

SURREY PARK SWIMMING NEWS



JUNIOR OLYMPICS

SEE INSIDE FOR
LTS RE-ENROLMENT
REMINDER
JUNIOR OLYMPICS
MEETS AND EVENTS



JUNIOR OLYMPICS

It was great to see so many swimmers from our community joining us at Aqualink Box Hill for our Junior Olympic Carnival.

With close to 100 swimmers attending it was fantastic to see our Learn to swim and competitive squad swimmers come together, having a go and have fun doing it. Swimmers were given the opportunity to race for 25m in all 4 strokes, 50m in freestyle and have some fun with novelty relays.



“You can’t put a limit on anything. The more you dream, the further you get”

– Michael Phelps



JUNIOR OLYMPICS

**Members can
access photos
via our
website**

Carnivals run in a family orientated, fun environment are a great way of introducing young swimmers to the sport of swimming. The carnival was run as a part of Swimming Australia's initiative to develop the grassroots level of the sport, whilst leveraging the hype of the Olympics to encourage young aspiring swimmers of the future.

At Surrey Park Swimming we encourage participation; with a pathway starting from beginners learning to swim to swimmers competing at the highest levels of national and international competition. If competing is not for you, you can swim for fitness under the direction of our experienced coaches.

Swimming is a sport for life and an important part of the Australian culture.

Thanks to:

* Paralympian Chris Mullins for attending and bringing his Beijing Paralympic gold medal. We all loved having you there, hearing your stories and getting to touch your gold medal.

* To all our Age High Performance swimmers that helped on the night and our volunteer parents.



SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						27th August Club B/fast, Photos, State SC Team Presentation
28th August	29th August LTS Re- enrolment period and Feedback Week	30th August LTS Re- enrolment period and Feedback Week	31st August LTS Re- enrolment period and Feedback Week	1st September LTS Re- enrolment period and Feedback Week	2nd September Vic Age SC Championships (13-18y/old) LTS Re- enrolment Period and Feedback Week	3rd September Vic Age SC Championships (13-18y/old) LTS Re- enrolment period and Feedback Week
4th September Vic Age SC Championships (13-18y/old) LTS Re- enrolment period and Feedback Week	5th September LTS Re- enrolment period	6th September LTS Re- enrolment period	7th September LTS Re- enrolment period	8th September LTS Re- enrolment period	9th September LTS Re- enrolment period	10th September Vic SC Competition LTS Re- enrolment period
11th September Vic SC Competition LTS Re- enrolment period	12th September	13th September	14th September All competitive squad invoices due	15th September	16th September	17th September Vic Open & 12/U SC Championships
18th September Vic Open & 12/U SC Championships LTS end of term 3 lessons	19th September LTS Holiday Program Week 1 LTS Bookings Open to Public	20th September LTS Holiday Program Week 1	21st September LTS Holiday Program Week 1	22nd September LTS Holiday Program Week 1	23rd September LTS Holiday Program Week 1	24th September
25th September	26th September LTS Holiday Program Week 2	27th September LTS Holiday Program Week 2	28th September LTS Holiday Program Week 2	29th September LTS Holiday Program Week 2	30th September Public Holiday	1st October AFL Grand Final
2nd October	3rd October LTS Term 4 lessons commence	4th October	5th October	6th October	7th October	8th October Metro East 7-10 Selection Trials

LTS Learn to Swim

Competitive Squads

Public Holidays

For the latest news, updates and training schedules, please view our website: www.surreypark.org.au

LEARN TO SWIM AND DIVE REMINDERS

RE-ENROLMENT STARTS ON MONDAY 29TH AUGUST

Re-enrolment for Term 4 Learn to swim and dive and swim school squads is running from Monday the 29th of August until Sunday the 11th of September. This is the time to pay for your term 4 swimming lessons to secure the current spot you have this term.

All bookings NOT secured by Sunday the 11th of September will forfeit their current place for term 4.

If you wish to change lessons times, this can be done during re-enrolment time (please remember to secure this new lesson with payment), or can be done in the final week of term before we open up lessons to the public.

**Parent
feedback
week starts
next week!**

Please ensure you speak to your teacher between the 29th August until the 4th of September to receive some feedback on how your child is progressing. If you are away next week, don't worry, your teacher or the lead instructor can fill you in this week or the following week.

SUMMER IS COMING...

The September School holiday intensive program is now open for bookings

We want your child to feel safe and confident around water and have found a school holiday intensive program is a great way to help consolidate, teach or advance your child's skills.

Some of the benefits of your child participating in our program:

- Introduces your child to a learn to swim program for the first time
 - It kick starts their term having just moved up a level
 - It helps your child master that skill they have had trouble with
- Note: we offer breaststroke only classes as we recognise this can be a tricky skill to learn.
- Great exercise during the holidays and you can stay and play at the centre

Week One: 19th – 23rd September – Cost: \$97

Week Two: 26th to 29th September – Cost: \$84

For more information or to make a booking drop into our reception or call us on 9898 8876

COACHES CORNER

MATT AND THE CHINESE NATIONAL TEAM'S OLYMPICS

With the Rio Olympics completed its time to reflect back on how our Surrey Park trained swimmers faired, in what for many of them, was their first Olympic Games experience.

Once every 4 years this crazy circus comes to town, and in this case the town was Rio. Amidst all the hype and build up for these games, there was always the lurking phantom, of hosting a game's in one of the world's most beautiful yet dangerous cities.

Controversy seemed to be everywhere, from the arrival of teams into the village, where numerous complaints emerged about substandard and unfinished facilities, to the ongoing issues of traffic and transport.

Success was going to be rewarded to those who would not be distracted by external factors. That's exactly what we saw over the 8 days of the Swimming events.

Our Chinese swimmers performed admirably and with only a few exceptions, came away with Personal Best times, National and Asian records, semi- finals and finals. A special mention to the few swimmers being rewarded with trips to the Podium for that coveted Olympic Medal.

**To read more about Coach Matt
and the Chinese swimmers
perspective, please follow this link:**

<https://au.teamunify.com/News.jsp?tabid=20599&team=vcspsc>



MLC SHORT COURSE MEET

Well done to all swimmers who competed at the MLC short course meet on Sunday. There were some impressive swims from our senior athletes before they start their volume reduction coming into state championships next month.

Well done as well to our junior contingent with some big p.b's for most swimmers! Some notable performances included; Matthew Burns, 6 second drop in the 200 free and an amazing 19 second drop in 400 free Alex Hillman, first time breaking the minute barrier for 100 free in 59.35 Nic Chang, 8 second drop in the 100 breast and a massive 14 second drop in 200 breast Kahlia Marsh lifetime best in 200 fly.

- Coach Tom

Rewarding our Families at Surrey Park Swimming Olympic Quiz Winner

Throughout the Olympics we ran a quiz asking swimmers to answer 5 short questions about the Olympics. We really wanted to reward our loyal families who enrolled with us in term 3 and thought this would be a fun way of doing it.

Close to 100 entries were submitted and we are pleased to announce the winner of a free term of learn to swim lessons is the Hickson family. Thank you to everyone that entered.

Facebook only promotions will occur regularly in the future. Please like us on Facebook to keep up to date with what is happening at Surrey Park Swimming.

Please click this link to view our Facebook page:

<https://www.facebook.com/SurreyParkSwimming/?ref=bookmarks>



THE STEPHEN PEACE AWARD



In 2007, Surrey Park Swimming Club created a perpetual trophy in memory of Stephen Peace, a valued member of the Club who passed away in 2006. Stephen supported the Club for a number of years as a parent and a proactive committee member. He gave his time willingly and left a lasting impression on all those who he met.

At the Surrey Park Short Course Meet each year, the Stephen Peace Award is presented to the fastest swimmer in the Male Open 200m Butterfly.

The recipient of the 2016 Stephen Peace Award was Hamish McDougall from Surrey Park. Stephen's wife Vikki and sons James and Thomas attended the meet to present the award. A photo of James, Thomas, Hamish and Vikki with the trophy is pictured above.

SWIMMING VICTORIA AWARDS NIGHT

The achievements of Surrey Park members were acknowledged at Swimming Victoria's Awards Night held on 18th May.

For season 2015/2016 Surrey Park came 7th in the top 10 Clubs. This was based on points accumulated by Surrey Park swimmers at all the Victorian Championship meets (Short Course, Long Course, Sprint and Open Water) plus the Victorian Long Course Distance Meet. The Club was presented with a banner in acknowledgement of this.

Surrey Park Swimming's director of coaching, Matt Brown, received a Victorian Age Group Special Coaching Achievement Award for his first "Victorian" National medal winner. Surrey Park Swimming's president, Heather O'Connor, was awarded the Bill Slade trophy for Technical Official of the Year, and also received an award for 20 years of service to Swimming Victoria.

ARTICLE
FEATURED
IN THE
WHITEHORSE
LEADER

AQUALINK
BOX HILL IS
NOW A
PLATINUM
POOL!



Aqualink Box Hill operations co-ordinator Kieran Brumby and operations manager Ben Bakker with five-year-old twins Louis and Jack.

Picture: STUART WALMSLEY

Diving into top success

Paddy Naughtin

AQUALINK Box Hill has been accredited with Life Saving Victoria's prized Platinum Pool award, becoming just the 16th Victorian swimming centre to hold the accreditation.

To achieve the award Aqualink Box Hill had to undertake a rigorous series

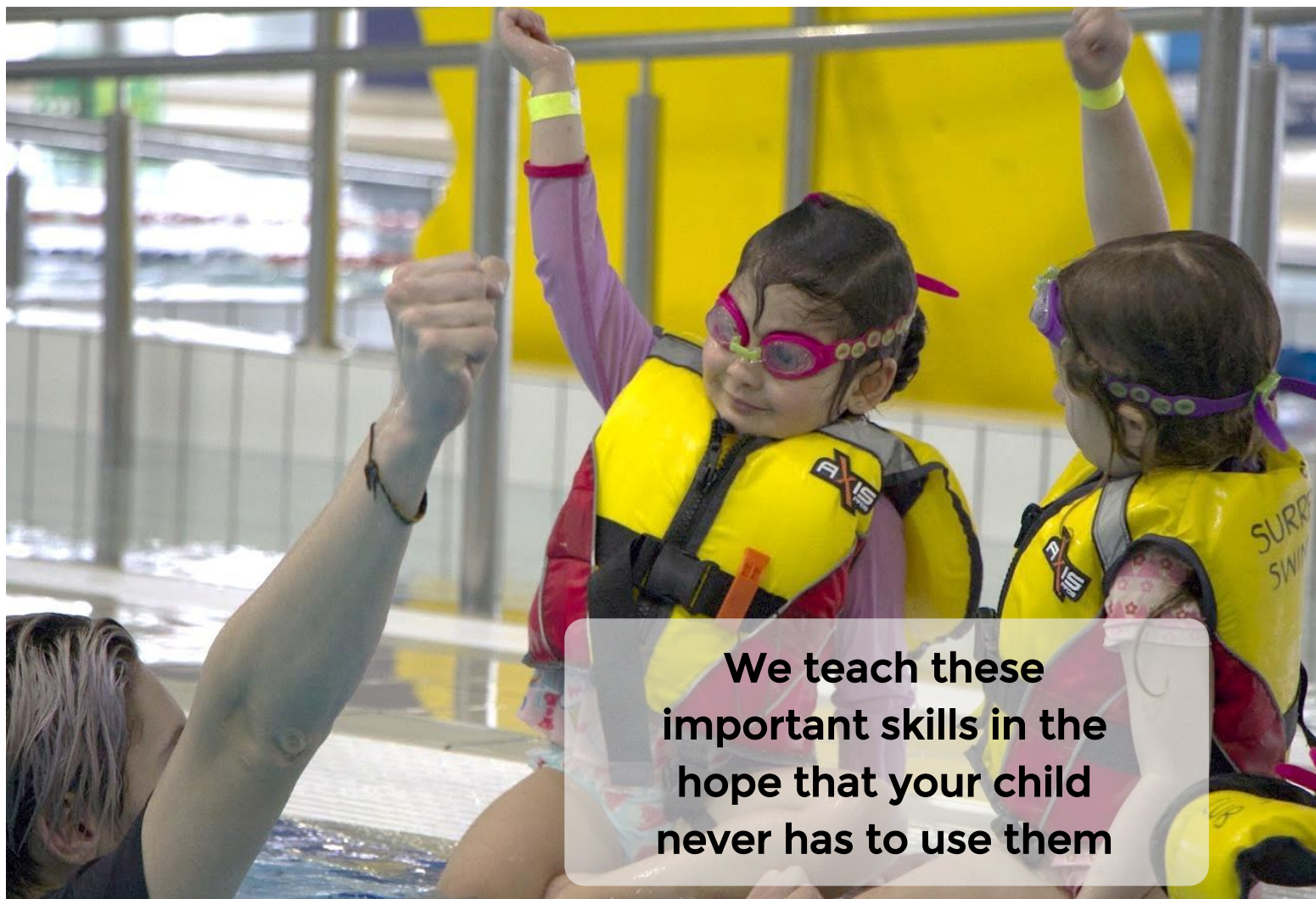
of assessments to ensure it met all of criteria for the accreditation, including "mystery guest" visits and strict adherence to the Watch Around Water program for children.

The Platinum Pool Program was introduced by LSV to highlight aquatic facilities that have achieved the highest standards in the

provision of aquatic safety and risk management.

Whitehorse Mayor Philip Daw said the award was great for local swimmers.

"Platinum Pool status is awarded to aquatic facilities that provide outstanding levels of safety," Cr Daw said. "This marks a major success for Aqualink Box Hill and its staff."



**We teach these
important skills in the
hope that your child
never has to use them**

WATER SAFETY WEEK

Water Safety Week was held in week 5 this term and we are pleased at the number of children that participated in the program. We feel this is a really important component of our learn to swim program.

We want to not just teach your child to swim but how to survive and rescue around water. Our classes during the week touched on areas such as; what to do when you get in trouble, learning how to survive in a life jacket and how to stick together in a group and what sea creatures do you see but not touch.

“FREE WATER SAFETY LESSONS FOR 3-5 YEAR OLDS IN WEEK 2 OF THE SEPTEMBER HOLIDAYS AT SURREY PARK SWIMMING”

This year, in line with the “kids alive” campaign we are again running free water safety swimming lessons in week 2 of the September school holidays. Week 2 runs from Monday the 26th to Thursday the 29th of September and you can book in for any of these days to do a one off lesson, or book in for a couple of lessons to receive more water safety knowledge. Please bring along an old pair of clothes to wear in the pool to your lesson. To register please contact reception or follow this link:

http://www.learntoswimweek.com.au/swim-schools/surrey-park-swimming/?post_code=3128&distance=5

FUNDRAISING FOR OUR COMMUNITY

AUSTRALIAN SPORTS FOUNDATION

Surrey Park Swimming has partnered with the ASF to help raise funds for key programs. The ASF partner with grassroots and community organisations to help raise funds for vital projects. Partnering with the ASF means that donations of \$2 or more are tax deductible, which is a real benefit to our donors and makes fundraising easier.

We have two programs available now for tax deductible donations:

SURREY PARK SWIMMING GENERAL FUNDRAISING:

<https://asf.org.au/organisation/surrey-park-swimming-club-inc/>

SURREY PARK SWIMMING CAPS PROGRAM:

<https://asf.org.au/project/community-access-program-for-swimmers--caps-/>



Our annual Cadbury Fundraising Drive has commenced!

All money raised goes towards our Swimmer Support Program that helps our members with the cost of swimming.

Individual chocolates are available for purchase at our Reception throughout the drive.

Thank you in advance to all members that collected their boxes and are helping with this fundraiser. We ask that all money is returned to our reception desk within 4 weeks of receiving your box.

COMMUNITY ACCESS PROGRAM FOR SWIMMING

From term 3 2016 we are now donating 10 cents from every swim lesson purchased to assist our CAPS program. This program was designed to allow access to swimming lessons for all individuals.

We have been able to offer three additional subsidised lessons to students with a disability who are unable to join group lessons. We have been able to provide a full term of lessons to 18 newly arrived migrants in term 3 in partnership with AMES Australia due to our generous sponsors.



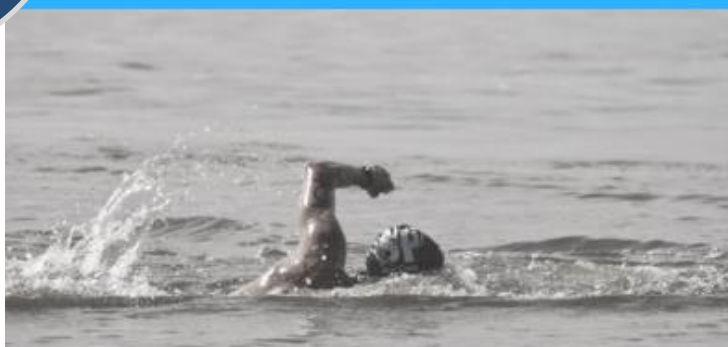
Ideal cross training!

Great for fitness and speed



SURREY PARK SWIMMING
triathletes winning edge

CONTACT US TO JOIN!



work different energy systems

ENQUIRE NOW



FREE TRIAL!
Call 0431 211 444
www.sportekakids.com.au

For the LATEST Sporteka information and to share with other families "like" us on:
www.facebook.com/SportekaKids

Or view our website:
www.sportekakids.com.au

OTHER SERVICES ON OFFER AT AQUALINK

Do you know that you don't have to be a member at Aqualink to use their Occasional Care services?

Their Occasional Care provides up to 4 hours for you to do whatever you need.

As a registered facility, Aqualink provides quality care for children aged 2 weeks – 6 years.

For more details visit

<http://www.aqualink.com.au/Creche.html>



OUR SPONSORS

BENDIGO BANK SPONSORSHIP

Surrey Hills Community Bank® Branch of Bendigo Bank

The Surrey Hills Community Bank® Branch of Bendigo Bank has been a sponsor of the Club for a number of years now.

The Bendigo Bank have contributed greatly to the talent support fund which in turn directly supports our swimmers on trips, etc. In addition to their usual support, we ask you to consider the offer below, for exclusive Surrey Park member home loan packages.

- Establishment fees waived on all new home loans for both purchases and refinances (A saving of up to \$745)
- 0.80% discount off the standard variable rate on loans greater than \$250,000
- 0.90% discount off the standard variable rate on loans greater than \$1,000,000
- 0.10% discount off fixed rates
- 3%pa discount off the Bendigo Ready Red credit card
- Transaction fee free account
- 14 months for the price of 12 home and contents insurance
- FREE Financial Planner consultation
- Up to a 7.5% discount on health insurance (Australian Unity)

For further information regarding this please contact the Branch Manager, Aaron Knott, 9890 7188, aaron.knott@bendigoadelaide.com.au



**IF YOU OWN A
BUSINESS AND
WISH TO
SPONSOR US
PLEASE CALL
9898 8876**

Quest Apartment Hotels – Mont Albert

Quest Apartment Hotels has over 150 properties in Australia, New Zealand and Fiji. They are located in central business districts, suburban and regional areas with close proximity to head offices, business centres and key tourist destinations.

Quest Mont Albert offers special rates for Surrey Park Swimming Club members, staff and guests

For online booking follow this link [Surrey Park Swimming Club](#)

Alternatively you can call to book on **+61 3 9645 8357**, and mention **Surrey Park Swimming** to receive our rates.

Please enquire about Surrey Park Swimming Club Corporate Rates. Valid until: 31st December 2016

Quest Mont Albert, 741-745 Whitehorse Road, Mont Albert 3127, Victoria, Australia