



# WHALES TALES

Saturday 19<sup>th</sup> February, 2022

## Merrylands SwimFest

This afternoon we are holding the Merrylands SwimFest. We have a team of 28 swimmers representing our club in 134 individual races plus 5 relay teams, so a big day for our club members. Good luck to everyone in our team and may the whale be with you all 🐳

All swimmers need to be at the pool stretched and ready to commence the warm up swim at 1.30pm. Races start at 2.30pm.

We have a big afternoon with the meet at capacity entries, so we need the assistance of all parents & carers on the day with a range of tasks to be carried out before, during and after the meet. We will undertake some set up straight after club races tomorrow (put our club lane ropes in, replace the 5m flags etc) and we will then be back from **12.00pm** to set up the other items (gazebos, touch pads etc). So we ask for all parents and carers to be at the pool to assist with the set up and the pack up straight after the event.

Thankyou to our meet sponsors, Club Merrylands, Starr Partners, Merrylands Swim Squad and Alpha Security Corp who are kindly providing assistance.

## Metro South West Area Championships

This is our areas major championship meet and will be held at SOPAC next weekend (Saturday 26<sup>th</sup> February & Sunday 27<sup>th</sup> February). Good luck to everyone in our team and may the whale be with you all 🐳

Updates on the achievements in this meet will be available on the club website and Facebook page

## COVID-19 Safety Protocols

Latest information can be found at <https://merrylandsasc.asn.au/clubraces/entryconditions.asp> [x](#)

## Speedo Sprint Heats

Our team of 16 swimmers had an outstanding meet representing our club the Speedo Sprint Series last Sunday.

A total of 42 new PB's were achieved and there were a number of top 10 finishes. A great result and effort by our swimmers and coaches. Congratulations to everyone on the results achieved 🏆



## Starlight Super Swim

As we have mentioned during the month, Ian Wilson is participating in the Starlight Super Swim event being swum over the 28 days of February. The challenge is to swim as many klms as you can and raise funds for the Starlight Foundation.

Ian is well into the swim and as at 17<sup>th</sup> February he has swum over 17klms and raised \$635 in donations. Ian's target is to swim at least 20 klms (he is well on the way to smashing through this target) and his goal is to raise over \$1,000 in donations for the foundation.

To support Ian in achieving his goal and to support this great cause visit

<http://www.superswim.org.au/ian-wilson>

## Social Event – Surf & Open Water visit

Our Social Committee has been discussing the potential of arranging an education and fun day out at a surf beach at the end of this season.

As a number of our club members compete in open water events it was felt that obtaining practical knowledge to better understand surf conditions and how to improve techniques in open water compared to an enclosed pool may be beneficial whilst also enjoying a social day out as a club.

Some of the outcomes we have considered are:

- learning basic water safety and lifesaving skills required to be safe around an open water environment;
- providing a basic knowledge about swimming at beaches;
- standing position in waist deep water and how to recover to a secure position;
- swimming between the flags and understanding the beach conditions;
- reading rip current conditions and how to survive in the event of being caught in a rip;
- what it takes to become a life saver.

Denise Assi (Social Secretary) has been communicating with a contact and we are hopeful of arranging a day with Narrabeen Surf Club to undertake the event. Given the number of swim meets coming over the next 6 weeks we are looking at some time in April to hold the event.

We are happy for any feedback or comments you may have about the idea and ask that you discuss these with Denise Assi so we can consider them at our next Committee meeting (early March)

So put a reminder in your calendar for April and keep an eye out for more information.



## Championship Results – 12<sup>th</sup> February 2022

### 50m Backstroke

Age Group	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Boys 7 years	William Johnston		
Boys 8 years	Jay Shrestha		
Girls 9 years	Ruby Shrestha	Gabriella Assi	
Boys 9 years	Lucas Alvarez		
Girls 11 years	Lisa Shrestha		
Boys 11 years	Unish Shrestha	Daniel Vivic	Joab Hada
Girls 13 years	Summer Shrestha	Nevah Shrestha	Niushka Shrestha
Girls 14 years	Shreya Shrestha		
Boys 14 years	Kyran Davis		
Womens 16 years	Laura-Belle Casey	Darla Assi	Vanessa Ozols
Womens 17 years & Over	Katie Hope	Alison Sakurovs	Sophia Vivic
Mens 17 years & Over	Peter Johnston		
Womens 35 years & Over	Kylee Murray	Leanne Tovkach	
Mens 35 years & Over	Ian Wilson	Ian Johnston	

### 200m Freestyle

Age Group	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Womens Open	Summer Shrestha	Alison Sakurovs	Sophia Vivic
Mens Open	Matthew Vivic	Daniel Vivic	

## Upcoming Championship & Meet Calendar

MEET NAME	MEET DATE	ENTRY CLOSING
MASC SwimFest	Saturday 19 <sup>th</sup> February	Closed
MSW Area LC Championships	Saturday 26 <sup>th</sup> February Sunday 27 <sup>th</sup> February	Closed
NSW State Open Championships	Friday 4 <sup>th</sup> March Sunday 6 <sup>th</sup> March	Tuesday 22 <sup>nd</sup> February
MASC 800m (Open) Freestyle Championship	Saturday 12 <sup>th</sup> March	Thursday 10 <sup>th</sup> March
Speedo Sprint Series - Finals	Saturday 12 <sup>th</sup> March	Qualify via Heats
NSW Senior Metropolitan Championships	Saturday 19 <sup>th</sup> March Sunday 20 <sup>th</sup> March	TBA
MASC 1500m (Open) Freestyle Championship	Saturday 26 <sup>th</sup> March	Thursday 24 <sup>th</sup> March
NSW Junior State Age Championships	Saturday 26 <sup>th</sup> March Sunday 27 <sup>th</sup> March	Tuesday 15 <sup>th</sup> March
MSW 5 – 8 Meet	Saturday 2 <sup>nd</sup> April	TBA
Australian Masters Championships	Wednesday 20 <sup>th</sup> April Saturday 23 <sup>rd</sup> April	Friday 8 <sup>th</sup> April
Australian Masters Open Water Championships	Sunday 24 <sup>th</sup> April	Friday 8 <sup>th</sup> April
MSW Area SC Championships	Saturday 28 <sup>th</sup> May Sunday 29 <sup>th</sup> May	TBA

## Sponsors

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



If anyone has contacts who would like to assist in sponsorship of the club please let Graham know

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