



WHALES TALES

Saturday 22nd January, 2022

Welcome to 2022

We wish everyone a happy and safe 2022.

With the swimming centre closed over the past weekends it's a later resumption of club races in 2022 than we had planned. Changes have been made to the race program, with the Butterfly championships planned for last Saturday being swum this morning. Good luck to all swimmers competing in these championships.

Swim Meet Results

The Swimming NSW Junior Metropolitan Championships were held at SOPAC just before Christmas. Our club was represented by 3 swimmers, Joseph Assi, Unish Shrestha & Chloe Ton.

Joseph Assi and Unish Shrestha both swam in the 50m Breaststroke. Joseph swam a new personal best time and Unish finished in his second fastest time, just outside the PB he achieved the week before.

Joseph saved his best until last in the 100m Breaststroke. Joseph took over a second off his time and came 10th, achieving his first Metropolitan Finalist result.



Chloe Ton achieved a personal best time in the 50m Freestyle in her first Metropolitan Championships.

Swim Meet Results continued

There have also been a number of Open Water Championships swum over the past few weeks.

Swimming NSW State Open Water Championships

These were held in late December 2021 at the Sydney International Regatta Centre. Matthew Vici represented our club and swam a time of 1:15:33.13, taking 2½ minutes off his previous time for this event 🏆



Metro South West Open Water Championships

These were held on Sunday 9th January 2022 at the Sydney International Regatta Centre. Our club was represented by 7 swimmers with 4 (Unish, Daniel, Joseph & Joab) swimming in the first open water competition.

Results in the age groups were:

- Alison Sakurovs (1st - 5 klm)
- Niushka Shrestha (6th - 2.5klm)
- Nevah Shrestha (8th - 2.5klm)
- Unish Shrestha (3rd - 2.5klm)
- Daniel Vici (4th - 2.5klm)
- Joab Hada (5th - 2.5klm)
- Joseph Assi (6th - 2.5klm)

Congratulations to everyone on their swims 🏆

COVID-19 Safety Protocols

Information & Conditions for Attendees

<https://merrylandsasc.asn.au/clubraces/entryconditions.aspx>

With COVID-19 currently being active in our local community it is important that everyone take steps to reduce the risk of transmission.

These steps include:

- Any swimmer, volunteer, coach or spectator who is feeling unwell in any way, or has symptoms or signs of COVID-19 must not attend until full recovery has taken place
- Attendees are encouraged to wear a face mask where physical distancing is not possible
- All swimmers should follow the 'get in, swim, get out' approach and should avoid showering/using changeroom facilities where possible. Come ready to swim, and leave the pool as soon as possible
- Access to the Club Room and Old Club Room is restricted
- Swimmers are required to have all their own equipment. Swimmers are not permitted to share equipment or drink bottles. Food and drink should not be shared

As the ability to swim eligibility swims for championship events may be affected we strongly recommend that swimmers plan and undertake their eligibility swims as early in the season as possible, rather than leaving these swims to the last week available before the Championship event is to be swum.

A failure by a swimmer to swim an eligibility swim will preclude their participation in that Championship.



Some of the MSW Open Water team members

Some health & fitness swimming facts

<https://swimjim.com/blog/40-fun-facts-about-swimming>

- In one hour, swimming burns about 40% more calories than biking
- Swimming burns about 30% more calories than running per hour
- Swimming strengthens the heart and lungs
- Swimming can improve exercise-induced asthma
- Swimming lowers stress and depression
- Aerobic activities like swimming can reduce inflammation



Upcoming Championship & Meet Calendar

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 50m, 25m & 200m (Open) Individual Medley Championship	Saturday 22 nd January	Closed
NSW Senior State Championships	Thursday 20 th January Tuesday 25 th January	Closed
MASC 50m, 25m & 200m (Open) Breaststroke Championships	Saturday 29 th January	Thursday 27 th January
MASC 400m Freestyle Championship	Saturday 29 th January	Thursday 27 th January
MASC 50m, 25m & 200m (Open) Freestyle Championships	Saturday 5 th February	Thursday 3 rd February
MASC 50m, 25m & 200m (Open) Backstroke Championships	Saturday 12 th February	Thursday 10 th February
MASC 200m Individual Medley Championships	Saturday 12 th February	Thursday 10 th February
Speedo Sprint Series - Heats	Sunday 13 th February	Thursday 3 rd February
MASC SwimFest	Saturday 19 th February	Saturday 5 th February
MSW Area LC Championships	Saturday 26 th February Sunday 27 th February	Wednesday 16 th February
NSW State Open Championships	Friday 4 th March Sunday 6 th March	TBA
MASC 800m (Open) Freestyle Championship	Saturday 12 th March	Thursday 10 th March
Speedo Sprint Series - Finals	Saturday 12 th March	Qualify via Heats
NSW Senior Metropolitan Championships	Saturday 19 th March Sunday 20 th March	TBA
MASC 1500m (Open) Freestyle Championship	Saturday 26 th March	Thursday 24 th March
NSW Junior State Age Championships	Saturday 26 th March Sunday 27 th March	TBA
MSW 5 – 8 Meet	Saturday 2 nd April	TBA

Sponsors

We receive great support from our club sponsors and we thank them for this support.

