

SURREY PARK

SWIMMING NEWS

March Edition 2018



FEATURED ARTICLES

*BOX HILL SOUTH LEARN
TO SWIM CENTRE

*THURSDAY NIGHT
RACING

*OPEN WATER

LEARNING TO SUBMERGE

At Surrey Park we strive to provide fun and engaging lessons that cater for the needs of individual swimmers.

Learning to submerge in water can be challenging – providing your child with an opportunity to practice this skill at home will complement the skills they are



learning during their lessons. Repetition of the skills learnt in class in an encouraging and fun environment, with family or guardians will help to build confidence and consolidate skills.

HOW TO PRACTICE AT HOME:

Using a plastic cup at home in the bath can help to build confidence.

Always start with a cue such as “3, 2, 1, Go!”.

Start by pouring gently pouring water onto your child's hand after the “3,2,1, Go!” cue – provide positive feedback – “That was fun! Would you like to try?”.

Now give your child a turn pouring onto their hand or your hand. Provide positive feedback, look them in the eye and smile.

Next time, after the cue, try pouring water onto your child's shoulder. Invite them to pour water on your shoulder too, work toward them pouring water on your head. Smile and laugh – don't rub your eyes though – encourage them to “blink, blink” when they get water in their eyes - it is less irritating.

Work towards pouring water on the top of your child's head for one second. Give them a turn pouring on their own head after the cue too. Then you can slowly progress to longer pours for 5 seconds as your child gets more confident. When the pour is over, always smile and encourage blinking to clear the eyes of water. Your child will be exploring underwater before you know it!

SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8 th March Thursday Night Racing	9 th March	10 th March
11 th March	12 th March Labour Day	13 th March Priority Re-Enrolment	14 th March Priority Re-Enrolment	15 th March Priority Re-Enrolment	16 th March Priority Re-Enrolment	17 th March Priority Re-Enrolment
18 th March Priority Re-Enrolment National Preparation Meet	19 th March Priority Re-Enrolment	20 th March Priority Re-Enrolment	21 st March Priority Re-Enrolment	22 nd March Thursday Night Racing Priority Re-Enrolment	23 rd March Priority Re-Enrolment	24 th March Priority Re-Enrolment
25 th March Club Age Championships	26 th March	27 th March	28 th March	29 th March Last Day of Term	30 th March Good Friday	31 st March
1 st April Easter Sunday	2 nd April Easter Monday	3 rd April School Holiday Program Week1 Aqualink	4 th April School Holiday Program Week1 Aqualink	5 th April School Holiday Program Week1 Aqualink	6 th April School Holiday Program Week1 Aqualink	7 th April Metro All Junior Semi finals
8 th April Metro All Junior Finals	9 th April School Holiday Program Week2 Aqualink	10 th April School Holiday Program Week2 Aqualink	11 th April School Holiday Program Week2 Aqualink	12 th April School Holiday Program Week2 Aqualink	13 th April School Holiday Program Week2 Aqualink	14 th April
15 th April	16 th April Term lessons commence	17 th April	18 th April	19 th April	20 th April	21 st April Australian Age Championships
22 nd April Australian Age Championships	23 rd April Australian Age Championships	24 th April Australian Age Championships	25 th April ANZAC Day Australian Age Championships	26 th April Australian Age Championships	27 th April	28 th April

LTS Learn to Swim

Competitive Squads

Combined

Public Holidays

LEARN TO SWIM AND DIVE REMINDERS & NEWS

**PRIORITY
RE-ENROLMENT
ENDS
25th MARCH**

Centre Policy



Please be aware:

The use of photographic equipment for capturing magic moments is not permitted in either centre as we must respect the privacy of other centre users.

Is your child in Development or Fitness Squad?

Come join us at our Club Champs. They are a great way to make new friends and introduce your child to competitive swimming in a fun, friendly environment.

Contact hayley@surreypark.org.au for further queries or to enter events.

Warm ups from 8am on the 25th March at Camberwell Grammar Pool.

[Click here](#) for further details and events.



Dates for your Calendar

13th – 25th March – Re-enrolment for Term Two

29th March – last day Term One

3rd April – bookings open to the public

4th – 15th April – Commonwealth Games

3rd – 6th April – Week One School Holiday Program @ Aqualink

9th – 13th April – Week Two School Holiday Program @ Aqualink

16th April – Term 2 commences

Teddy Bear Picnic at Aqualink



Does your child swim with us midweek morning at Aqualink?

If so **bring along their favourite teddy** and join us and our big Ted for our Teddy Bears Picnic.

Big Ted will be down on pool deck watching all the fantastic things our swimmers do in the pool.

After your lesson bring teddy along for a biscuit and join us at the colouring table.

School Holiday Program

Now Open

Our School Holiday Program is now open for bookings.

Our 5 day intensive program is traditionally great if your child is close to moving up a level or would like to consolidate a skill learnt throughout the term. We also offer breaststroke kick only classes for those wanting to master this skill.

Spots are limited, book your spot today!

Note: The holiday program will be running out of Aqualink Box Hill for the April School Holidays.

Don't forget to make a day of it and play at Aqualink's Chill Zone and Splash Pad, with entry free on the day of your lesson.

To enquire or make a booking, call 9898 8876 or visit our reception desk at Aqualink Box Hill.

Week One: 3rd April to 6th April

Week Two: 9th April to 13th April



Do you have any fins at home you no longer use?

If so we would love to use them in our learn to swim programs. Drop them off at our reception desk at either Aqualink or Box Hill South and we promise we will put them to good use.



THURSDAY NIGHT RACING SERIES

Term One
Open to
L4+
swimmers



It has been great to see so many of our swimmers participate in our racing night series. We have had a lot of fun. Thanks to those parents that have volunteered with the time keeping on the night.

We would love to see as many of our Level 4 and above swimmers on the 22nd March for our last night of the series. The night is based on participation and fun and is a great way of introducing your child to the sport of swimming.

Please speak to the lead instructor or our Customer Service staff if you have any queries.

Normal pool entry charges apply.

Parent help required on the night as timekeepers.

- Based on participation and fun
- Introduce your child to the sport of swimming
- Practice and develop racing skills
- Open to all Level 4 and higher swimmers through to Junior and State Development Squads

Nightly Schedule

4:00 – 4:15 Dry land Activation
4:15 – 4:45 Warm Up
4:45 – 5:00 Marshalling
5:00 – 7:00 Racing

Racing Nights

Last Racing Night for the series
22nd Mar

Email: hayley@surreypark.org.au to sign up.
Note: you are welcome to come to one or all.

COACHES CORNER

TO ACCESS ALL
PHOTOS LOG IN
TO OUR WEBSITE
USING YOUR
MEMBERS LOGIN

Australian Swimming Trials

This year Surrey Park sent three of its swimmers to the Gold Coast to compete against the best in the country at the Australian Swimming Trials. These trials saw our swimmers competing for selection to the Australian team for the Gold Coast Commonwealth Games.

Well done Hamish, Laura and Maaïke on qualifying for the trials.



Surrey Park Long Course Meet

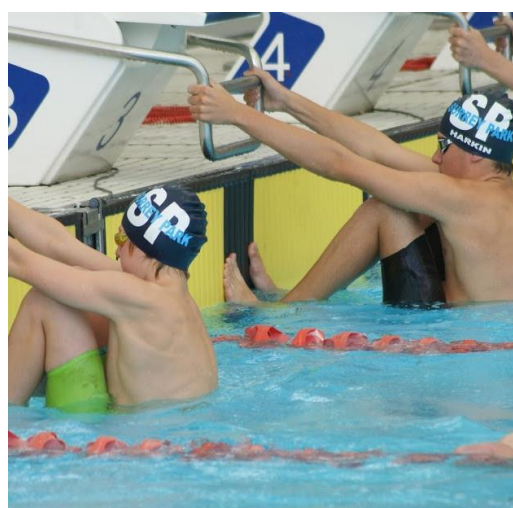
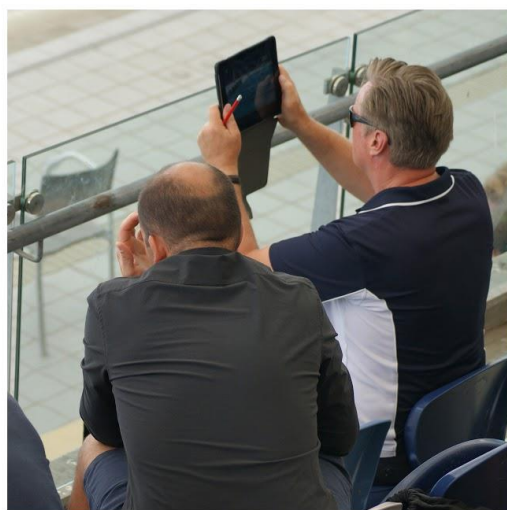
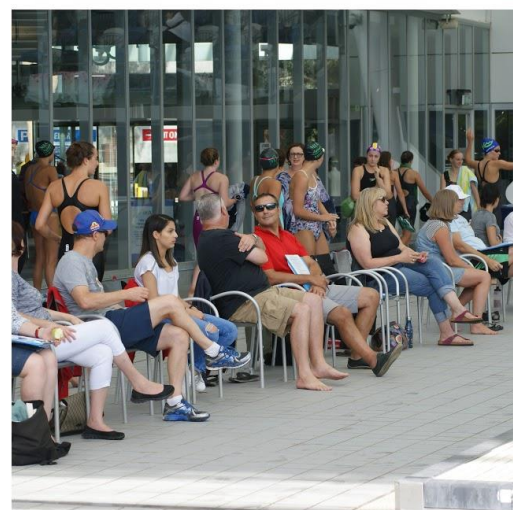
Our Surrey Park Meet held at MSAC on Sunday 18th February, was a great success, offering swimmers a chance to qualify for the Commonwealth Games Trials and 2018 Age Nationals held in April. It was well attended and great to see so many of our swimmers competing on the day, from our Junior all the way to Open High Performance swimmers.

We have fantastic members at Surrey Park, so a big thank you to officials and everyone that volunteered their time, as we wouldn't be able to run an event like this without your help.

We have had great feedback, with the event running smoothly and everyone volunteering their time being well fed and hydrated.

A good team and a great outcome is never a coincidence so thank you everyone for all the hours spent in the lead up to the meet.





Metro East District Championships

On the 5th March a contingent of Surrey Park swimmers competed in the annual Metro East District Championships. There were many great swims and PB's on the day, well done to all our swimmers.

Special Mention to the below swimmers on taking out the Friendship Relay and David Cook Trophy, three of the premier events held at the District Championships.

Friendship Relay

4x100m Open Men's Relay team - Calvin Fiarhurst, Flynn Phillips, Jonty Pote and Tanin Kursidim

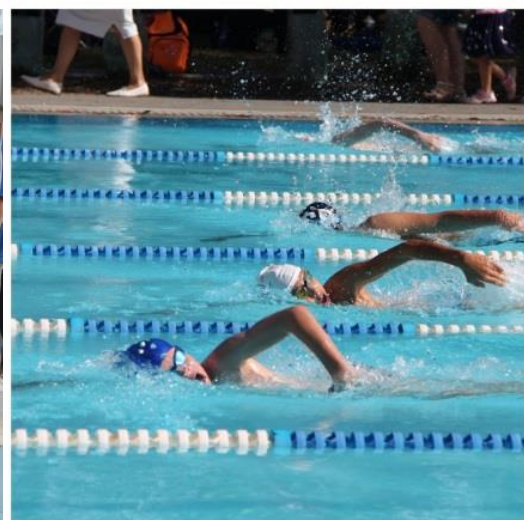
4x100m Open Girls Relay team – Isabella Missen, Ciara Walsh, Marli Rendell, Jordan le Blanc

David Cook Trophy

200m Individual Medley

Nicholas Chang





Annual Club Presentation Night

Our Annual Club Presentation Night is being held this year at the Veneto Club on Sunday the 20th May. It is a great night where we come together to celebrate the 2017/18 season. **Save the date**, and keep an eye on the club event page for further details on how to book your seat.



We need your help!

We love to post photos on Facebook, our newsletter or place in our slides for Presentation Night, of all our swimmers both in and out of the water. We need your help to do this. So if you have your phone or camera handy and are taking a few snaps could you please pass them onto leanne@surreypark.org.au



Junior Dolphin Program

We are proud supporters of the Junior Dolphin program introduced by Swimming Australia. The program is designed for young swimmers who want to experience a little bit more from swimming and get involved with the fun aspects of swimming as well as the skill development a club environment provides. Junior Dolphins will provide FREE membership for children 7 & under in their first year.

Each member will receive a FREE gift pack upon registration.

A colorful promotional graphic for the Optus Junior Dolphins program. It features a blue dolphin character with goggles on its head, jumping out of the water. The background is a light blue sky with a green grassy area at the bottom. There are several circular call-to-action buttons: a blue one saying 'WE ARE A SUPPORTER OF THE JUNIOR DOLPHINS PROGRAM', an orange one saying 'JOIN NOW!', a pink one saying 'FREE TO KIDS 7 YEARS AND UNDER AND HALF PRICE FOR 8 YEARS AND OLDER', a green one saying 'FREE PARTICIPATION PACK - TSHIRT AND BAG TO KIDS 5 AND OVER', and a blue one saying 'CLICK HERE FOR MORE INFORMATION'. A yellow speech bubble from the dolphin says 'Make a splash!'. The text 'OPTUS JUNIOR DOLPHINS' is prominently displayed in the center.

CLUB CHAMPIONSHIPS

We look forward to seeing all our swimmers at our Club Age Championships. It is a fun day of swimming and a great chance for our younger swimmers to see our High Performance swimmers in action. Events like these cannot be run without the support of our parent group so please sign up by clicking the job sign up tab on the event page. Many hands make light work so thank you in advance for your help.



CLUB AGE CHAMPIONSHIPS

Sunday 25th March 2018

Camberwell Grammar Pool, 55 Mont Albert Rd, Canterbury

(enter via Gate 3, underground car park is on level 1 of Sports Complex)

Pool entry and warm up from 8.00 am onwards

To be eligible to compete and receive medals at the Club Age Championships swimmers need to be members of the Club.

In events for those aged 11 Yrs and Under, medals will also be awarded to the first three placegetters in two age groups, 10/11 Yrs and 9 Yrs and Under. In all other events medals will be awarded to the first 3 placegetters.

Swimmers in the Surrey Park Learn to Swim Program's Development and Fitness Squads who are not members of the Club are also welcome to enter. If these swimmers finish in the first three places, they will receive a visitor's medal in recognition of their performance.

Please Note: Each participant will be charged \$12 on their next account to help cover the cost of hiring the pool.

ENTRIES WILL CLOSE THURS 22nd March 2018

Members should sign up and select the events they want to swim through TeamUnify; link is <https://au.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3DVcspsc&id=402059&team=vcspsc>

Learn to swim participants can sign up at Surrey Park reception

Please email any queries to spmeets@hotmail.com

Important: Parental assistance is required to run this meet. Parents are encouraged to sign up to help when they register their swimmers.

PROGRAM OF EVENTS (Age as at 25th March 2018)

Male Ev No	Female Ev No	Age Group	Distance Stroke	Male Ev No	Female Ev No	Age Group	Distance Stroke
1	2	14 & over	200 IM	27	28	16 & over	100 Free
3	4	13 & under	200 IM	29	30	14/15	100 Free
5	6	11 & under	50 Free	31	32	12/13	100 Free
7	8	16 & over	100 Brst	33	34	11 & under	100 Free
9	10	14/15	100 Brst	35	36	16 & over	100 Fly
11	12	12/13	100 Brst	37	38	14/15	100 Fly
13	14	11 & under	50 Brst	39	40	12/13	100 Fly
15	16	14 & over	200 Free	41	42	11 & under	50 Fly
17	18	13 & under	200 Free	43 #	44 #	14 & over	200 Back
19	20	16 & over	100 Back	45 #	46 #	13 & under	200 Back
21	22	14/15	100 Back	47 #	48 #	14 & over	200 Fly
23	24	12/13	100 Back	49 #	50 #	13 & under	200 Fly
25	26	11 & under	50 Back	51 #	52 #	14 & over	200 Brst
				53 #	54 #	13 & under	200 Brst

Note: Swimmers will need to choose whether to swim 200m in Back or Breast or Fly

COMMITTEE CORNER

There has been lots' happening around the Club to start the year. Dani Smithson, Georgia Watkins and Tom Harkin competed in the National Open Water Championships in Adelaide and Hamish McDougall, Lara Davy and Maaïke Vrij headed to the Gold Coast for the Commonwealth Games trials. Then at the end of next month we have 12 plus swimmers heading to Sydney for the Australian Age Championships.

Closer to Aqualink we have been busy with; Thursday racing, All Junior trials for the Metro Championships, District Championships and the Surrey Park Long Course meet. I would like to thank everyone for their assistance in ensuring these meets run smoothly. We again had fantastic feedback from external Clubs regarding the professionalism of our Surrey Park Meet and the wonderful catering.



I would also like to express my appreciation to all the families who helped with fulfilling all the timekeeping duties over the various competitions.

We have a couple more fun events on the calendar for the 2017-2018 season. Firstly, we have our Club Championships which will take place at Camberwell Boys Grammar School on Sunday 25th March. This is a wonderful opportunity to get together as a Club to celebrate the hard work of all the swimmers from all squads. It is also a rare chance for younger and older swimmers to race together at the same time in a fun and relaxed environment. Then we have our Annual Presentation Night on Sunday May 20th for all Club members and their families. Please sign up for both these events on the Surrey Park Swimming Club website.

I look forward to seeing you in a couple of weeks at Club Champs!

Shannon Clarke-Club President



MERCHANDISE UPDATE

**NEW
STOCK
ARRIVED!**

NEW Mesh Bag

Introducing the Surrey Park mesh bag!
Our new drawstring mesh bag is a great way of helping keep your equipment, bathers, towel or any wet item away from your clothing and other valuables and is a great way of keeping all your swimming stuff in one place when at home.

Box Hill South Centre Merchandise Coloured Caps

We are now stocking Surrey Park logo coloured swimming caps for our learn to swim customers.

Available colours: Orange, White, Multi Coloured and Green.

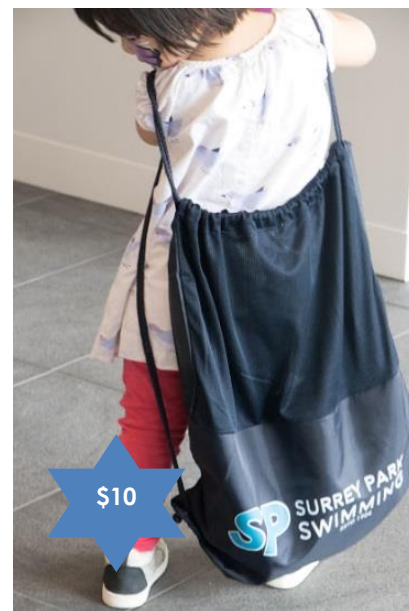
Cost is \$10.00

Vorgee Stock

We are now stocking the Vorgee range of goggles, swim nappies, ear bands, putty and ear plugs. For full range of colours and prices please visit our Reception desk at Box Hill South.

Club Uniform

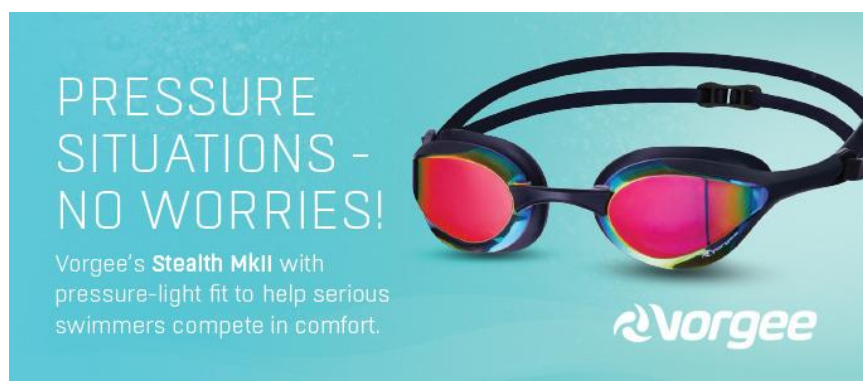
We will only be stocking the navy swimming caps at the new centre. Our apparel range will only be available from our reception at Aqualink Box Hill.



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

Vorgee Goggles for our Competitive Swimmers – now stocking at BHS

★ 20% discount on performance goggles for all Surrey Park Members ★



We are now stocking Vorgee performance goggles at our Box Hill South Centre, the Stealth, Eclipse and Fuse. **Feedback from Matts Welsh about Vorgee goggles:** The Stealth is my favourite goggle, the Eclipse the best outdoor goggle I have seen with the Fuze our most popular racing goggle used today.

Deck Jackets

With the rumour we are about to face a record breaking cold winter in 2018 we will be placing our order for jackets on 1st May. Please email leanne@surreypark.org.au to order along with the name to be embroidered on the front of jacket. Cost is \$165 with payment made at the time of order. We currently have a limited range of jackets to try on for sizing with all sizes available within the next 3 weeks. Please note this is a one off order.



Microfibre Towel

Our towels are water absorbent and a fantastic way of promoting Surrey Park on pool deck and at meets. Plus they are quick drying! Buy yours today from our reception desk for only \$30.00

Entertainment Book

Pre-order from Surrey Park Swimming Club and receive your NEW 2018 | 2019 Entertainment Membership in time for school holidays!

Help us raise funds for our Swimmer Support Program by buying an Entertainment Membership, and you can enjoy value the whole family will love this school holidays. You'll receive hundreds of valuable offers to keep the kids 'entertained' and help our fundraising at the same time. PLUS, pre-order now and you'll receive **over \$150** of bonus Early Bird Offers. Support us NOW. All hardcopies will be available for purchase from our reception desk from 21st March.

DO YOU
TRAIN MORE
THAN TWICE
A WEEK?

AQUALINK and SURREY PARK SWIMMING BENEFITS

30% off
MEMBERSHIPS

10% off
MERCHANDISE

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.

*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

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



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

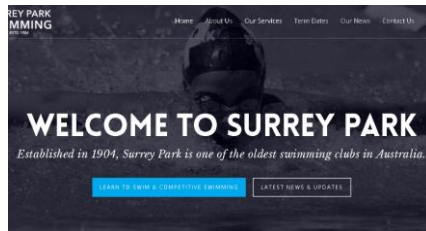
Surrey Park Swimming Club seeks to provide the best club environment in Victoria for the development of all its swimmers to their full potential in an atmosphere of enjoyment and professionalism.

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



**SURREYPARK
SWIMMING**

ESTD 1904

Surrey Park Swimming

at Aqualink Box Hill, Surrey Drive, Box Hill, VIC 3128
T: 9898 8876
E: aqualink@surreypark.org.au

at Box Hill South, 313 Middleborough Rd, Box Hill South, VIC 3128
T: 8899 6476
E: bhs@surreypark.org.au

W: surreypark.org.au