

Sunbury Amateur Swimming Club

Term 1, 2015 Newsletter

"CONGRATULATIONS"

James BOLAND and Ronan BOLGER represented our Club at the *WaterLions* Encouragement Meet. James took out Silver in 50m Freestyle & a bronze Medal in 50m Breaststroke and Ronan took out a bronze medal for 14 and over 50m breaststroke.

WELL DONE

At the Essendon Aquatic Encouragement Meet. Lots of swimmers made their PB's, they were awesome in the pool. Kristen WRIGHT came home with 3 Medals Silver for 50m Backstroke, Bronze for 50m Breaststroke and Bronze for 50m Freestyle.

WELL DONE

There was a big turnout at Kardinia Park The following came home with Medals:

Gold	James Boland	Open 400 Free
Silver	Kristen Wright	Open 50 Back
Silver	Kristen Wright	Open 50 Breast
Bronze	Ronan Bolger	14-15 100Fly
Bronze	Kristen Wright	Open 50 Free

Our Gentlemen and Ladies came **FIRST** in the Relay 4x50 Free Gents: Darren Woodvine, Liam Hooper, Matthew Urbaniak & James Boland.

Ladies: Emily Murray & Kristen Wright.

We would like to give a special **VERY BIG THANK YOU** to Chelsea & Brooke from Wangaratta Swimming Club who filled in for us to make up the girls relay team.

WELL DONE



Thank you to all the swimmers who did not get a medal but achieved great PB's.....AMAZING.

A **HUGE** Thank you to **EVERYONE** who came to support the swimmers especially the ones who didn't swim. Our swimmers really appreciated the support and cheering.

Please try and join us at the next swim meets. It was wonderful to see our club participating in outside meets.

We encourage **EVERYONE** to have a go. Please keep a look out on our website & emails for future swim dates and let a committee member know if you are interested.

Club Website

www.sunburyswimmingclub.org.au

Training Times

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

contact us on

sunbury.amateur.swimclub@gmail.com

or

Vanessa on **0491 127 413**

Committee 2014/2015

CLUB PRESIDENT :	Darren WOODVINE
VICE PRESIDENT :	Troy HANLON
TREASURER:	Anita SANTIC
SECRETARY:	Leonie HURLEY
REGISTRAR	Diane DOODY
RACE SECRETARY	Kieran BOLGER
PUBLICITY OFFICER	Vanessa HANLON
UNIFORMS	Vanessa HANLON

GENERAL COMMITTEE

Mhel ARCIBAL
Joanne WRIGHT
Craig & Angella BALLINGER

CLUB COACH: Karen GARRARD

2014/15 CLUB CAPTAINS:

Jilliane ARCIBAL
James, BOLAND
Ronan BOLGER
Abbey HANLON

COMPETITIONS/CLUB NIGHTS

Darren Woodvine

Email:

sunbury.amateur.swimclub@gmail.com

Please Pay Fees by:

Bank deposit

Sunbury Amateur Swimming Club
Bank: Westpac
Account No.: 132 173
BSB: 033-118

Please place swimmer's name in transaction details

If you are unable to do online banking
Please make Cheque payable to
Sunbury Amateur Swimming Club

Post to

Sunbury Amateur Swimming Club Inc.
P.O. Box 400
Sunbury 3429

COMMITTEE MEETINGS:

Everyone Welcome

Next Meeting @ Club Rooms
Wednesday 4th February 2015, 6:30pm
See Calendar for other meeting dates

2015 - State School Term Dates

Term 1 - 29th January - 27th March
Term 2 - 13th April - 26th June
Term 3 - 13th July - 18th September
Term 4 - 5th October - 18th December

MEETINGS:

Come and join us at our meetings between 6:45pm and 7:15pm.
Have a cupper or let us know if there is anything on your mind.
See Calendar for Committee Meeting Dates.

ALL VERY WELCOMED

PUZZLES

Puzzler added to Newsletter. Page 10

Kids give it a go and let us know what you think of it and whether or not you wish for it to continue.

Finally, SWIMMERS!!!.....ENJOY your swimming.

See you soon at the Pool Side in Term 1 2015

I hope you all had a wonderful Christmas & that 2015 ends up being a sensational year, may it be Safe, Healthy & Happy.

Anita Santic
SASC Treasurer

Fundraising

BBQ'S

A **HUGE** Thank you to ALL who helped out at the BBQ's in Term 4

Remember that the club is run by all the parents of the swimmers.

Please note the dates for 2015 BBQ below in your diary and everyone PLEASE email the club or ring Vanessa early and try and allocated time slots. Everyone's help would be appreciated and plenty of notice is given.

Thanking you in advance.

PLEASE!!! Note in your Diaries future Big W BBQ dates between 9am and 3pm

February 7th & 8th

March 21st & 22nd

April 18th & 19th

May 16th & 17th

June 13th & 14th

July 18th & 19th

August 22nd & 23rd

September 12th & 13th

October 24th & 25th

November 28th & 29th

A special THANK YOU to Craig Ballinger, who made a 'Multiple Sausage Holder, it came in very handy, especially when people were ordering six snags at a time.

SHOPPING TRIP

The Shopping Trip was a great success in Term 4 MANY THANKS to the wonderful Ladies from the Melton Basketball club. They joined us on the day to fill the bus.

It was a fun day so THANKS to all the wonderful Ladies who came along for the ride.

CHRISTMAS RAFFLE

It was a great turn out on the last day of term. **Congratulations** to all winners of the Raffle.

Thank you to **everyone** who donated gifts for the raffle and to the Committee Members who went out of their way door knocking for donations.

CHOCOLATE DRIVE

Please return your chocolate Money at your earliest convenience.

If you are unable to sell them please let a committee member know.

If you can sell more chocolates PLEASE let a committee member know. **We still have plenty to sell.**

READING CINEMA TICKETS

Please print the form on page 3 and cut them up into coupons and whenever you go to the movies at Reading Cinema in Sunbury PLEASE hand in one of the coupons and make sure that you give us your used tickets.

The more tickets we hand in the more chances we have to get free tickets donated to our swim club.

A VERY SPECIAL THANK YOU

The committee would like to thank **Craig & Angela BALLINGER** for their wonderful donation of a Fridge/Freezer.

This will make our life easier on BBQ days and it means we can also store milk... so... 2015 will allow us to open the club rooms during swimming times allowing parents to have a cupper while they are waiting for children to swim. The club rooms will only be **opened in the first hour only**, allowing cleanup time before closing.

Many THANKS from the SASC Fundraising Team

SCHOOL REWARD PROGRAM

Hand in this voucher at the box office when you purchase a ticket and earn 1 POINT for your school.

SCHOOL NAME/STAMP:

**SUNBURY SWIMMING CLUB
PO BOX 400 SUNBURY VIC 3429**

One coupon per paid ticket.

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One coupon per paid ticket.

Sunbury Amateur Swimming Club has just signed on to be part of the Quickbeds Grassroots Fundraising Program. This is a great opportunity for our club to raise funds.

IT'S VERY SIMPLE:

Next time you are booking accommodation,
go to **Quickbeds**
use our unique Grassroots Code: **1383**
and you'll be helping our club



That's **\$10** for bookings up to \$349.
And **\$25** for bookings from \$350 to \$699.
And **\$50** for bookings of \$700 or more.

HOW TO DO IT:

- **Click on this link:** our club code will be stored on your computer
www.quickbeds.com/?grassrootscode=1383
 - Find the hotel you want
 - Book it

WHY QUICKBEDS:

Quickbeds is an accommodation search and booking website owned by the Flight Centre Travel Group.

1. **Price Beat Guarantee** - if you find a cheaper price we'll beat it
2. **Huge range** of hotels, apartments, resorts and B&B's in Australia and around the world
3. **24/7 Customer Support** from an Australian telephone support centre
4. **No Fees** - no booking fees, no credit card fees
5. **Raise Funds for Sunbury Amateur Swimming Club** with every booking

Click now and check them out...

TELL YOUR FRIENDS:

You don't have to be a member to use the club code. Forward this email to your friends and family. If they click on the link and book the money goes to **Sunbury Amateur Swimming Club**.



Price Beat Guarantee

If we don't have the best price, we'll beat it.

[Find out more >>](#)



Win Your Stay On Us

Every week one lucky person will win a FULL REFUND.

[Find out more >>](#)

President's Report - 2015 - Term 1

Get Ready for Term 1, 2015.

I look forward to seeing new and returning swimmers for Term 1 2015. We have just completed a very exciting Short Course Championship season, with only one Win separating 1st and 2nd place for both the Boys and Girls Club Champion, thus it was a very close competition considering the possible 18 races that count towards our club champion. It was one of our best Short Course Championships that I have been involved with, 26 swimmers competed and 3 swimmers broke Club records, Congratulations to **Jillianne Arcibal, Liam Hopper and Myself** who set new records.

A few others also made very good attempts but just missed out, so keep up the training, it will pay off! All the swimmers Personal Best times have been uploaded to our club website

<http://www.sunburyswimmingclub.org.au/images/downloads/results/championships/2014%20top%20times.pdf>

Our Boys and Girls Club Champions for the 2014 Short Course are

Girls Club Champion - Kristen Wright

Boys Club Champion - Darren Woodvine

We will be moving to the outdoor pool for some of our training session and our Long Course Championship in Term 1. This is a different feeling for the swimmers, moving from the 25M indoor to the larger outdoor pool. Long Course entry form has been sent, so please get it filled in and sent back, I look forward to another good competition and hope all swimmers will attempt the Club Championships. It is fun and exciting so please give it a go.

The committee has been working hard behind the scenes and the fundraising is slowly helping to improve the club finances. Fundraising is an important aspect to keep our club financially viable and to keep our fees stable. If you can donate time during the BBQ's it would be great, without the help of our parents our club cannot thrive. Please contact Vanessa Hanlon if you are able to help out on any of the BBQ dates.

The committee has also been discussing how to take the club forward, the current swimming structure and how we may make swimming more enjoyable for all. From Term 1 2015, all Championship and Club nights will run on Sunday evening only. This will allow swimmers to maintain their training on Friday nights, without interruption and confusion.

The committee has also discussed trialling a new coaching format for Friday nights, which we will seek feedback on after approximately 8-10 weeks to see if the format is working or could be improved. The new Friday format will be more focused on individual swimmers or lane needs. The aim of the committee is to have 3 people taking Friday night training sessions, with a split focus on new swimmers, intermediate swimmers and advanced swimmers. The aim is to allow more focus on each group and allow more customized programs.

The aim is:

New swimmers, Focus: Stroke correction, breathing, turns, dives and basics of swimming

Medium Swimmers, Focus: Stroke correction, turns, dives and low level HIIT training

Advance Swimmers, Focus: Fitness (KM's and HIIT training), customized programs based on their stroke preference and good swimming habits

By having 3 people monitoring the lanes, there should be a better focus on each swimmer.

The committee will also invite a guest coach approx once per month, and based on the guest coaches background they will work solely with one of the groups. The aim is to give the children access to different coaching methods and styles, which we hope will improve their swimming and enjoyment.

The committee will be leading the new Friday session from Friday the 30th Jan 2015.

If any parents wish to also participate in helping with the coaching you are more than welcomed.

Last of all we are a swimming club that requires swimmers, thus if your children have any friends that may be interested in swimming please bring them along, try out training or club nights and then hopefully join the Sunbury Amateur swimming Club, the more members we have the more we can do as a club and more enjoyable we can make it for all.

Please remember we also have our club website you can find information on

<http://www.sunburyswimmingclub.org.au/>

Darren Woodvine

SASC President

Coach's Report – 2015 - Term 1

TERM 4 COACHES REPORT 2014

Well, we are finally off and running! Whoops. Swimming at competitions, Congratulation to all the swimmers who have begun this fun activity.

So far we have competed at 3 events, The Water lions meet, the Essendon meet and the Kardina Park meet.

I had the pleasure to attend, 2 of the meets with a strong support crew at both events. Thank you to everyone who did not swim but came along to support our swimmers. They really appreciated your presence.

Well done to everyone, who got a medal or Ribbon and to the swimmers who did not but swam amazing times with great PB's...Fantastic...Thanks to everyone who came to support.

In other news, our own Club Short Course Championships have been swum and won last term, and I am so proud of everyone who participated in an event. Lots of old club records were broken, many PBs achieved and lots of fun by all. These events can assist swimmers in their school sports that will be approaching fast.

Well done to all once again for your achievements in Term 4, I am very proud of all of my swimmers, wow look how far we have come as a club. I look forward to continuing our swimming into next year and beyond to see if we can get some swimmers as far as possible on our state teams and squads.



*See you in the pool,
Karen.*



SUNBURY AMATEUR SWIMMING CLUB INC.

2015 LONG COURSE CLUB CHAMPIONSHIPS

Held over 5 sessions

Session 1: Sunday 8th February 4.45pm
Session 2: Sunday 22nd February 4.45pm
Session 3: Sunday 1st March 4.45pm
Session 4: Sunday 8th March 4.45pm
Session 5: Sunday 15th March 4.45pm

SWIMMERS NAME: _____ **AGE AS AT 8/02/15:** _____

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

ENTRY FEE: \$8 PER EVENT UP TO 7 EVENTS, \$56 FOR 8 OR MORE EVENTS.

**Please make cheque payable to the Sunbury Amateur Swimming Club Inc.,
or deposit into the Club's bank account.**

CLOSING DATE: ALL ENTRIES MUST BE SUBMITTED TO Sunbury Amateur Swimming club email
BY FRIDAY 30th January, 2015.

sunbury.amateur.swimclub@gmail.com

NO LATE ENTRIES WILL BE ACCEPTED

UNIFORMS

If you would like to purchase any of the Clubs Uniforms or Accessories please see a Committee Member Wednesday or Friday nights at the beginning of the lesson.
If there is no-one available on the night please call Vanessa on 0422 966 936 with any enquires you may have.

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

**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 Jackets are optional.*

The Price List together with the Order Form is available on the Clubs Website.

Please note: Swimmers must come to training with Goggles, Flippers, Pull Buoys and Kickboards

Club Membership

Fees will be for the 12 month period ending 30 June 2015. Fees have been held constant this year.

As such club fees (not including Swimming Victoria) will be

First family member \$65

Second family member \$55

Third family member \$45

Fourth family member \$35

Swimming Fees –Term 1

Fees are due the first week of term. PLEASE.

\$10 per session, paid as a term fee upfront.

The number of weeks in a term is determined by the Victorian School term.

If swimmers swim more than 2 days a week or a family has more than 2 children swimming the following applies:

Family with 1 swimming member:

2 Sessions full price (\$10 a session); based on highest session count in the term,
all extra sessions half price (\$5 a session)

Family with 2 swimming members:

4 Sessions full price (\$10 a session); based on highest session count in the term,
all extra sessions half price (\$5 a session)

Family with 3 swimming members:

1st Session full price (\$10 a session), based on highest session count in the term,
all extra sessions half price (\$5 a session)

Family with 4 swimming members: 1st Session full price (\$10 a session),

based on highest session count in the term, all extra sessions half price (\$5 a session)

Please Note: If you cannot attend a lesson it is up to the individual to make up the lesson on an alternative swim day within that term and to advise the coach, that it is a makeup lesson. No fees are refunded for days missed.

Example Table

	Sessions			
	1	2	3	4
Family Size				
1	\$10	\$20	\$25	\$30
2	\$20	\$40	\$50	\$60
3	\$30	\$45	\$60	\$75
4	\$40	\$60	\$80	\$100
5	\$50	\$75	\$100	\$125

Full price sessions
 Half Price sessions

If you are having any difficulties what so ever PLEASE DO NOT HESITATE to contact a committee member.

The following are the dates for training and fees associated with dates for 2015 Term 1.

Days	No of session in the term	COST FOR TERM
Monday 6:00am - 7: 30am	7	\$70
Wednesday 6:30pm - 8:00pm	8	\$80
Thursday 6:00am - 7:30am	8	\$80
Friday 7:00pm - 8:30pm	9	\$90
Come and try welcome 2 Friday nights only	Note : Free try outs start 7:30pm	

Please Note: If you cannot attend a lesson it is up to the individual to make up the lesson on an alternative swim day within that term and to advise the Committee member taking attendance and the coach, that it is a makeup lesson. No fees are refunded for days missed.

Payments can be made payable directly to the clubs account as per page 1 of this newsletter.

Please note the swimmer's surname and Description in the transaction details so we can identify who made the payment. E.g. JONES T –SCT3 = Tom Jones - Short Course. Term 3
 JONES T –FeesT3= Term 3 Fees, for Tom Jones UF = Uniform etc

A follow up email to the treasurer would be appreciated if you are able to do so. (to the clubs Gmail please)
 A receipt can be forwarded **at your request**.

If you cannot pay Direct or by Cheque... a committee member will be available for cash payments and any other queries you may have on most Wednesday or Friday Evenings at the beginning of the session.

An email to the committee will insure that a committee member is available.

Please note: Queries are not to be directed to the coach as the coach's main goal is to concentrate on the swimmers.

FUN PAGE

PUZZLERS 2015 Term 1

What am I?

I am A word of 5 letters.
If you take away the first & last letters,
I will still sound the same.
Even if you take away the middle letter,
I will be the same as before.
What am I?

Odd One Out

Which is the odd one out, and why?

FACE HANDS
SPRING WINTER

Split UP

The words below have been split in
Half and the ends moved around.
Can you repair the splits?

- | | |
|---------|----------|
| 1. Bank | A. Start |
| 2. Star | B. Some |
| 3. Head | C. Mate |
| 4. Hand | D. Note |
| 5. Wind | E. Light |
| 6. Play | F. Mill |

Snakes Alive

The name of a type of snake is hidden in
each of the sentences below,
find them by joining words or parts
of words together.

- How sad Derek looks.
- They stayed all night at the disco,
bravely in my opinion
- The jumbo arrived on time.

What is it?

Guess the phrase from the picture



Under The Sea

O	Y	X	H	U	P	W	M	J	H	F	F
D	C	V	N	S	H	A	R	K	Y	D	X
Y	F	U	E	K	X	E	F	J	P	N	P
D	D	O	L	P	H	I	N	U	D	E	U
E	Q	H	D	S	V	L	R	C	I	Q	E
E	M	K	U	C	F	E	H	D	A	H	S
W	S	W	R	J	T	L	K	F	M	M	R
A	L	A	C	S	S	U	X	E	R	V	O
E	B	X	B	V	Y	E	C	H	E	P	H
S	F	O	K	D	M	Y	V	K	M	E	A
Y	L	E	H	S	I	F	E	A	N	Q	E
O	C	T	O	P	U	S	V	A	W	J	S

colour in the answers

- Shellfish with large claws (7)
- Plant that grows in the sea (7)
- Intelligent animal that plays in the sea (7)
- Imaginary half-woman with a fish's tail (7)
- A shellfish with ten legs (4)
- There are lots of these in the sea (4)
- Large sea fish with lots of sharp teeth (5)
- Moving ridges of water in the sea (5)
- Large sea animal with eight tentacles (7)

now with the letters remaining

cross off all of the following letters

D, F, H, J, K, L, M, P, Q, S, U, V, W, X, Y

Now you should be left with 5 letters of the alphabet.

use 1 of each letter and mix them until you get a
body of water

Secret Seven

Rearrange the letters in the word below
to make another word of 7 letters.

UNPASTE

CLUE : Salty Snack

Answers Next Term

TERM 1 - 2015

CLUB TRAINING & EVENTS CALENDAR

Week	Monday	Wednesday	Thursday	Friday	Sat/Sun
1				30th January 7.00 - 8:30pm Training	
2	2nd February 6.00 - 7.30am Training	4th February 6:30 - 8:00pm Training Committee Meeting	5th February 6.00 - 7:30am Training	6th February 7.00 - 8:30pm Training	8th February Long Course 4:45pm
3	9th February 6.00 - 7.30am Training	11th February 6:30 - 8:00pm Training	12th February 6.00 - 7:30am Training	13th February 7.00 - 8:30pm Training	
4	16th February 6.00 - 7.30am Training	18th February 6:30 - 8:00pm Training	19th February 6.00 - 7:30am Training	20th February 7.00 - 8:30pm Training	22nd February Long Course 4:45pm
5	23rd February 6.00 - 7.30am Training	25th February 6:30 - 8:00pm Training	26th February 6:00 - 7.30am Training	27th February 7.00 - 8:30pm Training	1st March Long Course 4:45pm
6	2nd March 6.00 - 7.30am Training	4th March 6:30 - 8:00pm Training	5th March 6.00 - 7:30am Training	6th March 7.00 - 8:30pm Training	8th March Long Course 4:45pm
7	9th March NO TRAINING LABOUR DAY	11th March 6:30 - 8:00pm Training	12th March 6.00 - 7:30am Training	13th March 7.00 - 8:30pm Training	15th March Long Course 4:45pm
8	16th March 6.00 - 7.30am Training	18th March 6:30 - 8:00pm Training	19th March 6.00 - 7:30am Training	20th March 7.00 - 8:30pm Training	
9	23rd March 6.00 - 7.30am Training	25th March 6:30 - 8:00pm Training	26th March 6.00 - 7:30am Training	27th March 7.00 - 8:30pm Training	School Holidays