



# Tuart Hill Swimming Club

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

NEWSLETTER - FEBRUARY 2009

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## Welcome:

*Welcome to the second newsletter of the season. As we approach the new school year I hope everyone is rested if not relaxed. The business end of the season approaches with the Club Championships at Challenge, the last pennant swim at our pool this year and then the start of the school swimming season and interschool carnivals. There are also ocean swims to consider so it is a busy time. The kids are at a stage where they are fit and should do well. We hope to see as many as possible at events and lots of support for our swimmers.*

*Happy swimming and Happy New Year to all!*

Nona Oliver, President

### Club Swim Registrations

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.

### 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.



Tuart Hill Swimming club recognises the importance of protection from the sun by providing sunscreen for use by all competitors and spectators.

**"Sunburn can lead to skin cancer and other forms of skin and eye damage later in life."**

**"A tan doesn't last but skin damage does."**

### Parents - keep your cool!

Parents are welcome to swim in the dive pool before or after the club swims - bring your bathers and stay cool!

## Club Swim Program Changes

Some changes to the program have been made due to the timing of the pennants which was unknown at the first production at the beginning of the season.

Here is the program for the rest of the year:

Sat 31st Jan	100m fly 100m o/a 50m bst 50m bk
Fri 6 th Feb	50m all strokes
Sat 7th Feb	Club Championship Challenge Stadium (11.45am for 1pm start)
Sat 14th Feb	50m bst Trophy H/C 400m to 25m o/a 50m fly
Fri 20 Feb	Pennant Swim Tuart Hill (6pm for 7pm start)
Sat 21st Feb	200/100IM, 50 o/a, 50fly. 50 bst, 50bk
Fri 27th Feb	200/100m im Trophy H/C 50m bk 50m fly
Sat 7th Mar	200/100m o/a 50m fly 50m bst 50m bk
Sat 14th Mar	200/100m o/a Trophy H/C 50m bk 50m bst
Fri 20 Mar	50m bk Trophy H/C 50m o/a 100m bst 50 fly, Sign up 1500
Sat 28th Mar	1500m 1pm start 50 of all strokes
Sat 4th Apr	50m o/a Trophy H/C 50m fly 100m bk 50 bst

## Congratulations

to our winners of the  
SPIROFF TROPHY (50M BUTTERFLY H/C):  
Girls: Sarah Petroff  
Boys: Gwyn Durbridge & Sam Hewitt-Dutton



### Points Winners for November/December

	Boys:	Girls:
1st	Nathan Todor (78)	Nadia Graca (62)
2nd	Gwyn Durbridge (63)	Abbey Sutherland (61)
3rd	Sasa Pelemis (62)	Kate Myers (51)

### Points Winners for December/January

	Boys:	Girls:
1st	Gwyn Durbridge (59)	Abbey Sutherland (76)
2nd	Lachlan Sutherland (55)	Nicola Hamilton (74)
3rd	3rd Callum Hall (51)	Louise Arcus (70)

## Well done!

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



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## VOLUNTEERS NEEDED TO ASSIST WITH OUR PENNANT SWIM - FRI 20 FEB

The club will be hosting the pennant swim at our pool on February 20 and we need lots of extra volunteers. **There will be a list circulating and all offers will be taken up.**

We need people to take entry at the gate; food runners to offer drinks/food to officials and timekeepers; extra helpers in the kiosk with lots of extra food (slices etc) on the day for sale; raffle ticket sellers; set up beforehand on the day - chairs for marshalling, spectators, lights (to be supplied), general clean up and donations of raffle prizes, eskys for food storage, etc.

**If you are able to help can you please let any of the Committee members know.**

## General Volunteers

We also need more volunteers to help out at the club and the committee has identified some spots that would be a great help.

**Merchandise officer** - caps, bathers, shirts: Letting folk know of specials, placing orders, picking up orders and handling money.

**Treasurer's assistant** - Help treasurer with designated tasks.

**Grant writing** - Anyone good at Grant Writing, who can help submit funding applications: Telstra Go Club Grant, Council grants such as Junior Sports Equipment Grant\*, Community in Clubs\*, Healthways Grant\*, Volunteer Small Equipment Grant (\*Successful in 2008). Copies of all prior applications held.

**Winter Swimming Coordinator** - To email the troops, give details, collect money, liaise with coach and treasurer.

**Trainee Registrar** - Additional person to learn inputting into WASA database.

**Announcer for Swims on Club nights** - To call out who is in what race. Will give Sandy a break.

**Data Entry** - To help Helen and Laurie maintain the records. If you are able to help can you please let any of the Committee members know.



## Warm Up before Club Swims

All swimmers should sign in and then warm up in the pool rather than play. There is ample opportunity to play after the meet and those playing disrupt those trying to warm up. The diving pool is for cool down only during the meet - not playing and swimmers will be removed from this area.



## CALLING ALL PARENTS - raffle donations urgently needed

Thanks to all who have donated raffle prizes and for all the parents who regularly buy a ticket each week. We have two major raffles coming up.

We would like to have a **large raffle during the pennant swim** at the Tuart Hill Club on Friday February 20th. Other pennant swims have had these and it is an opportunity to have one big one and rest the weekly ones for a while! We have made up one prize to date of sports equipment that was purchased when some flippers were bought for the club. Included in this are bathers, football and basket ball, flippers, tennis balls, snorkel, hat, hand paddles. If there are other items to make this bigger or a second prize that would be great. We would also make up a food/wine type second prize. Any donations please give to the kiosk ladies.

The **last raffle will be on trophy day** - more information to follow on this one.

## Ocean Swimming

The club will be participating in the Coogee Jetty to Jetty swim on **March 8th** again this year. The minimum age is 12 (check if this has changed) and there is a choice of 750m or 1500m. Last year we had 13 participants - lets see if more want to do it. Register online [www.cockburnmasters.org.au](http://www.cockburnmasters.org.au)

Other swims that might be worth looking at are

**Sun 8th Feb** - Busselton Jetty Swim 3.2km

**Sun 14 Feb** - Leighton Beach - 400m 1600m

For a full program see Nona who has the Open Water Swims Calender.

## New Year's Eve - Ledge Point

Several families went to Ledge Point Caravan Park for 3 nights at New Year. It was hot but so close to the beach, and was lots of fun. Some of the activities included - collecting golf balls on the nearby golf course, badminton, Uno, the beach, cricket, sand boarding, the Park pool. It was great!



Beach Cricket



Boogie Boarding



Sand Boarding

Visit [www.tuarthillswimmingclub.org](http://www.tuarthillswimmingclub.org) to see your personal best times, club records and much more...