



WHALES TALES

Saturday 30th January, 2021

Merrylands SwimFest

Online entries for the Merrylands Swimfest (Saturday 20th February, 2021) are open and **close in 1 week (5.00 pm on Saturday 6th February, 2021)**. All members who can swim 50 metres are encouraged to enter. More details at <https://www.merrylandsasc.asn.au/swimfest>

Speedo Sprint Heats

This meet is being held next Saturday (6th February, 2021) at SOPAC. Online entries close at 5.00pm on Monday 1st February, 2021.

SNSW Open Water Championships

The second day of this meet is being held today at the Sydney International Regatta Centre (Penrith Lakes), after it was postponed in December. We have two swimmers who have qualified and will represent our club. Good luck to Summer Shrestha and Matthew Vicic, may the whale be with you both 🐳.

In December, Niushka Shrestha represented the club on the first day of the Championships in the 2.5km JX event. This was the first time Niushka had competed at this distance and achieved a great time of 47:40.01. Congratulations Niushka, we are all proud of you 🏆.



Member Profile

Following her recent all conquering effort to triumph in the Merrylands 50's, we learn some interesting information about Aisha Abdelraheem (and maybe tips on how to prepare for and win the event in 2022):

<i>Favourite Colour</i>	<i>Green</i>
<i>Favourite Food</i>	<i>Ice cream</i>
<i>Favourite Sport (apart from swimming)</i>	<i>Soccer</i>
<i>Favourite Team</i>	<i>Matildas</i>
<i>Favourite Holiday Place</i>	<i>Malaysia</i>
<i>Favourite Memory</i>	<i>Jet skiing, swimming with dolphins and skiing in Canada. I have too many favourites</i>
<i>Favourite Song</i>	<i>Billie Eilish- Therefore I Am</i>
<i>Favourite Movie/TV Shop</i>	<i>Cobra Kai</i>
<i>Career after school</i>	<i>Zoologist</i>
<i>I like Merrylands</i>	<i>I like my club because</i>
<i>Swimming Club because</i>	<i>my coaches are the best, I like everyone I swim with and my club pushes me to surprise myself with great results</i>

So there you are, prepare eating ice cream whilst watching Cobra Kai and most importantly listen to your great coaches (they are the best)!

Season Program Changes

The amended season program can be found at <https://www.merrylandsasc.asn.au/clubraces>
Please ensure you check the amended season program and plan your swims and championship qualification based on the amended program.

Club Uniforms

Items can be purchased through the club's online shop <https://shop.merrylandsasc.asn.au/club-uniforms>

Club Championship Results

Congratulations to all swimmers who competed in the Butterfly Championships last week. Results for the 50m Age Championships were:

Girls 8 Years	
1 st	Ruby Shrestha

Boys 8 Years	
1 st	Lucas Alvarez

Girls 9 Years	
1 st	Pare Nader
2 nd	Chloe Ton

Girls 10 Years	
1 st	Lisa Shrestha

Boys 10 Years	
1 st	Unish Shrestha
2 nd	Joseph Assi

Girls 11 Years	
1 st	Avani Pradhan
2 nd	Katrina Matthew

Girls 12 Years	
1 st	Summer Shrestha
2 nd	Niushka Shrestha
3 rd	Chevelle Fehir

Boys 13 Years	
1 st	Matthew Vivic

Boys 14 Years	
1 st	Elie Menhem

Womens 15 Years	
1 st	Breeanah Khoury
2 nd	Laurabelle Casey
3 rd	Darla Assi

Mens 15 Years	
1 st	Michael Vivic

Senior Womens	
1 st	Alison Sakurovs
2 nd	Katie Hope

Senior Mens	
1 st	Brendan Kirkpatrick
2 nd	Peter Johnston

Veteran Womens	
1 st	Kylee Murray
2 nd	Melissa Cohen

Veteran Mens	
1 st	Ian Wilson
2 nd	Graham Edwards

Results for the 200m Butterfly Open Championships:

Womens	
1 st	Alison Sakurovs

Mens	
1 st	Matthew Vivic
2 nd	Brendan Kirkpatrick
3 rd	Michael Vivic

COVID-19 Safety Plan & Protocols

Health updates that affect our club members can be found at <https://www.merrylandsasc.asn.au/news>.

Remember:

- Do not come to club activities if you are not feeling well;
- Maintain social distancing by spreading out in areas to sit (do not congregate in areas);
- Only timekeepers, officials & swimmers for the event to be swum should be in the marshalling area;
- Practice good hygiene by washing hands & using hand sanitiser regularly.

Learn to Swim

The new block of the learn to swim program commences this morning and concludes on Saturday 20th March, 2021 (no lessons on Saturday 20th February, 2021).

Welcome to those new participants joining us for this program, we hope you enjoy your time and learn some new skills. Thank you to our instructors, helpers & coordinators who make the program a success.

COVID-19 Contact Tracing

Spectators entering the centre must check-in and out using the Service NSW app which is located at the pool entry. Please ensure you sign-in and sign-out every time you attend the swimming centre.

To download the Service NSW app visit <https://www.nsw.gov.au/covid-19/being-covid-safe/check-in#download-the-service-nsw-app>

Handy Links – QR Codes

Whales Tales online



Relay Weekly Team form



Sponsors

Thank you to our major sponsors who provide fantastic support to our club:



Key External Website Links

Swimming Australia
<https://www.swimming.org.au>

Swimming NSW
<https://nsw.swimming.org.au>

Metro South West Swimming
<https://metroswsw.swimming.org.au>



Get the latest news and information at:

Club website
<https://www.merrylandsasc.asn.au>

Facebook
<https://www.facebook.com/MerrylandsSwimmingClub>

Blast from the past

Club races in the 1970/71 season. Wait where are the club room, waveless lane ropes and modern blocks?? They were not even thought of 50 years ago. Otherwise the pool looks the same today.



Upcoming Events - *** includes season program changes***

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 50metre Breaststroke Championship	Saturday 30 th January	Closed
MASC 200metre Breaststroke Championship (Open)	Saturday 30 th January	Closed
SNSW Open Water Championships	Saturday 30 th January	Closed
MASC 200metre IM Championship (Senior)	Saturday 6 th February	Thursday 4 th February
Speedo Sprint Heats (SOPAC)	Saturday 6 th February	Monday 1 st February
MSW Junior Championships (Distance Session Events) (SOPAC)	Saturday 6 th February	
MASC 50metre Freestyle Championship MASC 25metre Freestyle Championship MASC 200metre Freestyle Championship (Open)	Saturday 13 th February	Thursday 11 th February
MASC 400metre Freestyle Championship (Open)	Saturday 20 th February	Thursday 18 th February
Merrylands SwimFest	Saturday 20 th February	Saturday 6 th February
MASC 400metre Freestyle Championship (Junior)	Saturday 27 th February	Thursday 25 th February
SNSW Metropolitan Championships (Senior)	Saturday 27 th February to Sunday 28 th February	Tuesday 16 th February
MASC 50metre Backstroke Championship MASC 25metre Backstroke Championship MASC 200metre Backstroke Championship (Open)	Saturday 6 th March	Thursday 4 th March
Speedo Sprint Finals (SOPAC)	Saturday 6 th March	Entry via Heats
MSW Junior Championships (SOPAC)	Saturday 13 th March	Friday 5 th March
SNSW State Open Championships	Thursday 18 th March to Sunday 21 st March	Wednesday 3 rd March
MASC 1500metre Freestyle Championship (Open)	Saturday 20 th March	Thursday 18 th March
Whales Challenge	Saturday 20 th March	Thursday 18 th March
MASC 400metre Freestyle Championship (Senior)	Saturday 27 th March	Thursday 25 th March
SNSW State Age Junior Championships	Saturday 27 th March to Sunday 28 th March	Tuesday 16 th March