

SURREY PARK SWIMMING NEWS

June Edition 2018



FEATURED ARTICLES

- SWIM THROUGH WINTER
- FREE CPR
- ANNUAL PRESENTATION NIGHT

SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				7 th June	8 th June	9 th June
10 th June	11 th June Queen's Birthday	12 th June Priority Term 3 Re-Enrolment commences	13 th June	14 th June	15 th June	16 th June
17 th June	18 th June	19 th June	20 th June	21 st June	22 nd June	23 rd June
24 th June Priority Term 3 Re-Enrolment ends	25 th June	26 th June	27 th June	28 th June	29 th June	30 th June
1 st July End of Term 2	2 nd July	3 rd July	4 th July	5 th July	6 th July	7 th July Combined squad training
8 th July	9 th July	10 th July	11 th July	12 th July	13 th July	14 th July
15 th July	16 th July Term 3 commences	17 th July	18 th July	19 th July	20 th July	21 st July Surrey Park SC Meet
22 nd July	23 rd July	24 th July	25 th July	26 th July	27 th July	28 th July

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 Two Reports

As Term two draws to a close please ensure you receive your child's progression report. If you have any questions please speak to our lead instructors (in red polo's) who will be on pool deck.

Is your child swimming midweek mornings at Aqualink Box Hill?

Following on from the success of our Teddy Bear Picnic themed week in Term 1, we are going on a bear hunt during the last week of Term 2. At the end of your child's lesson speak to our lead instructor and go on a bear hunt around pool deck to discover what our bears are up to!



Dates for your Calendar

11th June – Queens Birthday Public Holiday
12th June to 24th June – Priority Re-Enrolment Booking Period – pay for Term 3 lessons to secure your current booking
25th June to 1st July – Last week term- unpaid Term 3 bookings will be removed - opening up spaces for those wishing to change lesson times or move up a level
2nd July – New Enrolments open to the Public
2nd July to 6th July – Week One School Holiday Program
9th July to 13th July – Week Two School Holiday Program
16th July - Term Three commences

We are going on a bear hunt!



Free CPR Course

Free unaccredited Cardiopulmonary Resuscitation (CPR) courses for Surrey Park parents and children over 12 years of age!

We believe it is important for everyone to know how to perform lifesaving emergency care as emergencies often happen at home. These sessions will be run by our lovely customer service officer, Paula, who has been running accredited and non-accredited CPR courses for over 14 years.

We have two sessions available for bookings:

1. Thursday June 21st from 6.30-8pm in the Surrey Park Swimming clubrooms at Aqualink Box Hill
2. Saturday July 28th, 10.30-12pm in the Surrey Park Swimming clubrooms at Aqualink Box Hill.

Please call Surrey Park Reception at Aqualink to secure your place on 9898 8876. Spaces are limited so please book early to avoid disappointment.

Why learn CPR?

In Australia, around 30,000 people die after having Sudden Cardiac Arrests (SCA) each year. This "electrical malfunction" of the heart is different to a heart attack and is one of our biggest killers.

Sudden Cardiac Arrest can happen to people of any age, gender or health status.

To lower the number of SCA deaths in Australia change is crucial. Everyone should learn CPR.

We learn how to swim, we learn how to use a fire extinguisher, why shouldn't we learn how to use CPR and a defibrillator as well?



CPR SAVES LIVES

In Australia, if you have a Sudden Cardiac Arrest, you only have a 9-10 per cent chance of survival

In Seattle, where 75% of the population know CPR, you have a 62% chance of surviving a Sudden Cardiac Arrest



IMPORTANT MESSAGE FOR PARENTS

SEE YOU
IN
TERM 3

Did you know? If you attend your 30 minute class every week of the school term for the whole year you end up swimming for a total of 1,230 minutes! This equates to 20.5 hours for the entire year!

This total reduces if you take a break during the winter months, if you swim in a week with a public holiday or take some time off for sickness. Public holidays and sickness are unavoidable, but swimming in the winter months is possible. Students who take a break from swimming throughout winter always experience some regression of their swimming skills.

Alternatively, if you did one holiday program each term, you would increase your total by 10 hours.

Over winter, use these strategies to keep healthy and avoid illness:

- Get children or yourself rugged up at the end of a lesson quickly
- Wash your hands with soap after using the change rooms or before eating
- Get a cheap wetsuit to keep you warm if you are sensitive to the cold
- Eat healthy and remember to drink lots of water

Thank you all for another fantastic term at Surrey Park Swimming. We hope you enjoyed your lessons and look forward to seeing you again next term!

Lost Property



If you swim at Box Hill South and think you have left something at the centre, please check with reception, as all uncollected items will be donated to a charity at the end of the term.

■ **Be prepared for summer months;**

Stopping in term 3 sees swimmers regress in their skills;

■ **Drowning doesn't stop over winter;**

■ **It might be cold outside but swimming indoors is a great exercise over winter. The pool water sits at both centres around 29.5 degrees and the Splash Pad play area at Aqualink around 33 degrees;**

■ **Exercise is good for the mind, body and soul.**

COACHES CORNER

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

Annual Presentation Night

Thanks to everyone that came to our Presentation Night on May 20th. It was a fantastic night. Congratulations to award winners and many thanks to all those that volunteered their time to help make it such a success. Thanks to Dan for taking photographs on the night, the photos are now available on our member's website. Thankyou to everyone that donated products for the hampers that we raffled on the night. Jan and Katie did a great job presenting the hampers, they looked fantastic. All proceeds from the raffle go towards our Swimmer Support Program.



Team Bonding Session with our Junior Squads

The State Development and Youth Squad went rock climbing as a team building activity and our Junior Squads went to 'Bounce'. They had a great turn out with the kids having a lot of fun!



2018 Australian Age Championships



Our Team as pictured:

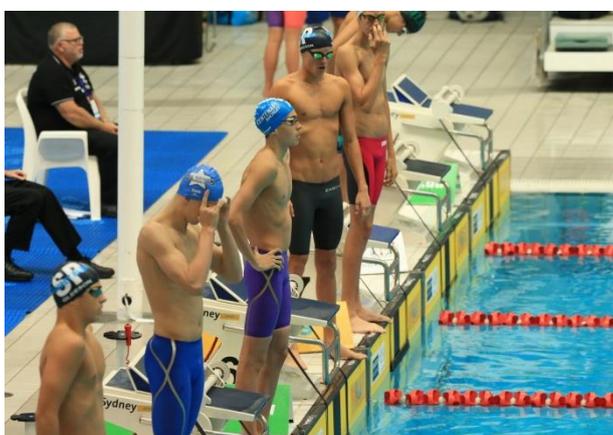
Aidan Gleeson, Alexander Hillman, Calvin Fairhurst, Chantelle Underwood, Connor Xu, Danielle Smithson, Georgia Watkins, Greg Kerdemilidis, Jonty Pote, Jy MacGregor, Laura Davy, Leon Iera, Lewis Clarke, Nicholas Chang, Tanin Kursidim

Well done to all our swimmers who headed off to Sydney to compete in the 2018 Australian Age Nationals held between the 21st and 26th April. With many making finals and some awesome swims we would like to congratulate our swimmers on how well they represented themselves and Surrey Park.

Thanks also to the coaches and team managers throughout the competition with special mention to Lydia for keeping us updated on progress through Facebook.

Team Bonding Session with our Open Squad

Our Open High Performance Squad swimmers bonded over Surrey Park Swimming's version of the Amazing Race as they explored Box Hill looking for clues and completing challenges.



AQUALINK POOL PARTIES



“Have a Ball and make a Splash with your next birthday at Aqualink Box Hill! Keep warm this winter and relax letting Aqualink take care of the preparation, entertainment and catering for you. Bounce away their energy in their have a Ball Parties or Splash about in their heated indoor Pool Parties - perfect for those wet weather days!”

Call Aqualink on 9843 2900

SAFE SPORT FRAMEWORK

Surrey Park Swimming has adopted Swimming Australia's Safe Sport Framework. To access further details about the framework, visit our website at <http://surreypark.org.au/safesport/>.

The Safe Sport Framework and the Victorian Child Safe Standards confirm the shared responsibility everybody in the swimming community has to ensure that there is an overarching culture of child safety:

Surrey Park members are required, at all times, to comply with the Code of Conduct and the Code of Conduct for Dealing with Children and Young People in the Safe Sport Framework. Additional Codes of Conduct apply for Club members participating in team camps, trips and other activities.

In accordance with the Safe Sport Framework all applicants for employment at Surrey Park are required to undergo extensive screening and background checks.

All paid staff, committee members, officials and other volunteers who could potentially have unsupervised contact with children are required to have a valid Working With Children Check.

If you have any concerns about a breach of this code please [click here](#) to view the reporting process.

COMMITTEE CORNER

The Annual Surrey Park Presentation Night was held on May 20th at the Veneto Club and was attended by nearly 200 members and their families. Thank you to everyone who contributed with hamper donations and assisted with the evening especially: Sylvia Gleeson, Nadia Rigoni, Steve Harper, Phil Kong, Heather O Conner, Dan Iera and Tim Harkin.

We had a wonderful talk by Beau Vernon who suffered a spinal cord injury whilst playing Football and became a quadriplegic at the age of 23. Amongst other things he spoke about how attitude changes outcomes and making the most of what you have. It was an inspirational speech and I would like to thank Ian Phillips for organising for him to join us for the evening.

I would like to again congratulate all the award winners - both swimmers and volunteers. Everyone likes to have their contributions recognised and Coaches awards are given for attributes swimmers have that sometimes have nothing to do with times or winning, but for good work ethic and showing leadership skills.

On the evening the club was presented with a cheque for \$14,000 from Bendigo Bank for a pool lift in our new Box Hill South Facility. We are extremely fortunate to have such community support for our organisation.

Last Saturday we had a whole Club training and breakfast. These mornings give the coaches a chance to work with swimmers across the squads and also learn and develop from having more experienced coaches on pool deck with them. There was an army of parent helpers struggling to cook pancakes to match the demand of our hungry swimmers.

As we prepare for the 2018-2019 season you will soon receive information about membership renewal and Club fees for the new season. If you haven't already done so, please sign up for the Surrey Park meet on Saturday 21st July.



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 items away from your clothing and other valuables and helps keep your swimming stuff in one place when at home.

Only \$10.00

Deck Jacket update

Deck jackets will be available for pick up from tomorrow. An email has been sent out to all families that ordered. Please note: payment of \$165 per jacket is required at the time of pick up from our reception desk at Aqualink.

Soft Shell Jackets

Soft Shell jackets have been ordered and we will contact all families once they have arrived. We envisage these being available late June.



June Stocktake Sale on Surrey Park Puffer Vests

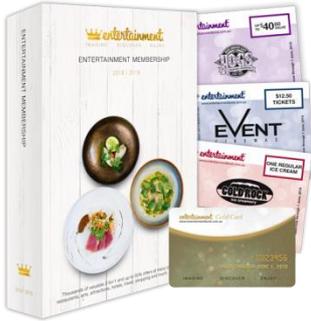
NOW ONLY \$40.00



**Great for that extra warmth over
our long sleeve t-shirts**

ONLY WHILE STOCKS LAST!

CLUB FUNDRAISER



Entertainment Membership

**\$20,000
OF VALUE
FOR ONLY
\$70.00**

Purchase your NEW 2018/2019 Entertainment Membership from Surrey Park Reception or online and help raise funds for our Swimmer Support Program.

Help us raise funds for our Swimmer Support Program by buying an Entertainment membership, and you can enjoy value the whole family will love. See below.

[Click here](#) to order online or all hardcopies are available for purchase from our reception desk at Aqualink or Box Hill South.

Save \$\$ with their great two for one offers and discounts

Something for the kids

Bounce, Bowling, Luna Park, Legoland, Escape Room, Rollerskating
Movie Tickets and more

For those that love to dine

Riva, Riverside Teppanyaki, Bucatini, Ladro, DeBortoli
Rochford and more

For those that love to travel

Car hire, Hotels, Air fares from Jetstar, Air New Zealand, Emirates, British Airways, Hawaiian Airlines
Gold Coast Attractions and more

Everyday savings

Woolworths, Priceline, Country Road, Rebel, JB Hi-Fi, Chemist Warehouse, Brumbys, Bakers Delight,
KFC, McDonalds, Schnitz, Subway and more

**GREAT VALUE
FOR THE
SCHOOL
HOLIDAYS**

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**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 at Aqualink

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 or yearly 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 on competitive swimmer goggles at Box Hill Sth

We are now stocking Vorgee performance goggles at our Box Hill South Centre (the Stealth, Eclipse and Fuse) and are offering a 20% discount for all Surrey Park members.

Discount for our Swimmers at Aqualink!

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 Entry Card.

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

**20% off
SELECTED
VORGEE
GOGGLES**



Feedback from Matts Welsh about Vorgee goggles: The Stealth is my favourite goggle, the Eclipse the best outdoor goggle I have used and the Fuze is our most popular racing goggle.

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

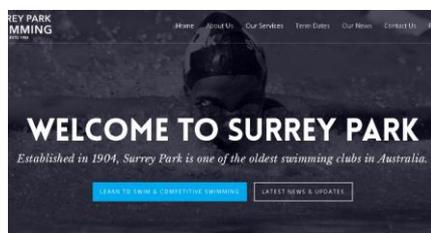
Surrey Park Swimming Club seeks to provide the best club environment in Victoria for the development of all its swimmers to their full potential in an atmosphere of enjoyment and professionalism.

WHERE TO FIND US!



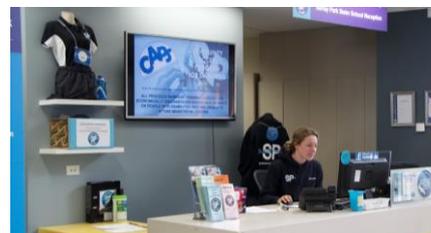
Like us on Facebook to keep up to date with what is happening at Surrey Park Swimming.

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

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