



Sunbury Amateur Swimming Club

Term 2, 2013 Newsletter

Hello all members and their families,

Welcome back to Term 2, I am hoping that everyone had restful school holidays and was able to enjoy the last of the warm sunny days.

I hope everyone who entered the Long Course Competition last term enjoyed themselves and was able to improve their times.

This term we will be having several Club Nights on a Sunday evening, I would like to take this opportunity to encourage all members to take part in these nights, they are an informal way of practising your starts, turns and correct technique. It's a fun way to try to better your times and earn points towards the end of year awards, club nights begin at 4.45pm and are finished by 6.00pm and do not cost any extra to take part in, so please join in.

We have moved back to the indoor pool for morning training sessions over the colder months.

The club is always looking for new members so if you have a friend interested in swimming bring them along to try and hopefully they will enjoy it and want to join our club.

Please keep up to date with what's happening in our club by checking our notice board and the end of the pool regularly 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

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 MEETINGS

7.30pm Third Monday of the Month

'All welcome'

Next Meeting

Monday 20 May, 2013

Monday 17 June, 2013

2013 School Terms

Term 1 - 31 January - 28 March

Term 2 - 15 April - 28 June

Term 3 - 15 July - 20 September

Term 4 - 07 October - 20 December

Training Times Term Fees & Annual Registration Fees

Monday morning training

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

No training Queens Birthday 10th June

Wednesday night training

6:30 - 8:00pm 11 sessions x \$10 = \$110

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

No training Anzac Day 25th April

Friday night training

7:00 - 8:30pm 11 sessions x \$10 = \$110

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

Annual Memberships fees are now due

SASC Annual Membership Fee - Due 01 May, 2013 payable to SASC in addition to the term training fee

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

You will also need to complete the Club's Registration form which can be downloaded from the club website http://home.vicnet.net.au/~sasc/index.php?option=com_content&view=article&id=26&Itemid=49

NB. The annual fee above will cover the 14month period between 01 May 2013 and 30 June 2014. To be confirmed at Club AGM being held in June, thus altering the club's financial year to correspond with changes made by Swimming Victoria to align the Swimming Financial Year with the Financial Year, 01July – 30 June annually.

Swimming Victoria Annual Membership Fees 2013/14 season - Due 01 May, 2013 payable directly to Swimming Victoria www.swimmingvictoria.org.au

SV Membership Fees 2013/14 are for 14 months 01 May 2013 - 30 June 2014 (includes 2 months pro rata)

(SV Annual Membership 2014/15 will be from 01 July - 30 June)

Items		2013/14 Fee 12Months	Pro rata Fee 2Months	Total
Membership				
<i>Club Affiliation</i> (paid by club)		153.00	25.50	178.50
Registration type *Incorporating SAL Capitation Fee, subject to change	Swimmer Any member who competes in organized competition outside the club	*97.50	16.30	*113.80
	Recreational Swimmer Any member participating in Learn to Swim or squad training with an affiliated club but do not compete in organized competition outside the club structure	*70.00	11.60	*81.60
	Non Swimmer Any member who does not fall into the competitive swimmer, recreational swimmer, registered official or life member categories e.g. Committee Member, Parents, Coaches	26.00	4.30	30.30
	Registered Official Any qualified official working at club, district, state or national level.	13.00	2.20	15.20
	Life Members Any Club Life Member of the club who is not a competitive swimmer, recreational swimmer or registered official	13.00	2.20	15.20

Payment of Fees

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.

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 are unsure of the amount you need to pay, please contact Danielle Ziervogel, Club Treasurer, at dziervogel@bigpond.com

TIME KEEPING TRAINING



SASC would like to encourage any parents who may be interested in taking part in a official time keeping course, to advise a committee member.

We will confirm with Swimming Victoria where these courses are held and duration once we have a show off interest.

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.

The committee is currently sourcing new uniform items to be available soon.

You will notice Karen wearing a sample of items in the next few weeks of the Zip through Jacket and Polo Shirt, there will also a Hoodie available.

A separate order form with sizing guide and pricelist will be emailed to all members as soon as sample articles are manufactured. Approximate pricing will be Hoodies/Zip-up Jacket \$50 , Polo Shirts \$40.

Please keep an eye on the website and notice board for uniform ordering dates. We are aiming to have these made a.s.a.p in time for the cooler months ahead.

**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.

Coach's Report

TERM 2, 2013

Hi everyone, I am sitting here writing this report from the National Age Championships in South Australia. As I sit here, I am thinking and hoping that this time next year, we will have swimmers from our own club here, representing Sunbury Amateur Swimming Club. Just think how good that would be.....

Training has started this week and it is fantastic to see so many new faces at the pool. I have been looking at the Swimming Victoria website to find some meets that we can attend as a club. There are so many meets, please look at the Swimming Victoria website to see what events you might want to enter, then come and see me as you can do these meets by yourself or a couple of you might want to go together. Winter Interclub will run this year; Darren will be in charge of it, more info later.

This term I will be asking swimmers to make appointments to have a chat to set some goals for your swimming. We are now into short course season, and our training will reflect this, remember we have a Short Course Distance Club Championships later on.

Results from our fantastic Long Course Championships will be announced at the AGM, some surprises will be revealed along with a few other things

The AGM also signals the re-election of Club Captains and Vice Captains, if you would like to nominate for these jobs, start thinking about it. More information will follow.

I have a calendar in our notice board that has important dates on it, please look at it regularly.

Also some fantastic results from earlier on last term, Khang made the finals of the School Sport Victoria Championships, Liam qualified and swam at State Age Championships, many other swimmers swam at their schools events and did amazing swims and PBs and then there was the epic battle of the Pier to Pub with Brandon and Laughlin....Who won???

Finally to sum up, a great start to the year, we are now in term 2, all morning training is inside, all members are welcome. Welcome to all those who are new to morning sessions, please ask questions if you have them, there are committee members at the pool during training to help you.

Remember to PLEASE bring a water bottle to training and all your gear, labelled!!!

That's all now from me, I will be putting up information on a regular basis in our window box along with other things such as birthdays, club swims fun days and a few new things, along with the winner of the kick board challenge, which will end soon.

See you in the pool,



Karen



TERM 2 - 2013 CLUB TRAINING & EVENTS

Week	Monday	Wednesday	Thursday	Friday	Sunday
1	15th April 6.00 – 7.30am Training	17th April 6:30 - 8:00pm Training	18th April 6.00 - 7:30am Training	19th April 7.00 - 8:30pm Training	
2	22nd April 6.00 – 7.30am Training	24th April 6:30 - 8:00pm Training	25th April <i>No Training</i> Anzac Day Public Holiday	26th April 7.00 - 8:30pm Training	28th April CLUB NIGHT 4.45 – 6.00PM
3	29th April 6.00 – 7.30am Training	1st May 6:30 - 8:00pm Training	2nd May 6.00 - 7:30am Training	3rd May 7.00 - 8:30pm Training	
4	6th May 6.00 – 7.30am Training	8th May 6:30 - 8:00pm Training	9th May 6.00 - 7:30am Training	10th May 7.00 - 8:30pm Training	12th May Mother's Day CLUB NIGHT cancelled
5	13th May 6.00 – 7.30am Training	15th May 6:30 - 8:00pm Training	16th May 6.00 - 7:30am Training	17th May 7.00 - 8:30pm Training	
6	20th May 6.00 – 7.30am Training Committee Meeting 7.30pm	22nd May 6:30 - 8:00pm Training	23rd May 6.00 - 7:30am Training	24th May 7.00 - 8:30pm Training	26th May CLUB NIGHT 4.45 – 6.00PM
7	27th May 6.00 – 7.30am Training	29th May 6:30 - 8:00pm Training	30th May 6.00 - 7:30am Training	31st May 7.00 - 8:30pm Training	
8	3rd June 6.00 – 7.30am Training	5th June 6:30 - 8:00pm Training	6th June 6.00 - 7:30am Training	7th June 7.00 - 8:30pm Training	
9	10th June <i>No Training</i> Queen's B/Day Public Holiday	12th June 6:30 - 8:00pm Training	13th June 6.00 - 7:30am Training	14th June 7.00 - 8:30pm Training	16th June CLUB NIGHT 4.45 – 6.00PM
10	17th June 6.00 – 7.30am Training Committee Meeting 7.30pm	19th June 6:30 - 8:00pm Training	20th June 6.00 - 7:30am Training	21st June 7.00 - 8:30pm Training	
11	24th June 6.00 – 7.30am Training	26th June 6:30 - 8:00pm Training	27th June 6.00 - 7:30am Training	28th June 7.00 - 8:30pm Training AGM Last Day - Term 2	