



# Merrylands Amateur Swimming Club Inc.

## WHALES TALES

Saturday 11<sup>th</sup> January, 2020

### Merrylands 50s

Congratulations to Joseph Assi who took out the Merrylands 50s last week after some very exciting racing. Breeanah Khoury finished 2<sup>nd</sup>, with Chloe Ton 3<sup>rd</sup>. The full results are on our website. Well done everyone who entered!

### Handicap Relay

The 2x50m Handicap Relay is on today. Want to enter? Get a team mate, buy a Relay Card (\$1), come up with a team name and give your card to the Recorders before 7:30am.

### Whales Challenge #2

The 2<sup>nd</sup> Whales Challenge is on Saturday, 18<sup>th</sup> January. Maroon dominated in Round 1. Can White even the score? Teams remain the same through the summer, so don't forget your team cap. Maroon silicon caps are available for purchase through the club shop: <https://shop.merrylandsasc.asn.au/>

### Squad Training today

All training sessions will start at 9am today.

### Speedo Sprint Series – Metro South West Heats

Entries for the Speedo Sprint Series close on Tuesday, 21<sup>st</sup> January at 5pm. A good number of swimmers from our club have already entered which is great to see. Swimmers aged 8-13yrs that can swim 50m are encouraged to swim at this meet - speak to your coach if you are unsure whether you should enter. Entries are completed online. See the website for details.

### Merrylands SwimFest & Masters Meets – Saturday 22<sup>nd</sup> February, 2020

Our biggest event this summer and we need all hands on deck either as swimmers and/or helpers.

Today's featured job: Timekeeping – one of the best jobs at the meets! You get the best seat in the house, with food served to you on a platter. All you need to do is push a button every minute or so. We need 14 timekeepers for the Masters Meet, and 16 timekeepers for the SwimFest. Speak to Graham to put your name down.

Our Masters Meet is open to all swimmers 18yrs & Over. You don't need to be a member of Masters Swimming to enter, so if you think you would like to try competing, give it a go! The SwimFest is open to all swimmers and is great practice for school carnivals. See the website for details on how to enter.

### Junior, Development and Age Squad Skills & Drills Workshops

These workshops will be held on Thursday mornings during January from 7am to 8:15am. The first one was held during the week and we are looking forward to seeing the work done on starts put into practice this morning. There are two workshops left - register on the website if you would like to attend:

<https://squadshop.merrylandsasc.asn.au/>

### Whales Tales Online

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