



# Peakhurst ASC Inc Newsletter

## Summer Season

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

Thought of the Week – “Don’t be the same, be better.”

## 21 January 2023

### Today’s Events: 200m Optional, Breaststroke (100m\*), Medley (Br), Freestyle

#### Summer Registration Fees

Please see Donna Lane for all registration details.

Fees are \$155.00 for Full Swimmer or \$140.00 for Club Swimmer, this covers both summer and winter seasons 2022/23.

#### Weekly Swimming Stats

Week	Date	Swimmers	Pb’s	Upgrades
09	10-12	39	37	3
10	17-12	47	50	7
11	07-01	38	75	5
12	14-01	44	63	2

#### Upgrades

Last week 2 swimmers upgraded to the next level.

Lillian Chen → 50mtr Backstroke  
Lincoln Loader → 25mtr Butterfly

Congratulations to these swimmers.

#### Upcoming Events

04-02-2023 - Bring a Friend Day  
06-02-2023 - Monthly Club Meeting  
25-03-2023 - Day 1 Summer Championships  
01-04-2023 - Day 2 Summer Championships  
01-04-2023 - Easter Raffle

#### 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](mailto: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.

#### Bexley Australia Day Carnival

To all our swimmers competing at the Australia Day Meet at Bexley Aquatic Centre next Saturday we wish them good luck.

We now you will do yourselves and the Club proud.

#### 200mtr Optional Events & 200mtr Championship Swims

Last week we started 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 [peakhurstascmeets@gmail.com](mailto:peakhurstascmeets@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.

## **Become a Swimming Official**

We need your help. If anyone is interested in becoming an accredited swimming official (Timekeeper, Recorder, Check Starter, Starter or Judge) now is the time. You will feel more confident when helping out at club, and you will also be able to assist at school carnivals and also higher level meets.

The process is simple as much of the training can now be done online, followed by a practical session that will take place at our Club. Talk to John Owen or David Goff for more details.

Please consider helping our Club and your kids.

## **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**

When school returns in the next fortnight, school swimming carnivals will be happening. Please let me know your child's results so I can publish them in the newsletter.

## **Squad Training**

Any swimmer wishing to take their club swimming to the next level, may be interested in the early morning training sessions that are available at this pool.

We have a group of swimmers already training with Harlee Elite and they are always looking for new swimmers to join in these groups.

Anyone interested in joining please contact Will at [harleelitewill@gmail.com](mailto:harleelitewill@gmail.com) for further information.

## **Joke of the Week**

**Q:** Why couldn't the pirate play cards?

**A:** Because he was sitting on the deck!!

## Summer Championships Information

With 9 weeks to go before Summer Championships, there is still plenty of time to qualify.

Entries will be open later in the season. You will need a Summer Championships Event List to complete your entry cards this will be printed in the newsletter in late February.

Entry into Championships will be online just like the usual weekly entries.

Swimmers need to be registered and must have swum 8 Freestyle swims and 4 of each of the other four strokes.

A Black Line sheet will be available at the Recording Table in the next few weeks so you can see what swims are required to qualify for Championships.

If next to your child's name is a black line that means that they have qualified for all swims in their age group. If there is a number next to their name that means they still have to swim that number of swims to qualify for Championships.

If any swimmers have not swum the required number of swims to qualify they can still swim in Championships as an Exhibition Swimmer. This will give them the experience of Championships for next time.

There is 1 more opportunity for our senior swimmers to contest the Dash on 4-3.

Championships are swum over 2 weeks:-

Day 1 – 25-03-22 – Breaststroke, Butterfly & Freestyle

Day 2 – 01-04-23 – Medley, Backstroke, 25mtr Dash & McAlpine Relay

Cost of each swim is \$1.00 per event, entry/program is \$5.00 per family (this charge covers both days of Championships).

No of Swims available:-

Freestyle – 9

Backstroke – 5

Breaststroke – 5

Butterfly – 5

Ind Medley – 5

Swimmers can enter just their age events or can enter 11yrs & Under and age events (11yrs & under swimmers) or Age and Open Events (12yrs & Over swimmers).

### **25mtr Dash by Invitation**

During the Summer Season there are 4 opportunities for swimmers who have qualified to swim 100mtr freestyle to take part in the 25mtr dash event, there is one more opportunity on 4-3.

This event is open to both boys and girls.

At the conclusion of the 4th Dash swim, the Race Committee will then select the 10 swimmers (5 boys & 5 girls) who will be invited to swim in the 25mtr Dash on Day 2 of Summer Championships.

This event is one of the highlight events of Summer Championships, very exciting and prestigious to be part of.

### **McAlpine Relay**

All swimmers are eligible to be chosen to swim in the exciting McAlpine Handicapped Relay. This relay is the second highlight of Day 2 of Summer Championships.

Freestyle events are swum on Day 1 of Championships and from these events the swimmers will be selected to swim in the McAlpine Relay, which is a relay made up of 4 teams of 13 swimmers.

This relay is a handicapped event and the fastest swimmers from the 25mtr and 50mtr individual Freestyle events are chosen to swim in this relay.

The seeding and handicapping for this relay event is a lengthy and complex process. If you are not coming on Day 2 of Championships or are leaving early please let George Ross know ASAP so your child can be eliminated from the relay before the seeding process takes place.

We encourage all our swimmers to take part in the end of season championships

# **Carnival Calendar**

<b>Date</b>	<b>Club</b>	<b>Location</b>	<b>Entry Format</b>	<b>Cost and Closing Date</b>
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
Sun 12-2-2023	2023 WSC Summer Fun Carnival	YMCA Windsor	Online via Swim Central	\$7.50 per event Entries close 3-2-2023 or when entry limit is reached
Fri 17 & Sat 18-2-2023	Sans Souci Sea Devils Summer Carnival	Sans Souci Aquatic Centre	Online via Swim Central	\$9.00 per event Entries close 10-2-2023 or when entry limit is reached
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](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)**

## Helpful Swimming Tips

Whether your child is a social club swimmer or is starting to compete in outside carivals, here are some tips that may help.

### **Help and encourage your child in setting realistic goals**

The competitive side of swimming is very important, but at the junior level the most important factor is participation, effort and skill development. Beating the swimmers PB and learning a new skill are both examples of realistic and attainable goals for a junior swimmer. The sport must be fun to maintain their interest. Always ensure that your child's PB is recorded each time they race and this is what they are trying to beat rather than other children. PB recording ensures that the focus is on individual improvement rather than purely on winning. Your child may come 10<sup>th</sup> in a race but if they beat their PB, they are a winner!.

### **The Right Amount of Training?**

Instilling a love of the sport and developing an all round fitness is the first step towards a successful training program. Committing to a training program where the swimmer can 'recover' effectively between sessions and maintaining a level of training that allows the swimmer to feel enjoyment in his/her effort and achievement.

Training by its very nature should produce fatigue, but this should be short lived so the swimmer is ready to participate in the next training session. If the swimmer is not ready then the frequency and duration of the training session may need to be adjusted.

Because all children develop at different rates and stages the training program for 2 x 10 year old swimmers can be totally different. Don't compare the volume or frequency of training your child does with another child of the same age. Everyone is different and too much too soon may have a negative effect on the child and result in the child not wanting to participate in the sport again.

### **Feeding your Swimmer**

The goals of good nutrition for any active child are simple – maintain good health, optimise performance, ensure adequate growth and development occurs, and help them to enjoy their sport.

### **Maintaining Good Health**

Keeping kids health takes more than just eating good food, but, establishing healthy eating habits from a young age. Making good food choices is a very confusing science for parents due to the huge array of choices now available. Keep things simple, use a mix of fresh, processed and convenience foods. Healthy food, fast and frequently is the recipe for success. Establishing good eating habits from a young age will offer your child the best opportunity to maintain a healthy body weight.

### **Growth and Development**

With the obesity rates in children escalating, it is advised to keep kids active and enjoying their sport. Daily activity combined with healthy eating will provide the fuel needed to support the energy demands of swimming and ensure your child grows at their normal rate. Swimmers are notoriously 'always hungry' and it is important to top up their fuel supplies with healthy snacks. Encourage low fat, low salt, low sugar snacks instead of salty or sugary treats.

Oats and low fat milk, wholegrain breads, cereals and fruit are good foods. Kids also require a daily mix of carbohydrate rich foods (for fuel), protein foods (for growth and muscle development) a small amount of healthy fats along with plenty of fluids (mainly water).

The amount of food needed by the swimmer will vary depending on the level of training. Making sure your child has a suitable breakfast and enough fuel in the tank to last till the next meal. Understanding the difference between "need" and "greed", excessive snacking between events is often not due to being hungry but just simply filling in time.

# PEAKY SWIM STAR

<b>Name:</b>	Sebastian Galati
<b>Age:</b>	5
<b>Favourite Swimming Stroke:</b>	Backstroke
<b>Hobbies:</b>	Soccer, Swimming
<b>When I Grow Up I Want To Be:</b>	A Palaeontologist
<b>School I Attend:</b>	St Joseph's Riverwood
<b>Favourite School Subjects:</b>	Art
<b>Favourite Sports Team:</b>	My Team, Oatley FC
<b>Favourite Food:</b>	Hot Chips
<b>Favourite Movie:</b>	Sonic The Hedgehog
<b>Favourite TV Show:</b>	Mickey Mouse
<b>Favourite Song:</b>	Dance Monkey
<b>Whom I Most Admire:</b>	My Nonno
<b>Likes:</b>	Monster Trucks, Christmas & Star Wars
<b>Dislikes:</b>	Mushrooms
<b>In 5 Years Time I Would Like To Be:</b>	Even Better at Soccer
<b>How Would You Describe Yourself:</b>	Funny & Playful
<b>I am Really Good At:</b>	Soccer & Making People Laugh



**28-01-2023 – 200m Optional, Freestyle (100m\*), Backstroke, Medley (Bk)**

