



WHALES TALES

Saturday 9th November, 2024

Club Captain nominations

I am pleased to advise that a total of 6 nominations were received for the positions of Club Captain (there were 4 x Male and 2 x Female nominations). 1 nomination for Male Club Captain was declined and at the time of writing Whales Tales acceptance for 1 nomination for Female Club Captain (*) was still to be confirmed.

The nominations and members seeking your vote for Club Captain are:

Male Club Captain	Female Club Captain
Joseph Assi	Lisa Shrestha
Max Okorovik	Niushka Shrestha *
Jokubas Urbonas	

Voting for the positions of Club Captains will occur this coming week (week 6 of the season) and a link to the online voting system will be provided so all financial first claim members have the opportunity to submit their vote.

I would also like to take the opportunity to thank our outgoing Club Captains, Matthew Vicic & Ameena Abdelraheem, for their commitment to these roles over the past season.

Whales Challenge # 1 results

A great morning of racing between the White & Maroon teams for the first of the season's Whales Challenges, which was also highlighted by the IM Skins. This turned out to be a tough stamina test as the swimmers worked their way through 4 x 50m IM sprint races over a 10-minute period.

Congratulations to Leo Zhu & Matthew Vicic who swam their way to the final, with Leo taking the win this time (who chose Breaststroke as the final sprint?). Both swimmers represented the strong White team and saw their team victorious over the morning, accumulating a total of 1,583 points to the Maroon team's total of 1,171.



But don't despair as I am sure the Maroon team can come back strongly in the 2nd of the Whales Challenges to even the series (to be held on Saturday 21st December).

Cumberland Inter-Club Cup - today

The Cumberland Inter-Club Cup between Merrylands, Parramatta City and McCredie Park is being held this afternoon at Wentworthville Swimming Centre. We have a great team of 37 swimmers, spanning the entire age spectrum, swimming a mix of individual and relay events.

This is the prize for the club winning the point score, so let's show them our club is the best in the Cumberland area 😊



We ask that all swimmers be at the pool ready to warm up at 2.45pm and races commence at 3.30pm.

May the whale be with you all 🐳

We have been assigned 2 lanes for timekeeping during the meet. Denise Assi is organising a roster and we ask that all parents who are not swimming at the meet assist in this and any other roles we may be asked to perform over the afternoon.

There will also be a BBQ at the conclusion of the meet. All competing swimmers receive a free sausage sandwich. Additional sausage sandwiches can be purchased by all attendees.

Club Uniforms

We have a great range of club uniforms in stock available for sale, see the club's online shop [club shop](#).

We are taking special orders for a long sleeve shirt option. These cost \$33 and orders can be placed with Margaret Edwards over the next week. An order will then be placed for the supply of these.



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

Club Sponsorships

We would like to thank Club Merrylands, Starr Partners & Alpha Security Corp who have agreed to provide Major Sponsorship of the Merrylands SwimFest again this year. These sponsorships provide great financial assistance to the running of this meet.

If you are aware of any other organisations who may be interested in providing financial or other support to our club during the season please let Graham know.

Championship race results

Congratulations to everyone who qualified for and swam in the 200m Individual Medley Championship races last Saturday.

Results for each age group were:

Veteran Men's

1 st	Ian Wilson
2 nd	Varant Jambazian

11 Year Girls

1 st	Lillian Zhu
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12 Year Girls

1 st	Gabriella Assi
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14 Year Girls

1 st	Lisa Shrestha
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16 Year Women

1 st	Niushka Shrestha
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Senior Women

1 st	Alison Sakurovs
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10 Year Boys

1 st	William Johnston
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11 Year Boys

1 st	Tomas Dlesk
2 nd	Jay Shrestha

14 Year Boys

1 st	Joseph Assi
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16 Year Men

1 st	Leo Zhu *
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Senior Men

1st Matthew Vivic

Women Open

1st Alison Sakurovs
2nd Niushka Shrestha
3rd Gabriella Assi

Men Open

1st Leo Zhu
2nd Matthew Vivic
3rd Joseph Assi

Congratulations to Leo Zhu, who broke the club record for the 15 Year Mens, swimming a time of 2:37.00, breaking the previous record of 2:50.66 set by Anthony Ventra in 2008.

Touchpads

As we advised last week our club has taken ownership of a full set of touchpads from Swimming NSW. These are a great asset for our club and provides us with our own touchpads for the SwimFest meet. Thank you to everyone who stayed back after club races last week to unload these and carry them to the club room.

Seen a Problem? Get it Fixed

If you see something that needs fixing you can elevate this directly with Council by logging the issue [here](#).

Lions Club Award

Seen someone that deserves recognition for their efforts in helping out? Nominate them for the Lions Club Award, our peak award to recognise our volunteers over the season.

Nominate a volunteer

P-Plate Award

As the season rolls along keep an eye out for someone making a silly mistake. We like to recognise and reward all efforts during the season and the P-Plate award is the perfect way to do this.

Nominate a silly mistake

Make a Donation

We have partnered with the Australian Sports Foundation to allow supporters to make tax-deductible donations to the club. Funds raised will go towards upgrading and maintaining our timing equipment and results systems, providing better facilities for you, our members.

Make a donation

NOVEMBER IS NATIONAL INTEGRITY MONTH!

Swimming Australia is promoting Integrity this November with a focus on raising awareness and recognition of our volunteers and participants who embody the FISH values of Fairness, Integrity, Safety and Happiness.

Everyone has a role to play in safeguarding children and young people and protecting all members from harmful behaviours. Be a leader and support your team, club, friends and sport by committing to safe sport values by living them, speaking up and creating an environment where the welfare, safety and rights of children and young people are paramount.

Scan the QR codes below if you would like more information:



Swimming Australia Resources



Sport Integrity Australia Resources



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
Cumberland Inter-Club Cup	Saturday, 9th November	Closed
MSW Open Water C/Ships	Sunday 17 th November	Wednesday 13 th November
NSW Junior Metropolitan C/Ships	Saturday 23 rd & Sunday 24 th November	Tuesday 12 th November
NSW Masters LD Championships	Sunday 24 th November	Friday 15 th November
NSW Senior State Age C/Ships	Friday 6 th December to Thursday 12 th December	Tuesday 26 th November
NSW Open Water Championships	Saturday 14 th December & Sunday 15 th December	TBA
Area Speedo Sprint Heats	Saturday 8 th February	TBA
Merrylands SwimFest	Saturday 15 th February	TBA
NSW Senior Metropolitan C/Ships	Friday 21 st February to Sunday 23 rd February	Tuesday 11 th February
NSW Junior State Age Championships	Saturday 15 th March to Sunday 16 th March	Tuesday 4 th March
NSW State Open Championships	Friday 21 st March to Sunday 23 rd March	Tuesday 11 th March

Set Up & Pack Up on Saturday Mornings

There is a lot to do in set up and pack up on Saturday mornings – thank you to the members who have been arriving early and/or staying back to help.

These are some of the things that need to be done, with an emphasis commencing on time:-

Priority Items

- Shelter and side shade for the recorders on the lane 1 start side of the pool – lives in the clubroom near the side door.
- Plastic table and 4 (grey) chairs for the recorders. Table lives in the shed. Grey chairs from the club room.
- Wireless Router to be fitted to the time clock pole at the start end, plugged in and switched on.
- Starter podium and witches' hats (to remind people not to walk in front of the Starter and Referee) – lives in the shed, front left corner.
- Power cables for computers to be connected to same power point as Router on pole.
- Speaker etc for starting device – lives in plastic box on Starter's podium. Place speaker on lane 8 side securely next to pole of backstroke flags and roll cable along pool deck coping to lane 1 side. Cover exposed cable with cable guards (see below).
- Starting device tripod – lives in the clubroom near the side door (same place as shelter and side shade)
- Starting device – will be on charge in the clubroom on kitchen bench
- Cable guards (6 yellow) for the Recorders & speaker for the Starter – these live in the shed.

Important Items

- Stopwatches and clipboards – black case lives in the locker in the clubroom and needs to be set up on a folding table from the shed. Turn them on.
- 15m (false start) rope (in box with Starter's podium) and poles (in 'old club room'). You will need someone to show you how this works and you will be so proud of yourself when you master it!
- 25m rope (for 25m, 33m & 15m races). Lives in the shed in a wire trolley and needs to be rolled out along the end (preferably 50m end) of the pool.

Final items

- Block covers removed and put out of the way under the blue shelter.
- Chairs setup for Timekeepers at both ends of the pool. Chairs live in the shed and there is a trolley to move them.
- Presentation dais (only for Championship days) – lives in the clubroom under the trophy cabinet right side as you enter.
- Umbrellas if it is raining – found in a black plastic drum trolley in the Shed – good luck wheeling this one 😊 Including the beach umbrella for the Starter.

Pack up; return everything to the location it is stored and please be careful in handling cables and ropes so as not to tangle. Sometimes the blocks get a wash if we can find a working hose.

On rainy days, placement of the recording table and all associated equipment including router will be on the veranda of the Clubhouse. No need for shelter and tables.

Remember that timekeeper watches should not be turned on until after the Router is switched on