



WHALES TALES

Saturday 27th February, 2021

Merrylands SwimFest

What a great meet last Saturday afternoon. The weather was kind and allowed the meet to run without a hitch. We had 40 swimmers represent the club and they achieved a total of 92 PB's, winning 7 Gold, 12 Silver and 19 Bronze medals. Merrylands came third in the point score. Congratulations to everyone in the team who swam, an outstanding result 🏆🏆🏆



It takes a significant amount of organisation and commitment from everyone in the club to host a successful meet, so we thank everyone who was involved. Behind the scenes the Race Secretary (Alison Sakurovs) and Peter Johnston have worked for months preparing the meet. Thankyou both for your dedication in undertaking all of this work.

We also asked our parents and family members to help on the day with some people taking on new roles. Thank you to everyone who assisted on the day, be it setting up, undertaking roles during the meet or packing up. The meet was a great success and this cannot be achieved without everyone's assistance, *thank you!*

COVID-19 Safety Plan & Protocols

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

SNSW Senior Metropolitan Championships

Alison Sakurovs & Vanessa Ozols will be competing at the Swimming NSW Senior Metropolitan Championships this weekend at SOPAC.

Alison is specialising in the 50m Freestyle and Vanessa is contesting a total of five events.

Good luck to both Alison & Vanessa and may the whale be with you both 🐳

MSW Junior Long Course Championships

The Metro South West Area Junior Long Course Championships are being held on Saturday 13th March 2021 at SOPAC. Entries close on Friday 5th March 2021, so please ensure you submit your entries by this date.

Club Uniforms

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

Sponsors

We receive great support from our club sponsors and we thank them for this support.



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.

Member Profile

Today we find out some interesting information about one of our original club members who is a Life and Committee member and also a birthday girl today. Happy birthday Margaret Edwards:

<i>Favourite Colour</i>	<i>Pink</i>
<i>Favourite Food</i>	<i>Tim Tams 😊</i>
<i>Favourite Sport (apart from swimming)</i>	<i>AFL</i>
<i>Favourite Team</i>	<i>Giants, Swans & Port Adelaide (I have to keep all the family happy!)</i>
<i>Favourite Holiday Place</i>	<i>Anywhere with my family</i>
<i>Favourite Memory</i>	<i>Too many to name</i>
<i>Favourite Song</i>	<i>Lots of songs, just don't know the names of them 😊</i>
<i>Favourite Movie/TV Show</i>	<i>Zoey's Extraordinary Playlist, The Greatest Showman, too many musicals to name</i>
<i>Career after school</i>	<i>Insurance & School administration and most importantly mum & grandma 😊</i>
<i>I like Merrylands Swimming Club because</i>	<i>Everyone is friendly</i>

Big Husky Triathlon Festival

Good luck to Ian Wilson as he competes in the Big Husky Triathlon Festival on the NSW South Coast this weekend.



Club Championship Results

Congratulations to all swimmers who competed in the 400m Freestyle Open Championships last week.

Open Womens	
1 st	Alison Sakurovs
2 nd	Summer Shrestha
3 rd	Sophia Vivic

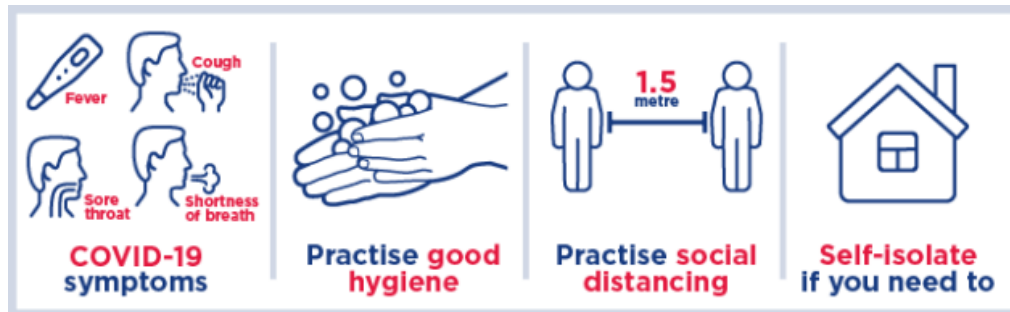
Open Mens	
1 st	Brendan Kirkpatrick
2 nd	Matthew Vivic
3 rd	Carlos Vergara

Test Your Swimming Knowledge

1. What is the order of swim strokes in the Individual Medley?
 - o Freestyle, Backstroke, Butterfly, Breaststroke
 - o Backstroke, Breaststroke, Freestyle, Butterfly
 - o Butterfly, Backstroke, Breaststroke, Freestyle
 - o Breaststroke, Freestyle, Butterfly, Backstroke
2. For which swimming stroke is diving not used to start a race?
 - o Breaststroke
 - o Backstroke
 - o Freestyle
 - o Butterfly
3. Which strokes require a simultaneous two hand touch at turns and the finish of the race?
 - o Breaststroke
 - o Backstroke
 - o Freestyle
 - o Butterfly
4. What happens if a swimmer starts before the starting signal?
 - o the race is rerun
 - o the swimmer adds 5 seconds to their time
 - o the race is rerun with all of the other swimmers getting a head start
 - o the swimmer is disqualified

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

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 400metre Freestyle Championship (Junior)	Saturday 27 th February	Closed
SNSW Metropolitan Championships (Senior)	Saturday 27 th February to Sunday 28 th February	Closed
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



Get the latest news and information at:

Club website

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

Facebook

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

Handy Links – QR Codes



Whales Tales online



Relay Weekly Team form