



# WHALES TALES

Saturday 21<sup>st</sup> October, 2023

## Club Captains

A reminder that nominations for the positions of Male and Female Club Captains are open and close on 28<sup>th</sup> October at 9:30am. Information about the duties and responsibilities of Club Captains can be found on the club website in the By-Laws.

All financial first claim members can vote for these positions on week 6 (11<sup>th</sup> November, 2023).

Nominate a member online [here](#).

## Relay Competition

Time trials for the Relay Competition conclude today. The Relay Competition point score races start on 4<sup>th</sup> November, so start organising your team and your team entry time. Remember to enter your team details before the competition starts [here](#).

## Parramatta Inter-Club Cup

Entries are open for the Parramatta Inter-Club and information about the meet was emailed to all members this week.

We are looking to retain our title after winning the cup last year. So, we encourage everyone to enter and help us take on Parramatta City and McCredie Park at Granville Swimming Centre on Saturday, 11<sup>th</sup> November, starting at 3:00pm.

Cost is \$4.00 per event (plus transaction fee) and pool entry is free for all competitors and spectators. Entries close 8<sup>th</sup> November 2023 at 9:00pm.

## Masters NSW SC Championships

Last weekend our team of 6 swimmers competed at the Masters NSW SC Championships at Woy Woy.

Congratulations to Varant Jambazian, Peter Johnston, Kylee Murray, Timothy Oliver, Alison Sakurovs & Ian Wilson, with a lots of SBs, PBs and medals won.

Check our website and Facebook page for full details



## SNSW Qualifying Meet

Congratulations to Joseph Assi who swam at the SNSW Qualifying Meet at SOPAC last weekend 🏆

## MSW Area LC Championships

We have a team of 9 swimmers representing our club at the Metro South West Area Championships this weekend at SOPAC. Good luck to our team of Joseph Assi, Laura-Belle Casey, Alison Sakurovs, Jay Shrestha, Lisa Shrestha, Daniel Vicic, Matthew Vicic, Leo Zhu & Lillian Zhu who are swimming a total of 29 individual events. May the whale be with you all



## Whales Challenge # 1

The first of the three Whales Challenges for the season is being held next Saturday (28<sup>th</sup> October). This is our intra-club series with swimmers divided into two teams (Maroon "Turner" Team and White "Emery" team").

Last year saw the White team take the 1<sup>st</sup> challenge, but a strong performance by the Maroon team in the 2<sup>nd</sup> and 3<sup>rd</sup> challenges saw them win the series 2-1, avenging the 3-0 clean sweep by the White team in the previous season. So which team will triumph this year?

Entries for club races are submitted as usual for a normal Saturday morning. Swimmers must wear their club cap in their team colour while competing to get points for their team. Swimmers that have swum in club races so far this season have been selected in teams [here](#).

To spice things up for the two teams we also have a Knockout IM Skins event, where the top 8 swimmers from the 200m IM Championships will represent their team in some knockout 50m swims.



## First Championship races next Saturday

The first of our Club Championship races will also be held next Saturday morning. This is the 200 metres Individual Medley for the 10 years to Seniors & Veterans Age groups. All swimmers entered in these Championship races will swim together in an Open event, with the results split into ages to determine the Age Championship results.

These are the first races swum in the morning, so we ask that everyone is at the pool before 7:00am to assist in getting races underway on time.

## Learn to Swim

Learn to Swim grading will be held this morning after the conclusion of club races. Enrolments for the program are closed and the lessons will run in two blocks:

- Saturday, 28th October to Saturday, 16th December, 2023
- Saturday, 3rd February to Saturday, 23rd March, 2023\*

\* There will be no lesson on 17th February, due to the club's swimming meet being held that day.

Lesson times are:

- Child Lessons start at 9:15am and finish at 9:45am.
- Adult Lessons start at 9:30am and finish at 10:15am.

More information can be found on the club website.

## Pool Entry for Squad Training

A reminder that club members receive discounted pool entry when participating in club activities, including Squad Training. All swimmers must pay pool entry when attending these activities. Spectators attending Squad Training receive free entry, but only if they are spectating swimmers in the squad. If they are swimming in the public areas or spectating non-squad members, the normal pool entry fees apply.

Pool Staff may ask club members to show their membership card when paying their pool entry or purchasing a Club Member Pass. Your membership card can be accessed from Swim Central following these [instructions](#).

## Club Uniforms

We have a great range of club uniforms available for sale. These can be purchased through the club's online shop. Some items may require a special order to be placed with our suppliers, so planning orders ahead of time will allow for the items to be delivered.

If you have any questions about club uniforms please talk to the Property Officer, Margaret Edwards or visit

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

## Planning your Championship races

As you will see in the Season Program, we have club championship races commencing on Saturday 28<sup>th</sup> October 2023 (week 4). A tight season sees a number of Championship double up days, so it is vital that you plan your swims well ahead to ensure you qualify for the Championships you wish to compete in. How do you do this? Follow these quick tips to plan your qualifying swims:

- Review the Season Program to see the date Championship swims are held;
- Plan your qualifying swim for a Championship at least 2 weeks before the Championship is held as this provides you with leeway in case you miss a week, are disqualified in the race etc;
- For example, the 100 metre Backstroke Championship will be held on Saturday 11<sup>th</sup> November (week 6). Plan to swim your qualifying swim for this Championship by Week 4 (next week);
- Likewise look at the following weeks Championships and try and include these in your earlier swim plans. The more Championships you swim qualifying races for at the start of the season the less likely you are to miss qualifying.

The entry cost for each 100m and 200m Championship swim (Age & Open) will increase to \$2 per entry. This increase reflects the fact that swimmers obtain points for both their Age & Open Championships from their one swim.



## Lions Club Award

We are looking for your help in recognising those members who provide service to the club, over and above their normal duties. The Committee vote on

monthly nominees each month. So, if you would like to nominate a club member to be considered for their service submit your nomination [here](#).

## 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
<b>MSW Long Course Championships</b>	Saturday 21 <sup>st</sup> October & Sunday 22 <sup>nd</sup> October	Closed
<b>Parramatta Inter-Club Cup</b>	Saturday 11 <sup>th</sup> November	Wednesday 8 <sup>th</sup> November
<b>MSW Open Water Championships</b>	Sunday 12 <sup>th</sup> November	Wednesday 8 <sup>th</sup> November
<b>NSW Junior Metrop Championships</b>	Saturday 25 <sup>th</sup> November & Sunday 26 <sup>th</sup> November	Tuesday 14 <sup>th</sup> November
<b>NSW Senior State Age Championships</b>	Sunday 10 <sup>th</sup> December to Saturday 16 <sup>th</sup> December	Tuesday 28 <sup>th</sup> November
<b>NSW Open Water Championships</b>	Sunday 17 <sup>th</sup> December & Monday 18 <sup>th</sup> December	Wednesday 8 <sup>th</sup> November
<b>Speedo Sprint Heats</b>	TBA	TBA
<b>Merrylands SwimFest</b>	Saturday 17 <sup>th</sup> February	TBA
<b>NSW Senior Metrop Championships</b>	Saturday 24 <sup>th</sup> February & Sunday 25 <sup>th</sup> February	TBA
<b>Speedo Sprint Finals</b>	Saturday 2 <sup>nd</sup> March	Heat qualification
<b>NSW State Open Championships</b>	Friday 15 <sup>th</sup> March to Sunday 17 <sup>th</sup> March	TBA
<b>NSW Junior State Age Championships</b>	Saturday 23 <sup>rd</sup> March to Sunday 24 <sup>th</sup> March	TBA

