlemaine to compete in an event there. Good luck guys. I hope you do well and enjoy the day!

For those of you who are a bit shy about competing, you should give our own Club competitions a go, or at least come to Club night to get a feel for it! Please ask me if you have any doubts or questions about competing.

The Club's own Long Course Championships begin in late February, only a few weeks into the new term. I would love to see every swimmer in the club enter this competition. It is fun. It will run on two Friday nights in place of training and on three Sunday late afternoons. The 50 and 100 metre events are perfect for the younger or short distance swimmers. You should have already received and emailed copy of the entry form over the holidays, but you will find it on the website and also in the term newsletter. Please get your entries in on time.

I will be putting up information and an events calendar for the year, onto the notice board at the end of the pool. Please take time to look at it and ask if you have any questions. The website calendar is also up to date thus far for the year. More will be added as the year progresses.

For those who swim on Friday nights, remember I asked you to bring a picture of a fish you would like to be. Please bring them along as it will be incorporated into the program.

I look forward to another successful year with you all, and along with the hard work that is required, I hope it will be a lot of fun too. I am planning and hoping to have a chat to each of you so that we can do some goal setting and planning together.

COACHES REPORT TERM 1 2013 – Continued

Something to think about!

This club has been in Sunbury for over 50 years. I have personally been a part of the club since I was a young girl training and competing myself. During this time I have seen many highs and of more recent years lows, where membership had declined to an all time low. It seemed a general disinterest in swimming had occurred, but for whatever the reason, I was fearful that Sunbury was going to lose SASC. This was and still is my main reason for agreeing to take on the role of head coach when our previous long term coach resigned. I love this club!

Over the past year our club has begun to grow again, something of which I am very proud. Good things and small successes are beginning to come our way. I see, and I hope, for a bright future, but I acknowledge that growth and success are not achieved without hard work and dedication. For any success that we see in the water, there has been a lot going on behind the scenes, which are all too often forgotten about. I thank the committee, the parents and everyone who has helped me so far. The old saying '*many hands make light work*' is so true, so if you are able to help our club in any way, if you have ideas for improvement, development, social get-togethers, competitions, or fundraising, please speak up. We welcome your involvement, contribution and feedback. We have a good group of parents on the committee, all working together with a common goal of providing the best swimming opportunities for all of our children and the Sunbury community. With all of our continued efforts I see our club continuing, and heading in an exciting direction.

Well done! I am very proud of our successes so far.

As this first term back to school is such a short one, school swimming comps will begin early, so why not come and try our morning training sessions. It's beautiful in the outdoor pool at this time of year. Get the edge on your competition by being prepared!

See you in the pool!



Karen

LONG COURSE CHAMPIONSHIPS

Sunbury Aquatic Centre



Dates

Friday 22nd February 6.45pm

Sunday 24th February 4.45pm

Friday 15th March 6.45pm

Sunday 17^h March 4.45pm

Sunday 24th March 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 15th February 2013 as no late entries will be accepted.

Please note there is an entry fee per event of \$8 for up to 6 events or \$48 for more than 7 events, this is to help cover the costs of trophies and running the competition.

Medals will be awarded at the Presentation Night

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 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.

2013 LONG COURSE CLUB CHAMPIONSHIPS

Held over 5 sessions

Session 1: Friday 22nd February 6.45pm

Session 2: Sunday 24th February 4.45pm

Session 3: Friday 15th March 6.45pm

Session 4: Sunday 17th March 4.45pm

Session 5: Sunday 24th March 4.45pm

SWIMMERS NAME: _____ **AGE AS AT 22/02/13:** _____

Event No	Date	Stroke	Distance	AGE	Tick If Swimming
SESSION 1 - 6.45pm Friday 22 February					
1	22/02	Individual Medley	400	Open	
2	22/02	Breast	50	Age	
3	22/02	Back	100	Age	
4	22/02	Butterfly	50	Age	
5	22/02	Freestyle	200	Open	
SESSION 2 - 4.45pm Sunday 24 February					
6	24/02	Freestyle	100	Age	
7	24/02	Breast	200	Open	
8	24/02	Back	200	Open	
9	24/02	Butterfly	200	Open	
SESSION 3 - 6.45pm Friday 15 March					
10	15/03	Freestyle	50	Age	
11	15/03	Breast	100	Age	
12	15/03	Freestyle	400	Open	
13	15/03	Back	50	Age	
14	17/03	Individual Medley	200	Age	
SESSION 4 - 4:45pm Sunday 17 March					
15	17/03	Freestyle	800	Open	
16	15/03	Butterfly	100	Age	
SESSION 5 - 4.45pm Sunday 24 March					
17	24/03	Freestyle	1500	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 15 February, 2013.
peter.semmens@bigpond.com

NO LATE ENTRIES WILL BE ACCEPTED



TERM 1 - 2013 CLUB TRAINING & EVENTS

Week	Monday	Wednesday	Thursday	Friday	Sunday
1	4th February 6.00 – 7.30am Training	6th February 6:30 - 8:00pm Training	7th February 6.00 - 7:30am Training	8th February 7.00 - 8:30pm Training	
2	11th February 6.00 – 7.30am Training	13th February 6:30 - 8:00pm Training	14th February 6.00 - 7:30am Training	15th February 6.45pm arrival <i>Entries for Long Course closes</i>	
3	18th February 6.00 – 7.30am Training	20th February 6:30 - 8:00pm Training	21st February 6.00 - 7:30am Training	22nd February 6:45pm Long Course Championships	24th February 4:45pm Long Course Championships
4	25th February 6.00 – 7.30am Training	27th February 6:30 - 8:00pm Training	28th February 6.00 - 7:30am Training	1st March 7.00 - 8:30pm Training	
5	4th March 6.00 – 7.30am Training	6th March 6:30 - 8:00pm Training	7th March 6.00 - 7:30am Training	8th March 7.00 - 8:30pm Training	
6	11th March Labour Day	13th March 6:30 - 8:00pm Training	14th March 6.00 - 7:30am Training	15th March 7.00 - 8:30pm Training	
7	18th March 6.00 – 7.30am Training	20th March 6:30 - 8:00pm Training	21st March 6.00 - 7:30am Training	22nd March 6.45pm Long Course Championships	24th March 4.45pm Long Course Championships
8	25th March 6.00 – 7.30am Training	27th March 6:30 - 8:00pm Training	28th March 6.00 - 7:30am Training	29th March Good Friday 	30th March Easter Saturday

