



# WHALES TALES

Saturday the 14<sup>th</sup> of March 2026

**Q:** How do swimmers clean themselves?  
**A:** They wash up on shore.

## 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, especially as we have the 1500m and 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.

## Easter Fun Coming Up!

Keep an eye out around the clubhouse for our Easter Egg Jar Guessing Competition!

-  1 guess = \$2
-  3 guesses = \$5

We also have Easter Raffle Tickets available:

-  1 ticket = \$2
-  3 tickets = \$5

And don't forget - our Easter BBQ Breakfast is on Saturday 28th!

If you have an Easter parade hat lying around at home, bring it along and wear it on the day. Some of our swim kids have already made some fantastic hats that their parents will be proudly wearing!



Let's make it a fun morning both in and out of the pool!

## 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.

## Swimmer Spotlight – Peter Mallet

This week we shine the spotlight on one of our Masters swimmers whose journey shows that it's never too late to get back in the pool.



## Tell us about your swimming journey

**A:** The only Learn to Swim classes I did were five free lessons at Mount Druitt Swimming Pool when I was 5 years old. Later in life, I needed a non-impact exercise to help recover from some injuries, so I started swimming on my own at Blacktown Pool. After a while it became boring swimming laps alone, so I joined Blacktown Masters for squad training (not competitive swimming). Then I needed a morning squad, which is when I signed up for Merrylands. Swimming has helped my injuries — it can't fix everything, but it helps me stay fitter and stronger. Squad training has also helped me learn better technique and stay motivated by other swimmers. I then had another injury and took a break, but I have recently returned this season.



## What brought you back to our Club?

A: I live at Doonside and Merrylands Pool is on the way home from work. If I hadn't been injured again, I wouldn't have stopped with Merrylands. It's a lovely small club with nice people, and the way we train is interesting and motivating. I'll keep coming back because I want to stay fit and keep improving.

## Favourite stroke

A: I can only really do Freestyle. Backstroke and Breaststroke are OK. I cannot do Butterfly — or as I like to call it, the “drowning moth” stroke.

## Best swimming achievement so far

A: Just turning up to squad training and being consistent. I haven't missed a session since rejoining Merrylands in December 2025, and I hope to keep coming for fitness and maintenance.

## Something interesting about you

A: I have five kids and a large motorcycle (ZX1400) that I love taking out for a spin. I'm also a member of an Archery Club in Werrington and have been for about 6–7 years (6..7). I do it for fitness and fun and enjoy having a yarn there while trying to get on top of the point score.



## 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 25<sup>th</sup> May  
Virtual meeting

**Annual Presentation**      Saturday 30<sup>th</sup> May  
Club Merrylands

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

## 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! 🌌

## 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.

## 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](#).

## 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<br>March 2026    | Tuesday, 10th March @ 11:55<br>PM |
| MSW 5-8 Year Development Meet                     | Sunday, 29th March 2026                      | Wednesday 18 <sup>th</sup> March  |
| Masters Swimming NSW Long Course<br>Championships | Saturday 11th & Sunday 12th<br>April 2026    | Friday, 3rd April @ 12:00 PM      |
| Swimwest Short Course Qualifying<br>Meet          | Sunday, 26th April 2026                      | Friday, 17th April @ 10:00 PM     |
| MSA National Championships                        | Tuesday 28th April to Sunday 3rd<br>May 2026 | Monday, 6th April @ 12:00 PM      |

