



# Peakhurst ASC Inc Newsletter

## Summer Season

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

Thought of the Week – “Don’t be pushed by your problems, be led by your dreams.”

## 4 March 2023

### Today’s Events: SPRINT - Butterfly, Breaststroke, Backstroke, Freestyle, 25m Dash

#### 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.

#### Weekly Swimming Stats

Week	Date	Swimmers	Pb's	Upgrades
15	04-02	68	94	8
16	11-02	60	66	5
17	18-02	41	49	5
18	25-02	35	69	2

#### Upgrades

Upgrades Week 18 – 25-02-2023

Ava McGrath → 50mtr Medley

Mitchell Van Ryn → 75mtr Medley

Congratulations to these swimmers.

#### Birthday Wishes

Lincoln Loader turned 8 on Thursday, Kaity Ede turns 26 tomorrow.

We hope you both have a wonderful 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 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 from next week.



#### Summer Championship Entries

Entries for Summer Championships will be open from Wednesday 8-3-2023.

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 5 of this newsletter.

## **Jordan Does It Again**

Last week at Club Jordan Henry broke 2 records in the one swim.

He broke 2 very long standing records, one has stood since 2008 and the other since 2001.

He set a new record of 2:39.77 in the Boys 17yrs & Over 200mtr Breaststroke and the Men's Open 200mtr Breaststroke.

Congratulations Jordan.



## **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 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**

### **2023 Mingara Summer LC Meet**

#### **Ivy Lane 9yrs Girls**

50mtr Breaststroke	3 <sup>rd</sup>
50mtr Freestyle	5 <sup>th</sup>
50mtr Backstroke	7 <sup>th</sup>
50mtr Butterfly	9 <sup>th</sup>

## Sydney Catholic Schools Swim Carnival

### Corey Hogan 12yrs Boys

100mtr Freestyle – PB	3rd
50mtr Freestyle – PB	2nd
50mtr Backstroke	1st
50mtr Breaststroke	2nd
50mtr Butterfly	2nd
200mtr Ind Medley – PB	2nd
4 x 50mtr Free Relay	2nd

### Dominique Sortwell 9yrs Girls

50mtr Freestyle	3rd
50mtr Backstroke	5th
50mtr Breaststroke	2nd
50mtr Butterfly	1st



Both Corey and Dominique have qualified to represent their schools at the upcoming Sydney Catholic Carnival on 27-3-2023 at SOPAC.

Congratulations to you both.

### Joke of the Week

I saw a movie about how ships are put together. It was riviting.

## \$100 Active Kids voucher available for use until 30 June, 2023



The 2022-2023 registration season is in full swing and clubs are ready to welcome you to the swimming community.

If you haven't renewed your membership yet, check in with your club registrar to see when you can make a payment for the new season in Swim Central.

Don't forget you can save up to \$100 per school enrolled child on membership fees with Active Kids vouchers provided by the NSW Government.

Download your Active Kids Voucher through the Service NSW app.

# **Carnival Calendar**

Date	Club	Location	Entry Format	Cost and Closing Date
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
Sun 2-4-2023	Maccabi 12yrs 7 & Under Dev Meet	Des Renford Swimming Centre	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)**

## Summer Championships Information

With 3 weeks to go before Summer Championships, there is still time to qualify.

Entries will be open from 8-3-2023, you enter on line and 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.

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.

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

No of Swims available:-

Freestyle – 3

Backstroke – 2

Breaststroke – 2

Butterfly – 2

Ind Medley – 1

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

# PEAKY SWIM STAR

<b>Name:</b>	Chloe McInerney
<b>Age:</b>	10
<b>Favourite Swimming Stroke:</b>	Breaststroke
<b>Hobbies:</b>	Swimming, Netball, Dancing, Shopping
<b>When I Grow Up I Want To Be:</b>	A Teacher
<b>School I Attend:</b>	Illawong Primary School – School Captain
<b>Favourite School Subjects:</b>	Maths
<b>Favourite Sports Team:</b>	Parramatta Eels
<b>Favourite Food:</b>	Chocolate
<b>Favourite Movie:</b>	Soul Surfer
<b>Favourite TV Show:</b>	Gilmore Girls
<b>Favourite Song:</b>	Made You Look
<b>Whom I Most Admire:</b>	My Mum
<b>Likes:</b>	Dancing
<b>Dislikes:</b>	Vegetables
<b>In 5 Years Time I Would Like To Be:</b>	A Dance Teacher
<b>How Would You Describe Yourself:</b>	Kind, Determined, Pink
<b>I am Really Good At:</b>	Dancing



**11-03-2023 – 200m Backstroke Championship Swims,  
Freestyle, Medley (Br), Breaststroke (100m\*)**

