



Merrylands Amateur Swimming Club Inc.

WHALES TALES

Saturday 30th November, 2019

Club Captains

Thank you to all of our nominees for Club Captains. We had a great selection of nominees for the positions. Congratulations to Michael Evans (Male Captain) & Bree Khoury (Female Captain) who were elected as Captains for the 2019/2020 season.

I also want to thank Charlie-Rose El Riachi who was a great representative as Female Captain last season. We appreciate all of your hard work over the year Charlie-Rose.

SNSW Senior Metropolitan Championships

Alison Sakurovs is representing our club this morning at this meet. Alison is competing in the Womens Open 50 metres Freestyle. Good luck and may the Whale be with you Alison.

Chocolate Fundraising

Please return any outstanding funds raised to Trish Johnston. Thank you to everyone who has taken the time to help sell the chocolates and raise funds for the club.

Christmas Hamper Raffle

As you know we will be holding our Christmas Hamper Raffle again this year and it will be drawn on Saturday 21st December, 2019. We ask if you could please donate non-perishable items from Saturday 7th December, 2019 as these will help us fill the hamper prizes. Tickets are \$1 each (books of 10 tickets \$10) and are available from today.

Following club races we will be holding novelty events, a breakfast bbq and squad Christmas Party, so please stay around and enjoy these activities.

Squad Training

Training will break from Saturday 21st December, 2019 and resume on Saturday 4th January, 2020. If you plan to be away over December or January please let your coach know. To do this complete the online form, which can be accessed at <https://www.merrylandsasc.asn.au/news/>

Club Uniform

Our great range of club uniform items are available for sale and these can be sourced through the online shop (<https://shop.merrylandsasc.asn.au/>). Please see our Property Officer (Margaret Edwards) if you need assistance or have questions about the club uniform items.



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 \$23. This small fee provides you with the benefits of being a club member including access to the above club member discounted pool entry fees. To apply for membership visit <https://www.merrylandsasc.asn.au/membership/>

We still have a couple of roles that we would like some help with. If you are a club member aged 18 or older we would welcome your help with the roles of **Learn to Swim Committee Member or Assistant Treasurer**.

All these positions have a very small time commitment, but are vital to the smooth running of the club. Please see Graham if you are able to help out.

Timekeepers Course

A final reminder about undertaking the online component of the timekeepers course. We encourage anyone still considering undertaking the course to do so as soon as possible, as we will have the practical assessment completed on a Saturday morning at club races during December. Remember the minimum age is high school student, so we also encourage our Junior members to also obtain their accreditation.

Upcoming Events

MEET NAME	MEET DATE	ONLINE ENTRY CLOSING
MASC 200metre Freestyle (JNR)	Saturday 30 th November	Closed
NSW Metropolitan Senior C/Ships SOPAC	Saturday 30 th November Sunday 1 st December	Closed
MASC 200metre Ind Medley (Open)	Saturday 7 th December	Thursday 5 th December
Whales Challenge	Saturday 7 th December	Thursday 5 th December
NSW State Age Senior C/Ships	Friday 13 th December Sunday 15 th December	Tuesday 3 rd December
MASC 400metre Freestyle (JNR)	Saturday 14 th December	Thursday 12 th December
NSW State Open & Age Open Water	Friday 20 th December Saturday 21 st December	Tuesday 10 th December
MASC 800metre Freestyle (Open)	Saturday 21 st December	Thursday 19 th December
Christmas Break - No Swimming	Saturday 28 th December	N/A

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



Sponsors



Thankyou to all of our sponsors, please support them whenever you can.

As a family oriented club we are committed to provide a safe and friendly environment for all of our members. We operate within the boundaries of a range of policies that assist clubs like ours in providing this environment.

From time to time we publicise information about these policies and programs available to all members.

Safe Sport Framework

The safety of children and young people in our sport is paramount. We want swimming to be fun, enjoyable and safe for all. The Swimming Australia Safe Sport Framework confirms the shared responsibility we all have for keeping each other safe in swimming - children and adults alike.

A copy of the Safe Sport Framework is available on the noticeboard in the club room or can be downloaded at <https://www.swimming.org.au/integrity/safe-sport-framework>

The Safe Sport Framework has been broken down into four parts which make it easier to find and read the information. The four parts of this are:

- Part 1: Introduction;
- Part 2: Our Child Protection Commitment Statement;
- Part 3: Our Codes of Conduct
- Part 4: Our Safe Sport Complaint Procedures.

Shoosh For Kids

Shoosh for Kids is a collaboration between the Office of Sport and Swimming NSW to promote positive behaviour to clubs, members and spectators. See the attached brochure and posters in the club room for more information or visit <https://sport.nsw.gov.au/clubs/ryc/fairplay/ShooshforKids>

Play By The Rules

Play by the Rules provides information, resources, tools and free online training to increase the capacity and capability of administrators, coaches, officials, players, parents and spectators to assist them in preventing and dealing with discrimination, harassment, child safety, inclusion and integrity issues in sport. For more information and resources see www.playbytherules.net.au

Member Protection Information Officer

If you see or hear something that is not appropriate you have the opportunity to raise this with the club. You can either do this by speaking to one of our Club Committee members or raising it with a trained Member Protection Information Officer (MPIO).

An MPIO provides information about the rights, responsibilities and options available to an individual making a complaint in sport. MPIO's are impartial and don't mediate or investigate complaints. Graham Edwards and Leanne Tovkach are trained MPIO's available within our club.

What Can You Do?

To ensure every member is aware of these policies we ask that every parent or carer discuss this with their family.

During club events such as club races, squad training and swim meets please ensure all family members remain in appropriate areas. This includes during club races around the 50 metre pool area, particularly near the marshalling area. Children should not be in the club room, change rooms, play areas or other pools whilst club races are being held. This helps ensure all members remain safe and it also assists in the smooth running of the races.



We at Swimming Australia believe that children in swimming should:

Feel comfortable, Be cared for, Feel safe

Everyone who works here does their best to make sure that children are protected from any harm.

It's **NOT OK** for anyone to hurt your feelings or your body.

It's **OK** for you to say **NO** if someone asks you to do something that makes you feel unsafe or uncomfortable.

We **will** listen to you and act to help you. It's **always OK** to tell an adult or official from your club if something doesn't feel right.

Member Protection Information Officers - Graham Edwards & Leanne Tovkach
OR, call Swimming Australia for any concerns regarding Children and Young People on (03) 9910 0700