



# WHALES TALES

Saturday 25<sup>th</sup> January, 2025

## Random Relay

An exciting finish to last week's Random Relay with the mixture of strokes ensuring the winner wasn't clear until the very end of the race.

After the disappointment of last week's Handicap Relay, Talia Jambazian found herself back on top, with team mate Niushka Shrestha. Congratulations girls!

## Championships are back!

Club Championships are back from this week with the 50m, 25m and 200m Butterfly.

Next week is the 50m, 25m and 200m Freestyle Championships.

Remember, the 200m Freestyle Championship next week is both an Age and Open event, so if you have qualified, make sure you enter the both the 50m and 200m events.

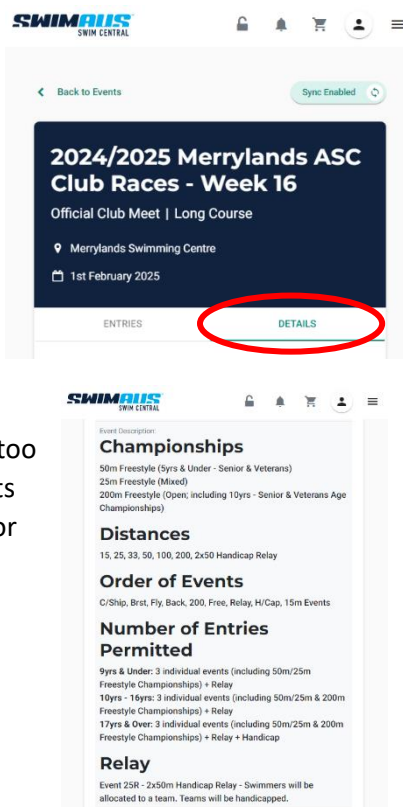
## How many events can I enter?

Make sure you enter the correct number of events each week.

Check the online entries in Swim Central for details on the number of events you can enter.

Swimmers that enter too many events, or events they are not eligible for will be removed from those events.

Sorry, there are no refunds if you get it wrong.



## Boardshort Relay

To celebrate Australia Day, we have our annual Board Short Relay this morning. To get involved, pull on your favourite pair of board shorts at the end of the usual races and we will stick you in a team.



## Merrylands SwimFest

There is only 1 week left until entries close. If you are one of those people that leaves things until the last minute, it is your time to shine!

Can Merrylands win the cup for first time since 2017? Well not without your help! We need you to make the difference!

**Where:** Merrylands Swimming Centre

**When:** Saturday, 15<sup>th</sup> February at 1pm

**Who:** Any swimmer that can swim 50m

Both Full Swimmers and Club Only Swimmers eligible to compete, so make sure you [enter](#) today!

See the [SwimFest](#) section of our website for all the details.

## Bring a Friend

Do you have a friend that needs practice for their School Carnival?

Get them to sign up for a [Come & Try](#) membership and they can give our club races a go for up to 4 weeks before purchasing a membership!

## True or False?

The coach that invented LARADA Butterfly Drill was also an amateur Lepidopterist. He named the drill after the Zizina labradus, commonly known as the Common Grass Blue. This small butterfly is part of the Lycaenidae family and is found throughout Australia.



## SwimFest Helpers - BBQ

Gordon Ramsey, Manu Feildel, Jamie Oliver.

What do these world-famous chefs have in common? Unlike you, they have never been invited to cook at the SwimFest!

If you can sizzle a sausage then this could be the job for you. We need people to help cook and sell the BBQ so please nominate to assist with this role or any other role you are interested in [here](#).

Ian Wilson is the Meet Director for the meet and will be coming to see what you have signed up for.

## Diving Clinic

A group of swimmers attended SOPAC for the Diving Clinic during the week and had a great time. The Social Committee organises regular social activities for kids and parents and all are welcome. There are both free and paid activities, so speak to Denise, Sylvia or Danielle if you are interested.



## 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
Area Speedo Sprint Heats	Saturday 8 <sup>th</sup> February	Wednesday 29 <sup>th</sup> January
Merrylands SwimFest	Saturday 15 <sup>th</sup> February	Saturday 1 <sup>st</sup> February
NSW Senior Metropolitan C/Ships	Friday 21 <sup>st</sup> - Sunday 23 <sup>rd</sup> February	Tuesday 11 <sup>th</sup> February
Blacktown Masters Meet	Saturday, 1 <sup>st</sup> March	Friday, 21 <sup>st</sup> February
NSW Junior State Age Championships	Saturday 15 <sup>th</sup> - Sunday 16 <sup>th</sup> March	Tuesday 4 <sup>th</sup> March

## Club Uniforms

Get your Club Uniforms before the SwimFest via club's online [shop](#).

## 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

Don't forget to keep an eye out for someone making a silly mistake during the season. We like to recognise and reward all efforts during the season and the P-Plate award is the perfect way to do this for something funny that happens at club.

Nominate a silly mistake

## Make a Donation

Did you know you can make a tax-deductible donation to the club?

If you would like to make a donation, or know someone who would like to then click on the link below.

Thank you to everyone who has made a donation already.

Make a donation



# WHALES TALES

Saturday 18<sup>th</sup> January, 2025

## 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**

