



SANTAS WHALES TALES

Saturday 19th December, 2020



Christmas Wishes

We have quickly arrived at the season halfway point, with Christmas only a week away. On behalf of the Committee I would like to wish every one of our members and their family's a very Merry Christmas and a Happy, Healthy and Safe New Year.

This has been a most challenging year for everyone, one we hope will never be repeated again. Please take the time off to enjoy your time with family and friends and celebrate life.

Enjoy the festive cheer and we look forward to seeing you back at club races on Saturday 2nd January, 2021.

Squad Training Break

Squad training resumes on Saturday, 2nd January, 2021. If you will be away please complete the training break form to indicate your last day of training and your first day back.

Swimming NSW Senior Age Championships

Congratulations to Vanessa Ozols, Alison Sakurovs & Summer Shrestha who represented the club at these championships last week.

Swimming NSW Open Water Championships

Niushka Shrestha (2.5klm), Summer Shrestha (5klm) & Matthew Vicic (5klm) have qualified for and are competing in the Open Water Championships being held at the Sydney International Regatta Centre this weekend.

The 2.5 klm swim is 2 laps of the course, whilst the 5klm swim is 4 laps. Good luck to each of you and may the whale be with you 🐳.

COVID-19 Safety Plan & Protocols

If you have visited the Northern Beaches since Friday 11th December we ask that you follow health guidelines and **DO NOT ATTEND CLUB ACTIVITIES** until isolation & testing requirements have been completed. For more information visit <https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw>

- Do not come to club activities if you are not feeling well;



- Maintain social distancing by spreading out in areas to sit (do not congregate in areas);



- Only timekeepers, officials & swimmers for the event to be swum should be in the marshalling area;
- Practice good hygiene by washing hands & using hand sanitizer regularly.



Updates that affect our club members can be found online at <https://www.merrylandsasc.asn.au/news>. Please ensure you regularly check the club website for these updates as changes occur.



Christmas Hampers & BBQ

The Christmas Hamper raffle will be drawn this morning. Every member will be allocated a raffle number and a lucky draw will occur after club races conclude. There are a total of 4 prize hampers and there is a limit of 1 hamper prize per family.

The BBQ will be held after club races. Please do not proceed to the BBQ area until directed and follow the instructions provided. There will be a limited number of people allowed in the queue (follow the bollards which are spaced so that only person is at a bollard at any time). Once you have your food please leave the area and do not congregate in groups.



Club Championship Results

Congratulations to all swimmers who competed in the 200m Freestyle Championships last week. Results were:

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

Girls 11 Years	
1 st	Avani Pradhan

Girls 12 Years	
1 st	Summer Shrestha
2 nd	Niushka Shrestha
3 rd	Ameena Abdelraheem

Boys 13 Years	
1 st	Matthew Vivic

Congratulations to Matthew Vivic who set a new record, swimming 2:28.77, breaking the previous record of 2:31.69 set by Steven Nguyen in 2003.

Member Profile

Congratulation to Breeanah Khoury who was re-elected as our Female Club Captain. Some interesting information about Breeanah:

<i>Favourite Colour</i>	Navy blue
<i>Favourite Food</i>	Garlic bread
<i>Favourite Sport (apart from swimming)</i>	Rugby 7's
<i>Favourite Team</i>	Silver ferns (New Zealand's Netball team)
<i>Favourite Holiday Place</i>	Ballina/ Lennox Head
<i>Favourite Memory</i>	Outing with my friends where we went to an escape room and then played monopoly
<i>Favourite Song</i>	Can't hold us by Macklemore and Ryan Lewis
<i>Favourite Movie/TV Show</i>	Death at a Funeral
<i>Career after school</i>	Something to do with music (producing, writing or singing), if that doesn't work out then maybe a teacher
<i>I like Merrylands Swimming Club because</i>	Of all the people and the friends I've made Everyone is so welcoming, inclusive and encouraging that I've learned to love and want to go to swimming more than I used to

Fundraising Chocolates

If you are interested in participating in the fundraising please email the Social Secretary (Emily Ton) (social.secretary@merrylandsasc.asn.au) advising you would like chocolates to sell. Orders will be placed in late January, so please let Emily know if you are interested in placing an order.

Handy Links – QR Codes

Whales Tales online

Online attendance form



Upcoming Events

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 800metre Freestyle (Open)	Saturday 19 th December	Closed
SNSW Open Water Championship	Saturday 19 th December Sunday 20 th December	Closed
Christmas – New Year Break	Saturday 26 th December	
Club Races – no championship race	Saturday 2 nd January	Thursday 31 st December
Club Races – no championship race	Saturday 9 th January	Thursday 7 th January
MASC 400metre IM Championship (Open)	Saturday 16 th January	Thursday 14 th January
Whales Challenge	Saturday 16 th January	Thursday 14 th January
MASC 50metre Butterfly Championship	Saturday 23 rd January	Thursday 21 st January
MASC 200metre Butterfly Championship (Open)	Saturday 23 rd January	Thursday 21 st January
MASC 50metre Breaststroke Championship	Saturday 30 th January	Thursday 28 th January
MASC 200metre Breaststroke Championship (Open)	Saturday 30 th January	Thursday 28 th January
Merrylands SwimFest	Saturday 20 th February	Not yet open

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.

