



Sunbury Amateur Swimming Club

Term 3, 2013 Newsletter

Welcome back to swimming for Term 3, 2013.

I would like to thank all the members and their families whom attended the Presentation Night and AGM at the end of Term 3. An enjoyable night was had by everyone who was able to be there.

The Presentation of medals is a great way for the swimmers to see their achievements and the improvement they have made and also to reflect on their efforts.

The Annual General Meeting was very successful with all positions being filled

President	Vaughan Manders
Vice President	Brandon Ziervogel
Treasurer	Danielle Ziervogel
Secretary	Michelle Olson

General Committee	Annette Hooper
	Anita Santic
	Darren Woodvine
	Diane Doody
	Karen Garrard
	Glenys Achter

This term has been cut short by a week due to pool closure, but I'm sure you would all agree that the works carried by Hume City Council have made great improvements to the pool and pool area, which we can now enjoy.

You will notice that Karen will be wearing the new uniform that is now available for ordering. The current orders from the initial ordering nights should be available in the next week or two. Any new orders are welcome at any time.

Finally make the most of your memberships and get involved in the Clubs Nights, Training Sessions and keep swimming and having fun.

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 2013/2014

CLUB PRESIDENT

Vaughan Manders

Email: vaughan.manders@visy.com.au

VICE PRESIDENT

Brandon Ziervogel

Email: dziervogel@bigpond.com

TREASURER

Danielle Ziervogel

Email: dziervogel@bigpond.com

SECRETARY

Michelle Olson

Email: mdolson@bigpond.com

CLUB COACH: Karen Garrard

2013/14 CLUB CAPTAINS:

T.B.A

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

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 19th August, 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 9 sessions x \$10 = \$90

Wednesday night training

6:30 - 8:00pm 9 sessions x \$10 = \$90

Thursday morning training

6.00 – 7.30am 9 sessions x \$10 = \$90

Friday night training

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

7:00 - 8:30pm 9 sessions x \$10 = \$90

REMINDER

SASC Annual Membership Fees were due 1th May 2013

If you have not already paid please do so as soon as possible, these are payable to SASC.

1 st	family member	\$65
2 nd	family member	\$55
3 rd	family member	\$45
4 th	family member	\$35

Swimming Victoria Annual Membership Fees were due 1st May 2013 Pay Swimming Victoria Directly

SV Membership Fees 2013/14 are for 14 months (includes 2 months pro rata)

(SV Annual Membership 2014/2015 will be from July -June)

Membership Type	Description	Cost	Pro rata	Total
Swimmer	Any member who competes in organised competition within or outside club (e.g. Interclub, district, state, national competitions) (includes SAL capitation fee \$23.00)	\$97.50	16.30	\$113.80
Non-Swimmer	Any member who does not fall into the Swimmer, Recreational Swimmer, Registered Official or Life Member categories e.g. Committee members, parents, coaches, etc. These members 'do not get wet'.	\$26.00	4.30	\$30.30
Recreational Swimmer	Any member participating in Learn to Swim or squad training with an affiliated Club but do not compete in organised competitions outside the club structure, this is a member that 'gets wet'.(included SAL capitation fee \$23.00)	\$70.00	11.60	\$81.60

Payment of Fees

Unsure of the amount owing please contact Danielle Ziervogel - Treasurer, at dziervogel@bigpond.com

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.

CLUB NIGHTS

We have 4 Club Nights during Term 3, these are held on a Sunday nights

July 28th, August 11th, August 25th, September 8th.

Starting at 4.45pm, usually finishing by 6.00pm. These are in addition to normal training sessions and at no extra cost to members. Club nights are a great way to practice all the skills you learn during training like starts, turns and times. They are informal and fun, so come along and get involved.

COMPETITIONS

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 coming up, along with the closing dates for entries, on this calendar Karen will indicate which meets she will be available to attend.

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.

You will notice Karen wearing our new uniform, these are now available by order only.

(If you are unsure of sizing you can go to One Stop Embroidery ,Shop 7 Evans St Arcade Sunbury and try on sizes, then place your order through the club)

Hoodie -fleece	\$50
Zip Up Hoodie - fleece	\$50
Polo Shirt – breathable fabric	\$40

Please see Annette Hooper at training or phone her on 0403 026 110 with any enquires you may have.

**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.*

Hoodies and Zip Up Jacket optional.

Coaches Report

COACHES REPORT TERM 3, 2013.

Welcome back everyone to what will be a very busy term. I hope you all enjoyed your sleep INS during the holidays.

Apologies to all who were waiting for the clinics to run, but it just did not work out.

Presentation night was a fantastic night with some excellent results obtained, I am so proud of you all, well done. The training award went to Mathew U, and my coaching award went to Daniel Ng, both boys earned their awards through sheer persistence and training rally hard. Well done boys. Rachel White was the winner of the “kick board challenge”, well done. It was great to see some of our life members attend the AGM; so many stories were shared about the “olden days” of our club.

This term sees our first Open Multiclass swimmer Kristen Wright compete in the Victorian State Open Swimming Championships, good Luck Kristen! She will also be representing Victoria in the schools National Championships later on this term.

The focus this term will be to aim for the Metro West 7-10 Encouragement Competitions, more details to follow, along with other targeted meets for registered and non competition swimmers, so also stay tuned.

Training has resumed, so I hope to see you all in the pool. I have new incentivises, prizes and award to share, along with new challenges.

Club Captains have almost been finalized so they will be announced in my next newsletter, so keep a look out.

Finally, keep practising your stretching before you come to the pool, label all your gear, bring all your gear, and remember to check out our new uniform as it looks fantastic.

See you in the pool, Karen



Karen



TERM 3 - 2013 CLUB TRAINING & EVENTS

Week	Monday	Wednesday	Thursday	Friday	Sunday
1	15th July NO TRAINING POOL CLOSED	17th July NO TRAINING POOL CLOSED	18th July NO TRAINING POOL CLOSED	19th July NO TRAINING POOL CLOSED	
2	22nd July 6.00 – 7.30am Training Committee Meeting	24th July 6:30 - 8:00pm Training	25th July 6.00 - 7:30am Training	26th July 7.00 - 8:30pm Training	28th July CLUB NIGHT 4.45 – 6.00PM
3	29th July 6.00 – 7.30am Training	31st July 6:30 - 8:00pm Training	1st August 6.00 - 7:30am Training	2nd August 7.00 - 8:30pm Training	
4	5th August 6.00 – 7.30am Training	7th August 6:30 - 8:00pm Training	8th August 6.00 - 7:30am Training	9th August 7.00 - 8:30pm Training	11th August CLUB NIGHT 4.45 – 6.00PM
5	12th August 6.00 – 7.30am Training	14th August 6:30 - 8:00pm Training	15th August 6.00 - 7:30am Training	16th August 7.00 - 8:30pm Training	
6	19th August 6.00 – 7.30am Training Committee Meeting	21st August 6:30 - 8:00pm Training	22nd August 6.00 - 7:30am Training	23rd August 7.00 - 8:30pm Training	25th August CLUB NIGHT 4.45 – 6.00PM
7	26th August 6.00 – 7.30am Training	28th August 6:30 - 8:00pm Training	29th August 6.00 - 7:30am Training	30th August 7.00 - 8:30pm Training	
8	2nd September 6.00 – 7.30am Training	4th September 6:30 - 8:00pm Training	5th September 6.00 - 7:30am Training	6th September 7.00 - 8:30pm Training	8th September CLUB NIGHT 4.45 – 6.00PM
9	9th September 6.00 – 7.30am Training	11th September 6:30 - 8:00pm Training	12th September 6.00 - 7:30am Training	13th September 7.00 - 8:30pm Training	
10	16th September 6.00 – 7.30am Training Committee Meeting	18th September 6:30 - 8:00pm Training	19th September 6.00 - 7:30am Training	20th September 7.00 - 8:30pm Training	School Holidays Start

