Peakhurst ASC Inc Newsletter

Winter Season

https://peakhurst.swimmingclub.org.au

Thought of the Week – "Challenges are what make life interesting and overcoming them is what makes life meaningful".

13 August 2022

Today's Events: *200mtr Backstroke*, Freestyle (100m*), Butterfly, Breaststroke

Club Website

Our new site is
https://peakhurst.swimmingclub.org.au

Registration Fees

Any swimmer who has swum for 4 weeks and not paid registration fees, they are now overdue.

Please see Donna Lane who can assist you with payment.

Upcoming Events

07-09-2022 – Monthly Club Meeting
10-09-2022 – Day 1 Winter Champs
17-09-2022 – Day 2 Winter Champs

Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
13	16-07	45	51	1
14	23-07	54	66	2
15	30-07	49	61	0
16	06-08	46	73	6

Upgrades

Last week 5 swimmers upgraded to the next level.

Arianna Calavrias → 50mtr Backstroke & 50mtr Butterfly
Carlos Jara-Gonzales → 25mtr Butterfly
Dexter Kaing → 25mtr Butterfly
Mikayla Lynch → 50mtr Freestyle
Sienna Lynch → 50mtr Freestyle

Congratulations to all these swimmers.

Winter Championship Information

A Black Line sheet can be found on the Recording Table so you can see how many swims are required to qualify for Championships. There are 4 weeks left of the season (counting today), so there is still time.

Swimmers need to be registered and must have swum 8 Freestyle swims and 4 of each of the other form strokes.

If any swimmers have not swum the required number of swims to qualify they can still swim in Championships as an Exhibition Swimmer. This will give them the experience of Championships for next time.

Second Claim swimmers may also swim in Championships as an Exhibition Swimmer.

There is 1 more opportunities for swimmers to contest the Jnr Dash on 3-9.

Second Claim Swimmers are ineligible to swim in the Final of the 25mtr Dash on Day 2 of Championships.

Championships are swum over 2 weeks:-
Day 1 – 10-9-22 - Medley & Breaststroke
Day 2 – 17-9-22 - Butterfly, Backstroke, Freestyle & Jnr Dash

Cost of each swim is $1.00 per event, entry/program is $5.00 per family (this charge covers both days of Championships).

No of Swims available:-

Freestyle – 4
Backstroke – 2
Breaststroke – 2
Butterfly – 3
Ind Medley – 2

Swimmers can either just enter their age events or can enter 11yrs & Under and age events (11yrs & under swimmers) or Age and Open Events (12yrs & Over swimmers).

Entry forms will be sent out shortly via the email system.

Entries must be submitted by Saturday 3-9-2022. Payments can be made at the front desk on Day 1 of Championships.

We encourage all our swimmers to take part in the end of season championships.

Results Windsor Carnival

Olivia Wrighter 9yrs Girls

50mtr Backstroke - PB	45.10	3rd
50mtr Freestyle - PB	41.56	12th
50mtr Breaststroke – PB	55.73	7th
50mtr Butterfly	46.98	13th

Active Kids Vouchers

Don't forget to apply for your 2nd NSW Government Active Kids Voucher to help pay for the upsoming Summer Season Fees.

Summer Season Fees will be announced shortly.

For further information go to:-
https://nsw.swimming.org.au/news-articles/second-100-active-kids-voucher-now-available

Graham Update

Graham's progress is small but forward. He was moved to the stroke ward from ICU last night so that rehabilitation can begin.

He has been able to say a few words but still has not much feeling down his left side.

There is a very long road ahead and I hope to be able to bring you further good news in the upcoming weeks.

It is a stressful and tiring time for us right now and Kaity, Mitch and I hope to be able to come by and see you all in the upcoming weeks once Graham is more stable

I really appreciate your text messages and emails, thank you to everyone for your kind thoughts, prayers and best wishes.

Joke of the Week

Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
Sat 3 to Sun 4-9-2022	2022 NSW Jnr State Age SC Championships	Sydney Olympic Park Aquatic Centre	Online via Swim Central	$21.00 per event Entries close 23-8-2022 QT's apply
Sat 10-9-2022	Nepean Aquatic LC Qual Meet	Sydney Olympic Park Aquatic Centre	Online Via Swim Central	$10.00 per event Entries close 1-9-2022 or when entry limit is reached QT's apply
Sat 1 & Sun 2-10-2022	Port Macquarie 2022 LC Qual Meet	Port Macquarie Pool Gordon St, Port Macquarie	Online Via Swim Central	$6.00 per event Entries close 25-9-2022 or when entry limit is reached
Sat 8-10-2022	Macksville Marlins LC Qual Meet	Macksvlle Aquatic Centre	Online Via Swim Central	$6.00 per event Entries close 1-10-2022
Fri 13 & Sat 14-1-2023	Nelson Bay Swimming Carnival	Tomaree Aquatic Centre	Online Via Swim Central	$7.00 per event Entries close 7-1-203 or when entry limit is reached

Please note these events may change depending on Covid restrictions. Keep watch on the Swimming NSW or Metsea websites for updates.

Please note the closing dates of the above carnivals are a guide only as some carnivals are very popular and they can close weeks prior to the published closing date. If you wish to enter any of these carnivals please get your entries in ASAP to avoid disappointment.

These are only a few of the carnivals that are available. To see all the available carnivals go to the Swimming NSW website for further information.
https://nsw.swimming.org.au

If you require any further information on how to enter outside carnivals please come and see Race Secretary Graham Ede.

Anyone with any news, swimming results or other relevant information you would like included in the newsletter, please contact Robin Ede on 0417 418 334 or at robin.ede61@gmail.com by 6pm Thursday.

Anyone with information for administrative matters please direct them to peakhurstasc@gmail.com

PEAKY SWIM STAR

Name:	Isla Duffy
Age:	10
Favourite Swimming Stroke:	Breaststroke
Hobbies:	Sport & Reading
When I Grow Up I Want To Be:	A Professional Skateboarder
School I Attend:	Danebank
Favourite School Subjects:	English, Maths & Sport
Favourite Sports Team:	Tottenham Hotspur FC
Favourite Food:	Sushi
Favourite Movie:	Star Wars
Favourite TV Show:	Obi-Wan Kenobi
Favourite Song:	It Ain't Me by Selena Gomez & Kygo
Whom I Most Admire:	Mum & Dad
Likes:	Gymnastics, Running & Cooking
Dislikes:	Spiders
In 5 Years Time I Would Like To Be:	Really Good at Skateboarding
How Would You Describe Yourself:	Considerate, Thoughtful and a Little Indecisive
I am Really Good At:	Aerials & Gymnastic Tricks

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20-08-2022 – *200mtr Breaststroke*, Freestyle, Backstroke (100m*), Medley (Br), *Medley Relay*

30+YEARS OF EXPERIENCE

XCEL STEEL

CLUB RIVERS

Winter Championship Event Numbers

Boys	Freestyle		Backstroke		Breaststroke		Butterfly		Medley	
	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.
Open	147	50m	113	50m	45	50m	69	50m	1	100m
11 Years & Under	137	50m	103	50m	35	50m	71	50m	3	100m
5 Years & Under	139	15m	105	15m	37	15m	73	15m	5	30m
6 Years	141	25m	107	25m	39	25m	75	15m	7	30m
7 Years	143	25m	109	25m	41	25m	77	25m	9	50m
8 Years	145	50m	111	50m	43	50m	79	25m	11	75m
9 Years	149	50m	115	50m	47	50m	81	50m	13	75m
10 Years	151	50m	117	50m	49	50m	83	50m	15	75m
11 Years	153	50m	119	50m	51	50m	85	50m	17	100m
12 Years	155	50m	121	50m	53	50m	87	50m	19	100m
13 Years	157	50m	123	50m	55	50m	89	50m	21	100m
14 Years	159	50m	125	50m	57	50m	91	50m	23	100m
15 Years	161	50m	127	50m	59	50m	93	50m	25	100m
16-17 Years	163	50m	129	50m	61	50m	95	50m	27	100m
18-20 Years	165	50m	131	50m	63	50m	97	50m	29	100m
21 Years & Over	167	50m	133	50m	65	50m	99	50m	31	100m
Masters (35yrs+)	169	50m	135	50m	67	50m	101	50m	33	100m

Girls	Freestyle		Backstroke		Breaststroke		Butterfly		Medley	
	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.
Open	148	50m	114	50m	46	50m	70	50m	2	100m
11 Years & Under	138	50m	104	50m	36	50m	72	50m	4	100m
5 Years & Under	140	15m	106	15m	38	15m	74	15m	6	30m
6 Years	142	25m	108	25m	40	25m	76	15m	8	30m
7 Years	144	25m	110	25m	42	25m	78	25m	10	50m
8 Years	146	50m	112	50m	44	50m	80	25m	12	75m
9 Years	150	50m	116	50m	48	50m	82	50m	14	75m
10 Years	152	50m	118	50m	50	50m	84	50m	16	75m
11 Years	154	50m	120	50m	52	50m	86	50m	18	100m
12 Years	156	50m	122	50m	54	50m	88	50m	20	100m
13 Years	158	50m	124	50m	56	50m	90	50m	22	100m
14 Years	160	50m	126	50m	58	50m	92	50m	24	100m
15 Years	162	50m	128	50m	60	50m	94	50m	26	100m
16-17 Years	164	50m	130	50m	62	50m	96	50m	28	100m
18-20 Years	166	50m	132	50m	64	50m	98	50m	30	100m
21 Years & Over	168	50m	134	50m	66	50m	100	50m	32	100m
Masters (35yrs+)	170	50m	136	50m	68	50m	102	50m	34	100m

Reasons to Volunteer

Do your part

Meet new people

Join the excitement

Be a positive Influence

Raise Awareness

Develop new talents

Grow from the experience

Learn and Serve

Personal satisfaction

Work for a cause

Be part of a Team

Face new challenges

Pass along Wisdom

Preserve the environment

Keep Active

Raise Awareness

Share your vision