



Tuart Hill Swimming Club

Meets October to April, Rear of Tuart College,
on corner of French & Hector Sts, Tuart Hill

NEWSLETTER - DECEMBER 2008

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Welcome

As this is our first newsletter for the season I would like to welcome everyone to the Club for the 2008/2009 season. Despite some chilly weather we have made a fantastic start to the season and thank you to all swimmers and parents for your enthusiasm.

We have a lot to look forward to - our first two pennant swims are 7th and 14th December and then Christmas is upon us. I wish all members and coaches all the best for the season.

Nona Oliver, President

Congratulations, Nancy!

Nancy Cotterell was awarded the City of Stirling Civic Service Medallion for 2008 as the highest award from the City. While Nancy was away having a great time in India, Nancy's family went along to the presentation blissfully unaware that it was going to be the top honour.

We at the Club are delighted that Nancy was awarded this honour by the City and many thanks to Helen Sutherland for putting the application together and contributors of the information - Graham Senders, Leonie Edwards, John Lockley as well as Helen's hard work using old club records.



A FRIENDLY REMINDER...

ALL PAYMENTS ARE DUE BY 1ST DECEMBER

FAREWELL AND THANKS TO EDITH

Edith Dixon retired this year from kiosk duty. Edith started when her daughter started swimming at the club and continued to come week in week out for 19 years even though her family were no longer present. Edith was fantastic - unflappable, reliable and worked away tirelessly ably helping out the shop keepers. We will invite Edith back for the Christmas function and she won't have to work in the shop!

Healthy Club Policy

Tuart Hill Swimming Club is a Healthy Club and has a Healthy Club policy. Each newsletter will present one of the sections of the Club's healthy Club Policy. You may have noticed different items being made available in the kiosk for all to eat.

This is in recognition of the Healthy Eating policy which is:

Tuart Hill Swimming club recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives in accordance with the Dietary Guidelines for Australian Adults are available.
- Promoting good nutrition and healthy eating messages

**Take a look at the new foods at the kiosk
- juiced, fruit, healthy snacks.**



Water

Swimmers are reminded to bring a water bottle to training and to use it. Do not bring Gatorade or sports drinks unless the coach advises you to. Remember DO NOT share water bottles.



Points Winners for October/November

	Boys:	Girls:
1st	Nathan Todoro (80)	Portia Tandy (64)
2nd	Lachlan Sutherland (71)	Nadia Graca (59)
3rd	Ciaran Murray (53)	Kate Myers (54)

Well done!

To find out how points are earned, refer to the Points Allocation Table in your Club information book



Christmas Activities

Our last swim this year is on December 20. It has been past practice to have a Christmas party after the swim meet, with Father Christmas in attendance, and to bring along food to share under the shade.

What to bring: A **present** for each child to fill the Father Christmas sack.
A **food to share** with all - can be a bbq if you want (We have the bbq to use). BYO drinks.
A **raffle prize** - we usually have a monster raffle. You can begin to bring these before the date and they will be put in the store room.

Visit www.tuarthillswimmingclub.org to see your personal best times, club records and much more...



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PENNANT SWIMS

There will be three pennant swims (usually four) this year. There is one less because Armadale have withdrawn so the pennant swim on Friday 13 March is cancelled (the last one of the season). The others are:

Sunday 7 Dec, 9am for 10am start at Mandurah Pool

Sunday 14 Dec, 1.30pm for 2pm start at Lesmurdie
(St Brigids School)

Friday 20 Feb, 6pm for 7pm start at Tuart Hill Pool

The Club Championship will be held on **Sat 7th Feb** at a time to be advised at Challenge Stadium - usually afternoon.

Children are chosen for the meet on the basis of their times. It is an honour to swim for the Club so if your kids are chosen please make every effort to be there so the Club does well. If you can't make it let Ian Sutherland or Helen Sutherland know before hand.

The Pennant Swims and Club Championship give the kids the chance to swim in a competitive environment against other clubs.

Be prepared for lots of yelling and excitement as we cheer our kids on!

**Don't play sport to keep fit
- Get fit to play your sport!**

Lack of fitness is a major cause of injury.

Flippers

The Club supplies some flippers for swimmer's use but there are not always enough to go around. If your child has a set they can bring with them to swimming, please do so. Make sure they are named. Flippers make great Christmas presents.



Club shirts have arrived and will be on sale at swimming next Saturday, 29 Nov. The Nova Swimwear bathers order has also arrived - if anyone else would like to order some we will place another order mid-January.

KEY TO ABBREVIATIONS USED IN THE CLUB SWIM PROGRAMME

All swimmers should have received a copy of the Club and Pennant Swim programme. If not, please see Nona or ask at the Club Swim registration desk.

o/a = overarm; fly = butterfly; bk = backstroke;

bst = breaststroke; H/C = Handicapped

im = individual medley

(Sequence: butterfly, backstroke, breaststroke and freestyle)

Swimmers are reminded to arrive half an hour prior to the Club Swims and to sign up with the race officials immediately on arrival. Latecomers may not be accepted, because once the races are allocated they cannot easily be altered.

Open Water Swims

Last year a number of our swimmers entered into some of the local open water events and not only earned very good results in their age groups, but really enjoyed the experience.

Here is a list of the shorter distance swims coming up this season. Many of you will find the distances very do-able!

Sat 29 Nov West Coast 1000 - world record attempt

Sat 13 Dec Be active novice Fremantle Ports swim through

Sat 10 Jan Cottesloe Classic mile

Sun 8 Feb Busselton Jetty (3.2 km)

Sun 8 Mar Coogee (750m and 1500)

*Below Left: The team
with Nancy at this
year's Coogee Swim.*

*Below Right: Ciaran
emerges to cross the line.*



CALLING ALL PARENTS

All committee members are volunteers! Help us to help your children enjoy their Club and their swimming activities.

VOLUNTEER TO TIMEKEEP (& MAYBE SCORE A 'BINGO')

The responsibility of timekeeping for each lane is shared by at least two people, so you are never on your own. The procedure is simple - start your stopwatch when the starter signal lights up, and stop your stopwatch when the swimmer touches the end wall in the correct manner. If you and your lane partner record exactly the same time on your stopwatches, then you have scored a bingo, and you both go into the draw to win some great prizes. So, give it a go next Club Swim, and see how lucky you can be!



CLUB RAFFLES

Raffles are held each Club Swim day, to help raise funds to cover running expenses. Throughout the season, Members are invited to donate an item/s suitable to raffle, and also to contribute items to the monster Easter and Christmas raffles.

SUPPORT OUR KIOSK

The on-site kiosk operates on a volunteer basis during Club Swims, and offers hot and cold drinks, delicious cakes and a selection of healthy snacks. All proceeds go towards the Club.

This is a family oriented club and cannot survive without everyone's support. Please help where you can.

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