



Peakhurst ASC Inc Newsletter

Summer Season

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

Thought of the Week – “Never wait until tomorrow, what if tomorrow never comes.”

10 December 2022

Today's Events: 200m Backstroke, Medley (Bk), Freestyle, Butterfly (100m*)

Summer Registration Fees

\$155.00 for Full Swimmer or
\$140.00 for Club Swimmer

Club Swimmer registration entitles the swimmer to swim at Club each week, participate in our own carnivals and Club Championships.

Full Swimmer registration entitles you to the above plus be able to compete in all outside carnivals.

Registration is for the full year, both Summer and Winter Seasons.

Any further questions about registration please see Donna Lane.

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

Upcoming Events

17-12-2022 – Last week of swimming before Christmas

07-01-2023 – Swimming Resumes after NY

Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
05	12-11	59	111	8
06	19-11	60	61	5
07	26-11	31	28	1
08	03-12	36	57	5

Upgrades

Last Saturday 2 swimmers upgraded to the next level.

Anup Pandit → 100mtr Freestyle, 100mtr Butterfly, 100mtr Backstroke, 100mtr Breaststroke

Arin Pandit → 50mtr Freestyle

Congratulations to these swimmers.

Birthday Wishes

Claire Douglas turns 10 tomorrow.

We wish you a very happy birthday, Claire.

Family Relay

The last event on next week's program is the Family Relay.

Mum and dad bring your cossies and swim with the kids in a freestyle relay.

Christmas Raffle

We will be drawing our bumper Christmas raffle on 17-12-2022.

Even if you forgot your item today you can still bring it in next week.

Some suggestions, christmas food, christmas decorations, books, wine, toys or whatever you think would be a nice Christmas gift.

Christmas Picnic

After Club next week we are having an end of year Christmas celebration and pool party.

BYO picnic and drinks. You might like to bring your own picnic or enjoy a pizza or Thai from across the road.

There will be a special visitor on the night and after dinner everyone can enjoy the pool.

Hope you can stay and enjoy the night with us.

Working with Children Checks

Anyone who holds a Working with Children Check and hasn't already given Robin your details, please come and see her so you can be included on our register.

Speedo Sprints – Heats

Speedo heats will be held at SOPAC on Sunday 5-2-2023 and are open to all swimmers 8yrs to 13yrs.

Cost is \$8.00 per event. Entries are open from Monday 5-12-2022 and close on Monday 23-1-2023 or when entry limit is reached.

Entries will be accepted via SWIM CENTRAL for members and via email to competition@metsea.org.au for unregistered swimmers. Entry times will not be updated.

- Any Swimmer who has qualified for the 2023 National Age Championships by the 4th February 2023 (excluding MC & Open Water) is ineligible to compete in the Final Series

- Any Swimmer who wins a medal in an individual event at the 2022/23 NSW State Age Championships is eligible to compete at the Heats Series, however is ineligible to compete in the stroke in which they won the medal, at the Finals Series

- Swimmers do not need to be registered with a club to compete in the heats. However, registration at a SNSW affiliated Club is a requirement to contest the finals

- Up to four (4) swimmers per event from each area are eligible to compete in the finals

School Swimming Carnivals

If your child swims in their school swimming carnival either this term or the start of the new school year, please let me know so I can publish their results in the newsletter.

School Carnival Results

St Declans Primary School

Zac Douglas 9yrs Boys

50mtr Freestyle	1 st
50mtr Butterfly	1 st

Claire Douglas 11yrs Girls

50mtr Butterfly	4 th
50mtr Breaststroke	4 th

Jensen O’Gorman 11yrs Boys

50mtr Freestyle	1 st
50mtr Backstroke	1 st
25mtr Breaststroke	1 st
50mtr Butterly	1 st

Amelia O’Gorman 9yrs Girls

50mtr Freestyle	1 st
50mtr Backstroke	3 rd
50mtr Breaststroke	4 th
25mtr Butterfly	3 rd

Christmas Break

The last week of Club for the year is Sat 17-12-2022.

There will be a 2 week break for Christmas and New Year and Club will resume on Sat 7-1-2023.

Joke of the Week

Q: What stays in the corner and travels all over the world?

A: A stamp!!

Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
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
Fri 20 & Sat 21-1-2023	Knox Pymble Swim Club Carnial	Knox Grammar School	Online via Swim Central	\$10.00 per event Entries close 17-1-2023
Sat 21-1-2023	St George Swim Club Aust Day Carnival	Bexley Swim Centre	Online via Swim Central	\$9.00 per event Entries close 17-1-2023 or when entry limit is reached
Sun 5--2-2023	Speedo Sprints Heats	Various Venues	Online via Swim Central	\$8.00 per event Entries close 23-1-2023 or when entry limit is reached
Fri 17 & Sat 18-2-2023	Sans Souci Sea Devils Summer Carnival	Sans Souci Aquatic Centre	TBA	TBA
Sat 25 & Sun 26-2-2023	2023 NSW Snr Metro Champs	Sydney Olympic Park Aquatic Centre	Online via Swim Central	\$21.00 per event Entries close 14-2-2023 QT's apply
Fri 10 to Sun 12-3-2023	2023 NSW State Open Champs	Sydney Olympic Park Aquatic Centre	Online via Swim Central	\$21.00 per event Entries close 28-2-2023 QT's apply
Sat 25 to Sun 26-3-2023	2023 Jnr State Age Champs	Sydney Olympic Park Aquatic Centre	Online Via Swim Central	\$21.00 per event Entries close 14-3-2023 QT's apply

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:	Natalie Owens-Burnes
Age:	8
Favourite Swimming Stroke:	Freestyle
Hobbies:	Swimming & Dancing
When I Grow Up I Want To Be:	A Teacher
School I Attend:	Lugarno Public School
Favourite School Subjects:	Art & Sport
Favourite Sports Team:	St George Dragons
Favourite Food:	Chicken Nuggets & Chips
Favourite Movie:	Raya the Last Dragon
Favourite TV Show:	Teenage Boss
Favourite Song:	Believer by Imagine Dragons
Whom I Most Admire:	My Teacher Ms Flatt
Likes:	Dancing
Dislikes:	Omelettes
In 5 Years Time I Would Like To Be:	A Dancer
How Would You Describe Yourself:	A Kind Person
I am Really Good At:	Making Friends and Dancing



**17-12-2022 - 400mtr Free/IM, Freestyle, Backstroke,
Breaststroke (100m*), Family Freestyle Relay**

