



# Peakhurst ASC Inc Newsletter

## Summer Season

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

**Thought of the Week – “There is no better exercise for your heart than reaching down and helping to lift someone up.”**

## 25 March 2023

### Today's Events: Summer Championships Day 1 Age & Open Breaststroke and Butterfly, and Age, Open & 11yrs & Under Freestyle

#### Summer Championships Day 1

Today is Day 1 of Summer Championships, we wish all our swimmers the best of luck.

Let's hear lots of cheering from the stand.

#### Birthday Wishes

Hugh Loader turns 6 tomorrow, Joshua Westbury turns 8 on Monday and Daniel Giannetto turns 11 on Tuesday.

We wish you all a very happy birthday.

#### 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 next week. If you forgot to bring your item in today, it's not too late, you can bring it in next week.

#### Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
18	25-02	35	69	2
19	04-03	53	91	5
20	11-03	48	54	9
21	18-03	57	58	5

#### Upgrades

##### Upgrades Week 20 – 11-03-2023

David Chapman → 100mtr Freestyle & 100mtr Butterfly

Fin Westbury → 50mtr Butterfly

Joshua Westbury → 50mtr Backstroke

Sebastian Galati → 25mtr Backstroke

Congratulations to these swimmers.

#### 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

## **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.

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**

### **Engadine PSSA Zone Carnival**

#### **Joshua Westbury 8yrs Boys**

50mtr Freestyle	1 <sup>st</sup>
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#### **Finn Westbury 11yrs Boys**

50mtr Freestyle	20 <sup>th</sup>
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4 x 50mtr Free Relay	2 <sup>nd</sup>
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### **Regional Carnival**

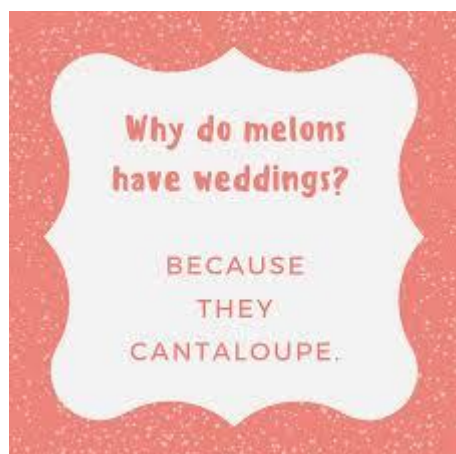
#### **Joshua Westbury 8yrs Boys**

50mtr Freestyle	17 <sup>th</sup>
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#### **Finn Westbury 11yrs Boys**

4 x 50mtr Free Relay	8 <sup>th</sup>
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## Joke of the Week



## Carnival Calendar

Date	Club	Location	Entry Format	Cost and Closing Date
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
Sat 17 & Sun 18-6-2023	Metsea Winter Championships		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](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

<b>Name:</b>	Fletcher Lynch
<b>Age:</b>	9
<b>Favourite Swimming Stroke:</b>	Freestyle
<b>Hobbies:</b>	Soccer, Tennis & Swimming
<b>When I Grow Up I Want To Be:</b>	A PE Teacher
<b>School I Attend:</b>	St Declan's Penshurst
<b>Favourite School Subjects:</b>	Mathematics
<b>Favourite Sports Team:</b>	Dragons
<b>Favourite Food:</b>	Pasta
<b>Favourite Movie:</b>	Minions The Rise of Gru
<b>Favourite TV Show:</b>	Travel Guides
<b>Favourite Song:</b>	Back in Black by ACDC
<b>Whom I Most Admire:</b>	Pa, because he is funny
<b>Likes:</b>	Playing Handball
<b>Dislikes:</b>	Cleaning My Room
<b>In 5 Years Time I Would Like To Be:</b>	In Year 9
<b>How Would You Describe Yourself:</b>	Kind & Friendly
<b>I am Really Good At:</b>	Being Annoying



**01-04-2023 – Day 2 Summer Championships – Age & Open  
Medley and Backstroke, 25m Dash and All Age McAlpine Relay**

