



Peakhurst ASC Inc Newsletter

Summer Season

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

Thought of the Week – “I am, you are, we are Australian.”

28 January 2023

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

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
10	17-12	47	50	7
11	07-01	38	75	5
12	14-01	44	63	2
13	21-01	39	51	

Upgrades

Last weeks upgrades will be published next week.

Upcoming Events

04-02-2023 - Bring a Friend Day
08-02-2023 - 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

Next Saturday is “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.

Bexley Australia Day Carnival

Congratulations to our team of swimmers that competed at the Bexley Australia Day carnival last Saturday.

200mtr Optional Events

Today is your last chance to make up any 200mtr events,

Our 200mtr Championship events will begin on 11 February 2023.

Look at the sheets on the Recording table to see if you have made it.

Joke of the Week

Q: What does a house wear?
A: Address!!

Summer Championships Information

With 8 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 – 8

Backstroke – 5

Breaststroke – 4

Butterfly – 5

Ind Medley – 4

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

Date	Club	Location	Entry Format	Cost and Closing Date
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 by 6pm Thursday.

Anyone with information for administrative matters please direct them to peakhurstasc@gmail.com

PEAKY SWIM STAR

Name:	Lilian Chen
Age:	10
Favourite Swimming Stroke:	Breaststroke
Hobbies:	Swimming
When I Grow Up I Want To Be:	A Swimmer or a Lawyer
School I Attend:	MLC
Favourite School Subjects:	Maths
Favourite Sports Team:	
Favourite Food:	Chocolate Mousse & Mum's Curry
Favourite Movie:	
Favourite TV Show:	Cleopatra in Space
Favourite Song:	
Whom I Most Admire:	Mum & Dad
Likes:	Swimming
Dislikes:	My Brother
In 5 Years Time I Would Like To Be:	Swimming at State
How Would You Describe Yourself:	Smart & Funny
I am Really Good At:	Academics



04-02-2023 – SPRINT – Backstroke, Freestyle, Breaststroke, Butterfly

