



Sunbury Amateur Swimming Club

Term 1, 2019 Newsletter

President's Report - 2019 - Term 1

Hi all and welcome back to term 1.

A special welcome to new members, Nathan, Hanna, Flynn, Nui and Ethan who joined us last term. We hope you'll have a long and happy stay with us.

We ended term 4 with Short Course Prize giving and again I'd like to congratulate all that competed. We would like to thank Paralympic Gold medallist Ashleigh McConnell for joining us to present trophies and chat about what it takes to be an Olympian. It was truly inspirational, educational and unforgettable. We had some surprise results and some same ole, same ole, and I'm sure there will be some friendly scores to settle in the pool during Long Course. Congratulations to our Short Course Champions Angel and Amy.

Thank you to the swimmers who supported the Road to Kardinia meet in Geelong. We had many 4th and 5th places but a special mention to Jack who earned himself a bronze in the 100m Fly. Well done!!!

Term 4 also saw us limp, rather than race, to close out the year but I'm determined to start Term 1 with a bang. This is the term in which you will train harder, swim faster and grow more as athletes than in any other term. We start pre-season training on the 16th of January, Wednesdays and Fridays only, and normal training starts with the school term on the 29th.

Our Long Course Championships kick off on the 10th of February and run over five Sundays. We encourage all to participate. It's the next step if you're looking to start competitive swimming.

We're passionate about School swimming and School Districts will be held on the 21st of February which our club will be supporting. We look forward to seeing many of our swimmers going head to head and then on to Regionals and State.

We'll be encouraging our swimmers to compete at Metro West competitions this term. Please see Calendar and Meets further along in this Newsletter for dates.

Please Folks, pay your term fees ASAP. Let Andrea know via the club email what days you'll be swimming and she'll invoice you. It couldn't be easier. Swimming Victoria Fees have to be paid and we'll be left with no alternative but to refuse access to the pool if those fees aren't paid. As a committee we'd much rather be spending our time and energy improving the club and investing in the kids than chasing people for money.

The club now has an account with Speedo and we get merchandise at cost price. Please chat to Paula or a committee member if you need anything.

As always, the best advert for our club is you so please invite friends and family interested in swimming as either competitive swimmers, or just for the exercise.

Please "Like" our Facebook page and subscribe to Team App.

Thank you all,
Boulton O'Kelly
SASC President

Club Website

www.sunburyswimmingclub.org.au

Training Times

Tuesday 6.00-7.30am
Wednesday 6.30-8.00pm
Friday 7.00-8.30pm

contact us on

sunbury.amateur.swimclub@gmail.com

or

0491 127 413

Committee 2018/2019

Club President	Boulton O'Kelly
Secretary	Nev Vujasinovic
Treasurer	Andrea Smajila
Registrar	Juliette O'Kelly
Race Secretary	Boulton O'Kelly
Uniforms	Paula Satchwell
Fund Raising	Daniel Spiteri
Competitions Coordinator	Melinda Ejankowski
Website Support	Help Needed
Grievance Support	Linda Muratore
General Committee	Cheryle Jackson Caterina Muratore Robyn Wilkins
Head Coach	Karen Garrard
Stroke Correction	Stuart Dodd
Coach	Rhea Warrior

2018/19 CLUB CAPTAINS

**Tihana Vujasinovic, Amber Smajila,
Stefan Vujasinovic, Julian Muratore**

COMPETITIONS/CLUB NIGHTS/MEETS

Boulton O'KELLY

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

Friday the 1st of February

See Calendar on website for other meeting dates

2019 - State School Term Dates

Term 1 - 29th January - 5th April

Term 2 - 23rd April - 28th June

Term 3 - 15th July - 20th September

Term 4 - 7th October - 20th December

Coaches Corner 2019 Term 1

Coaches Report 2019: Term 1

Welcome back to all swimmers and parents to our new year and especially those joining us for the first time. It is going to be a great term filled with many swim meets on offer; ranging from Metro West meets, All Junior trials at Metro West - leading on to the State Championships for All Juniors. Wouldn't it be fantastic to be in the top 10 in Metro West to then go on and represent Sunbury in this awesome meet!

Other events planned also include other swim meets, encouragement swims and our own Sunbury Club Long Course Championships. Hopefully everyone will have a go and enter our own competition.

First up we are starting training earlier, so I can prepare you for your school competitions which are early in the school year.

Training this term will see us training outside when possible, to be able to adapt to the varying water temperature of different pools.

I'm happy to report we had an amazing competition - Road to Kardinia competition on the 29/12/18, we had 13 swimmers and supporters all making the trip to Geelong. Massive congratulations go to all who competed, big PBs were set and Jack received a medal in the Butterfly!

Thank you to Melinda for taking up the role of competition delegate, and for entering the swimmers in the event. In the future, we are working together to get events out to you, to enter and assist your journey in the world of swimming.

We have on board this term again, Rhea and Stuart to assist with our training and coaching programs.

Please come to training ready to work, stretched, drink bottles and please wear your swimming caps.

You will see the results of training when you are working hard and you can see the results from this. Not every meet will give you a fantastic time, improvements happen gradually. Please remember this as I see swimmers who put too much pressure on themselves, and forget that there are many stages to improvements. You are all individuals and you will improve at your own rate, if you are putting in the work.

So let's get ready for this next exciting term ahead, be prepared to work hard, have fun along the way, make new friends and challenge yourselves to do well. Don't be afraid to ask questions, or ask for help.

Myself and the committee are other to help us all achieve.

GO RACE! Dare to swim FASTER

Karen

Head Coach - Sunbury Amateur Swimming Club

Fundraising

Reading Cinema Tickets: Please print the form on Page 7. Cut them up into coupons and place them on your fridge.

Whenever you go to the movies at Reading Cinema in Sunbury **PLEASE** hand in one of the coupons for each ticket purchased. For every 10 tickets we hand in the club will get 1 free movie ticket.

So PLEASE make sure you hand in the Coupons.

Meets

Metro West District Championships 24th Of February

Metro West District Championships 3rd of March

Metro West All Juniors Selection Trials 17th of March

Uniforms

Club Uniforms are compulsory. PLEASE see a committee member at pool deck for purchase of uniform

**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 from Paula.

Please Note: Swimmers must come to training with Goggles, Flippers, Pull Buoy, Kickboards & a Drink Bottle. All Equipment must be labeled.

Club Registration 2018/2019

Club Registration is an **annual** fee which contributes to the costs of Club administration, trophies and awards, lifeguards, coaching and pool hire costs. The Club Registration is due within one month of joining, annually for existing members **EFFECTIVE: 1st July 2018 – 30th June.2019. Prorate Fee available from Feb.**

1st Child	\$65.00	2nd Child	\$55.00	3rd Child	\$45.00	4th Child	\$35.00
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Swimming Victoria Annual Registration 2018/2019

EFFECTIVE: 1st July 2018 – 30th June.2019 All members are required to pay an annual registration fee to our governing body, Swimming Victoria. (This includes insurance). All swimmers, coaches, committee members and officials must re-register each year in order to have current membership coverage so as not to be at risk. Unregistered swimmers are not permitted to compete in any sanctioned SVI meet. Swimmers can register as a competitive swimmer or a recreational swimmer. New swimmers can log onto the Swimming Victoria Website on <http://vic.swimming.org.au/>
Or call them direct on 9230 9400

Category	Description	Cost
Junior Recreational Swimmer (15 years and under)	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 in the water)	\$107.00
Junior Competitive Swimmer (15 years and under)	Any member who competes in organised competition within or outside club e.g. Interclub, district, state, national competitions)	\$120.00
Senior Recreational Swimmer (15 years and over)	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 in the water)	\$97.00
Senior Competitive Swimmer (15 years and over)	Any member who competes in organised competition within or outside club e.g. Interclub, district, state, national competitions)	\$107.00
Transfer	If Transferring from or to another club	\$ 42.00

Swimming Fees -2019 Term 1

FRIENDLY REMINDER

Fees are due the first week of term. PLEASE. You will receive an invoice shortly.

\$12 per session, paid as a term fee upfront. The number of weeks in a term is determined by the Victorian School term.

Families and multiple session swimmers please note the change in Club Fee structure. Fees are based on family sessions being swum and no longer on amount of children swimming. The first and second session for the week are charged at full price (\$12 per session) The third and every subsequent session, for that member or any other family member is charged at \$6 per session.

One session/week = \$12 - Two sessions/ week = \$24 - Three sessions/week = \$30 - Four sessions/week = \$36

If you are having any difficulties whatsoever PLEASE DO NOT HESITATE to contact a Committee Member.

The following are the dates for training and fees associated with dates for 2019 Term 1

Days	No of session in the term	COST FOR TERM
Tuesday 6:00am - 7: 30am	10	\$120
Wednesday 6:30pm - 8:00pm	10	\$120
Friday 7:00pm - 8:30pm	10	\$120

Preseason swims not included above. Charged at normal rate.

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 the person who made the payment. E.g. JONES T-LCT1 = Tom JONES-Long Course. Term1

JONES T-FeesT1= Term 1 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.

Wk	Tuesday	Wednesday	Th	Friday	Sat	Sunday
Pre-season 1		16th January 6:30 - 8:00pm Training		18th January 7.00 - 8:30pm Training		
Pre-season 2		23rd January 6:30 - 8:00pm Training		25th January 7.00 - 8:30pm Training		

TERM 1 – 2019 CLUB TRAINING & EVENTS CALENDAR

Wk	M	Tuesday	Wednesday	Thursday	Friday	Sunday
1		29th January 6.00 - 7.30am Training	30th January 6:30 - 8:00pm Training		1st February 7.00 - 8:30pm Training <i>Committee meeting</i>	
2		5th February 6.00 - 7.30am Training	6th February 6:30 - 8:00pm Training		8th February 7.00 - 8:30pm Training	10th February Long Course
3		12th February 6.00 - 7.30am Training	13th February 6:30 - 8:00pm Training		15th February 7.00 - 8:30pm Training	17th February Long Course
4		19th February 6.00 - 7.30am Training	20th February 6:30 - 8:00pm Training	21st February Sunbury Schools District	22nd February 7.00 - 8:30pm Training	24th February Metro West District Championships Long Course
5		26th February 6.00 - 7.30am Training	27th February 6:30 - 8:00pm Training <i>Committee meeting</i>		1st March 7.00 - 8:30pm Training	3rd March Metro West District Championships Long Course
6		5th March 6.00 - 7.30am Training	6th March 6:30 - 8:00pm Training		8th March 7.00 - 8:30pm Training	
7		12th March 6.00 - 7.30am Training	13th March 6:30 - 8:00pm Training		15th March 7.00 - 8:30pm Training	17th March Metro West All Juniors Selection Trials Long Course
8		19th March 6.00 - 7.30am Training	20th March 6:30 - 8:00pm Training		22nd March 7.00 - 8:30pm	
9		26th March 6.00 - 7.30am Training	27th March 6:30 - 8:00pm Training		29th March 7.00 - 8:30pm Training <i>Committee Meeting</i>	
10		2nd April 6.00 - 7.30am Training	3rd April 6:30 - 8:00pm Training		5th April 7.00 - 8:30pm Training	

2019 LONG COURSE CLUB CHAMPIONSHIPS

Session 1: Sunday 10th February 4.45pm

Session 2: Sunday 17th February 4.45pm

Session 3: Sunday 24th February 4.45pm

Session 4: Sunday 3rd March 4.45pm

Session 5: Sunday 17th March 4.45pm

SWIMMERS NAME: _____ **AGE AS AT 10/02/19:** _____

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

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

**Bank deposits: Sunbury Amateur Swimming Club Acc 132 173 BSB 033-118
(Surname and LC in the description)**

CLOSING DATE: ALL ENTRIES MUST BE SUBMITTED by Friday 8th February, 2019.
sunbury.amateur.swimclub@gmail.com

*A minimum of 4 events to qualify for medals/trophies
Swim Vic and Club fees must be up to date to qualify for medals/trophies*



COMMUNITY GROUP REWARD PROGRAM

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

GROUP NAME/STAMP:

Sunbury Swimming Club
PO Box 400 Sunbury Vic 3429
Recognised Community Groups only

One coupon per paid ticket.



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