



# Merrylands Amateur Swimming Club Inc.

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## WHALES TALES

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*Saturday 15<sup>th</sup> December, 2018*

### **SNSW Senior State Age Championships**

Alison Sakurovs is competing today at Day 2 of the Senior State Age Championships, swimming in the 50 metre Freestyle (Event 30) later this morning. There are 155 entries for this event. We wish you all the best Alison for your swim. Remember all the chocolate rewards awaiting you!

### **Christmas Raffle & BBQ Breakfast – Saturday 22<sup>nd</sup> December, 2018**

The Christmas Raffle is on sale and will be drawn next Saturday 22<sup>nd</sup> December, 2018. Prizes will include gift vouchers and hampers. Please donate non-perishable items as these will help us fill the hamper prizes. Tickets are \$1 and a book of 10 tickets is \$10.

We will also be holding a breakfast bbq, so make sure you also bring your appetite with you next Saturday.

### **50<sup>th</sup> Anniversary Celebrations**

We are nearly halfway through our 50<sup>th</sup> Anniversary season and the celebrations continue:

- Merrylands 50s - Saturday, 5<sup>th</sup> January, 2019
- Dive In Movie - Saturday, 19<sup>th</sup> January, 2019
- 50th Anniversary Dinner - Saturday, 6<sup>th</sup> April, 2019

Information about the Dive In Movie is available on the club website and Facebook page. Entry to the movie is free but numbers are limited and entry into the event will be by ticket only. To find out more information or to order your tickets go to [www.merrylandsasc.asn.au/50thanniversary](http://www.merrylandsasc.asn.au/50thanniversary)

### **Merrylands SwimFest – Saturday 23<sup>rd</sup> February, 2019**

Entries for the 2019 Merrylands SwimFest remain open. The program of events is available online.

Members of our club will receive a discount on their event entries. To receive your discount, make sure you enter using the "Entries for Merrylands Members" button on the Online Entries page on our website at <https://www.merrylandsasc.asn.au/swimfest/>.

We are hosting the Masters BPS Sprint Meet and SwimFest on the same day, so we really need help throughout the day. Jobs on the day will include set up & pack up, timekeeping, marshalling, check starting, starting, bbq & refreshments. Please advise Graham of your availability for the day.

### **Learn To Swim**

Today sees the first block of our Learn to Swim program for this season come to a close. A very big thank you to all of our volunteer instructors, helpers & organisers who have worked with our participants over this period. We look forward to seeing more of our learn to swim participants joining in club races, why not start with the 15 metre races each Saturday. These are held at the end of club races and entries can be submitted at <https://www.merrylandsasc.asn.au/clubraces/onlineentries.aspx>

The next block of Learn to Swim will run over February & March 2019. Keep an eye on the club website for information about registrations for this block.

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## Squad Training

The last training session for 2018 will be held next Saturday 22<sup>nd</sup> December, 2018 and sessions resume on Wednesday 2<sup>nd</sup> January, 2019 (time to work off the Christmas joy). If you are going to be away over January please advise the coach of your changes to your normal training session attendance.

## Going on Holidays?

Share a photo with your 50th Anniversary Cap and let's see how many places it can visit before the end of the summer 📷. Tag [Merrylands Amateur Swimming Club](#) in your photo and add the hashtag #masc50 to get involved.

## Club Uniform

As we mentioned last week we are placing an order for a long sleeve shirt which can be used for activities at meets such as staying warm after your warm-up swim, going to the marshalling area etc.

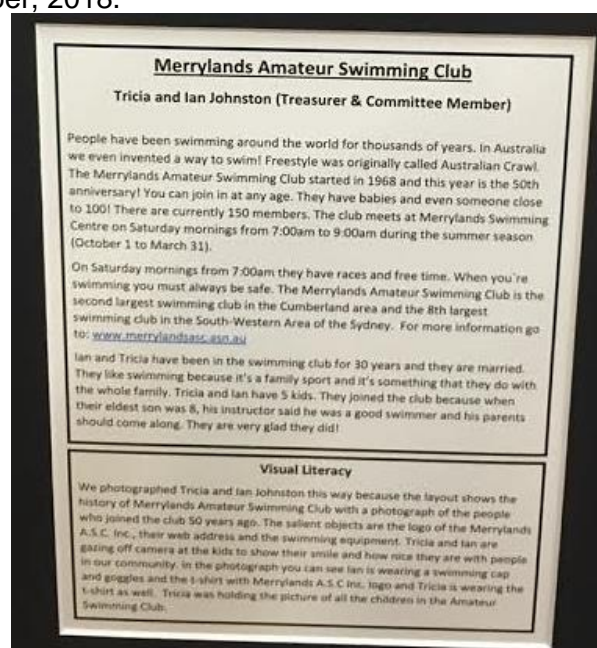
**The short sleeve polo shirt remains the official club uniform item and is the shirt that is to be worn to meets and other activities when representing the club.**

For a short introductory period we are offering the long sleeve shirt at a club subsidised cost of \$15.00 if you already own a short sleeve club polo shirt. To place an order and take advantage of the subsidised cost see the Property Officer **today**. This shirt cannot be ordered through the online shop.

For all other club uniform orders visit the online shop <https://shop.merrylandsasc.asn.au/club-uniforms>. If you have any questions about club uniform items please see the Property Officer (Margaret Edwards).

## Hilltop Road Public School – Year 3 PBL Exhibition

Recently our club was represented by Ian & Tricia Johnston at the Hilltop Road Public School Year 3 PBL Exhibition. This was a photographic exhibition titled *Faces In our Community*. Our club was selected as one of the local community groups to participate and explain how our club connects with the local community. Thank you to Ian & Tricia for giving up their time to be interviewed and to also attend the presentation of the exhibition on Monday 3<sup>rd</sup> December, 2018.



To watch the video of the interview visit <https://www.youtube.com/watch?v=dWp0dB19QWc>. Great information about swimming and our club's involvement in the local community. Looks like another journey the 50<sup>th</sup> Anniversary cap has made!

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## Are you a member of Club Merrylands?

Club Merrylands are developing a program to reward local community clubs such as our club. To do this Club Merrylands would like to identify memberships held by our club members and group them together. If you would like to participate in this program and help our club obtain additional support from Club Merrylands let Graham know you are a member. We will provide more details of this program as Club Merrylands implement the reward program.

## Swimming NSW Website

SNSW have implemented a new website (Swim Central). If you haven't yet, take the time to visit the website to check out the information available at <https://nsw.swimming.org.au/>

## Cole Classic Charity Swim – Sunday 3<sup>rd</sup> February, 2019

Timothy Hayes, a past member who attended the recent Back to Merrylands Day will be participating in the Cole Classic Charity Swim to raise funds for The Kids Cancer Project. Tim is swimming and raising funds to honour his eldest daughter, Stephanie, who passed way in June this year.

You can support Tim in his fundraising efforts by donating to help raise funds for this great cause at <https://coleclassic2019.everydayhero.com/au/swim-for-stephanie>. Tim's target is to raise \$5,000.

Or if you would like to play a more active role you and enjoy an ocean swim, you could join Team Swim for Stephanie. The event is being held at Manly Beach on Sunday 3<sup>rd</sup> February, 2019 and distances to choose from are 1km, 2km or 5km. Registering for this event can be done by following this link (early bird rate available up to 4<sup>th</sup> December, 2018):

<https://secure.tiktok.biz/register/default.aspx?EventID=sunrun&Edition=2019&Team=SwimforStephanie>

## Why not join the Club

If you are not already a member, why not join the club as a Non-Swimmer? The Non-Swimmer membership fee is \$22. This small fee provides you with the benefits of being a club member including access to the club member discounted pool entry fees. To apply for membership visit <https://www.merrylandsasc.asn.au/membership/registration.aspx>

## 7 Things Swimmers and Parents need to know about Age Group Swimming Plateaus

Did you know that Michael Phelps did not swim a single best time between 2009 & 2016?

An article published in the December 2018 Journal of The Australian Swimming Coaches and Teachers Association & Swim Australia provides an article on things swimmers and parents need to know about swimming plateaus. They happen to everyone.

The 7 things are:

1. Not every meet is a championship meet
2. You can't always predict the big breakthroughs
3. Improvement doesn't happen all at once
4. Improving sometimes means getting worse first
5. The better you get, the harder it will become to improve
6. You improve at your own rate
7. Improving means making things harder on yourself at training

The article was written by Olivier Poirier-Leroy, a former national level swimmer for Canada. A full copy of the article can be found on the club noticeboard and makes interesting reading.

## Member Profile

Name: Margaret Edwards  
 Age: 60  
 Year Joined: 1969  
 Positions held: (if relevant) Property Officer (not Lost Property Officer)  
 Favourite Stroke: Freestyle (Butterfly if I could do it)  
 Favourite thing about swimming: Staying healthy & great friendships, it's a fun place to be  
 Favourite food: Anything that's made for me  
 Favourite TV show: Whatever Graham makes me watch (golf, AFL)  
 When I grow up I want to be: Eventually leave school  
 Favourite Swimmer: I admire anyone who has a go

See Graham to provide your profile information for inclusion in future editions of the Whales Tales.

## Upcoming Events

MEET NAME	MEET DATE	ENTRY CLOSING
<b>MASC 400metre Freestyle JNR Boys 10 – 13 yrs, Girls 10 – 12 yrs</b>	Saturday 15 <sup>th</sup> December	Closed
<b>MASC 800metre Freestyle (Open)</b>	Saturday 22 <sup>nd</sup> December	Thursday 20 <sup>th</sup> December
<b>Christmas – New Year Break</b>	Saturday 29 <sup>th</sup> December	
<b>Club Races return</b>	Saturday 5 <sup>th</sup> January	Thursday 3 <sup>rd</sup> January
<b>MSW Long Course Qualifying Meet</b>	Sunday 6 <sup>th</sup> January	Closed
<b>MASC 1500metre Freestyle (Open)</b>	Friday 18 <sup>th</sup> January	Thursday 17 <sup>th</sup> January
<b>Whales Challenge</b>	Saturday 19 <sup>th</sup> January	Thursday 17 <sup>th</sup> January
<b>Dive In Movie</b>	Saturday 19 <sup>th</sup> January	
<b>MASC 50metre Butterfly</b>	Saturday 26 <sup>th</sup> January	Thursday 24 <sup>th</sup> January
<b>MASC 50metre Breaststroke</b>	Saturday 2 <sup>nd</sup> February	Thursday 31 <sup>st</sup> January
<b>Speedo Sprint Series - MSW Heats</b>	Saturday 2 <sup>nd</sup> February	Tuesday 22 <sup>nd</sup> January
<b>MASC 50metre Freestyle</b>	Saturday 9 <sup>th</sup> February	Thursday 7 <sup>th</sup> February
<b>MASC 200metre Individual Medley Boys 14 ys – SNR, Girls 13yrs - SNR</b>	Saturday 16 <sup>th</sup> February	Thursday 14 <sup>th</sup> February
<b>MSW Area LC C/hips (13yrs &amp; under)</b>	Saturday 16 <sup>th</sup> February	Tuesday 5 <sup>th</sup> February
<b>MASC 400metre Freestyle Open</b>	Saturday 23 <sup>rd</sup> February	Thursday 21 <sup>st</sup> February

## Whales Tales Online

Do you want the weekly Whales Tales delivered straight to your inbox? Scan the QR code below with your mobile phone to sign-up online, and never miss the latest news



Thank you to our sponsors for their support of our club

For more information & race results check out our club website [www.merrylandsasc.asn.au](http://www.merrylandsasc.asn.au)