



WHALES TALES

Saturday 3rd October, 2026

Summer Season Welcome

A welcome to everyone as we commence our 2026/2027 Summer season of races.

We hope you enjoy a great season, full of exciting races and spending time at the pool with your family and friends.

The swimming centre opens at 6.00am and races commence at 7.00am. It would be a great help for everyone to arrive early (from 6.30am) to help setup, so races can start on time. Remember to check the race entry email on Friday night's and if you are in the first races you need to be ready to race on time. Championship events are held as the first races of the morning.

Online entries for Club Races close at 8.00pm on the Thursday before races. There will be no late or manual entries accepted this season. Entries for the next few weeks have been published so get your entries in by the closing date and time.

Spring Racing Carnival events did not accumulate any points towards the Summer Season Graded Races Point Score and these swims do not qualify for Club Championship qualification in the Summer Season. So it is important to look ahead at the program and ensure that you complete the swims you need to qualify for this season's Championship races.

The draw for attendees of our Spring Racing Carnival to win 2xDay Passes to Sydney Action Park (renamed Wet & Wild) will be held during our welcome Breakfast BBQ after races. With a successful Spring race program, we have a total of 373 entries in the draw. Good luck to everyone who is in the draw 😊

We have a great M&M Jar Guessing Competition running over October. Need a tip, talk to Daniel Brancatisano, the guessing competition wizard. Want some of the action, see Sylvia. Draw held on Saturday 31st October after races.



Swimming NSW Registration is open

Swimming NSW membership for 2026/2027 is open and is required to be able to enter events from today onwards. Memberships are purchased via Swim Central. Instructions on how to re-register for the Summer season are on the [How to Join](#) page.

Club Merrylands has again kindly provided support to enable us to provide [Free Membership](#) for swimmers 8yrs & Under, who regularly swim in our club races. See the club website for more information about this.

Have friends who might like to see what all the fun at our club is about? Let them know about our Come and Try membership, as this gives them a free 30-day membership to test the waters.

Coaches Corner

I am so excited for the commencement of the Summer Racing Season. Congratulations to all our competitors who raced in the Spring Racing Season, we had so many fabulous results already and a great taste test of the season to come! Our Junior and Development squads made some wonderful progress during our September Skills Sessions.



We worked on refining our freestyle leg drive off our starts, backstroke starts and arches, backstroke finishes, IM turns and relay changeovers and I look forward to seeing the skills in practice at club races and our upcoming carnivals.

There is no training on Monday 5th October or Morning Session on Tuesday 6th October (due to the Labour Day Public Holiday). If you will be away in the school holidays, please log your absences in the parent portal.

Club Uniforms

Need to purchase uniforms or equipment? They can be ordered and purchased through the club's online shop, visit [club shop](#).

We have already seen a number of "lost" items during the Spring races, so please take the time to put your name on all items of clothing and swimming equipment. It makes it that much easier to return items to the owner 😊

If you have any questions about uniforms, please speak to Margaret Edwards (Property Officer).

Swimming National Integrity Framework

Swimming Australia and its Member Organisations remain fully committed to the protection of children, young people and all members in our sport and encourage swimming clubs throughout Australia to familiarise themselves with the policies and to raise the issue of child safety to everyone involved in their club.

We are committed to providing children and young people with positive and nurturing experiences and will strive to ensure that children and young people are protected from harm.

We aim to ensure that swimming is a safe, fair and inclusive environment for all participants.

The National Integrity Framework (NIF) is a set of rules that all members of our sport need to follow when it comes to their behaviour and conduct in swimming including obligations to report misconduct. Those rules are contained in the following policies:

1. Safeguarding Children & Young People Policy
2. Member Protection Policy
3. Improper Use of Drugs and Medicine Policy
4. Competition Manipulation & Sports Gambling Policy
5. Complaints, Disputes & Discipline Policy (CDDP)
6. Code of Conduct

Club's and Metro South West Area each have a Member Protection Information Officer (MPIO). An MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern, as well as information support during the process. MPIOs don't handle complaints or investigate grievances, and they don't mediate between members or stakeholders.

Initial concerns can always be raised with our club's MPIO (Graham Edwards).

Both Swimming Australia and Swimming NSW have extensive resources available on their websites, and these provide you with all of the information available. We encourage everyone in our club (whether a member or not) to be familiar with the NIF and the policies contained within it, as they apply to all of us.

<https://www.swimming.org.au/resources/swimming-national-integrity-framework>

<https://nsw.swimming.org.au/integrity/>

Swimmer Spotlight – Christian Jambazian

This week we learn about one of our progressing younger members, Christian Jambazian, one of the Jambazian clan we see every week.

[Tell us about your swimming journey](#)

I did Learn to Swim at Top Ryde from when I was young to about 8 years old. Then I moved to our Club's Learn to Swim program. At my first school swimming carnival in year 3, I got 3rd place in 50m



free so I knew it was my strongest. Then after a year learning to swim with the Club, I really improved at my next school swimming carnivals where each year I progressively got a mix of 1st, 2nd and 3rd places. At this year's school swimming carnival, I came 1st in free and breast and 2nd in backstroke! I'm so proud of my swimming progression.

Favourite stroke

Freestyle, because it's the easiest to do with only arms and legs requiring technique. My least favourite is backstroke, because I can't breathe properly. I haven't really done butterfly except when I did a mystery medley event recently. It actually wasn't too bad.

What do you like about our Club?

I love the swimming races and learn to swim program.

Favourite/Proudest swimming achievement

To get to 50m breaststroke. I did really well at one of our meets, but I just need to break the 25m time at our Saturday races to progress to 33m, then finally 50m!

Something interesting about me

I like to read a lot of different series. I've done Harry Potter and now I've started reading The Hobbit but I'm starting to get bored of it, so maybe I'll move onto the Lord of the Rings series. I always read books first before watching the movie. I also play basketball and have been doing basketball competitions and school gala days. I also like playing soccer.



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 State Masters SC C/Ships	10 th & 11 th October	Closed
MSW Long Course Championships	14 th & 15 th November	TBA
Masters LC LD Championships	22 nd November	13 th November
SNSW Youth Metropolitan C/Ships	28 th & 29 th November	TBA
NSW Senior State Championships	15 th – 21 st December	TBA
Speedo Sprint Heats	30 th January	TBA
Merrylands SwimFest	13 th February	TBA
NSW Senior Metropolitan C/Ships	19 th – 21 st February	TBA
Speedo Sprint Final	27 th February	Heat Qualifying
NSW State Open Championships	5 th – 7 th March	TBA
NSW State Youth Championships	20 th – 21 st March	TBA



**Guess how many
M&Ms?**



**\$2 for 1 guess
\$5 for 3 guesses**

Cash or card – winner announced Sat 31/10/26 after Club Races