

SURREY PARK

SWIMMING NEWS

November 2018 Edition



INSIDE THIS EDITION:

- AGE AND OPEN CHAMPIONSHIPS
- FREE CPR SESSION
- SWIMMING CARNIVAL

SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 st November	2 nd November	3 rd November All squads train at Box Hill
4 th November Surrey Park Long Course Meet	5 th November	6 th November Public Holiday	7 th November	8 th November	9 th November	10 th November
11 th November Metro Optus Junior Dolphins Competition	12 th November Water Safety Week	13 th November Water Safety Week	14 th November Water Safety Week	15 th November Water Safety Week	16 th November Water Safety Week	17 th November Water Safety Week Day Trip to GSI Victorian Qualifying and LC Distance Meet
18 th November Water Safety Week Victorian Qualifying and LC Distance Meet	19 th November School Holiday Program Bookings Open	20 th November	21 st November	22 nd November	23 rd November	24 th November
25 th November Nunawading LC Meet Swim Carnival at Aqualink Box Hill	26 th November	27 th November	28 th November	29 th November	30 th November	1 st December
2 nd December	3 rd December Priority Term 1 Re-Enrolment period	4 th December Priority Term 1 Re-Enrolment period	5 th December Priority Term 1 Re-Enrolment period	6 th December Priority Term 1 Re-Enrolment period	7 th December Priority Term 1 Re-Enrolment period	8 th December Priority Term 1 Re-Enrolment period
9 th December Priority Term 1 Re-Enrolment period	10 th December Priority Term 1 Re-Enrolment period	11 th December Priority Term 1 Re-Enrolment period	12 th December Priority Term 1 Re-Enrolment period	13 th December Priority Term 1 Re-Enrolment period WA State Champs training Camp	14 th December Priority Term 1 Re-Enrolment period WA State Champs training Camp	15 th December Priority Term 1 Re-Enrolment period WA State Champs training Camp

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 4

Welcome to Term4 swimming with us. If you have any queries or feedback throughout the term please speak to our customer service staff or lead instructor.

Term One 2019

Term 1 2019 is starting a little earlier to continue to get kids ready for summer - Term 1 2019 starts from Monday the 21st of January!

Does your child know how to put their goggles on?

Teachers don't mind helping students with their goggles, however if the whole class need assistance this can cut into precious lesson time. Please have a practice at home before your next lesson to teach your child the best way to put their goggles on. Our tried and tested way is to use one hand to put the eye pieces on the eyes, and then use your other hand to pull the strap over the head. If the strap falls too close to the base of the neck then the goggles will fill with water.

Term Dates for your Calendar

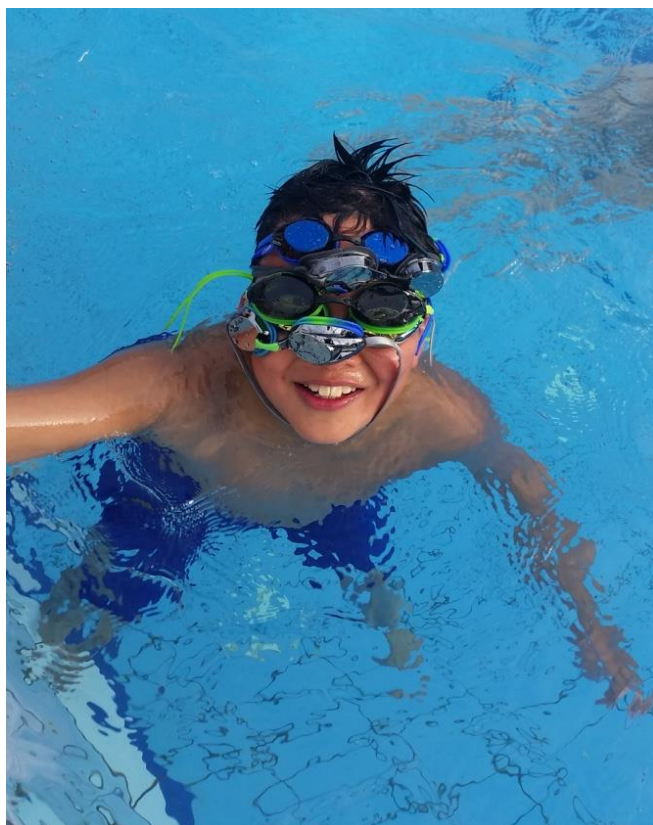
6th November – Melbourne Cup Public
Holiday no lessons on this day

12th to 18th November – Water Safety Week

12th November – Summer School Holiday
Program Bookings Open

3rd to 16th December – Priority Re-enrolment
Opens so please book during this time to
secure your lessons

15th December – Themed week



Free CPR Session

There were 800 drowning incidents and 249 deaths in 2017/18. Did you know that in most cases you will probably be the first person to commence CPR if an incidence occurs to your loved one?

With 103 drowning's last summer, please take the time to learn CPR and give your loved one the best chance of survival.

Join Paula on Monday November 26th, 10.30-12pm at our Box Hill South centre to learn this lifesaving skill!

Call 8899 6476 or speak to our Customer Service Staff to book your spot today. If the desk is unattended, you can leave a message on our answering machine and someone will call you back to confirm your place.

Thanks for participating in our Survey!

Thank you to everyone that took the time to complete our survey. We do value your contributions and take on board all your feedback.

From the survey, we have received a lot of feedback about level progressions and you wanting to know where your child is at and what they need to do to progress. In response to this we have sent an email out to all families from our lead instructors introducing who they are and the role they perform in this process. We run through our process of assessing and reporting so please take the time to read our email message from your lead instructor.

CONGRATULATIONS TO THE FOLLOWING WINNERS:

50% off term one lessons: Congratulations Mahmud for taking the time to fill out a testimonial.

FREE Holiday Program: Congratulations Caroline and thanks for taking the time to fill in the survey providing us with valuable feedback.

Open Day Pool Party



In conjunction with Decathlon we held our first pool party open day at our Box Hill South Centre. It was a great success with many taking the chance to swim in our mineral based water pool and try Decathlon products. Decathlon are opening their new store soon, so if you haven't taken out a membership or checked them out then please do. Also don't forget to add Surrey Park Swimming Club in the drop down box when you are signing up.

Like us on Facebook

Keep up-to-date with all things Surrey Park

Underwater Photos

We had a great time with Puddle Pics, we hope you did too! They photographed our amazing kids swimming underwater at both Aqualink and Box Hill South Centre. Don't worry if you missed out on photos this time around as they will be returning in 2019!



Celebrating Successes

We love it when our kids progress through their levels. Don't forget to take a photo of your child with their certificate in front of our new banners. If you put it on Facebook we would love you to share it with us or send your photo to leanne@surreypark.org.au and we will share it with our community.



SWIMMING CARNIVAL

Swimming Carnival 25th November – SAVE THE DATE!

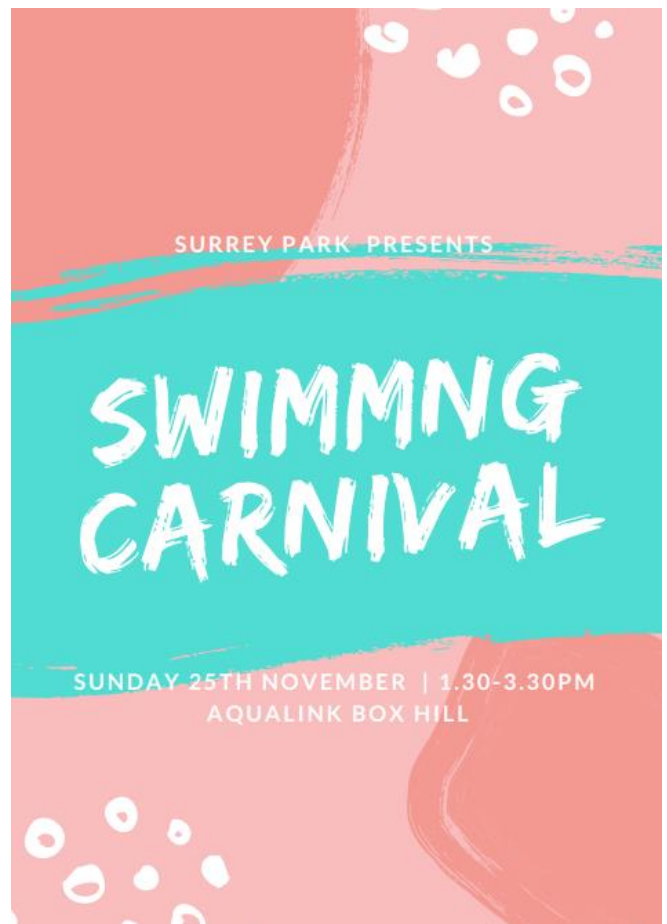
Save the date and join us at our swim carnival at Aqualink Box Hill. The carnival is open to all swimmers at Surrey Park Swimming and from pre-school age all the way through to Fitness Squads.

It will be a fun afternoon!

Pre-School Age to Level One
7 events are planned for the pre-school to level one swimmers in the learn to swim pool. The fun activities will see our younger swimmers enjoying a series of events such as noodle races, seal and spoon races and sinky toy relays. The day is about having a go, having fun in the water and making some friends along the way.

Level Two to Fitness Squad
13 events are planned in the outdoor pool for our Level Two to Fitness Squad swimmers. We have 12.5M, 25M or 50M events over the four strokes as well as some fun relays. All races are participation based and will not be timed. Carnivals are a great way of introducing your child to the sport of swimming in a nurturing environment, having some fun and making friends along the way.

All participants will receive a participation certificate and high fives from our instructors. We will also be providing a FREE BBQ at the end of the event. Looking forward to seeing you there!



COMPETITIVE SQUADS

REMINDERS & NEWS

Metro East Junior Dolphin Selection Trials

Congratulations to the 58 Surrey Park swimmers who competed at the Metro East Junior Dolphin Selection Trials. 29 swimmers qualified in 85 events to represent Metro East at the Optus Metro Junior Dolphins Competition at MSAC on Sunday 11th November. It was also fantastic to see so many swimmers achieve PB's and State Qualifying times. A special mention the 11 swimmers who were racing at their first swim meet. Go Surrey and good luck to everyone competing on the 11th!

Congratulations on those that qualified:

8 year old's

Mila Rudolph, Ava Plant, Leena Hart, Byron Geng , Luka Lim, Jiayou Yang

9 year olds

Zixi Mei, Hector Rodbard-bean, Darcy Stewart

10 year old's

Kendra Cheeseman, Gabrielle King, Nathaniel Rodbard-Bean, Lewis Miller, Qiansheng Huang

11 year old's

Natasha Kohlman , Bridie Walsh, Lucy Rowe,

Stella Salomone, Ryder Cheesman, Will Watkins, Oscar Dubois

12 year old's

Keira Tait, Hao Geng, Isabella King , Spencer Roberts, Patrick Bian, Dominic Chang, Thomas Tsatas, Tej Verma



Victorian Age and Open Short Course Championships

Well done all swimmers that competed in the Victorian Age and Open Short Course Championships at MSAC in September. Surrey Park finished up with 40 medals and 3rd overall in the club point score in the Age Championships. Many Club records were broken including some long standing ones. Well done to our medallists Dani Smithson, Mitchell Stewart, Keira Tait, Chantelle Underwood, Georgia Watkins, Nicholas Chang, Laura Davy, Callyn Fenwick-Kearns, Alexander Hillman, Mia Holah, George Kerdemelidis, Jy MacGregor, Jamison Morgan.

The Open State Championships saw 32 of our swimmers head to MSAC on the 15-16th September. Special mention to our individual medallists Hamish McDougall, Connor Xu, Dani Smithson and Georgie Watkins and 4x 100 IM Relay Team of Georgia Watkins, Maaïke Vrij, Chantelle Underwood and Mia Holah.



QLD Open Water Championships

Coach Brett headed north with a small contingent of Surrey Park Swimmers to compete in the QLD Open Water Championships on the Sunshine Coast at Lake Kawana. The swimmers gained great racing experience in the lead up to the upcoming open water season. Well done Georgia, Renee, Eliza, Shiloh and Tom.



Summit Team Building Camp



Following on from the great success of last year's Team Building Camp this year's 3 day camp at Trafalgar was another huge success.

A big thank you to all our swimmers that attended for their exemplary behaviour, fantastic ability to rise to a challenge while bonding as a group and supporting teammates as they took on activities such as Nail Bed Walk, Summit Window and Giant Swing.

Can't wait for next year!

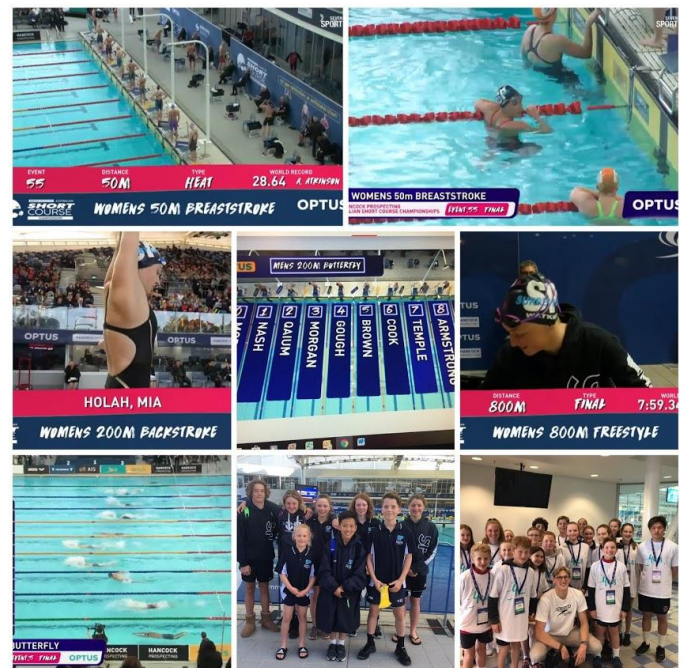
Log into your account to view photos.

Australian Open Short Course Championships

This year's Australian Open Short Course Championships was held in Melbourne at MSAC over a 3 day period from the 25th October. Well done to all our swimmers competing at the championships: Hamish McDougall, Georgia Watkins, Dani Smithson, Maaïke Vrij, Mia Holah and Tyson Caddy,

Special mention:

- To our swimmers handpicked by our coaches to represent Surrey Park in the 8 x 50 Freestyle Community Relay: Milla, Justin, Kendra, Ryder, Keira, Lucy, Will and Jamison.
- To our finalists Hamish McDougall finishing 10th in the 200M Fly, Mia Holah finishing 9th in the 200M Back and Georgia Watkins finishing 9th in the 200M Free.
- To our 4x100 Medley Relay teams: Mia, Maaike, Georgia & Dani finishing 6th and Tyson, Tim, Hamish & James finishing 7th.



Changes to Account Payments effective 1st October

Please be informed that with effect from 1 October 2018, we are no longer taking squad fees payments at our reception counters. If you have not signed up for Direct Debit payment, please ensure that you do so before the next invoice due date.

Since the introduction of the Direct Debit payment method on 1 July 2018, we have more than 80% families signed up to the payment method. As a not-for-profit community club, the introduction of this payment method has helped improved the efficiency of the Club's working capital. We like to take this opportunity to thank those who have signed up and would appreciate families who have not to please take time to sign up at your earliest convenience on the link provided in the FAQ, please ensure you read through the FAQ.

Frequently Asked Questions (FAQ):
<https://au.teamunify.com/vcspsc/UserFiles/File/FAQ%20-%20Direct%20Debit%20Jun18.pdf>, this is also available within Team Unify, Member Info.

Alternatively, please send your query to accounts@surreypark.org.au.

Thank you for your support

Merchandise

New stock has arrived. Please see Aqualink Box Hill reception desk for all your merchandise needs.

While you are there check out our logo Microfibre Surrey Park towels and padded vests.



PRESIDENTS REPORT

REMINDERS & NEWS

WE NEED
YOUR
HELP!

The Clubs AGM was held on the 4th October and I am pleased to announce the elected Committee for 2018-2019 are as follows;

President: Shannon Clarke

Vice President: Sam Xu

Treasurer: Lydia Hao

Secretary: Vincent Burns

General Committee: Hamish McDougall, Tim Harkin, Anna Tait, Bill Watkins, Naomi MacGregor, Ian Phillips

Thank you to everyone for volunteering your time to the Club and I look forward to a fantastic year working together.

I would also like to thank outgoing Committee members; Jan Underwood, Craig Brown and Sylvia Gleeson for their contributions over the last year. Finally, I would like to acknowledge, farewell and thank Fong Tee who has been the Club's Treasurer for over 15 years. Her careful management of the Clubs finances have continued well after her son finished swimming at the Club. Fong is a life member of the Club and so we will still see her around and I'm sure she will not be far away to give advice when needed.

In addition to the committee roles the Club still urgently requires parent volunteers for the following roles;

- **Timekeeping Coordinator** - Organisation of Club Meets and Club Championships
- **Fundraising Coordinator** - Raising funds for swimmers support
- **Social Coordinator** - Club dinners, breakfasts and presentation night.
- **Catering Coordinator** - organising catering for Club breakfasts and Club meets
- **Photographer** - parents with an interest in photography that can assist the club to capture images we use on social media, publications and the slide show on presentation night.

I have had a couple of parents contact me, but we need more parental assistance in an effort to fill all the roles and lighten the load for everyone. If you have any questions or require more information about any of the roles please contact me at president@surreyparkswimclub.com.au or call me on 0419 155 475.

Finally the Surrey Park LC meet is on Sunday 4th November at MSAC so make sure you have entered and could parents please assist us in our planning by signing up for Jobs and catering for the day.

Many Thanks,

Shannon Clarke – Club President.

CLUB FUNDRAISER

Christmas Cards

We will be selling Christmas cards at our reception desk from 27th November. All money raised will go towards our Swimmer Support Program. Cards will be sold in boxes, bundles or individually. Nothing says I love you more than a personalised card at Christmas, and with the prevalence of social media a hand written card means so much more.



SUNSMART MESSAGE

Over the years the Sunsmart message has expanded to Slip! Slop! Slap! Seek! Slide!

Surrey Park Swimming is a supporter of sun smart messaging and asks all our members and families to protect themselves from skin cancer during sun protection times:

- ❖ **Slip** on sun protective clothing that covers as much as possible.
- ❖ **Slop** on SPF 30 or higher broad-spectrum, water-resistant sunscreen, at least 20 minutes before sun exposure. Reapply every two hours or more often if perspiring or swimming.
- ❖ **Slap** on a broad-brimmed hat that shades your face, neck and ears.
- ❖ **Seek** some shade.
- ❖ **Slide** on your sunglasses



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.

SURREY PARK SEAHORSES

Are you thinking about life after competitive swimming with the SPSC... or are you a mum, dad, or older sibling of a member wanting to get back into swimming after a break? Well how about talking to someone at the Seahorses Masters Swimming Club, or better still turn up to one of their club training sessions and find out about the range of pool and open water swimming activities the club is involved in. One member is even in training for a channel swim in September!

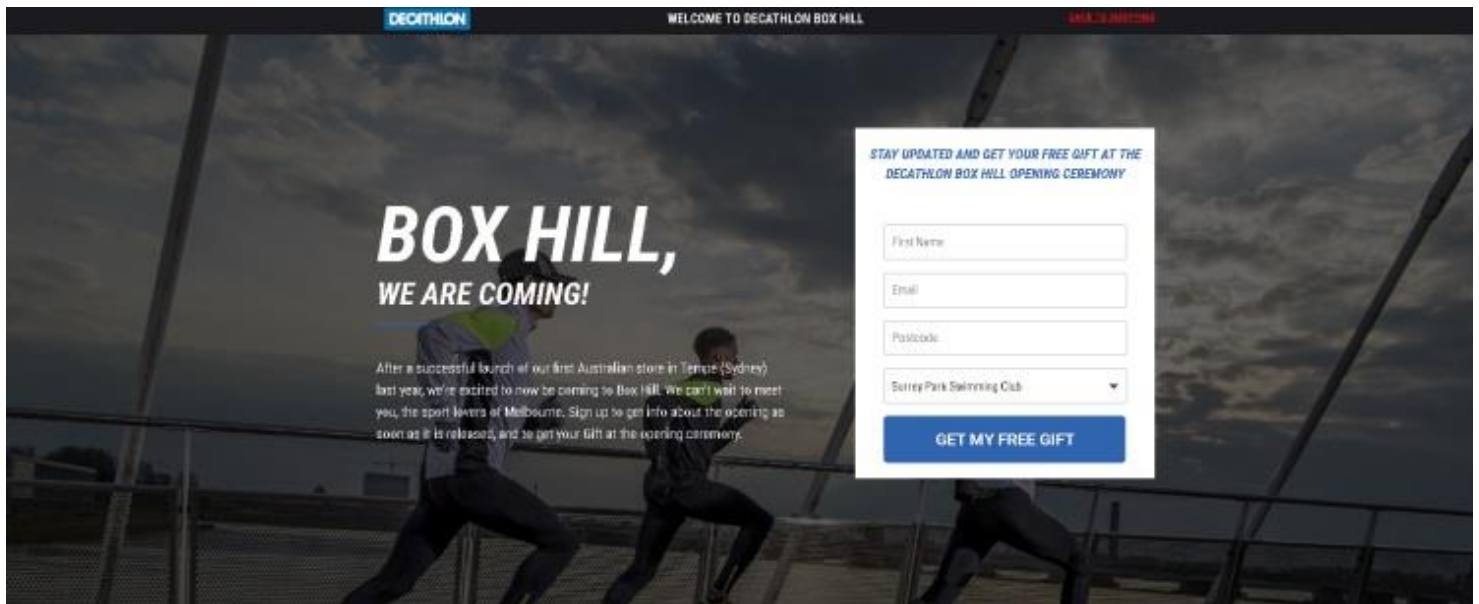
The club trains at Box Hill Aqualink on a Thursday from 7.15 to 8.15pm and Sunday 9.30 to 11.30 followed by a social coffee; and



at Balwyn on Tuesdays and Wednesdays 7.15-8.15 and again on Saturdays 9.30-10.30.

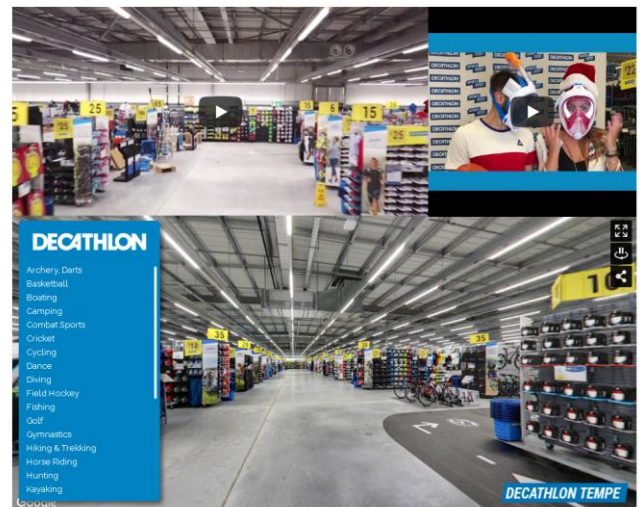
Pick up a brochure from Box Hill or Balwyn pools or email the club at info@surreyparkseahorses.org.au

DECATHLON IS COMING TO BOX HILL



Decathlon is a sports warehouse offering over 70 sports and is opening at 249 Middleborough Rd Box Hill South at the old Masters site, just down the road from our Box Hill South Centre. With extended warranty, 365 days to return, quality products at low prices and the ability to test products it is well worth signing up for their membership. Memberships are FREE with ten \$500 vouchers up for grabs. [Click here](#) to learn more about Decathlon and keep updated. So, sign up, receive a free gift and don't forget to nominate Surrey Park Swimming Club in the drop down box for our chance to win a voucher.

TAKE A LOOK INSIDE DECATHLON TEMPE



A community of sports loving people.

[SIGN](#)
[UP](#)
[TODAY!](#)

DISCOUNTS FOR OUR SWIMMERS

Discount on Merchandise for our Swimmers at Aqualink Box Hill!

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.

Discount on Memberships for Competitor Swimmers 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.

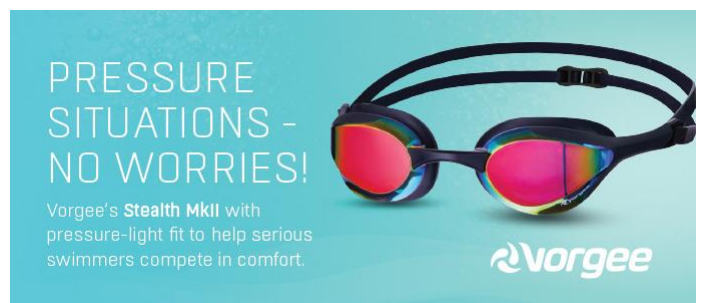
*This is an Aqualink Corporate Membership and no further discounts are applicable

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 Vorgee Goggles for Competitive Swimmers at Box Hill South

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.



Feedback from Matt Welsh on the 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

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



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

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



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.



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



**SURREYPARK
SWIMMING**
ESTD 1904

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