



# Peakhurst ASC Inc Newsletter

## Summer Season

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

Thought of the Week – “The beauty of Christmas lies not just in the date, but in the feeling it gives.”



### 17 December 2022



**Today's Events: 400m Freestyle/Ind Medley,  
Freestyle, Backstroke, Breaststroke (100m\*), Family  
Freestyle Relay**

### Happy Christmas

We wish all our swimmers and their families  
a very Happy Christmas and New Year.

Enjoy the 2 week break and see you all again  
when Club resumes on 7 January 2023.

### 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

24-12-2022 - Christmas Eve

31-12-2022 - New Years Eve

07-01-2023 - Swimming Resumes

### Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
06	19-11	60	61	5
07	26-11	31	28	1
08	03-12	36	57	5
09	10-12	39	37	3

### Upgrades

Last Saturday 3 swimmers upgraded to the  
next level.

Alyssa Giannetto → 25mtr Butterfly

Dominic Galati → 100mtr Freestyle

Matthew Portois → 50mtr Butterfly

Congratulations to these swimmers.

### Birthday Wishes

**This Week**

Addison Fing turns 12 tomorrow, Isabella

Skead turns 16 tomorrow.

**While we are away**

Ryder O'Gradey on 30-12 and Emma

Mottram on 4-1.

We wish you all a very happy birthday.

### Family Relay

Hope mum and dad bought their cossies  
today to join in the fun of the family relay.

## Christmas Raffle

We will be drawing our bumper Christmas raffle today.

Thank you to everyone that brought in an item and good luck to all those that have bought tickets.

## Christmas Picnic

After Club today we are having our Christmas celebration and pool party. 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](mailto: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 4<sup>th</sup> 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 Therese Catholic Primary School

#### Dominique Sortwell 8yrs Girls

50mtr Freestyle – PB	46.76	1 <sup>st</sup>
50mtr Butterfly	1.00.98	1 <sup>st</sup>
50mtr Backstroke – PB	56.85	1 <sup>st</sup>
50mtr Breaststroke – PB	1.07.13	1 <sup>st</sup>
100mtr Freestyle	1.44.59	1 <sup>st</sup>

#### Marcus Sortwell 12yrs Boys

50mtr Freestyle – PB	38.57	1 <sup>st</sup>
50mtr Butterfly	49.28	1 <sup>st</sup>
50mtr Backstroke	51.82	1 <sup>st</sup>
50mtr Breaststroke	59.96	2 <sup>nd</sup>
100mtr Freestyle	1.30.95	1 <sup>st</sup>
200mtr Ind Medley	3.38.06	1 <sup>st</sup>

### Peakhurst Public School

#### Jameson Gregory-Gaughan 9yrs Boys

100mtr Freestyle	1 <sup>st</sup>
50mtr Freestyle	1 <sup>st</sup>
50mtr Backstroke	1 <sup>st</sup>
50mtr Butterfly	1 <sup>st</sup>
50mtr Breaststroke	1 <sup>st</sup>
200mtr Ind Medley	1 <sup>st</sup>

## Christmas Break

Today is the last week of Club for the year.

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:** Who is Santa's favourite singer?  
**A:** Elf-is Presley!!





# 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](mailto:robin.ede61@gmail.com) by 6pm Thursday.

Anyone with information for administrative matters please direct them to [peakhurstasc@gmail.com](mailto:peakhurstasc@gmail.com)



# PEAKY SWIM STAR

**Name:** Joshua Westbury  
**Age:** 7  
**Favourite Swimming Stroke:** Freestyle  
**Hobbies:** Playing with a Neighbour, Playing on Devices, Making a Cubby House  
**When I Grow Up I Want To Be:** A Builder  
**School I Attend:** Illawong Public School  
**Favourite School Subjects:** Art & Sport  
**Favourite Sports Team:**  
**Favourite Food:** Sushi and Ice Cream  
**Favourite Movie:** Home Alone  
**Favourite TV Show:** Ghose Writer  
**Favourite Song:**  
**Whom I Most Admire:**  
**Likes:** Science & Lego  
**Dislikes:** Dark Chocolate & Mango Ice Cream  
**In 5 Years Time I Would Like To Be:** A Black Belt in Karate  
**How Would You Describe Yourself:** Kind, Imaginative. Sometimes I Can't Control my Temper  
**I am Really Good At:** Building Cubby Houses



**07-01-2023 – SPRINT – Backstroke, Butterfly, Freestyle, Breaststroke, 25m Dash**

