

PASC

Winter 2023

MONTHLY

July



Key Dates

- **Committee meeting** @ Club Rivers 7:30pm - 2nd Aug - ALL WELCOME
- **Mini squad & Learn to Swim** program commences - 5th Aug
- **Father's Day Raffle** - 2nd Sept
- **Winter Championships** - 9th & 16th Sept

Mini Squad & Learn To Swim

Thank you to all who expressed interest in our Mini Squad & Learn to Swim program.

We are pleased to confirm that we have enough numbers to proceed with these initiatives and will commence these sessions on the 5th August.

Sessions will run every Saturday 2pm-2:45pm.

Further details have been emailed to those who registered their interest, but it is not too late to join!

Contact Deb (deb.hogan@outlook.com) for further information.

Championships

Winter Championships are only 5 weeks away! Swimmers need to be a registered swimmer of the Club and must have swum 8 Freestyle swims and 4 of each of the other form strokes to qualify. Second Claim swimmers may also swim in Championships as an Exhibition Swimmer but will be excluded from any points or awards.

The **black line sheet** will be available at the Recorder's table if you wish to check your child's qualification status.

For more information, refer to our website:
<https://peakhurst.swimmingclub.org.au/qualifying-for-winter-championships/>

Father's Day Raffle

Father's Day raffle will be held on 2nd Sept - **kindly start bringing in prizes** that you think your father, grandfather, or male figure in your life would enjoy!

Birthdays

Happy birthday to the following people who celebrate their birthday in August:

Jason V, Alyssa G, Isabella M, Donna L, Jensen O, David G, Harla G.



**Personalised Swim Club Cap
Order Due 12th August
Please See Donna**

Follow us on instagram [peakhurstswimmingclub](https://www.instagram.com/peakhurstswimmingclub) or checkout our website
www.peakhurst.swimmingclub.org.au

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SWIMAUSTRALIA

JX Awards



Swimming Australia's Junior Excellence (JX) program recognises the performances of swimmers aged 9 – 13 to encourage and inspire the next generation of competitive swimmers.

Congratulations to our swimmers on achieving JX Awards for 2022-23.

SILVER AWARD

Ivy L, Zara M

BRONZE AWARD

Isla D, Isaac N, Jason V

BLUE AWARD

Indigo F, Corey H, Harper L, Thomas V, Mikayla L, Jensen O, Arin P, Cooper P

June Point Score

Congratulations to our June Point Score winners:

Dominique S, Ivy L, Dexter K, Arin P, Kyle C, Lauren G, Kayley H, Havana G, Dale S, Tristan G.

Overall Point Score Winner for June was Kyle C.

Upgrades

Congratulations to the following swimmers who upgraded to the next distance in the month of July:

Dale S	25m → 50m Breaststroke
Dexter K	25m → 50m Breaststroke
Dominique S	75m → 100m Medley
James G	25m → 50m Freestyle
Jameson G	25m → 50m Butterfly
Jameson G	25m → 50m Backstroke
Lauren G	50m → 100m Breaststroke
Lauren G	75m → 100m Medley
Lola	15m → 25m Breaststroke
Lucas G	25m → 50m Breaststroke
Lucy C	75m → 100m Medley
Mitchell V	25m → 50m Backstroke
Mitchell V	25m → 50m Butterfly
Zac D	25m → 50m Backstroke
Zac D	50m → 75m Medley

Carnivals

Congratulations to all our members who have represented Peakhurst Swim Club at recent carnivals. We have had fantastic results, medals won and PB's swum!

Metsea SC Winter Championships

Ivy L, Corey H, Arin P, Jason V, George R, Adam M, Mitchell E, Jordan H.

Ripples SC Qual Meet

Ivy L, Dominique S, Marcus S, Jason V.

Aquablitz Toongabbie SC Qual Meet

Lucy C, Ivy L, Dominique S, Marcus S.

Metsea SC Development Meet

Jameson G, Corey H.

Squad Update

Start getting ready for school swimming carnivals and join our Squads at Peakhurst West Pool. Tuesday & Thursday 6am - 7:30am, led by our club coach Will Cooney from Harlee Elite.

Arrive at 5:45am for a 6am start.

\$10 cash per session.

Joke of the month:
What kind of race is never run?
A swimming race... haha

Metsea Meet Approvals

On 20th June, METSEA advised all clubs in their area that a review had been completed on the current meet approval process and that from 1st July 2023 a new process will come into effect.

The new process allows each Club to hold a maximum of 10 "Official" Restricted Meets per year, excluding Club Championships. This impacts us as a club as we were previously allowed to hold an unrestricted amount of "Official" restricted meets a year, where an official Starter & Referee were present.

The new process was discussed at the last Club Committee meeting held on 12th July and it was decided that our Sprint Days (the first Saturday of the month) will be an official meet where an official Starter & Referee are available and present. We will be looking to hold optional 100m & 200m events on these days to support our swimmers seeking qualifying times for strokes in these distances.

If you have any questions regarding these changes, please see David, Deb or George.

Further Information and Help

If you require any further information regarding Club please refer to our website which has a wealth of information, or speak to a committee member.

For **all membership enquiries** please contact Donna at Club or via email.
registrar.peakhurstasc@gmail.com

If you have any newsletter items you would like to share please contact Deb at club or via email.
deb.hogan@outlook.com

Upcoming Meets

Good luck to our swimmers who have entered the Cranbrook Winter Development Meet on 20th Aug.

Swimmers wishing to swim at other carnivals in the MetSEA area can find a list on the MetSEA website.

This list is being continually updated so keep an eye on the page:

<https://metsea.swimmingclub.org.au/upcoming-carnivals/>

Any targeted meets identified will also be announced at club and included in future newsletters.

A full list of meets can be found in SwimCentral under "Events".

