



Peakhurst ASC Inc Newsletter

Summer Season

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

Thought of the Week – “Worrying doesn’t take away tomorrow’s troubles, it takes away today’s peace.”

14 January 2023

Today’s Events: 200m/400m *Optional*, Butterfly, Freestyle, Backstroke (100m*), *Freestyle Relay*

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.

Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
08	03-12	36	57	5
09	10-12	39	37	3
10	17-12	47	50	7
11	07-01	38	75	5

Upgrades

Last week swimmers upgraded to the next level.

Chloe Lin → 50mtr Backstroke
Dexter Kaing → 50mtr Butterfly
Karl Gillan → 100mtr Butterfly

Lillian Chen → 50mtr Freestyle
Mitchell Van Ryn → 50mtr Freestyle

Congratulations to these swimmers.

Upcoming Events

04-02-2023 – Bring a Friend Day
06-02-2023 - Monthly Club Meeting

Birthday Wishes

Harper Loader turns 10 on Monday.

We wish you a very happy birthday, Harper.

Bring a Friend Day

On Saturday 4-2-2023 we are having a “Bring a Friend Day”. You can bring a friend along to experience the fun of swim club and they get to swim for Free.

Let all your friends know and bring them along. It will be a normal Sprint Day with ribbons awarded as usual.

You can bring more than 1 friend so you won’t have the hard decision of which one do I choose.

To make registration simpler we ask mum/dad to send an email to George Ross at peakhurstascmeets@gmail.com detailing the friend’s name, date of birth and the events they wish to swim.

If they need to be registered on the day we ask that you tell them to be at the pool no

later than 3pm so they can be entered manually.

200mtr Optional Events & 200mtr Championship Swims

This week we start the build up towards our 200m Championship events, which will be held at the start of club between 11 Feb 2023 and 18 March 2023 - see the almanac for specific dates.

To enter each stroke of the 200m Championship events, swimmers must have swum that stroke at club within this season (Summer 2022-23) or the previous season (Winter 2022).

For the next 3 weeks we will offer 200m events where swimmers can choose the stroke swum (this includes Medley). This offers the chance to qualify for any events that have been missed.

Please note: Swimmers are only able to swim one of these events per week, in either distance.

Eg: If you elect to swim 40mtr Free, you are not able to swim 400mtr IM or any 200mtr events. **Or,** If you elect to swim 200mtr Backstroke, you are not able to swim any other 200mtr events or any 400mtr events.

There will be a print out of those who have qualified in each stroke at the recording table on Saturday. If anyone would like to know what strokes they are not yet qualified for (or have any questions on the 200m championships), please email George at peakhurstscmeets@gmail.com

200m Championships are swum as Open events. The times are then used to also determine placings for 12 years & Under, 13-16 years, and 17 years & over age groupings.

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.

School Swimming Carnivals

If your child has their school swimming carnival coming up, please let me know so I can publish their results in the newsletter.

Points Score Winners

Congratulations to our Point Score Winners for Nov/Dec 2022.

Claire D, George R, Thomas D, Corey H, Isla D, Mikayla L, Dominique S, Natalie Owens-Burnes, Zac D & Nikolas G.

Overall pointscore winner was Claire D.



Joke of the Week

- Q:** What's the difference between a hippo and a zippo?
- A:** One is really heavy and the other is a little lighter!!

Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
Fri 20 & Sat 21-1-2023	Knox Pymble Swim Club Carnival	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 28-01-2023	ACU Blacktown LC Sprint Meet	Blacktown Aquatic Centre	Online via Swim Central	\$7.00 per event Entries close 19-1-2023 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 George Ross.

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:	Arin Pandit
Age:	11
Favourite Swimming Stroke:	Breaststroke
Hobbies:	Swimming
When I Grow Up I Want To Be:	A Developer (Software)
School I Attend:	Panania Public School
Favourite School Subjects:	Maths & Sport
Favourite Sports Team:	
Favourite Food:	Salmon
Favourite Movie:	Harry Potter
Favourite TV Show:	Scooby Doo
Favourite Song:	Thunder by Imagine Dragons
Whom I Most Admire:	Michael Phelps
Likes:	Swimming
Dislikes:	Bananas
In 5 Years Time I Would Like To Be:	A Swimmer
How Would You Describe Yourself:	Smart & Athletic
I am Really Good At:	Maths, Swimming and Other Learning Activities



21-01-2023 – 200m Optional, Breaststroke (100m*), Medley (Br), Freestyle

