



Merrylands Amateur Swimming Club Inc.

WHALES TALES

Saturday 7th December, 2019

SNSW Senior Metropolitan Championships

Congratulations to Alison Sakurovs who represented our club at the Metropolitan Championships last weekend. Alison swam in the Womens Open 50 metres Freestyle, clocking 28.89, a season best time. A great warm up for the State Age Championships in two weeks time! Congratulations Alison.

Chocolate Fundraising

Please return any outstanding funds raised to Trish Johnston. Thank you to everyone who has taken the time to help sell the chocolates and raise funds for the club.

Christmas Hamper Raffle & Christmas Events

We ask if you could please donate non-perishable items as prize items for our Christmas Hamper Raffle. The raffle will be drawn on Saturday 21st December, 2019 after club races. Tickets are \$1 each (books of 10 tickets \$10) and are available from today.

Following club races we will also be holding novelty events, a breakfast bbq and squad Christmas Party, so please stay around and enjoy these activities.

Squad Training

Remember training breaks from Saturday 21st December, 2019 and resumes on Saturday 4th January, 2020. If you plan to be away over December or January please let your coach know. To do this complete the online form, which can be accessed at <https://www.merrylandsasc.asn.au/news/>

Club Uniform

Our great range of club uniform items are available for sale and these can be sourced through the online shop (<https://shop.merrylandsasc.asn.au/>). Please see our Property Officer (Margaret Edwards) if you need assistance or have questions about the club uniform items. Margaret is also taking orders for hoodies and winter jackets, as these require minimum order numbers and have a lead time to obtain.

Timekeepers Course

I hope to be able to provide the date this morning for the Timekeepers assessment. Stay tuned at presentation after club races today.

Christmas & Holiday Events @ Club Merrylands Newman St, Merrylands

FREE Santa Photos - Monday 9 December 5.30pm – 7.30pm

Kids Toy Raffle - Monday 9 December 7.30pm @ Club Merrylands

FREE Kids Barefoot Bowls - Friday 10 January 9.30am

FREE Bingo - Wednesday 15 January 2pm

FREE Reptile Show - Sunday 19 January 12.30pm

Pizza Making - Tuesday 21 January 5pm - \$5

Club By-Laws

The Club By-Laws have been updated and are now available on the club website. They can be accessed at <https://www.merrylandsasc.asn.au/about/documents.aspx>

Be Sun Smart

Reduce your risk of skin cancer by protecting yourself in 5 ways:

- Slip on clothing that covers your shoulders, arms and legs. Choose shirts with collars, high necks and sleeves and trousers or longer shorts and skirts that come below the knees;
- Slop on SPF30+ or higher broad-spectrum water-resistant sunscreen. Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone;
- Slap on a broad-brimmed hat that protects your face, ears and neck. Broad-brimmed, bucket and legionnaire style hats provide good protection. Baseball caps are not recommended, as they do not protect the ears, cheeks or neck;
- Seek shade whenever you can especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving);
- Slide on sunglasses that meet Australian Standard AS1067 and that fit your face well.

Sun screen is available in the club room for your protection.

Information courtesy of Cancer Council NSW <https://www.cancercouncil.com.au/>

Upcoming Events

MEET NAME	MEET DATE	ONLINE ENTRY CLOSING
MASC 200metre Ind Medley (Open)	Saturday 7 th December	Closed
Whales Challenge	Saturday 7 th December	Closed
NSW State Age Senior C/Ships	Friday 13 th December Sunday 15 th December	Closed
MASC 400metre Freestyle (JNR)	Saturday 14 th December	Thursday 12 th December
NSW State Open & Age Open Water	Friday 20 th December Saturday 21 st December	Tuesday 10 th December
MASC 800metre Freestyle (Open)	Saturday 21 st December	Thursday 19 th December
Christmas Break - No Swimming	Saturday 28 th December	N/A
Club Races Resume	Saturday 4 th January	Thursday 2 nd January

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