

SURREY PARK

SWIMMING NEWS

September Edition 2017



SEE INSIDE FOR
CHANGES TO ENTRY PRIOR
TO CENTRE OPENING
CUSTOMER SURVEY
RE-ENROLMENT
PROCESS

WATER SAFETY TALKS

CONTACT US
TO BOOK
YOUR SPOT
TODAY!

FREE WATER SAFETY TALKS FOR OUR KINDERGARTENS AND SCHOOLS IN THE LOCAL COMMUNITY

At Surrey Park, we believe all students should enjoy and respect water. In order to safely experience water activities, it is vital to be aware of the potential dangers.

With summer approaching, this is the ideal time to reinforce important water safety messages.

If your child's school or kindergarten would like to book a free water safety talk, please contact Surrey Park Reception on 9898 8876 or email Charity at charity@surreypark.org.au

Our Talks:

We cover topics such as water safety around the home, beach and inland waterways.

Our talks are interactive, fun, engaging and targeted towards the age group we are speaking to. We have had some fantastic feedback from schools we have presented to and the kids have come away with a greater understanding and awareness of water and how to avoid dangerous situations.

Each child gets a pack that includes a colouring water safety sheet, free trial lesson voucher, and water safety messages for parents.



SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 rd September Father's Day Vic Age Short Course Champs (13-18 years)	4 th September Priority Re-Enrolment Period	5 th September Priority Re-Enrolment Period	6 th September Priority Re-Enrolment Period	7 th September Priority Re-Enrolment Period	8 th September Priority Re-Enrolment Period	9 th September Priority Re-Enrolment Period
10 th September Priority Re-Enrolment Period	11 th September Priority Re-Enrolment Period	12 th September Priority Re-Enrolment Period	13 th September Priority Re-Enrolment Period	14 th September Priority Re-Enrolment Period	15 th September Priority Re-Enrolment Period	16 th September Priority Re-Enrolment Period Vic Open & U/12 Short Course Champs
17 th September Priority Re-Enrolment Period Vic Open & U/12 Short Course Champs	18 th September Footy Theme week All Unpaid Enrolments Cancelled	19 th September Footy Theme week	20 th September Footy Theme week	21 st September Footy Theme week	22 nd September Footy Theme week	23 rd September Footy Theme week
24 th September Footy Theme week Term 3 ends	25 th September School Holiday Program Week One Enrolments Open to the Public	26 th September School Holiday Program Week One	27 th September School Holiday Program Week One	28 th September School Holiday Program Week One	29 th September Public Holiday	30 th September AFL Footy Grand Final
1 st October	2 nd October School Holiday Program Week Two	3 rd October School Holiday Program Week Two	4 th October School Holiday Program Week Two	5 th October School Holiday Program Week Two	6 th October School Holiday Program Week Two	7 th October Metro East 7-10 Selection Trials
8 th October	9 th October Term 4 Commences	10 th October	11 th October	12 th October	13 th October	14 th October
15 th October	16 th October	17 th October	18 th October	19 th October	20 th October	21 st October
22 nd October	23 rd October	24 th October	25 th October	26 th October	27 th October	28 th October

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 & NEWS

TERM 3
17th July to 24th September
RE-ENROLMENT
4th to 17th September
FOOTY WEEK
18th to 24th September



Customer Survey

Each year Surrey Park Swimming sends a survey to all its learn to swim customers to ask for feedback on a variety of topics relating to the service we deliver and our enrolment procedures.

Your participation is invaluable as we can use the feedback you provide to improve our service and thus enhance your overall experience with us.

We are asking every family if they could please take a few minutes to complete the survey. As gesture of our thanks, each family will be eligible to go into the draw to win a free School Holiday program for one.

Please click [here](#) to access survey.



Stadium Events

A reminder the car park will be busy between 8am and 5pm on the following date due to Aqualink Box Hill hosting an event. Please give yourself extra time when leaving for your lesson.

Sunday, 15th October 2017

Learn to Dive

Diving is back at Surrey Park Swimming. We still have a few places left. See our reception desk to book your spot today!



Re-Enrolment For Term 4: New Procedures and FAQ's

IMPORTANT
READ!

Re-Enrolment for Term 4 is open from the 4th - 17th September.

All customers currently enrolled in our program have priority booking. This means that your current booking in our program is guaranteed if you pay in full for Term 4 during this period.

Note: you must pay fully for Term 4 during this time to retain your current booking.

What if there is not a spot available to change into when I re-enrol?

After the 17th September all bookings that have not paid for Term 4 are removed, this can mean improved class availability for families hoping to change day or times.

What if I haven't paid before the 17th September?

Your booking will be removed from the system and if you wish to continue swimming with us you have a window of opportunity between the 17th and 24th September to make any changes to your lesson time/day before bookings open to the general public on the 25th September.

The most efficient way to communicate the class time you want is by email.

What if I want to enrol a sibling that is not currently enrolled in lessons?

You can book a sibling into a class during our re-enrolment period. We give priority to our Surrey Park families before we open bookings to the public.

What is the best way to get the class time I want?

Our incoming calls increase substantially on Monday 18th September as families seek to change their class bookings. To avoid the heavy phone traffic we are trialling an email preference system.

Email reception@surreypark.org.au from 2pm Sunday the 17th with your child's name, date of birth, level, time and day preference and contact details. If you are able to provide us with a number of times and/or days in preference order this will increase the likelihood of a successful enrolment. We will have extra staff on in the morning of the 18th September to process emails and move bookings before our phone lines open at 8.30am.

You will receive an email confirming changed booking and a request to make payment for term 4 if you haven't already paid. Note: Your booking will be removed on the 24th September if you have not paid your Term 4 fees in full.

If we cannot find a class and time that you have requested we will email or call you.

What happens with my spot on the 25th September?

On the 25th our priority booking period finishes. All current enrolled swimmers that have not paid in full for term 4 will be removed from our system. From this date all available spots are open to the public.

Why should I book during the re-enrolment period?

It is important to enrol during this time as we give priority to swimmers already enrolled in our programs. We cannot guarantee your enrolment after bookings are open to the public.

Finals Fever is Coming to Surrey Park Swimming!

Join us on pool deck as we celebrate the AFL Grand Final.

18th to 24th September.

Come to your swimming lesson on the last week of term in your footy colours or gear as we join in the buzz of finals footy.



School Holiday Program

Bookings now open!

- * Consolidate a skill
- * Master breaststroke
- * Learn to Swim or Learn to Dive
- * Kick start a new level
- * Get ready for summer
- * Stay and play – Aqualink offers a Chill Zone program of additional fun activities, so make a day of it!

Speak to the lead instructor or Customer Service staff on reception to get more information and secure your spot.

Note: Full payment is required at time of booking.

Places are limited so book today!

EXPRESS LANE

TRIALLING
NOW!



We have listened to your feedback and recognise that waiting in line when you want an entry card can be frustrating especially during peak times.

Therefore we are currently trialling an express lane for check in cards (Pram Passes).

If you have a pram or forgotten your entry card please queue at the express lane at our reception desk.

If at any time you have any suggestions on how we can deliver a better service we would love to hear from you.

Feedback Week

Feedback Week commences this Monday 4th September. We recognise that during the term speaking to your instructor at the end of lessons can feel rushed. We therefore set aside time each term for you to speak to your child's instructor.

Please feel free to approach your child's teacher in the last 5 minutes of class and ask them about which skills your child is doing well and which skills they are working towards achieving.

If your child swims in the Learn to swim pool, for safety reasons, please approach teachers from the Splash Pad side of the pool.



Supervision

Aqualink Box Hill is an accredited Watch Around Water facility. The primary aim of Watch Around Water is to reduce the number of fatal or non-fatal drowning incidents and associated injuries in public aquatic facilities.

What does this mean for you?

For the safety of your children please ensure any child under 10 years of age is actively supervised into the centre and while using the facility, by a parent/guardian(16+years) at all times.

Ensure you are in clear view of your child at all times and under no circumstances leave the centre during their lesson.

If your child is under 5 you must be within arm's reach of them at all times. During a lesson you must remain nearby.

COACHES CORNER



Farewell Message from Coach Sarah

To Surrey Park

Thank you for all being part of my SP journey. It has been a treat to watch you all progress, develop and grow as individuals over the last four years.

To OHP: thank you for your respect, patience and openness towards my coaching development. Each of you have continually provided me with opportunities to learn and grow. You are amazing individuals! Focused and hard workers - mornings with you have been fab!

To AHP: The Vegan Bodies!!! You have created a team within your squad – you look after and support one another through not only training but life, it's a great attribute. I've loved watching you learn how to train, and train hard. Keep challenging yourselves and chase down your goals.

To SS: Although I'm not at your training, you are all warm and welcoming. It's nice to catch up and watch you race at meets and share your excitement with achieving your goals and enjoyment of swimming.

To SD: most of you I've been lucky enough to coach through the LTS and/or Junior Squad. It's an amazing thing to see you go from learning how to swim into learning how to race and train. Keep working hard at the small things – because small things become big things.



To Junior Gold, Green and Blue: My HEROS! I have loved every moment we have had. The many laughs, silly dances, actions and crazy moments. You make me proud to be your coach, when you're focused you can do anything you believe. You can make that 25m underwater! You can swim skilful PB's. And you can do crossover turns – Smashing It!! Every goal you hit is a goal we share! Thanks for the happiness and joy you have brought to my life each and every day.

Parents and Committee: thanks for the continued support and many well wishes for the future. What amazing young people you have create and SP is lucky enough to develop!

Coaches: What can I say?! I'm going to miss you all terribly. The inspiration, creativity and knowledge you have shared. The patience and guidance you have given with my questions and mistakes. The joy in the success we have had. Loved it! Every moment!

A special mention to Heather for her ongoing support in filling every gap and helping deliver a smooth process for every member of the Club. Your dedication and commitment is commendable. Thank you!

SP is in safe hands! Enjoy the journey!

Stay in touch and I'll see you at the pool soon.

With Love

Sarah

STATE CHAMPIONSHIPS INFORMATION 2017



From the coaching team we are looking forward to seeing the results of all the swimmers hard work. This is a chance to race with a strategy and to come away and look at the positives from the competition and to come up with some new goals for the next preparation.

A reminder that there is never a bad meet, it's only a bad meet if you don't learn by it.

Short course racing has a strong emphasis on turns so swimmers should remember to be at full speed leading into a turn, be aggressive with head speed on the turn, fast fly kicks towards the surface and accelerate into the breakout.

An easy Acronym to remember for racing fast is **RACE**

Relaxed-Great performances are when swimmers are mentally and physically relaxed.

Automatic-don't overthink your racing, just do what you do automatically daily in training.

Confidence-positive self-talk and an inner confidence of belief give you the best chance

Enthusiasm- looks forward to racing with enthusiasm.

Some reminders for the meet:

Club Uniform

All swimmers are required to wear the club **Polo Shirt** and navy tracksuit pants or shorts.

Casual wear such as board shorts, jeans and coloured track suits are not acceptable.

11/u aged swimmers are no longer allowed to wear racing bathers.

Surrey Park Seating Area

We will aim to sit in the front section at the turn end of the southern pool.

Swimmers are asked to sit in the front 2-3 rows and parents behind them 2-3 rows

We would appreciate some assistance from parents in trying to save seats during the warm ups.

Short Course is a difficult time to even get a seat so could we have some parents volunteer to save seats for the Friday afternoon and the morning sessions.

Warm Ups

All swimmers are required to wear the blue SP Cap during the warm up. Swimmers should ensure they are clear on their warm up process prior to race day and should arrive at least 1.5 hours prior to their event. For optimum performance, you should start your warm up within 1 hour of racing (event timeline **guides** are available from the Swimming Victoria website)

Warm ups should include some form of activation such as 3 x 100 or 4 x 50 at a strong pace and a small volume of swimming at Race Pace.

SURREY PARK SHORT COURSE MEET

CLICK [HERE](#)
FOR PHOTOS
FROM THE
MEET





STEPHEN PEACE AWARD

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. This award is in memory of Stephen who passed away in 2006, a valued supporter, parent and committee member at Surrey Park.

The recipient of the 2017 Stephen Peace Award was Hamish – Well Done!

Lifelong Friendships



We often hear that swimming helps create lifelong friendships that last beyond the pool. This was echoed at a get together of the 2000/2001 Surrey Park swimmers coached by Ian. The group had a great evening reminiscing about the fun times that were had. Some of the swimmers married from the squad and many have continued to remain in contact.

Look-out for the new equipment in the Surrey Park gym

- New skipping ropes
- New dumbbell rack
- New medicine ball rack
- New GHD Machine

If you're not sure how to use the GHD machine properly make sure you speak with your coach



WE NEED YOUR HELP!

PHOTOS
NEEDED AT
MEETS AND
EVENTS

Do you take photos of your kids??

We would love you to share them with us so we can share them with our community. We love sharing all of our swimmers achievements in and out of the pool. We cannot do this without you sharing your photos with us.

If you have a photo you could share with us please either:

Email them to : leanne@surreypark.org.au

Put them on a USB and drop them into our reception desk

Put them onto google photos and share them with us. Please email the link to the above email

Thank you for your help because without you we could not put this newsletter together or share photos on our social media site.



Annual Cadbury Fundraiser

Boxes are being delivered the week of the 11th September. Please keep an eye out for Jan or Katie who will be handing them out to each squad member. We ask that all money is returned to Surrey Park Reception by the 31st October in the envelope provided with members name clearly printed.



MORNING TRAINING SESSIONS AT AQUALINK

IMPORTANT CHANGES!

As of 1 October 2017 all Surrey Park Swimming Competitive Squad Swimmers will be required to have an Aqualink Membership or an Aqualink 10 visit Multi-pass (Swim or Aquatic) to enable access to the Aqualink Facility in the mornings prior to the centre opening to the public.

From the 1st October, the Surrey Park Coaches will assist swimmers to gain entry into the Centre (as they currently do) through the Group entry external door in the mornings, once inside the group entry foyer the coaches will direct the swimmers to the turnstiles in the main foyer. The swimmers will then use their own Aqualink Membership band or Aqualink multi-pass to enter the pool hall.

This new process will eliminate the current additional billing for After Hours Aqualink Entry that appear on member's accounts each month and significantly reduce manual attendance tracking and associated administrative work. Most swimmers already have an Aqualink membership or 10 swim multi-pass, but for those that do not, this will potentially be a cost saving initiative since if you train two times a week or more at Aqualink Box Hill it is cheaper to get a membership. Surrey Park Swimmers receive a discount on Aqualink Membership.

If you do not have a membership or a multi-pass card (or forget to bring it), you will not be able to enter to attend your training session, as many of these morning sessions are prior to the centre being open to the public the Aqualink Reception will be closed and you will not be able to purchase a casual entry or be manually checked in.



Order your new Entertainment™ Membership!

A GIFT THAT KEEPS ON GIVING!

Still struggling to think of a present for Father's Day?

With over \$20,000 worth of value the Entertainment Book is a great gift idea. Books are still available for pick up at Surrey Park Reception or click [here](#) to order yours online today. All proceeds go towards our swimmer support program.

NEW APPOINTMENTS

WELCOME
Mun, Hayley
and Charity



Junior Blue Squad Coach

We welcome Mun Hon Lee as our new Junior Blue squad coach commencing on 4th September.

Mun started swimming with Surrey Park from the age of 4 progressing to Nationals by the age of 13. At 18 he headed to the USA for 4 years swimming and attending college at Boston University.

Some things about me:

Favourite Food: Dumplings
AFL Footy Team: I do not follow a team

One thing you may not know about me: I am currently studying Speech Pathology at University.



Junior Gold/Green Squad Coach

We welcome Hayley Myers as our new Junior Gold and Green squad coach commencing 4th September.

Hayley is a former State swimmer for Warragul and Surrey Park. She has been working with us for the last 3 ½ years teaching in our Learn to swim program, lead instructing and in customer service. She is also currently co-acting Swim School Manager.

Some things about me:

Favourite Food: Apple Crumble

AFL Footy Team: I do not follow a team.

One thing you may not know about me: I grew up on a Dairy and Potato farm.



Schools Group Co-ordinator

We welcome Charity as our new School Groups Co-ordinator. Charity has been teaching preschools and school groups at Surrey Park this term and comes to us with extensive swimming knowledge.

Feel free to say hi to her if you see her on pool deck!

Some things about me:

Favourite Food: Mexican
AFL Footy Team: Essendon
One thing you may not know about me: I have competed in 17 Lorne Pier to Pub swims.

COMMITTEE CORNER

DIARY DATES:

SPSC LC Meet
29th October

AGM
20th September

This weekend 29 swimmers, many of them first time qualifiers will race at the 2017 State Age SC Championships, with the Open SC Championships including 11/12 years competing in a few weeks. The large number of qualifiers is a testament to the hard work of both the swimmers and coaches. Good luck to all swimmers.

We celebrated the achievements of the State qualifiers with their families at a dinner last Saturday. We had a fantastic turn out, a huge thank-you to Sylvia Gleeson who once again put together a successful social function. It was a wonderful opportunity for kids and parents to get together away from the pool and the smell of chlorine.

On the 23rd of July we held the Surrey Park Short Course meet at MSAC which was a great success with lots of support from Surrey Park members and other clubs. Thank you to all the families for their assistance with timekeeping, catering and the other various jobs on the day. The success of the meet is very much attributed to the fantastic work by Heather O'Connor and Andrea Crabb so a huge thank you for all their hard work.

At the end of last month we said a sad goodbye to coach Sarah. We will miss her amazing smile and bubbly personality around pool deck. Sarah has joined Matt Brown up in Queensland where she will build on the coaching skills she has developed during her time at Surrey Park. We know Sarah will use this experience to grow professionally and we would love to see her back at Surrey Park one day.

The Clubs AGM will be held on the evening of Wednesday the 20th September so please consider if you would like to join the Surrey Park Committee. If you are wanting to be involved in helping out around the Club, but don't want to join the Committee, maybe you could consider helping on one of the Sub Committees we are hoping to formalise in coming months. These would meet as needed and would include;

- Meet Sub Committee – Organisation of Club Meets and Club Championships; including venue bookings, official bookings, timekeeping rosters and catering
- Fundraising Sub Committee – Raising funds for swimmers support
- Social Sub Committee – Club dinners, breakfasts and presentation night.
- Photography - parents with an interest in photography that can assist the club to capture images we can use on social media, publications and then assist to put together slide show for presentation night.

If you are interested and able to offer your assistance, any help would be appreciated. If you have any questions or require more information please contact me at president@surreyparkswimclub.com.au or call me on 0419155475.

Finally our annual chocolate drive will take place in September to raise funds for our swimmer support program. The chocolates will be handed out from the week beginning the 11th September by the fundraising team.

Shannon Clarke – Club President.

MERCHANDISE UPDATE

NEW
STOCK
ARRIVED!

Soft Shell Jacket

We have not yet reached our minimum order level requirement of 20 units so if you are interested in purchasing a soft shell jacket please let me know.

To register your interest email:
leanne@surreypark.org.au



Long Sleeve T-Shirt

New stock has arrived. All sizes in our long sleeve t-shirts are now available.



Microfibre Towels

They are water absorbent and a fantastic way of promoting Surrey Park on pool deck and at meets. Plus they are quick drying!

Cost \$30.00

Size: 1400 x 700mm

Join Alex and be part of the Surrey Park Team!

Purchase your towel from our reception desk today

All merchandise is available for purchase from our Reception desk during normal business hours





Become an AUSTSWIM qualified teacher!

This is an immensely rewarding and satisfying career. Courses run at various times throughout the year. See information below for the next course at Aqualink Box Hill. Surrey Park also offer new teachers the opportunity to complete their supervised training hours with us.

COURSE INFO

VENUE:	Theory - Mont Albert Scout Hall, Surrey Dr & Alexander St, Box Hill Practical - Box Hill Aqualink, Surrey Dr, Box Hill VIC 3128
DATE & TIME:	Saturday 16th and Sunday 17th December 2017, 8.30am - 5.15pm
COST:	\$395.00

DO YOU TRAIN MORE THAN TWICE A WEEK?
A WEEK?

AQUALINK and SURREY PARK SWIMMING BENEFITS

30% off MEMBERSHIPS
10% off MERCHANDISE

Surrey Park Swimming Member Discounts

If 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.

*This is an Aqualink Corporate Membership and no further discounts are applicable

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 our 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 SPONSORS

Bendigo Bank

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, Maggie Stamoulis, 9890 7188, Maggie.Stamoulis@bendigoadelaide.com.au

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WISH TO
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Aqua Shop are swimming specialists carrying top brands and the highest quality aquatic product available worldwide



The Pancake Parlour is an Australian family-owned pancake restaurant chain, serving sweet and savoury pancakes and crepes in various locations around Victoria

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.

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!



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



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



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.



**SURREYPARK
SWIMMING**

ESTD 1904

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