



# WHALES TALES

Saturday 7<sup>th</sup> November, 2020

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## Club Captains

Nominations for the positions of Male and Female Club Captains were received last Saturday. I am pleased to advise that we received a number of nominations for both Male and Female Club Captains. The nominees are:

### *Male*

Elie Menhem  
Michael Vivic

### *Female*

Darla Assi  
Laura-Belle Casey  
Breeanah Khoury  
Vanessa Ozols

All financial first claim members can vote for these positions on week 6 (14<sup>th</sup> November, 2020). Stay tuned for information about the voting process to be used.

## Club Race Entries

Entries for club races are **only accepted online and they close at 8.00pm Thursday**. So, plan your swims and ensure your entries are completed in time.

The Time Record Sheet is a handy reference to record your swims during the season and a quick reference point to check if you have completed swims to qualify for championship races. You can download the sheet at <https://www.merrylandsasc.asn.au/clubraces>

## Club Uniforms

We have a great range of club uniforms available for sale. These can be purchased through the club's online shop <https://shop.merrylandsasc.asn.au/club-uniforms>

Orders are being taken for club hoodies, so if you have any questions about club uniforms please talk to the Property Officer (Margaret Edwards).

## Metro South West Senior Championships

The MSW Senior Championships are being held this weekend at SOPAC. We have a team of 7 swimmers competing.

Good luck to Laura-Belle Casey, Michael Evans, Brendan Kirkpatrick, Elie Menhem, Vanessa Ozols, Alison Sakurovs & Summer Shrestha. May the Whale be with you all.

In addition, a Junior Meet is being concurrently held at SOPAC on Saturday afternoon. We have a team of 6 swimmers competing.

Good luck to Joseph Assi, Joab Hada, Niushka Shrestha, Unish Shrestha, Daniel Vivic & Matthew Vivic. May the Whale be with you all too.

## Relay Competition

The team relay competition commenced last week, with 6 teams taking to the blocks. Some of the times swum were very close to those nominated by the teams. The Merry Ladies have hit the lead in Week 1. Good luck to all the teams for the rest of this hotly contested competition.

The next round of the relay competition will be held on Saturday, 14<sup>th</sup> November.

Don't forget you need to nominate the 4 swimmers who will swim each week via the online form.

## Club Championships – 100m Breaststroke

Congratulations to all swimmers who competed in the 100m Breaststroke Championships last week. Results were:

Boys 8 Years	
1 <sup>st</sup>	Lucas Alvarez

Girls 9 Years	
1 <sup>st</sup>	Chloe Ton

Girls 10 Years	
1 <sup>st</sup>	Lisa Shrestha

Boys 10 Years	
1 <sup>st</sup>	Unish Shrestha
2 <sup>nd</sup>	Joseph Assi
3 <sup>rd</sup>	Daniel Vivic

Girls 11 Years	
1 <sup>st</sup>	Avani Pradhan

Boys 11 Years	
1 <sup>st</sup>	Ren Jie Hum

Girls 12 Years	
1 <sup>st</sup>	Summer Shrestha
2 <sup>nd</sup>	Niushka Shrestha
3 <sup>rd</sup>	Nevah Shrestha

Girls 13 Years	
1 <sup>st</sup>	Shreya Shrestha

Boys 13 Years	
1 <sup>st</sup>	Matthew Vivic

Boys 14 Years	
1 <sup>st</sup>	Elie Menhem

Womens 15 Years	
1 <sup>st</sup>	Laura-Belle Casey
2 <sup>nd</sup>	Breeanah Khoury
3 <sup>rd</sup>	Darla Assi

Mens 15 Years	
1 <sup>st</sup>	Michael Vivic

Senior Womens	
1 <sup>st</sup>	Katie Hope
2 <sup>nd</sup>	Sophia Vivic
3 <sup>rd</sup>	Alison Sakurovs

Senior Mens	
1 <sup>st</sup>	Brendan Kirkpatrick
2 <sup>nd</sup>	Peter Johnston
3 <sup>rd</sup>	Michael Evans

Veteran Womens	
1 <sup>st</sup>	Kylee Murray
2 <sup>nd</sup>	Melissa Cohen

Veteran Mens	
1 <sup>st</sup>	Graham Edwards

Womens Open	
1 <sup>st</sup>	Katie Hope
2 <sup>nd</sup>	Summer Shrestha
3 <sup>rd</sup>	Laura-Belle Casey

Mens Open	
1 <sup>st</sup>	Brendan Kirkpatrick
2 <sup>nd</sup>	Peter Johnston
3 <sup>rd</sup>	Michael Evans



Your contact & emergency contact details are important to us and we need them to be up-to-date at all times, as we may need to quickly communicate with you or your emergency contact.

**PLEASE CHECK YOUR SWIM CENTRAL PROFILE AND ENSURE YOUR CONTACT DETAILS (PARENTS & CHILDREN) ARE UP-TO-DATE**

## COVID-19 Safety Plan & Protocols

The club operates under a COVID-19 Safety Plan and health guidelines play an important role in setting the protocols the club is required to comply with.

We ask for your assistance in complying with the protocols & plan in place. We will communicate changes as they occur and these updates can be found online at <https://www.merrylandsasc.asn.au/news>

Please remember:

- Anyone (coach/athlete/parent/official/spectator) who is unwell for any reason should not attend any training, competition or club activity;
- If you become unwell whilst at the pool please advise us and leave immediately;
- Protect yourself and others from getting sick by following good personal hygiene practices and maintaining physical distancing. We have hand sanitiser available for your use;
- Swimmers should not share any equipment including goggles, drink bottles or towels;
- Maintain social distancing when at the swimming centre. We have designated areas around the pool and ask for your assistance in complying with these;
- If you wish to wear a mask whilst at the pool, we recommend that you bring this with you;
- Download the COVID-19 app to assist with contact tracing if it is required.

**We must keep a record of all people attending club events (club races and training sessions) for contact tracing purposes.**

- Competitors are recorded automatically through their online race entry so they do not need to sign in on a Saturday morning;
- Officials, Volunteers & Spectators (who aren't competing in races) must sign in at pool entry (Council has an app option or paper form to complete) **AND** for club sign-in use the QR code or manual form provided;
- **Normal pool entry applies and you will need to scan your Council pool card for entry;**
- **No club room access.** Access is limited for only obtaining equipment required to be used;
- **We recommend you leave the swimming centre after completing club races.**

## Handy Links – QR Codes

Whales Tales online



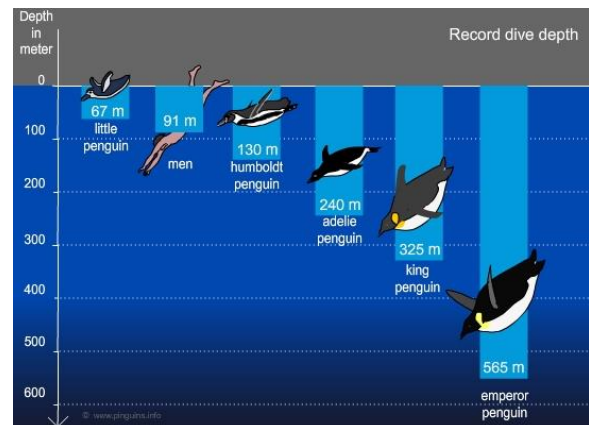
Relay Nomination form



Online attendance form



Relay Weekly Team form



## Upcoming Events

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 200metre Ind Medley (JNR)	Saturday 7 <sup>th</sup> November	Closed
MSW Area Senior LC Championships SOPAC	Saturday 7 <sup>th</sup> November Sunday 8 <sup>th</sup> November	Closed
MSW Area Junior Meet SOPAC	Saturday 7 <sup>th</sup> November	Closed
MASC 100metre Freestyle	Saturday 14 <sup>th</sup> November	Thursday 12 <sup>th</sup> November
MASC 100metre Butterfly	Saturday 21 <sup>st</sup> November	Thursday 19 <sup>th</sup> November
MASC 200metre Freestyle (SNR)	Saturday 28 <sup>th</sup> November	Thursday 26 <sup>th</sup> November
NSW Metropolitan Junior Championships SOPAC	Saturday 28 <sup>th</sup> November Sunday 29 <sup>th</sup> November	Tuesday 17 <sup>th</sup> November

## Sponsors

Thank you to our major sponsors who provide fantastic support to our club. If you know of a business or organisation who may be interested in providing sponsorship or support to our club please let us know.



## Club Merrylands Charity Raffle

Tickets can be purchased online at <https://www.clubmerrylands.com.au/win1of2mg3s>

When purchasing your tickets record you are from MASC and the club has the chance to win \$500