



WHALES TALES

Saturday 19th November, 2022

Club Captains

Voting closed for the election of Male and Female Club Captains last Saturday. We will announce the Club Captains for 2022/23 at presentation after club races this morning.

Club Championship Races

Last week two championships (100m Backstroke & 100m Butterfly) were swum. Congratulations to everyone who swam in these races. A club championship record was broken by Kylee Murray in the Veterans Women's backstroke championship. Kylee set a new record time of 1:45.49, beating her previous record time of 1:46.18 set in 2018. Congratulations Kylee 🏆

Today we have the 400m Freestyle championships being swum. Good luck to all swimmers competing in these championships.

Parramatta Inter-Club Cup

The Inter-Club Cup was swum and WON last Saturday afternoon. Congratulations to our team of 44 swimmers who were victorious in winning the cup. Our club last won the cup in 2016 (not swum in 2020 or 2021), so it was great to break the streak held by Parramatta City.

The final point score tally was Merrylands 1,148, Parramatta City 1,080 & McCredie Park 156.

Our team ranged in age from 6 to 70 and achieved a total of 90 new personal best times. 13 swimmers competed at their first carnival for the club and some swam in distances longer than they had previously swum.

What really stood out during the meet was the great spirit displayed by the clubs and swimmers competing. So much support for team mates in races, as well as great sportsmanship after races, with swimmers from each club congratulating each other on their swim.

We also had a few treats in store, with the coffee cart arriving at the start of the meet, the wraps & pizzas for some sustenance after the races and topped off with the ice cream van serving choc top & sprinkle topped ice creams. A swimmers heaven!



A very big thank you to everyone involved in the organisation and running of the meet. Without everyone getting involved on the day in set up, officiating, food delivery & pack up we couldn't run our swim meets so successfully.

Thank you to our Club Captains who worked tirelessly during the meet looking after our swimmers and making sure they were ready for the all-important relays.

Thank you to Ms Julia Finn MP, State Member for Granville, Shadow Minister for Sport & Shadow Minister for Youth who attended the meet and presented the cup to our Club Captains.

Congratulations Merrylands 🏆🥳👏





Thank you to our sponsors for the meet, Club Merrylands, Starr Partners, Alpha Security & NSW Office of Sport. The support of our sponsors is outstanding and helps provide the events and equipment we are able to purchase.



Relay Competition

Remember that your relay team needs to complete the weekly form nominating the 4 team members who will swim that week. This form can be completed [here](#).

Lions Club Award

Nominations are open for any member to recognise the service of other members.

You can nominate a club member online [here](#).

Club Uniforms

To order club uniform items go to <https://shop.merrylandsasc.asn.au/club-uniforms>

Membership Cards

Remember to download a copy of your membership card from Swim Central to show to the pool staff if requested when entering the swimming centre. Instructions are [here](#).

Safe Sport

Swimming Australia and Swimming NSW remain fully committed to the protection of children, young people and all members in our sport. All member associations, including states, areas, clubs, coaches, parents and swimmers are encouraged to familiarise themselves with the six policies that make up the National Integrity Framework (NIF) below, and to prioritise safety and integrity at every swimming club and event.

The [Swimming Australia NIF](#) consists of six documents:

- **Complaints, Disputes and Discipline Policy**
- **Competition Manipulation and Sport Wagering Policy**
- **Member Protection Policy**
- **Improper Use of Drugs and Medicine Policy**
- **Swimming Australia National Integrity Framework**
- **Safeguarding Children and Young People Policy**

The Safe Sport Framework (SSF) for swimming is our guiding document to keep all members safe, particularly children and young people.

The SSF consists of two documents:

- Safeguarding Children and Young People Policy (matters or complaints concerning the safety and wellbeing of children or young people in swimming must be considered under this policy) and
- Member Protection Policy (this concerns matters relating to such things as discrimination, harassment, bullying, victimisation and abuse).

For more information please visit

<https://clubhouse.swimming.org.au/safe-sport>

Upcoming Meet Calendar

Check the [website](#) for the full list of upcoming meets, closing dates, programs and qualifying times.

MEET NAME	MEET DATE	ENTRY CLOSING
MSW Long Course Qualifying Meet	8 th January	28 th December
Merrylands SwimFest	18 th February	4 th February

Sponsors

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

