

SURREY PARK

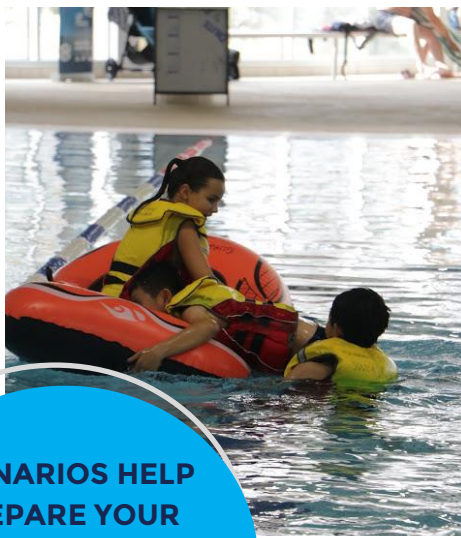
SWIMMING NEWS

March Edition 2017



SEE INSIDE FOR

- WATER SAFETY
- MEET REPORTS
- NEW MERCHANDISE



**SCENARIOS HELP
PREPARE YOUR
CHILD FOR
DIFFERENT
DANGEROUS
SITUATIONS**

WATER SAFETY WEEK

Thank you to all the superheros that helped to keep our pool safe during water safety week at the end of February. We introduced some new activities for the higher levels this term. A particular favourite was our raft to help introduce students to inflatables and show students other ways you can help someone who is in trouble in water. The raft will make an appearance in the term 2 water safety week if you missed out this term.

Water safety tips:

- You are the most important person in a rescue - make sure you are safe at all times when helping someone who is in danger
- Look but don't touch animals in and around water, often they can sting and bite you. Tell your parents about one of the animals you learnt about during water safety week.
- When you are throwing a flotation aid to someone in danger, use an underarm throw and when you release the item, point to where you want it to land. This should be within arm's reach of the swimmer. Overarm throws can be unpredictable



- If you are little and struggling to reach the wall of a pool in deep water, roll onto your back and float to catch your breath, then roll onto your tummy and kick for a bit. Keep going and you will reach the wall. When you get to the wall, remember to sing "elbow, elbow, tummy, knee" as you are climbing out. If you forget to say tummy it will be really hard to pull yourself out! If you can't climb out, keep holding onto the edge and call for someone to help.

SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 th March	6 th March	7 th March Twilight Tuesday	8 th March	9 th March	10 th March	11 th March
12 th March	13 th March Public Holiday	14 th March	15 th March	16 th March	17 th March	18 th March
19 th March National Preparation Meet	20 th March	21 st March Twilight Tuesday	22 nd March	23 rd March	24 th March	25 th March Whole Club Breakfast BBQ, National Team Presentation
26 th March	27 th March	28 th March	29 th March	30 th March	31 st March	1 st April Metro All Junior Semi Finals and Finals
2 nd April Metro All Junior Semi Finals and Finals End Term One	3 rd April April School Holiday Program Week One	4 th April April School Holiday Program Week One	5 th April April School Holiday Program Week One	6 th April April School Holiday Program Week One	7 th April April School Holiday Program Week One	8 th April
9 th April	10 th April April School Holiday Program Week Two	11 th April April School Holiday Program Week Two	12 th April April School Holiday Program Week Two	13 th April April School Holiday Program Week Two	14 th April Public Holiday	15 th April Public Holiday
16 th April Public Holiday 2017 Australian Age Championships	17 th April Public Holiday 2017 Australian Age Championships	18 th April Term Two Commences 2017 Australian Age Championships	19 th April 2017 Australian Age Championships	20 th April 2017 Australian Age Championships	21 st April 2017 Australian Age Championships	22 nd April 2017 Australian Age Championships
23 rd April 2017 Australian Age Championships	24 th April	25 th April Public Holiday	26 th April	27 th April	28 th April	29 th April

LTS Learn to Swim

Competitive Squads

Combined

Public Holidays

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

LEARN TO SWIM AND DIVE REMINDERS AND NEWS

FEEDBACK WEEK
14th – 20th March
PRIORITY RE-ENROLMENTS
14th – 26th March
PUBLIC HOLIDAY
13th March



LABOUR DAY LONG WEEKEND

Please note:

Lessons WILL run on Saturday and Sunday the 11th and 12th of March.

- We are closed on Monday the 13th of March and no lessons will be running due to the public holiday.

Last day of Term 1 lessons is Sunday the 2nd of April.

RE-ENROLMENT REMINDER

Re-enrolment starts next week and runs from Tuesday the 14th of March until Sunday the 26th of March. Please ensure you make a full payment for your term 2 lessons to secure your place. Any student with an unpaid booking will be automatically removed on the 27th of March to allow families to change their lesson time if they were unable to during re-enrolment. We will open up bookings to the public from the 3rd of April, so please organise your lesson by this date to ensure you don't miss out on a place.

Parent feedback week will be from Tuesday the 14th of March until Monday the 20th of March – we will have 2 lead instructors on weeknights and weekends and a lead instructor on the weekday mornings to make sure you all receive feedback on how your child is going, particularly if you have not been spoken to in the last 2 weeks.

STADIUM EVENTS

A reminder that the carpark will be busy between 8am and 5pm on the following dates due to Aqualink Box Hill hosting various events. Please give yourself extra time when leaving for your lesson.

26th March

23rd April



SCHOOL HOLIDAY PROGRAM

ENROL
NOW!

Our April holiday program is now open for bookings.

In 2016, 43 people drowned across Victoria and all of these deaths were preventable. If you have been putting off swimming lessons now is the time to start!

Swimming holiday programs are fantastic at:

- Tackling that last skill required for progression to the next level;
- Introducing a beginner to the water for the first time;
- Keeping your skills sharp to avoid the forgetfulness bubble that kicks in over the holidays.

Don't forget on the day of your lesson you can stay and play at Aqualink Box Hill and are eligible to attend the Aqualink Box Hill Chill Zone from 1pm free of charge.

April School Holiday Program

Beginner to Level 5 offered. Private lessons are available.

Classes: 30 minutes duration between 9am-1pm

Week One: 3rd to 7th April Cost: \$97.50

Week Two: 10th to 13th April Cost: \$78.50

Specials:

If a student books into a second lesson in a week they will receive a 15% discount on this lesson
If a student books into both weeks, the second week will receive a 10% discount

Note:

Payment must be made at the time of booking and we do not REFUND.

Make-up lessons only possible if space available and must be completed in the week booked.



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AUSTSWIM Teachers are in high demand. Develop essential knowledge, skill and understanding to teach vital swimming and water safety education.

COURSE INFO

DATE: 29th and 30th April 2017	DATE: 12th and 13th August 2017
COST: \$395.00, 8.30am - 5.15pm	COST: \$395.00, 8.30am - 5.15pm
DATE: 16th and 17th December 2017	DATE:
COST: \$395.00, 8.30am - 5.15pm	COST:
VENUE: Theory - Mont Albert Scout Hall, Practical - Box Hill Aqualink	

For more information please contact: _____

PROUDLY SUPPORTED BY _____

COACHES CORNER

With a heavy heart, this will probably be my last coaches report for SP Swimming. As of the end of the season, I will be moving back to Brisbane to start a new job at a brand new pool. I have found the time away from my wife and daughter too demanding and so have made the decision to resign from my role at SP.

I have had a fantastic 2 years at SP and have met some great people in my time here. From the coaches, to the swimmers, to all the management staff and all associated with SP, I will miss you all immensely.

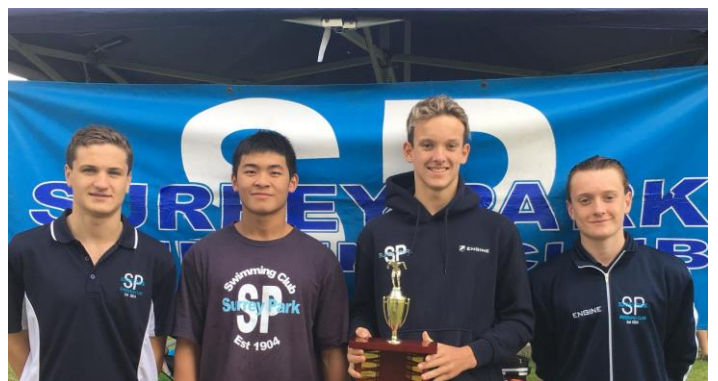
All that said, we have a very exciting 6-8 weeks left of the 2016/17 season, with many competitions to look forward too.

Over 20 swimmers will represent SP at the **All Junior Finals** in early April - see report on website for full information! Click [HERE](#)

5 swimmers will head up to Brisbane for the **World Championship Trials / Open Nationals** in early April. Congrats to Hamish McDougall, Tom Curran, Kahlia Marsh, Alex Good and Laura Davy. Good luck to you all.

10 swimmers will also head to Brisbane the week after the World Trials event concludes, for the **Age National Championships**. Congrats to Dani Smithson, Emma Smithson, Chantelle Underwood, Sophie McLeish, Laura Davy, Aidan Gleeson, Ryan Lobo, Alex Hillman, Connor Xu and Leon Iera.

There is also a possibility that a few more swimmers may qualify for this team, as there is another meet in a week's time at MSAC - Good luck to all those swimmers!



Special mention to all swimmers that represented SP at the **Metro East District championships** last weekend, we had numerous swimmers perform well and reach the Podium on many occasions – Click [HERE](#) for full report on the website

Many thanks to the following coaches who attended: Pat Fisher, Tom Crabb, Mun-Hon Lee and Sarah Caithness - Great Job guys!

Another special mention to our swimmers that competed last week at the NSW Open Championships in Sydney. We had some great efforts resulting in many PB's and Finals appearances in one of the toughest meets on the National calendar.

Hamish McDougall - 6th A Final 200 Fly and 10th A Final 400 IM

Laura Davy - 7th A Final 200 Fly and 6th B Final 400 IM

Ebba Rosenquist - 8th in B Final 100 Fly

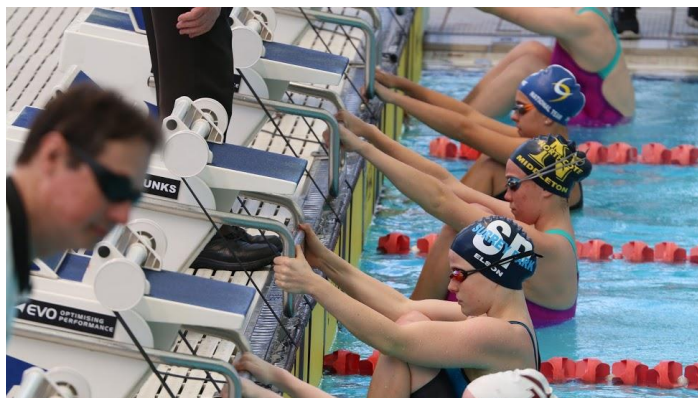
Tom Curran - 8th B Final 400 Free

Thanks also goes to our super talented Team manager, Ada Xu, for looking after our team with great care and attitude - Thanks again Ada, you Rock! Click [HERE](#) for full report

Lastly, i would like to again thank the whole SP family for accepting me into the fold nearly 2 years ago and for buying into my dream for the direction of this fine club!

Matt Brown

Director of Coaching SP Swimming



TWILIGHT TUESDAY

series

Twilight Tuesday's are a great way of introducing swimmer's from LTS through to the Junior and State Development squads to racing in a fun and nurturing environment.

Our last racing night for Term One is on the 21st March (cut off date 17th March).

Don't forget to sign up.

If you are in Level 3+ sign up at our reception with all competitive swimmers signing up via our website.



[CLICK HERE](#)
FOR ALL
MEET
REPORTS

METRO EAST

SPRINT MEET

A great turnout of 39 Surrey Park swimmers competed at the Metro East Sprint meet at the end of last month. This was a last chance meet to qualify for the Victorian Sprint Championships. It was a great day of results from both the Club's Junior and Senior swimmers, with a total of 89 PBs for the day, and 14 swimmers qualifying for State Sprints.

Also a big congratulations to first time external meet competitors in Betheny Hearn, Lewis Miller, Alexander Miller, and Jack Kelly! Welcome to racing!

Coaches Tom and Sarah

METRO EAST ALL JUNIOR SELECTION TRIALS

Well done to all those Surrey Park swimmers who participated in Metro East's All Junior Selection Trials held at Aquanation on Sunday 19th February. There was some good racing and many PBs.

In all, there were 65 Surrey Park members entered from Learn to Swim through to Age High Performance level.

Congratulations to the 22 swimmers who finished in the top 10 in at least one event and qualified to compete at the Metro All Junior Semi Finals to be held at MSAC on Saturday 1st April.

Many thanks to those Surrey Park parents who assisted by timekeeping at the meet.

Sarah, Tom, Pat and Mun

VICTORIAN SPRINT CHAMPIONSHIPS

This year, Surrey Park swimmers made the Victorian Sprint Championships one of their targeted meets and came to the competition with no less than 46 swimmers ready to compete over the 2 day meet.

Our swimmers came into the meet in various stages of fatigue due to the training phase that they are currently in, so performance was going to be "Like a box of chocolates – you never know what you're going to get". And that's exactly what we got, with some outstanding efforts.

Many of our swimmers made it through the preliminary heats on Saturday to come back and contend the finals on Sunday. The following swimmers were successful in making finals in individual events and reaching the podium:

Aidan Gleeson	50 Free 1 st , 50 Back 1 st , 50 Fly 3 rd
Alex Hillman	50 Free 3 rd , 50 Fly 4 th , 50 Back 7 th
Laura Davy	50 Fly 1 st , 50 Breast 4 th , 50 Free 6 th
Emma Smithson	50 Fly 2 nd , 50 Free 10 th
Lewis Clarke	50 Breast 6 th , 50 Back 7 th , 50 Fly 7 th
Chantelle Underwood	50 Free 2 nd , 50 Breast 6 th
Ryan Lobo	50 Back 5 th 50 Fly 6 th
Cooper Cheesman	50 Breast 8 th
Dani Smithson	50 Free 4 th
Tori Elson	50 Back 6 th , 50 Free 7 th
Ebba Rosenquist	50 Fly 2 nd , 50 Free 2 nd , 50 Breast 6 th , 50 Back 10 th
Alex Good	50 Fly 4 th
Kahlia Marsh	50 Breast 4 th , 50 Free 8 th , 50 Back 8 th , 50 Fly 9 th
Hamish McDougall	50 Fly 6 th 50 Back 8 th
Tom Curran	50 Back 4 th

In the 16/U 5X50 Freestyle Relays:

Surrey Park's Girls team finished 5th. The Boys A Team finished 8th and the B team finished 14th.

Meet
photos

[CLICK HERE](#)
members only



The weekend's medal total was as follows: **3 Gold – 4 Silver – 2 Bronze.** In addition, there were **35 top 10 finishes.**

What a great effort from the whole team, with a very high percentage of PBs from many swimmers. A special mention to ALL our parent supporters who time kept over the weekend, especially on Saturday after nearly 11 hours at the pool. Also to Coaches Tom, Pat and Sarah – Great job guys!

Matt Brown
Director of Coaching



2017 AUSTRALIAN OPEN WATER CHAMPIONSHIPS

CLICK
[HERE](#) FOR
ALL MEET
REPORTS

Surrey Park swimmers Kahlia Marsh, Dani Smithson, Morgan Morffew and Tom Curran headed to Adelaide to compete at the 2017 Australian Open Water Championships held at Brighton Beach South Australia from 27th to 29th January. They were accompanied by Coach Kylie and supported by Manager Al Smithson.

Morgan and Kahlia were both first time competitors at National. All the Surrey Park competitors swam well in a very competitive field and the following results were achieved:

Kahlia Marsh	Women's 14&Over 10Km, 6th Australian
	Women's 14&Over 5Km 8th Australian
Tom Curran	Men's 14&Over 5Km 12th Australian
Dani Smithson	Girls 15 Yrs 5Km 15th place
Morgan Morffew	Boys 15 Yrs 5Km 31st place

Well done to all four swimmers!



COMPETITIVE SQUAD SWIMMER PHOTOS

To view all photos visit: www.surreypark.org.au and log in under the members section.

We love displaying photos of all our members and their families so please pass on any photos you have that you think we could use.

Email: Leanne@surreypark.org.au

If you love taking photos we are always looking for someone to capture all things Surrey Park whether it be at a meet or a club BBQ. Please contact us for more details.



MERCHANDISE UPDATE

NEW TO SURREY PARK SWIMMING



Padded Vest

- Quilted vest jacket keeps the torso warm with excellent insulation to weight ratio.
- Fully wadded throughout.
- PU Coated shell keeps you dry and warm even in the harshest conditions.
- Mock neck collar that zips up to the chin for warmth
- Shaped 'shirt tail' adds to the design and improves fit.
- Multiple sealed zip pockets for safe storage
- \$60
- Stocks are limited so get in early

Training Cap

To help reduce the cost of swimming caps we have introduced a cheaper swim cap for training purposes only.

Note: The navy Swim cap remains a compulsory item for swimmers to wear during competitions.

- \$10 only
- Quality Silicon swimming cap
- Now available



Polo Tops

We have updated our compulsory club Polo Top with our new logo. Stock is now available from reception.





Deck Jackets

Deck Jackets are now available for a one-off winter order.

- We currently have a large size sample jacket to try on at reception with small and medium sample jackets available from 1st April;
- Orders are to be placed by 13th April;
- Individual names to be embroidered on jacket;
- Deck Jackets are \$165 and will be charged to your account.

Place orders via email at leanne@surreypark.org.au

Please specify what name you would like embroidered on jacket at time of placing order.

COMING SOON NEW HOODIE AND LONG SLEEVE T-SHIRT



All merchandise is available for purchase from our Reception desk during normal business hours. We will keep you updated on new stock arrivals via Facebook so if you have not liked our page please click on the link. [CLICK HERE](#)

FEES AND PAYMENTS FOR COMPETITIVE SQUAD

Please note that all invoices are due for payment on the 14th of the each month. You will have received an email regarding your payment if your invoice is overdue and we request that your bill is settled to ensure your child can continue swimming in their squad. Just a reminder the next round of squad training fees will be invoiced 1st April.

If you have any queries please email accounts at accounts@surreypark.org.au or call Sook- Phin on 9898 8876.



AQUALINK and SURREY PARK SWIMMING BENEFITS

Surrey Park Swimming Member Discounts

If you do not have an Aqualink Membership and you train at least twice a week at Aqualink you can save money by getting an Aqualink Swim membership.

As a Surrey Park member, you will receive 30% discount on upfront term memberships (3 or 12 months) or you do not pay the joining fee if you choose monthly direct debit.

For all enquiries please book a time with an Aqualink Membership Consultant.

As an Aqualink member you can come as many times as you want to Aqualink Box Hill or Aqualink Nunawading and you are entitled to a 10% discount on all merchandise on presentation of your membership card

Discount for Surrey Park Swimmers!

Enrol in our learn to swim program and receive a 10% discount on all Aqualink Merchandise. Note: At time of purchase you must show your Surrey Park Swimming Card.

Aqualink stocks a range of speedo bathers, goggles and accessories, plus Aqualink branded merchandise.



OUR COMMUNITY



MEET GEORGE

George has been working with Surrey Park as an instructor for 2 ½ years.

What is something people would not know about you? I speak 4 languages.

What level do you teach? I am a lead instructor and teach all levels

What is your favourite food ? Sushi

SWIMMING FOR MY FUTURE

By Max Thorn (former Club Captain)

Even though I finished my time in swimming over 5 years ago, I still regularly reflect on those years in discussions. Whether it's with friends or parents with children starting out their swimming journey, it's always fun looking back on a 'career' that gave me so much, whether that was the many awesome experiences or great life lessons learnt.

I started swimming when I was 3, when I was enrolled to do swimming lessons at Surrey Park. Over the years I moved through the levels, and ultimately became involved in the Club at around the age of 10. By the time I was 13, I wasn't sure whether swimming was something I wanted to pursue long-term, and was considering stopping to allow more time to play basketball and cricket, as swimming took up so much time.

Around that time a bit of change surrounded Surrey Park, and 20 of us, many from the lower levels, were invited to join the newly formed National Squad, we immediately embarked on a serious new level of commitment. Attendance requirements went from around 5 sessions a week if we felt like it to a mandatory 8 per week, and ultimately up to 10 a week a year or two later. Greater accountability was required, and participation at swim meets became more serious. It was a massive change; however my results were quickly improving, and providing great encouragement with reward for the hard work. Within a number of years, many of us who had barely scraped through to make state championships began qualifying for nationals, and even making finals and winning medals.

I was able to find a niche in open water racing, where I won a couple of medals in the 10km event at nationals. My proudest performance however, was the 25km event I competed in once – whilst excruciatingly hard it reminded me that anything is possible.

The transition to serious swimming was a whirlwind change which saw us going from part-time to full-time swimmers. This also brought on many opportunities which we would have never dreamed of previously; including overseas trips to America, meeting and rubbing shoulders with Olympians (such as Michael Phelps!) at swim meets, and meeting many people from around the world.

Getting to such a level required a lot of sacrifices, especially in the eyes of the normal teenager, particularly with school. Whilst it didn't affect my education, things like school sport and social events became a lot harder to justify, particular during the week and holidays where we were training at the pool for almost the same amount of time that we were at school. Whilst not the conventional and easiest way to go through school, many great friends, who I still see regularly, were made, not only at Surrey Park, but also from other Clubs.

The most important things that swimming taught me were things such as resilience and a good work ethic. There were many, many times that I wanted to throw in the towel (pardon the pun), particularly on those cold mornings in winter when you were tired and had nothing to train for in the short term.

With the support of my parents, who always kept me focused both through the good times and the bad, pushing through the hard times has taught me that no matter how hard things may appear at the time, maintaining a positive attitude and working hard pays off down the track.

These days, I am now working in Engineering full-time while also finishing a second uni degree. Even during my first degree, I loved the opportunity to work hard, create good working relationships, and saved money so I could do things many other students at university couldn't do.

I have no doubt that the hard-work I put in the last few years was fostered from the commitment swimming required of me. It is a sport that requires you to do things you never thought you could do – particularly without the support of your family, friends and coaches helping you along the way. As a result you find that no matter how large a roadblock may appear, resilience and working hard goes a long way to getting past them.

So when people ask me if I'd do it all again, my response is simple. "Of course, I wouldn't take it back for the world."

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 Swimmer Support Program 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
- 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

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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.

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

OUR VISION

Surrey Park Swimming Club seeks to provide the best club environment in Victoria for the development of all its swimmers to their full potential in an atmosphere of enjoyment and professionalism.

WHERE TO FIND US!

FACEBOOK Like us on Facebook

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

We want to share and post articles and events you want to read. Please let us know what you would be interested in seeing.

WEBSITE

Visit our website to keep up to date with latest news, member's login, training schedules and all things Surrey Park.

www.surreypark.org.au

RECEPTION

If you ever have any queries, concerns or feedback both positive and negative, we would love to hear from you. Drop into our reception desk at Aqualink Box Hill and have a chat to our customer service staff at any time throughout the term.



Surrey Park Swimming
Surrey Drive
Box Hill VIC 3128

To Contact Us:

Call us : 9898 8876

Email us: reception@surreypark.org.au

Visit us: Aqualink Box Hill

View our Website: www.surreypark.org.au

Like our Facebook Page: Like us at [Surrey Park Swimming](#)