



WHALES TALES



Saturday the 7th of March 2026

Saturday Club Races

Club races start at 7:00am, but we still need our awesome helpers there by 6:45 latest to help set up.

Next week (Saturday 14th March) is our last Championship for the season. The 1500m Freestyle culminates a terrific season of championship racing. We are likely to have 2 heats and really need everyone arriving by 6.45am to help with timekeeping and to cheer on our swimmers.

Perpetual Trophies Reminder

As the final week of club races draws closer, please ensure that any perpetual trophies currently in your possession are returned, dusted and ready to be presented to their next deserving winners.

Leo Zhu – NSW State Open Championships

Congratulations to **Leo Zhu**, who will be competing at the **NSW State Open Championships this weekend**. This is a fantastic opportunity for Leo to test himself against some of the best swimmers in the state.

We wish Leo the very best in his races and are proud to see him representing **Merrylands Amateur Swimming Club** at this level. Good luck Leo — the whole pod is cheering you on!  

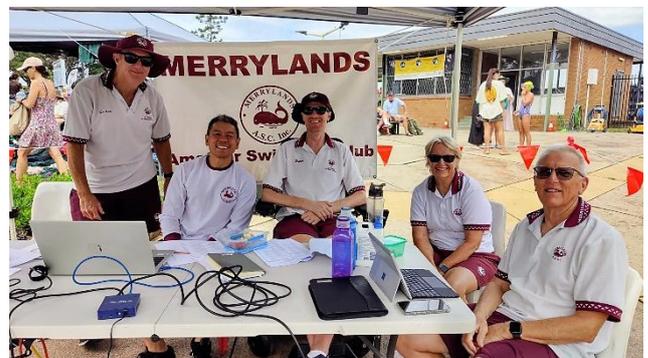
School Carnival Season

We are loving hearing all about your school carnival results, PBs and ribbons galore! It's fantastic to see so many of our swimmers stepping up and racing with confidence.

So please keep sending through all your fantastic achievements!

Merrylands/Parramatta PSSA – Results

The **Merrylands/Parramatta PSSA Carnival** was held on Wednesday. Congratulations to all our whales that swam and thank you to all our volunteers that took the time out of their busy schedules to assist at the event (another fundraising effort for the club). A reminder that you can nominate any financial member for the Lions Club award, which is an award that is voted by the Committee based upon volunteers and helpers. Meets like this can't run smoothly without support from our wonderful community.



Coaching Reminders

Attendance Reminder:

If you know you will be away from training, please remember to mark your attendance online prior to the session/s. This helps our super-duper coaches plan sessions appropriately and make sure everyone gets the most out of training.

Training Session update:

Our **last training session at Merrylands** will be on **23rd April**. Training will then take a **one-week break** before returning (at Wentworthville Pool) on **4th May**... also known as **Star Wars Day!**

Enjoy the short break, and we look forward to seeing everyone back in the pool on **May the Fourth**. May the Force be with you!  



Swimmer Spotlight – Jack Bishop



This week we shine the spotlight on **Jack Bishop**, one of our newer swimmers who has quickly found his place in the Merrylands pod and is enjoying both the racing and the friendships that come with club swimming.

Tell us about your swimming journey

A: I started Learn to Swim when I was about 4 years old with Royal Life Saving at Seven Hills. I didn't want to progress to squads there as it was a 25m pool and there seemed to be a lot of shouting from the coaches. My first swimming carnival was in Year 2, and I remember nearly passing out in the 50m freestyle — but I made it to the end! I recently joined Merrylands Club and have been loving it ever since, specially making new friends and being able to see people other than my school friends.

Favourite stroke

A: Freestyle and Breaststroke. Breaststroke is very calm for me. My least favourite stroke is Backstroke because of the sun in my eyes!

Best swimming achievement so far

A: I've collected about 13 swimming ribbons from school carnivals — mostly first place!

Swimming goal for this year

A: At this year's school carnival, I didn't do the 200IM, so I'd like to work up my training this year to do the 200IM at next year's school carnival. First step is to work on my 50m butterfly!

Something interesting about you

A: I'm a car guy. I love looking at cars and the modifications done to them. I enjoy watching drag racing and burnout competitions — my next one might be *Summernats*. My favourite cars would be a Chevy or a Dodge.

What happened to your nose?

A: I was doing a 360 backflip on an airbag and got friction burn.

ANZAC Day Commemoration

Members are invited to attend the ANZAC Day service at Merrylands on Saturday, 25th April. This is a wonderful opportunity for our members to come together to represent our club and pay our respects.

We meet at Merrylands RSL Club and then participate in the march to Charles Mance Reserve, 6 Newman St, Merrylands. A wreath will be laid on behalf of the club, and attendees are also invited to return afterwards at Merrylands RSL Club for a breakfast provided by the RSL club.

We encourage members who are available to come along and support this important community event. More information will be provided closer to the event, so stay tuned.

Lions Club Award Nominees

With the recent wealth of SwimFest activities there were a bundle of nominations received for the Our Lions Club award. The nominees for February were:

Name	Nominations	Summary
Denise Assi	9	Chief timekeeping, BBQ & volunteer food, organising social activities,



		supporting officials
Sylvia Chan	6	Meet director duties, raffle & social organisation, assisting with newsletter
Alison Johnston	5	Coaching swimmers, managing teams at meets, event organisation
Kylee Murray	5	Setup/packup, check starting, sourcing donations, facility improvements
Ian Johnston	4	Timing equipment, technical setup, meet preparation
Peter Johnston	3	IT systems, meet planning and technical support
Johnson Chan	3	Running and managing the electronic timing system
William Johnston	2	Technical Assistance and IT setup for swim fest.
Prafulla Shrestha	2	BBQ support at SwimFest
Lucy Ou	2	Baking and donating food for bake sale
Grace Brancatisano	2	Helping with setup and supporting bake sale
Tricia Johnston	2	Meet planning and

		setup/packup support
Katie Hope	2	Timekeeping and meet assistance
Varant Jambazian	1	Assisting with timing system while racing
Lisa Shrestha	1	Helping organise swimmers and writing event numbers
Steve Brancatisano	1	Assisting with meet setup and pack up
Fern Havea	1	Donating food for bake sale
Uma Shrestha	1	Baking for SwimFest bake sale
Rebecca Harb	1	Baking for SwimFest bake sale
Habib Assi	1	Assisting BBQ at SwimFest
Joseph Assi	1	Helping with 25m rope setup
Margaret Edwards	1	Marshalling at SwimFest
Glenda Wood	1	Marshalling at SwimFest
Leanne Tovkach	1	Check starting at SwimFest
Scarlett Hannan	1	Assisting volunteers and posting race results
Danielle Vivic	1	Recorder at SwimFest
Sophia & Katie's boyfriends	1	Helping with timekeeping

Thankyou to everyone who helped during the month. Whilst you may not have received a nomination we do greatly appreciate all the help we receive every week.



P-Plate Award

We like to recognise and reward all efforts during the season, and the P-Plate award is the perfect way to recognise something silly someone has done during the season. Click on the link below to nominate someone.

[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](#).

Club Uniforms

Need uniform items before the end of the season? Items can be purchased through the club's online shop [club shop](#).

Club AGM & Annual Presentation

As the season draws to a close we turn our eyes to planning the Club AGM and Annual Presentation.

We have selected the dates for these so we ask that you put these in your calendar:

Club AGM Monday 25th May
Virtual meeting

Annual Presentation Saturday 30th May
Club Merrylands

We will provide more information as we get closer to these dates

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 Youth State Age Championships	Saturday 21st & Sunday 22nd March 2026	Tuesday, 10th March @ 11:55 PM
MSW 5-8 Year Development Meet	Sunday, 29th March 2026	Wednesday 18 th March
Masters Swimming NSW Long Course Championships	Saturday 11th & Sunday 12th April 2026	Friday, 3rd April @ 12:00 PM
Swimwest Short Course Qualifying Meet	Sunday, 26th April 2026	Friday, 17th April @ 10:00 PM
MSA National Championships	Tuesday 28th April to Sunday 3rd May 2026	Monday, 6th April @ 12:00 PM

