



WHALES TALES

Saturday 14th November, 2020

Club Captains

All financial first claim members should have received an email this week with a personal link to the online voting system. If you haven't yet submitted your vote online please do so before 9.30am this morning when voting closes.

Correction - Upcoming Events

Previous editions of Whales Tales had incorrect information about the Upcoming Events. The 200m Freestyle Championship on Saturday 28th November is for Seniors (Boys 14 years & over and Girls 13 years & over) and Veterans. The 200m Freestyle championship for Juniors (Boys 10 – 13 years & Girls 10 – 12 years) is on Saturday 12th December.

Fundraising Chocolates

In previous years we have undertaken fundraising through the sale of chocolates. This fundraising assists with the purchase of trophies and awards at the Annual Presentation. With COVID impacts we would like to gauge interest in participating in this fundraising.

If you are interested in participating in the fundraising please email the Social Secretary (Emily Ton) advising you would like chocolates to sell. We will then place orders for the specific number of chocolates required for sale.

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.

Remember there are limits to the number of swims you can do each week and this depends on the events being held (eg Championships). When you log in to Swim Central to submit your entries please ensure you read the *Number of Entries Permitted* based on your age group before purchasing your entries.

Metro South West Senior Championships

The MSW Senior Championships were held last weekend at SOPAC. Congratulations to our team of 7 swimmers. Results achieved include:

Laura-Belle Casey – 3 out of 4 swim PB's including over 3 seconds off her Open 50m Butterfly, achieving her first sub 40 time;

Michael Evans – a PB in the Open 50m Freestyle;

Brendan Kirkpatrick – competed in 9 events, finalist in 4 including top 10 in the Open 200m Individual Medley;

Elie Menhem – a PB in the Open 50m Freestyle;

Vanessa Ozols – 2 out of 4 swim PB's (50m Butterfly & 50m Breaststroke) & finalist in all events;

Alison Sakurovs – 9th in the Open 50m Freestyle (130 swimmers), 2 silver medals, 1 bronze & 4 other top 10 finishes;

Summer Shrestha – 3 PB's (100m Backstroke & 100m Breaststroke) & a Metropolitan QT in the 100m Freestyle.

A Junior Qualifying meet was also held on Saturday afternoon. Great times were swum by all of our swimmers (Joseph Assi, Joab Hada, Niushka Shrestha, Unish Shrestha, Daniel Vivic & Matthew Vivic) with PB's & Metropolitan QT's swum.

Congratulations to everyone on the great results achieved in a disrupted season & limited race practice.

Whales Challenge

The first Whales Challenge will be held on Saturday 5th December. You can purchase your Maroon caps for this event through the online store

<https://shop.merrylandsasc.asn.au/club-uniforms>

Relay Competition

Remember to complete your team's weekly entry form each morning before you race. This form is needed to nominate the 4 team members swimming. The QR code for this can be found in the Handy Links.

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).

Club Championship Results

Congratulations to all swimmers who competed in the 200m Individual Medley Championships (Juniors) last week. Results were:

Boys 10 Years	
1 st	Unish Shrestha
2 nd	Daniel Vivic
3 rd	Joab Hada

Girls 11 Years	
1 st	Avani Pradhan

Girls 12 Years	
1 st	Summer Shrestha
2 nd	Nevah Shrestha

Boys 13 Years	
1 st	Matthew Vivic

Congratulations to Matthew Vivic who set a new record in the championship. Matthew's time was 2:53.05 breaking the previous record of 2:55.52 held by Robert Whythe (set in 1983).

Remember to check the season program and plan your swims to ensure you complete your qualification swims for the Championship events.

Contact Information

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

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.**

Referee Tips

With Championship races well underway now, we have seen a number of disqualifications in races. Below are some tips and things to think about for your races:

Marshalling

- Check the races (heat & lane) you are in when the *Information about Club Races* is emailed to you. This will help ensure you know when you are racing;
- Keep an eye on what races are in the water so you can be in the marshalling area ready for your race;
- Let the marshall know as early as possible if you are not going to swim in a race.

The Start

- Make sure your goggles are on correctly before you step onto the starting platform;
- When the starter announces "Take your Marks" make sure you immediately take up your starting position with at least one foot at the front of the starting platform and remain stationary until the starting signal sounds.

Backstroke

- Remain on your back throughout the race (except to execute a turn) including at the finish;
- Make sure you are not completely underwater prior to or at the finish of the race.

Breaststroke

- You can only execute one butterfly kick prior to, during, or after your first stroke (when you can take your arms completely back to your legs);
- Your second stroke must be a breaststroke and your head must have broken the surface of the water before your hands turn inwards during this stroke;
- Your hands must not be brought back past your hips during each stroke;
- The touch at any turn and the finish of the race must be with both hands separated & simultaneously on the wall.

Butterfly

- You must kick using a butterfly kick and not alternate your legs or feet during the kick;
- The touch at any turn and the finish of the race must be with both hands separated & simultaneously on the wall.

Individual Medley

- You must finish each section of the race in accordance with the rules for that stroke;
- In the backstroke section of the race you must finish the stroke on your back. This means you cannot tumble turn BEFORE touching the wall whilst on your back;
- In the Butterfly & Breaststroke sections of the race you must touch the wall with both hands separated & simultaneously;
- In the Freestyle section of the race you must swim Freestyle (and not any of the other strokes).

Handy Links – QR Codes

Whales Tales online



Relay Nomination form



Online attendance form



Relay Weekly Team form



Perfect example of what happens when you don't worry about your own lane



Upcoming Events

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 100metre Freestyle	Saturday 14 th November	Closed
MSW Area Open Water Championships Female only	Sunday 15 th November	Closed
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
MASC 200metre IM Championship (Open)	Saturday 5 th December	Thursday 3 rd December
Whales Challenge	Saturday 5 th December	Thursday 3 rd December
MASC 200metre Freestyle (JNR)	Saturday 12 th December	Thursday 10 th December
MASC 800metre Freestyle (Open)	Saturday 19 th December	Thursday 17 th December
Christmas – New Year Break	Saturday 26 th December	

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



MSR Authority Number: (2020)1238 | 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