



Peakhurst ASC Inc Newsletter

Summer Season

<https://peakhurst.swimmingclub.org.au>

Thought of the Week – “Life isn’t about waiting for the storm to pass.... It’s about learning to dance in the rain.”

15 October 2022

Today’s Events: *200m Freestyle, Freestyle, Butterfly (100m*), Medley (Bk), Freestyle Relay*

Summer Registration Fees

Today is the last day to take advantage of the discounted fees for returning members.

Renewing Full Swimmer renewing for 12 months - \$135.00.

Renewing Club Swimmer renewing for 12 months - \$119.99.

These discounts expire today. After today you will pay \$155.00 for Full Swimmer or \$140.00 for Club Swimmer.

Fees for new members are \$155.00 for full Swimmer Member or \$140.00 for Club Swimmer.

Pick up a detailed How to Register Sheet from the front desk,

Upcoming Events

02-11-2022 - Monthly Club Meeting

05-11-2022 - PASC Mini Meet

Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
20	03-09	39	44	5
21	10-09	52	80	-
22	17-09	48	102	-
01	08-10	40	58	9

Birthday Wishes

Lucas Guindi turns 11 on Wednesday.

We wish you a very happy birthday Lucas.

Upgrades

Last Saturday 8 swimmers upgraded to the next level.

Dexter Kaing → 50mtr Freestyle
Dominique Sortwell → 50mtr Freestyle
Emma Mottram → 50mtr Breaststroke
Jason Van Ryn → 50mtr Breaststroke
Josh Westbury → 25mtr Butterfly
Natalie Owens-Burns → 25mtr Backstroke
Russell Liauw → 50mtr Breaststroke
Thomas Duffy → 25mtr Backstroke & 25mtr Breaststroke

Congratulations to all these swimmers.

Winter Presentation

Winter Presentation will be held at the pool after Club on Saturday 12-11-2022.

The night will start with the presentation of awards, followed by dinner and a pool party.

BYO Pool Floaties & BYO drinks.

Further details will be announced next week.

Summer Season Club Captains

Today we are taking nominations for Boy & Girl Club Captains.

You must be 12yrs & older to be nominated and 10yrs or older to make a nomination.

Nomination forms are on the front desk.

Make sure you do this before you go home today.

Jnr Mini Meet

After a 3 year absence due to Covid our Jnr Mini Meet is back in the pool.

It will be held at our pool on Saturday 5 November 2022.

Race Entry Cost is \$8.00 per event, entries need to be in by Sat 28-10-2022, or when entry limit is reached.

A program of events is attached to this newsletter.

We will need many volunteers to help run the carnival. Time Keepers, Canteen Sellers, Please come forward and put your name on George's Volunteer list.

Make sure you get your entries in early so you don't miss out.

Weekly Race Entries

As of next week you will enter the weekly races using the Swim Central Entry System.

The google forms will no longer be available.

All registered swimmers have access to this system as part of their registration.

Payment will still be made when arriving at the pool. Race costs will remain at \$2.00 per race plus 10c transaction fee.

New swimmers can enter races at the recording table and then pay at the front desk. Returning swimmers or new swimmers that have swum more than once will pay \$2.50 per race at the front desk before

registration fees are paid. Once registered races will be \$2.00 per race.

Swim Central Online Entry

Instructions

1. Log in to Swim Central at <https://swimcentral.swimming.org.au/home>
2. Click on "Events" on the side menu
3. Scroll down to the calendar and click on the day you wish to enter (eg, Week 3 of Summer Season will be on Saturday 22 October 2022)
4. The relevant club day "PASC Summer Week X" should appear - click on "Event Details"
(A link to each week's meet will still be sent out via email during the week prior, which will bypass steps 1-4)
5. Select the swimmer you wish to enter from the "Nominee" drop-down box
6. Scroll down and select the events you wish to enter - **please take care to select the correct/qualified distances.**
7. For families with multiple swimmers, Repeat steps 5 and 6 for each swimmer.
8. Once all swimmers/events are selected, click "Make Payment" and this will take you to the checkout screen (noting that payment will not be required until arriving at the pool)
9. On the checkout screen check the entries are correct - if so, tick the "Agree with conditions" box, then click "Complete Purchase"
10. A confirmation screen will appear, saying "Thank you for your purchase" and summarising entries. **If you do not see this screen, your entries may have not gone through. Please re-check entries through the "Events" menu to confirm entries.**

11. If you wish to check, amend, or withdraw entries, you can do so through the "Events" menu.

12. Entries will remain open on Swim Central until 2:45pm each Saturday. More detailed instructions (with screen shots) on meet entries are available from Swimming Australia at:

<https://support.swimming.org.au/hc/en-us/articles/360002105435-How-to-Enter-a-Meet>

If you run into any difficulties, please email George on peakhurstascmeets@gmail.com

Results Aquablitz 2022 Metsea LC Qualifying Meet

Ivy Lane 9yrs Girls

50mtr Butterfly – PB	6 th
50mtr Breaststroke - PB	9 th
50mtr Freestyle - PB	11 th
50mtr Backstroke – PB	4 th

Outside Carnivals

If your child swims at an outside carnival on a Club Day please let me know at least the week before so he/she can be allocated points and attendance for the swim.

I need to know before the carnival as points and attendance cannot be allocated after the date of the swim.

Graham Update

Graham has finally made it to the rehab ward, so he can now have some intense workouts to try and regain some movement.

He had his skull put back on on Tuesday and after spending 2 nights in ICU, with a splitting headache he's back in the rehab ward.

Headache gone and rehab has resumed.

Hoping in the next few weeks more improvements can be achieved.

Helping Out at Club

There are many jobs that need to be done every week to get Club up and running.

Peakhurst Club has a long tradition of volunteering that goes back to 1961 when the Club began.

There are many jobs that need to be done either to set up or pack up after the races.

These jobs do not do themselves and with a little input from everyone it helps to lighten the load.

Let's keep volunteering alive at Peakhurst now and well into the future. Many thanks to everyone.

News Items

With the end of the school year approaching and presentation days coming up, let me know of your child's achievements so I can publish them in the newsletter.

Joke of the Week



"Adele might set fire to rain... But SpongeBob can make a campfire under water"

Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
Sat 22 & Sun 23-10-2022	Wollongong LC Qual Meet	Dapto Swimming Centre	Online via Swim Central	\$8.00 per event Entries close 18-10-2022 or when entry limit is reached
Sat 5-11-2022	Peakhurst Jnr Mini Meet	Peakhurst West Pool	Online via Swim Central	\$8.00 per event Entries close 28-10-2022 or when entry limit is reached
Sat 12-11-2022	Cronulla Spring Carnival	Caringbah Leisure Centre	Online via Swim Central	\$5.00 per event Entries close 7-11-2022
Sun 13-11-2022	MLC Marlins LC Meet	MLC School Aquatic Centre	Online via Swim Central	\$7.00 per event Entries close 2-11-2022 or when entry limit is reached
Sat 19-11-2022	Narrabeen LC Qual Meet	Sydney Olympic Park Aquatic Centre	Online via Swim Central	\$9.50 per event Entries close 12-11-2022 or when entry limit is reached
Fri 13 & Sat 14-1-2023	Nelson Bay Swimming Carnival	Tomaree Aquatic Centre	Online via Swim Central	\$7.00 per event Entries close 7-1-2023 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: Alanna Griffiths
Age: 15
Favourite Swimming Stroke: Butterfly
Hobbies: Tik Tok & Snap Chat
When I Grow Up I Want To Be: A Homicide Detective
School I Attend: St Ursulas Kingsgrove
Favourite School Subjects: Lunch
Favourite Sports Team: Sydney Roosters
Favourite Food: Pasta or Sushi
Favourite Movie: Fear Street
Favourite TV Show: Castle
Favourite Song: Advance Australia Fair
Whom I Most Admire: Greg Gillan
Likes: Complaining & Arguing
Dislikes: Too Many To Name
In 5 Years Time I Would Like To Be: Settled Down with 1 or 2 Kids or
At Uni Studying
How Would You Describe Yourself: Little Aussie Battler
I am Really Good At: Athletics & Nippers



**22-10-2022 – 200mtr Butterfly, Backstroke,
Breaststroke (100m*), Freestyle**



PEAKHURST AMATEUR SWIMMING CLUB

JUNIOR DEVELOPMENT MINI MEET



5th NOVEMBER 2022

At the 25 metre Peakhurst West Indoor Heated Pool
(In the grounds of Peakhurst West Primary School – Ogilvy Street, Peakhurst)

WARM UP 1:00PM

START: 1:30PM

BOYS	GIRLS	EVENT	BOYS	GIRLS	EVENT
1	2	10 Years & Under 100m Indiv. Medley	31	32	5 Years & Under 25m Freestyle
3	4	5 Years & Under 25m Backstroke	33	34	6 Years 25m Freestyle
5	6	6 Years 25m Backstroke	35	36	7 Years 25m Freestyle
7	8	7 Years 25m Backstroke	37	38	10 Years & Under 100m Freestyle
9	10	10 Years & Under 100m Backstroke	39	40	8 Years 50m Freestyle
11	12	8 Years 50m Backstroke	41	42	9 Years 50m Freestyle
13	14	9 Years 50m Backstroke	43	44	10 Years 50m Freestyle
15	16	10 Years 50m Backstroke	45	46	5 Years & Under 25m Breaststoke
17	18	5 Years & Under 25m Butterfly	47	48	6 Years 25m Breaststoke
19	20	6 Years 25m Butterfly	49	50	7 Years 25m Breaststoke
21	22	7 Years 25m Butterfly	51	52	10 Years & Under 100m Breaststoke
23	24	10 Years & Under 100m Butterfly	53	54	8 Years 50m Breaststoke
25	26	8 Years 50m Butterfly	55	56	9 Years 50m Breaststoke
27	28	9 Years 50m Butterfly	57	58	10 Years 50m Breaststoke
29	30	10 Years 50m Butterfly			

- The Meet shall be conducted under the rules of Swimming NSW. Only 50m and 100m times will be submitted to the Swimming Australia results database. All 25m events will be refereed under the Rule Consideration guidelines of Swimming NSW. All competitors must be registered members of SNSW.
- Age as at date of meet.
- SAT ELECTRONIC TIMING shall be used on day of Meet.
- Competitors may attempt both the 50 AND 100 metre events
- Individual Entries \$8 per event. ONLINE ENTRIES ONLY - through Swim Central
- MANUAL ENTRIES WILL NOT BE ACCEPTED.
- All events will be conducted as timed finals with medals presented to the top three placegetters in each individual event.
- Entries close 1 week prior to meet (or earlier if the entry limit of 550 is reached).
- Pool Entry: Adults - \$5 Swimmers - Free.
- Program: After close entry lists will be available at <https://peakhurst.swimmingclub.org.au/>
- Heat and Lane allocations will determined on the day of the meet.
- The Meet Director reserves the right to amend the program as required.
- All enquiries to the Meet Director: George Ross. 0404 505 599 or peakhurstascmeets@gmail.com

CANTEEN AND SOFT DRINKS AVAILABLE ON THE DAY