



WHALES TALES

Saturday the 6th of December 2025



General (IMPORTANT) Message

Please see the download button above, to access the full copy of this week's newsletter. (better to view on a computer)

Saturday Races

Welcome to Championship week 4!! This week we have swimmers competing in the 400 Freestyle! Good luck to everyone.

Please arrive at 6:45 or earlier to help us set up! Especially for today, as it is the 400 free. See if you can be nominated for a lion's club award!!



🐳 NSW Metropolitan Youth Championships

A huge congratulations to Coralie Havea and Jay Shrestha, who swam at the Metropolitan youth Championships. They swam so well they even made the times and qualified for the state age championships.

This is the first time both swimmers have qualified for state age championships. When you see them make sure to congratulate them and wish them luck!

🐳 Whales Challenge – Coming Up this Week!

Get ready for Round 2 of the Whales Challenge!

The winning team this week will take home a delicious prize to share.

Bring your team spirit, your fastest fins, and plenty of energy, it's going to be another exciting morning at the pool! 🐳 🏊

The Whale's Challenge is a fun and competitive 3-meet intra-club series where our members go head-to-head in two teams, each proudly named after former Merrylands State Champions who went on to represent Australia.

Check the Merrylands website to find out which team you'll be swimming for and wear your team colour with pride. 🐳 🔥

<https://merrylandsasc.asn.au/clubraces/whaleschallenge.aspx> - you can check here.

Joke of the Week

Q1: Why did the whale offer advice to the team?

A: He's got oceans of experience...and he wanted to help them sea success!

🐳 Registrar's Update – Masters Members

A quick message for our Masters swimmers:

Memberships for the 2026 season, including 12-month competitor and dry memberships are now available for purchase in Swim Central!

If you're planning to compete or stay connected with the club throughout 2026, make sure to log in and secure your membership.



Lions Club Award Nominees

Nominee:	# of nomi	Activity:
Kylee Murray	x3	For her continued work, with both the social committee but also the organisation and running of learn to swim.
Leanne Tovkach	x1	For her continued help with learn to swim every Saturday morning
Ian Wilson	x1	For getting to races way before everyone else to set up.
Ian Johnston	x4	For continued and constant assistance throughout the week and behind the scenes with the integration of a new pay system along with races set up.
Trish Johnston	x1	For coming during the week to help organise the club room and touch pads for a week of testing of them.
Varant Jambazian	x1	For helping with learning to swim.
Denise Assi	x7	For organising many social events for ICC, as well as her continued effort chief timekeeping.
Peter Johnston	x2	For his continued effort behind the scenes, for coaching and the merger. Ongoing time spent to have accounting & booking systems integrated and behind the scenes work on website re-development etc
Alison Johnston	x3	Ongoing work to ensure integration of accounting & booking systems, leading and achieving great results by the coaching team with the squads, including Inter-

		Club Cup and Metropolitan Meet qualifications
Matt Vicic	x2	Coaching Tomas sun morning at MSW LC through two of his races where he took off a huge chunk off his PBs. For stepping up and taking on writing and publishing of the weekly Whale Tales.
Steve Havea	x1	For coming early to help set up the touch pads
Steven Brancantisno	x2	For coming early to help setting up the touch pads. Enthusiastic drilling and touch pad support
Sylvia Chan	x3	Enthusiastic organisation of inter club cup raffle, bake sale, fundraising, assisting Matt with Whale's Tales.
Habib Assi	x2	Organising the catering for the Interclub cup, and for picking up the food and delivering them to the pool.

For those who are not finical members within the club, cannot receive the award, but their help does not go unrecognised, thank you to all our helpers, who make run our club. If you wish to nominate someone for the lion's club award, please see the link in today's newsletter. (end)

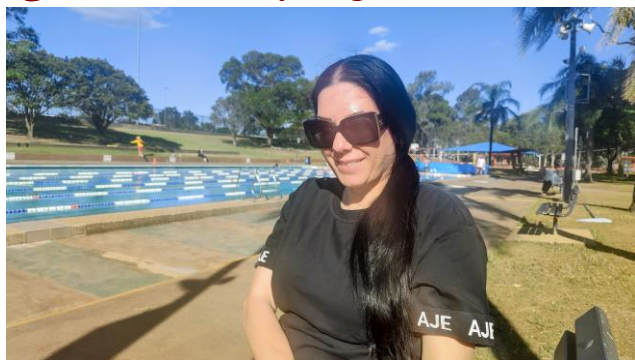
🏆 November Graded Point Score Winners

This Saturday we will be announcing the November Graded Point Score winners!

A \$20 Fat Jaks voucher will be awarded to both the top male and top female point scorers for the month. Good luck, Whales, and keep chasing those PBs! 🐳🐳



This Week's Spotlight – Denise Assi



This week we dive into the story of one of the key members of our Merrylands community: Denise Assi. She's not just a supportive parent and a volunteer but also someone with a fascinating journey to share.

Q1. What's been your journey to the Club?

A: It all started with Darla, my eldest daughter. She was doing Squad training at ABC Swimming at Guildford Pools and had her first primary school swimming carnival coming up. So, the evening before the carnival, we went to Merrylands Pools to get a feel of swimming 50m for the first time (Guildford Pool only has 25m). The Merrylands Squad was there practicing and Peter noticed Darla swimming. He did a mini trial on the spot and invited Darla to join squads the very next Monday! It wasn't until about a year later that we attended Saturday morning club races as it clashed with Little Athletics. Throughout the next 10 years, my other two children Joseph and Gabriella joined the MASC community as competitive swimmers, and I helped by volunteering as the Chief Timekeeper and Social Secretary.

Q2. What do you love about the Club?

A: The families and the people that share the same passion for swimming and the sense of community. Whilst I don't swim nearly as good as my kids, I do swim laps for fun, and my kids laugh at me and try to correct my technique. I love watching my kids swim and helping where I can.

Q3. A message for the swimmers

A: Know what you want and don't be afraid to go and get it!

Q4. Something interesting about you

A: I have lived the 'Devil Wears Prada' life. I grew up in fashion—creating it and shopping for it! I had to endure a boss just like Miranda Priestly and worked my way from the bottom and now run my own boutique custom gowns business for children. I love shopping, and my legs (and bank account) get the best exercise at the shopping centres.

Club Captain Skins

Get ready for one of the most exciting events of the season, the Captains' Freestyle Skins! This knockout-style sprint challenge is fast, fun, and guaranteed to get the whole pool deck cheering.

Each Club Captain will select four swimmers to represent their team in this high-energy event. The Skins are raced over four rounds, with competitors swimming a short, explosive freestyle sprint each round.

How the Skins Work

- Teams are chosen by the captains before racing begins
- Swimmers race four consecutive rounds
- After each round, the slowest swimmer from each team is eliminated
- The intensity builds as the field narrows, leaving the fastest Whales battling it out for team glory in the final round

This format rewards speed, stamina, and strategy, and it's always a crowd favourite!

So, keep an eye out for the team selections, warm up those sprinting fins, and get ready to cheer loudly...the Captains' Freestyle Skins are coming!



Christmas Breakfast BBQ – Saturday 20th December

Join us after club races for our annual Christmas Breakfast BBQ!

There will be food, fun, Christmas novelty swim races, and plenty of festive cheer.

Christmas Raffle Prizes

Every member and volunteer attending on the day will receive one free raffle ticket.

Extra tickets can be purchased before or on the day:

- \$2 each
- \$5 for 3 tickets

Prizes include:

- \$20 Fat Jaks vouchers
- \$50 Bunnings voucher
- Kyle Chalmers autographed T-shirts, caps & hoodies
- L'Occitane hair care travel kit
- TYR Junior goggles pack
- Christmas lolly jar (strawberry & tutti frutti candy canes)

Lolly Jar Guessing Game

- \$2 per guess or \$5 for 3 guesses
- Available from Week 6 at club races & squads
- Winners must be present on **20th December** to claim prizes

See **Sylvia** for raffle tickets and lolly jar guesses.

Secret Santa

Kids and adults are invited to join in!

Bring a wrapped gift (maximum value \$10) if you'd like to participate in our Club Secret Santa.

Raging Waters Club Day – Saturday 10th January 2026

After club races, we're heading to Raging Waters for a club day out!

Discounted tickets are available for \$45 per person. If you'd like to join, contact Sylvia (0435 178 628) by 20th December.

Club Merrylands Christmas Events

At Club Merrylands

Toy Raffle - Monday 8 December from 7.30pm (tickets on sale at 5.30pm)

FREE Santa photos on Monday 8 December from 6pm -7.30pm

Ham and Pork Raffle - Monday 1st and 15th December from 7.30pm (tickets on sale at 5.30pm)

Seafood voucher Raffle -Monday 22 December from 7.30pm (tickets on sale at 5.30pm)

At Guildford Bowling Club

Toy Raffle - Saturday 6 December from 7pm (tickets on sale at 5pm)

Ham and Seafood voucher Raffle - Saturday 20 December from 7pm (tickets on sale at 5pm)



Club Uniforms

We have a great range of club uniforms in stock available for sale. These can be purchased through the club's online shop [club 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.



Lions Club Award

Seen someone that deserves recognition for their efforts in helping? 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](#)

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](#).

Donations

Our partnership with the Australian Sports Foundation allows supporters to make tax-deductible donations to the club. Funds raised help us upgrade and maintain our equipment and systems, providing better facilities for you, our members.

We appreciate the great support our members have provided since the partnership commenced. Donations can be made 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
NSW Senior State Age Championships	Saturday 13th to Friday 19th December 2025	Tuesday, 2nd December @ 11:55 PM
NSW Senior Metropolitan Championships	Friday 13th to Sunday 15th February 2026	Tuesday, 3rd February @ 11:55 PM
Merrylands SwimFest	Saturday, 21st February 2026	Saturday, 7th February @ 5:00 PM

