



Peakhurst ASC Inc Newsletter

Summer Season

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

Thought of the Week – “Every morning you have two choices: continue to sleep with your dreams or wake up and chase them.”

3 December 2022

Today's Events: SPRINT – Breaststroke, Backstroke, Butterfly, Freestyle, 25m Dash

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

07-12-2022 – Monthly Club Meeting
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
04	29-10	46	65	5
05	12-11	59	111	8
06	19-11	60	61	5
07	26-11	31	28	1

Upgrades

Last Saturday 1 swimmer upgraded to the next level.

Claire Douglas → 50mtr Freestyle

Congratulations Claire.

Birthday Wishes

Indigo Fing turned 10 yesterday, James Guindi turns 9 on Sunday

We wish you both a very happy birthday.

Monthly Club Meeting

This Wednesday night, 7-12, is our last club meeting for the year.

Meeting is at Club Rivers, Littleton St, Riverwood starting at 7.30pm.

All swimmers and parents are welcome. Come along and see what happens behind the scenes. New input is always welcome.

Family Relay

At the end of Club on 17-12-2022 we will be swimming our annual Family Relay.

Mum and dad can swim with the kids in a freestyle relay.

Bring your cossies and join the fun.

Christmas Raffle

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

We ask each family to bring in an item for this raffle.

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

Please start bringing in these items.

Christmas Picnic

On Saturday 17-12-2022 we ask everyone to stay for a Christmas celebration and pool party after Club.

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

Weekly Race Entries

Now on Swim Central.

Instructions can be found on the website.

Payment is still made at the front desk on the day.

Unregistered swimmers please email your entry details to George Ross at peakhurstascmeets@gmail.com

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.

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 washews up on very small beaches?

A: Microwaves!!

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
Sat 4 to 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:	Ryan Gillan
Age:	14
Favourite Swimming Stroke:	Butterfly
Hobbies:	Soccer
When I Grow Up I Want To Be:	A Lawyer
School I Attend:	Marist Catholic College Penshurst
Favourite School Subjects:	Sport
Favourite Sports Team:	Dragons
Favourite Food:	Fries
Favourite Movie:	Rambo
Favourite TV Show:	Superstore
Favourite Song:	Pop Out by Polo G
Whom I Most Admire:	
Likes:	Gaming
Dislikes:	Chinese Food
In 5 Years Time I Would Like To Be:	At University
How Would You Describe Yourself:	I Don't
I am Really Good At:	Swimming



10-12-2022 - 200mtr Backstroke, Medley (Bk), Freestyle, Butterfly (100m*)

