



WHALES TALES

Saturday 31st October, 2020

Club Captains

Nominations for the positions of Male and Female Club Captains are open and close this morning at 9.30am. Information about the duties and responsibilities of Club Captains can be found on the club website in the By-Laws. Copies of these are also available to read at the pool.

Please provide your nominations to Graham today.

All financial first claim members can vote for these positions on week 6 (14th November, 2020).

Learn to Swim

The club Learn to Swim program has commenced and concludes on Saturday 12th December 2020. Full details of the program can be found at <https://merrylandsasc.asn.au/learntoswim>

Child lessons	9.15am – 9.45am
Adult lessons	10.00am – 10.45am

Club Race Entries

Entries for club races are **only accepted online and they close at 8.00pm Thursday**. So plan your swims and ensure your entries are completed in time.

The Time Record Sheet is a handy reference to record your swims during the season and a quick reference point to check if you have completed swims to qualify for championship races. You can download the sheet at <https://www.merrylandsasc.asn.au/clubraces>

Club Uniforms

We have a great range of club uniforms available for sale. These can be purchased through the club's online shop <https://shop.merrylandsasc.asn.au/club-uniforms>

Orders are being taken for club hoodies, so if you have any questions about club uniforms please talk to the Property Officer (Margaret Edwards).

Relay Competition

The team relay competition commences this morning. There are a total of 10 relay competition races over the season and points are awarded to teams each week based on how close they swim to their nominated entry time.

Before your team swims this morning you need to complete the Team Entry Form AND the Weekly Swimmer Nomination Form.

Team Entry Form

This is a once only form that each team needs to complete to enter their team and nominate their time before the first competition relay swim this week. The form can be found at <https://bit.ly/35cHrAt> or use the QR code



Remember there is a maximum of 6 team members only per team. The cost of team entry is \$12 and a link will be emailed to the team to pay this online once the form is completed.

Weekly Swimmer Nominations

This is a weekly form that the team needs to complete before swimming the relay to nominate the 4 team members who will swim that week. This form can be found at (<https://bit.ly/33JaLyR>) or use the QR code



Your Contact Information

Having your contact information is vitally important to ensuring we can quickly contact you if club events change and also for contacting your emergency contact if required.

Your contact & emergency contact details are important to us and we need them to be up-to-date at all times, as we may need to quickly communicate with you or your emergency contact.

PLEASE CHECK YOUR SWIM CENTRAL PROFILE AND ENSURE YOUR CONTACT DETAILS (PARENTS & CHILDREN) ARE UP-TO-DATE

Instructions on how to update your profile in Swim Central can be found in last week's Whales Tales. Please take the time to check your details this weekend

Club Championships – 100m Backstroke

Whilst we are not currently able to hold presentations after our club championships, we congratulate all swimmers who competed in the 100m Backstroke Championships last week. Results were:

Boys 8 Years	
1 st	Lucas Alvarez

Girls 9 Years	
1 st	Pare Nader

Girls 10 Years	
1 st	Lisa Shrestha

Boys 10 Years	
1 st	Daniel Vivic
2 nd	Joab Hada
3 rd	Joseph Assi

Girls 11 Years	
1 st	Avani Pradhan

Girls 12 Years	
1 st	Nevah Shrestha
2 nd	Niushka Shrestha
3 rd	Chevelle Fehir

Girls 13 Years	
1 st	Shreya Shrestha

Boys 13 Years	
1 st	Matthew Vivic

Boys 14 Years	
1 st	Elie Menhem

Womens 15 Years	
1 st	Breeanah Khoury
2 nd	Laura-Belle Casey
3 rd	Darla Assi

Mens 15 Years	
1 st	Michael Vivic

Senior Womens	
1 st	Alison Sakurovs
2 nd	Sophia Vivic

Senior Mens	
1 st	Brendan Kirkpatrick
2 nd	Peter Johnston

Veteran Womens	
1 st	Kylee Murray
2 nd	Leanne Tovkach

Veteran Mens	
1 st	Graham Edwards

Womens Open	
1 st	Breeanah Khoury
2 nd	Alison Sakurovs
3 rd	Sophia Vivic

Mens Open	
1 st	Brendan Kirkpatrick
2 nd	Matthew Vivic
3 rd	Michael Evans

COVID-19 Safety Plan & Protocols

The club operates under a COVID-19 Safety Plan and health guidelines play an important role in setting the protocols the club is required to comply with.

We ask for your assistance in complying with the protocols & plan in place. We will communicate changes as they occur and these updates can be found online at <https://www.merrylandsasc.asn.au/news>

Please remember:

- Anyone (coach/athlete/parent/official/spectator) who is unwell for any reason should not attend any training, competition or club activity;
- If you become unwell whilst at the pool please advise us and leave immediately;
- Protect yourself and others from getting sick by following good personal hygiene practices and maintaining physical distancing. We have hand sanitiser available for your use;
- Swimmers should not share any equipment including goggles, drink bottles or towels;
- Maintain social distancing when at the swimming centre. We have designated areas around the pool and ask for your assistance in complying with these;
- If you wish to wear a mask whilst at the pool we recommend that you bring this with you;
- Download the COVID-19 app to assist with contact tracing if it is required.

We must keep a record of all people attending club events (club races and training sessions) for contact tracing purposes.

- Competitors are recorded automatically through their online race entry so they do not need to sign in on a Saturday morning;
- Officials, Volunteers & Spectators (who aren't competing in races) must sign in at pool entry (Council has an app option or paper form to complete) **AND** for club sign-in use the QR code or manual form provided;
- **Normal pool entry applies and you will need to scan your Council pool card for entry;**
- **No club room access.** Access is limited for only obtaining equipment required to be used;
- **We recommend you leave the swimming centre after completing club races.**



Handy Links – QR Codes

Whales Tales online



Relay Nomination form



Online attendance form



Relay Weekly Team form



Who Invented Swimming?

Archaeological and other evidence shows swimming to have been practiced as early as 2500BCE in Egypt and thereafter in Assyrian, Greek, and Roman civilizations. In the 1st century BCE the Roman Gaius Maecenas is said to have built the first heated swimming pool.

In the Orient swimming dates back at least to the 1st century BCE, there being some evidence of swimming races then in Japan.

The lack of swimming in Europe during the Middle Ages is explained by some authorities as having been caused by a fear that swimming spread infection and caused epidemics. How topical today!

Internationally, competitive swimming came into prominence with its inclusion in the modern Olympic Games from their inception in 1896.

Upcoming Events

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 100metre Breaststroke	Saturday 31 st October	Closed
MASC 200metre Ind Medley (JNR)	Saturday 7 th November	Thursday 5 th November
MSW Area Senior LC Championships SOPAC	Saturday 7 th November Sunday 8 th November	Closed
MSW Area Junior Meet SOPAC	Saturday 7 th November	Wednesday 4 th November
MASC 100metre Freestyle	Saturday 14 th November	Thursday 12 th November
MSW Area Open Water Championships Female only	Sunday 15 th November	Tuesday 10 th November
MASC 100metre Butterfly	Saturday 21 st November	Thursday 19 th November
MSW Area Open Water Championships Male only	Sunday 22 nd November	Tuesday 17 th November
MASC 200metre Freestyle (SNR)	Saturday 28 th November	Thursday 26 th November
NSW Metropolitan Junior Championships SOPAC	Saturday 28 th November Sunday 29 th November	Tuesday 17 th November

Sponsors

Thank you to our major sponsors who provide fantastic support to our club. If you know of a business or organisation who may be interested in providing sponsorship or support to our club please let us know.



Club Merrylands Charity Raffle

Proudly supporting



Help support Starlight and you could WIN 1 of 2 MG3s

Tickets \$5 each or
 3 tickets \$12 | 10 tickets \$30
 15 tickets \$40 | 20 tickets \$50

Drawn Tuesday 1st December 2020 8:30pm



NSW Authority Number: CCCC412281 A full copy of the terms of entry for this raffle can be downloaded at www.clubmerrylands.com.au. Persons engaged in the Club management, sales and operation of the raffle and their immediate families are not permitted to enter.

Tickets can be purchased online at <https://www.clubmerrylands.com.au/win1of2mg3s>

When purchasing your tickets record you are from MASC and the club has the chance to win \$500