



Peakhurst ASC Inc Newsletter

Summer Season

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

Thought of the Week – “You never lose, you either win or you learn.”

18 March 2023

Today's Events: 200m Ind Medley Championship Swims, Butterfly, Backstroke (100m*), Freestyle, *Medley Relay*

Summer Registration Fees

As we approach the end of Summer Season all our swimmers should now be registered so they can compete in Summer Championships.

For our new swimmers you can take up our special offer of joining now and your children can swim in our upcoming Summer Championships as an Exhibition Swimmer.

See Winter Fees for details of costs.

Please see Donna Lane for all registration details.

Upcoming Events

25-03-2023 - Day 1 Summer Championships
01-04-2023 - Day 2 Summer Championships
01-04-2023 - Easter Raffle
06-04-2023 - Monthly Club Meeting
28-05-2023 - Jnr Sprint Meet

Easter Raffle

We will be drawing our Giant Easter Raffle on Day 2 of Summer Championships 1-4-2023. We ask every family to bring in an item for this raffle.

Please start bringing in these items.

Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
17	18-02	41	49	5
18	25-02	35	69	2
19	04-03	53	91	5
20	11-03	48	54	9

Upgrades

Upgrades Week 20 – 11-03-2023

Charlie McInerney → 50mtr Medley
Chloe Lin → 75mtr Medley
Fletcher Lynch → 50mtr Freestyle
Havana Gabriel → 50mtr Medley, 25mtr Freestyle
Isaac Denny → 25mtr Breaststroke
Jameson Gregory-Gaughan → 75mtr Medley
Kayley Hogan → 50mtr Medley
Tristan Gabriel → 75mtr Medley

Congratulations to these swimmers.

Peakhurst Pool

This great pool of ours was built way back in 1960, a very large community project. With the passing of time it is starting to look tired and is in dire need of some TLC.

Committee members of our Club have had meetings with both State and Federal politicians in the last 12 months seeking assistance to upgrade the pool.

Mark Coure, Member for Oatley and the NSW State Treasurer Matthew Kean, met a group of hirers at the pool on Thursday afternoon and announced if the Liberal Government is elected in again at the upcoming State

Election they will spend \$1 million towards a new roof over the pool.



What a great start towards the upgrade of this wonderful facility. If other grants could be secured within the next 4 years further upgrades could also be achieved

Committee Positions

This year the Club will be faced with filling a number of vacancies on its committee, as number of the current committee members are either standing down or retiring after many years of service.

It is essential for the wellbeing of the Club that these committee positions are filled. The continued growth, development and success of the club depends upon it having a diverse and energetic committee with a wide range of views and thoughts.

This is especially so when planning for our, award and trophy purchases, end of season presentation day functions and the Sprint and Mini Meets.

As such, I ask all members and senior swimmers over the coming weeks to give some deep thought in becoming Club committee member.

There are no special skills required to be a committee member just a willingness to take a more active role within the club and to bring forward new thoughts and ideas for the ongoing improvement of the club.

Your contribution will not only be rewarding but will provide ongoing benefits to all our Club members'.

With the imminent retirement of Robin Ede, Senior Vice President, a number of roles within the Club that she performed will need to be filled prior to the AGM in May.

These roles include the:

- preparation and editing of weekly newsletter,
- administration of the club's Web, Instagram and Facebook pages

If anyone would like more information about these roles or would like to join the Club committee now, could you please approach either myself or other committee members Pat, Allison, Deb or George at Club, or give me a call on 0411325095.

David Goff, President

Summer Championship Entries

Entries are now open for Summer Championships and close midday Tuesday 21-3-2023. The event list is on page 7 of this newsletter,

Please read through carefully the email that George sent out during the week. If anyone has any questions please see George at Club or send him an email.

Cost is \$1.50 per entry, you will enter both days events on the one entry form. Entries are the same as the weekly entries only you will be required to pay at the time of entry, you will also be charged a transaction fee on the total cost.

Swimmers who have not qualified can swim in championships as an Exhibition Swimmer. As long as you are registered you can enter.

Further championship information can be found on page 4 of this newsletter.

Bring A Friend Day

Our last Bring a Friend Day was such a success that we are doing it again at the start of Winter Season.

This time it will be over 3 weeks, you can come any, or all of the weeks, 22-4, 29-4 or 6-5. The first time you will get to swim for Free, if you come again you will only pay \$2.00 per swim race entry fees.

You can swim up to 4 times before you have to pay registration fees.

Spread the word and see if we can get some new members for Winter Season.

Winter Season Fees

New members joining for Winter Season can do so now if they wish.

Fees will be \$125.00 for a Club Swimmer and \$130.00 for a Competitive Swimmer. If more than one family member joins at the same time the second child will get 15% discount on their fees.

If you join now your kids can swim in Summer Championships as an Exhibition Swimmer.

Talk to Donna who can give you more information on this.

PASC Junior Sprint Meet

Our Junior Sprint Meet is back on Sunday 28-5-2023.

Entries will open shortly, get in fast so you don't miss out. Entry fee TBA.

We will need many helpers on the day, time keepers, recorders, marshals, bbq chefs, just to name a few. Please come forward and speak to George so he can fill the roster.

Winter Season Flyer

A flyer for Winter Season will be emailed out to all our members towards the end of the season.

We ask that everyone posts this flyer onto their social media to attract new members.

Carnival Results

Sydney Sth West PSSA Regional Carnival Jason Van Ryn 11yrs Boys

100mtr Freestyle	10 th
50mtr Freestyle	5 th
50mtr Backstroke	6 th
50mtr Breaststroke	14 th
50mtr Butterfly	3 rd
4 x 50mtr Free Relay	1 st

Jason will now compete at the State Championships in the Relay and 50mtr Fly.

Congratulations Jason.

Georges River Zone Carnival Zara Murphy 10yrs Girls

Zara competed at this carnival a few weeks back and achieved 5 x 2nd places and 2 x 3rd places.

Sydney East Regional Carnival Max Murphy 15yrs Boys

100mtr Breaststroke	1.25.17	4 th
4 x 50mtr Free Relay	1.55.70	2 nd

Zara Murphy 10yrs Girls

50mtr Breaststroke – Pb	52.01	12 th
50mtr Freestyle – Pb	37.97	7 th
50mtr Backstroke – Pb	47.73	13 th
50mtr Butterfly – Pb	47.69	13 th
4 x 50mtr Free Relay	3.07.32	16 th

2023 NSW State Open Championships Adam Murphy Open Mens

50mtr Freestyle	26.46
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Joke of the Week

- Q:** Did you hear about the two thieves that stole a calendar?.
- A:** They each got 6 months!!

Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
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
Sun 2-4-2023	Maccabi 12yrs 7 & Under Dev Meet	Des Renford Swimming Centre	Online via Swim Central	TBA
Sun 28-5-2023	PASC Jnr Sprint Meet	Peak West Pool, Ogilvy St, Peakhurst	Online via Swim Central	TBA
Sun 6-8-2023	CASC Winter Qual Meet	Murray Rose Aquatic Centre	Online via Swim Central	TBA

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

Summer Championships Information

Today is the last chance to qualify before Championships start next week.

Entries are now open online and you enter both days of Championships at the same time. You will have to pay for your races at the time of entering, cost is \$1.50 per event plus transaction fee. **Entries close at midday Tuesday 21 March 2023.**

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 is available at the Recording Table and the website so you can see what swims are required to qualify for Championships.

An Event List can be found on the website and also page 7 of this newsletter.

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.

The swimmers that have qualified to swim in the 25m Dash will be announced shortly.

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 \$1.50 per event, program will be available free on line the night before, Gate entry is free.

No of Swims available:-

Freestyle – 1

Backstroke – 1

Breaststroke – 0

Butterfly – 1

Ind Medley – 0

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

200mtr Ind Medley Championship Events

Saturday 18 March 2023

200m Ind Medley Boys Qualifiers

12 Years & Under

Record 2:26.71 Mark Donovan 26-07-1997

- | | | |
|----|-----------------|---------|
| 1. | Marcus Sortwell | 3:26.06 |
| 2. | Corey Hogan | 3:26.22 |
| 3. | Arin Pandit | 3:37.00 |

13-16 Years

Record 2:16.20 Henry Lee 16-01-2000

- | | | |
|----|----------------|---------|
| 1. | Ryan Gillan | 3:09.95 |
| 2. | Ryder O'Gradey | 3:25.28 |
| 3. | Kyle Chen | 3:30.24 |
| 4. | Karl Gillan | 3:35.45 |

17 Years and Over

Record 2:25.94 Alexander Scarfe 18-10-2008

- | | | |
|----|------------------|---------|
| 1. | Jordan Henry | 2:32.78 |
| 2. | Harrison Taranec | 2:38.77 |
| 3. | George Ross | 2:40.59 |
| 4. | Adam Murphy | 2:47.75 |
| 5. | Mitchell Ede | 3:07.28 |
| 6. | Anup Pandit | 3:08.81 |

Open Record 2:16.20 Henry Lee 16-01-2000

200m Ind Medley Girls Qualifiers

12 Years & Under

Record 2:40.25 Nicole Chan 04-12-2005

- | | | |
|----|-------------|---------|
| 1. | Zara Murphy | 4:01.40 |
| 2. | Ivy Lane | 4:18.37 |

13-16 Years

**Record 2:29.38 Caitlin Gratsounas
31-01-2009**

- | | | |
|----|------------------|---------|
| 1. | Alanna Griffiths | 3:16.22 |
| 2. | Isabella Skead | 3:20.38 |
| 3. | Annika Gillan | 3:31.04 |

17 Years and Over

Record 2:51.59 Emma McDonagh 22-03-2014

- | | | |
|---------------------|-------------|---------|
| 1. | Kaitlin Ede | 3:38.15 |
| unavailable to swim | | |

**Open Record 2:29.38 Caitlin Gratsounas
31-01-2009**

These 200mtr Championship Events will be swum
at the beginning of today's program

Event List Summer Championships

Boys

	Freestyle		Backstroke		Breaststroke		Butterfly		Medley	
	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.
Open	97	100m	131	100m	1	100m	39	100m	99	100m
11 Yrs & Under	95	100m								
5 Yrs & Under	93	15m	133	15m	3	15m	33	15m	101	30m
6 Years	91	25m	135	25m	5	25m	35	15m	103	30m
7 Years	89	25m	137	25m	7	25m	37	25m	105	50m
8 Years	65	50m	139	50m	9	50m	41	25m	107	75m
9 Years	67	50m	141	50m	11	50m	43	50m	109	75m
10 Years	69	50m	161	50m	13	50m	45	50m	129	75m
11 Years	71	50m	159	50m	15	50m	47	50m	127	100m
12 Years	73	100m	157	100m	17	100m	49	50m	125	100m
13 Years	87	100m	155	100m	19	100m	51	100m	123	100m
14 Years	85	100m	153	100m	21	100m	53	100m	121	100m
15 Years	83	100m	151	100m	23	100m	55	100m	119	100m
16-17 Years	81	100m	149	100m	25	100m	57	100m	117	100m
18-20 Years	79	100m	147	100m	27	100m	59	100m	115	100m
21 Years & Over	77	100m	145	100m	29	100m	61	100m	113	100m
Masters (35yrs+)	75	50m	143	50m	31	50m	63	50m	111	100m

Girls

	Freestyle		Backstroke		Breaststroke		Butterfly		Medley	
	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.	Event	Dist.
Open	98	100m	132	100m	2	100m	40	100m	100	100m
11 Yrs & Under	96	100m								
5 Yrs & Under	94	15m	134	15m	4	15m	34	15m	102	30m
6 Years	92	25m	136	25m	6	25m	36	15m	104	30m
7 Years	90	25m	138	25m	8	25m	38	25m	106	50m
8 Years	66	50m	140	50m	10	50m	42	25m	108	75m
9 Years	68	50m	142	50m	12	50m	44	50m	110	75m
10 Years	70	50m	162	50m	14	50m	46	50m	130	75m
11 Years	72	50m	160	50m	16	50m	48	50m	128	100m
12 Years	74	100m	158	100m	18	100m	50	50m	126	100m
13 Years	88	100m	156	100m	20	100m	52	100m	124	100m
14 Years	86	100m	154	100m	22	100m	54	100m	122	100m
15 Years	84	100m	152	100m	24	100m	56	100m	120	100m
16-17 Years	82	100m	150	100m	26	100m	58	100m	118	100m
18-20 Years	80	100m	148	100m	28	100m	60	100m	116	100m
21 Years & Over	78	100m	146	100m	30	100m	62	100m	114	100m
Masters (35yrs+)	76	50m	144	50m	32	50m	64	50m	112	100m

PEAKY SWIM STAR

Name:	Nikolas Gadzuric
Age:	14
Favourite Swimming Stroke:	Backstroke
Hobbies:	Swimming, Soccer
When I Grow Up I Want To Be:	A Personal Trainer
School I Attend:	Marist Penshurst
Favourite School Subjects:	Maths
Favourite Sports Team:	Manchester United
Favourite Food:	Pizza
Favourite Movie:	Creed 2
Favourite TV Show:	Outer Banks
Favourite Song:	Don't Love One
Whom I Most Admire:	My Dad
Likes:	Soccer
Dislikes:	School
In 5 Years Time I Would Like To Be:	Alive
How Would You Describe Yourself:	As a Normal Person
I am Really Good At:	Soccer



**25-03-2023 – Day 1 Summer Championships – Age & Open
Breaststroke and Butterfly, and Age, Open & 11yrs & Under
Freestyle**

