



# Tuart Hill Swimming Club

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

NEWSLETTER - MARCH 2009

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## Welcome:

*Welcome to the last newsletter of the season. As we approach the end of the season there are still some important dates to take note of. There is the 50m overarm trophy event and the 1500m, the highlight of the distance events. Keep training hard for these.*

*Four of our swimmers attended the State Championships last weekend and all did very well. Congratulations to Sian, Alyoise, Kelsey, and Nadia for giving it a go.*

*The end of our swimming season is on April 4th so keep swimming until then!*

Nona Oliver, President

**Last Club Swim - Sat 4th April**

**Please return all perpetual trophies by this date!**

## Trophy Presentation Day - 2 May

The Tuart Hill Swimming Club Inc will be holding its annual Trophy Presentation Day at the pool on **Saturday May 2nd, 2009 at 2pm.**

This is our end-of-season finale and is always lots of fun.

Following the trophy presentation, weather permitting, there will be some fun swimming events, so parents and kids bring your bathers, or come prepared for a game of cricket in the park!

Each family please bring along an item or items for the raffle (it's traditionally a monster event!).

Pizza will be provided for everyone at about 4pm at a cost of \$5 per family. Feel free to bring any other food/drinks you may want during the afternoon.

Please fill out the slip below and return to Nona Oliver before the last club swim on April 4th 2009.



*We look forward to seeing you here!*

## 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 healthy eating. **Healthy Food = Healthy Bodies**

**Remember that the majority of your diet should consist of vegetables, fruit, bread, rice, pasta and flour.**

## Points Winners for January/February

Boys:

- 1st Sam Hewitt-Dutton (72)
- 2nd Gwyn Durbridge (55)
- 3rd Lachlan Sutherland (52)
- Mitchell Guy (52)

Girls:

- Niamh Bratton-Palmer (52)
- Kate Myers (50)
- Nicola Hamilton (46)

## Points Winners for February/March

Boys:

- 1st Nathan Todoru (65)
- 2nd Gwyn Durbridge (57)
- 3rd Cadwgan Bratton-Palmer (55)

Girls:

- Giordana Granato (49)
- Sarah Petroff (48)
- Lisa Castleden (40)

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

## New Club Records - 400m Freestyle

Several new club records were set on Sat 14 February 2009:

**Portia Tandy** broke the 14, 15 & 16 year old girls record (old time 5.50.35) new record 5.44.31

**Lachlan Sutherland** broke the 13 year old boys record (old time 6.06.69) new record 5.55.03

**Nicola Hamilton** broke the 11 year old girls record (old time 7.08.42) new record 6.54.31

**Nardia Graca** set the 10 year old girls record at 7.15.77. There was no previous record for the 10 year old girls.

**Well done!**

Yes, we are able to attend the Club's Trophy Presentation Day on Saturday 2nd May.

FAMILY NAME: \_\_\_\_\_

NUMBER OF SWIMMING MEMBERS: \_\_\_\_\_

NUMBER OF PEOPLE ATTENDING THE PRESENTATION: \_\_\_\_\_

Please return this slip to Nona Oliver before the **last club swim on April 4th 2009.**



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## ANNUAL GENERAL MEETING - 7 JUNE

The annual AGM will be held on Sunday June 7 at the club hall in Stoneham Street at 4pm.

This is a very important date in the calendar of the club. The committee positions of the Club become vacant and need to be filled in order for the club to continue.

Many have already been nominated for and the meeting needs a number of members to vote to meet the legal requirements of the club.

Please come and support the club on this day. Without the committee we have no club!!

## General Volunteers

Thanks to those folk who have been happy to help out in various roles since the plea in the last letter. The club really appreciates everyone who help set up and pull down every week and in addition to this we have a few more specific roles that would be useful to have help with.

**Data Entry** - anyone with computer skills to help Helen Sutherland and Laurie Durbridge

**Stroke judge** - Nancy Cotterell is going to retire from this position. There are free courses run by WA Swimming Association that help teach what to look for. If we had a few qualified we could spread the load around.

**Grant writing** - The club has applied for 5 grants this season with two successful, two unsuccessful and one pending. These include Junior sports Equipment Grant \*, Healthways grant\* (\*successful), Telstra Go Club, Volunteer Small Equipment Grant, and the Woolworths community fund (pending). Anyone who knows how to draft these and submit them would be great. WE have past copies available.

**Winter Swimming Coordinator** - To email the troops, give details, collect money, liaise with coach and treasurer. Val Cook and Graham have agreed to coach and organize. It would be great if we could have a coordinator = most can be done on email.

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

## Training over the April holidays

4th April. There will be training over the holidays at a time to be advised to cater for those swimmers who still have carnivals in third term and for any others who want to continue to train. Times will be advised.

## Winter Swimming

Winter swimming is on offer at Balga Pool again this year. Please let Graham, Nona, Val or Anne-Marie know if you are interested.

**Season:** The season will start on 18 May and finish the end of Sept.

**Times:** Monday 5:30pm to 6:30pm  
Wednesday 5:30pm to 6:30pm  
Saturday 2-3pm

**Cost:** \$7-50 individual sessions

\$50 per month if paying up front or \$55 per month if paying at the end of the month

The first month being a half month will be \$25

Pool entry is charged on top of this - the cheapest way is to buy a concession card.



## Coogee Jetty to Jetty Swim

Some of our members (and parents of members!) sacrificed their Sunday morning to take part in the Coogee Jetty to Jetty ocean swim on March 8th.

A hearty congratulations to **PORTIA TANDY** who was the winner of the Girls 15 and under category in the 750m event.

It is also worthy of mention that Nicola Hamilton and Sam Hewitt-Dutton, both 11 years old, were the youngest competitors in this year's 1500m event.

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

If wishing to attend the Club's Trophy Presentation Day, please complete the other side and return this slip to Nona Oliver before the **last club swim on April 4th 2009**.