

SURREY PARK SWIMMING NEWS

December 2018 Edition



INSIDE THIS EDITION:

- AGE CHAMPIONSHIPS
- SUMMER SAFETY
- SWIMMING CARNIVAL

SURREY PARK SWIMMING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 th December Priority Term 1 Re-Enrolment period WA States Training Camp Victorian Open Water Champs	17 th December WA States Training Camp	18 th December WA States Training Camp	19 th December WA States Training Camp Wednesday Night Racing	20 th December WA States Training Camp	21 st December Last day of Term lessons	22 nd December Reduced Christmas Trading Hours commence
23 rd December	24 th December	25 th December Public Holiday	26 th December Public Holiday	27 th December	28 th December	29 th December
30 th December	31 st December	1 st January Public Holiday	2 nd January	3 rd January	4 th January	5 th January
6 th January	7 th January	8 th January	9 th January	10 th January	11 th January	12 th January Victorian Sprint Champs
13 th January Victorian Sprint Champs	14 th January	15 th January	16 th January	17 th January	18 th January	19 th January
20 th January	21 st January	22 nd January	23 rd January	24 th January	25 th January	26 th January Metro Long Course Prep Meet
27 th January	28 th January Public Holiday	29 th January Term One Commences	30 th January	31 st January	1 st February	2 nd February

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 Four

Thanks for choosing Surrey Park Swimming to teach you or your child the valuable skill of learning to swim. We have had an action packed term and hope you enjoyed it as much as we have.

This term events included:

- Underwater Photos
- Swimming Carnival
- New Achievement Banners
- Water Safety at the Beach focus

If you love what we are doing at Surrey Park Swimming we would love you to help us spread the word to our community.

Have reviews assisted you in the past when making a decision about what swim program you will enrol in? If so then we would love you to take just a few minutes to write a review on our Facebook page and/or google review. Click the below links, your support of our programs is really appreciated.

- Write a review on Facebook for Surrey Park Swimming: [Facebook](#)
- Write a review on Google for Surrey Park Aqualink Box Hill: [Google](#)
- Write a review on google for Surrey Park Box Hill South: [Google](#)



Reduced Reception Hours

Over the Christmas period our trading hours are reduced. Please familiarise yourself with the amended hours and like us on Facebook to remind you when we are open.

[Click here for Aqualink Box Hill Hours](#)

[Click here for Box Hill South Hours](#)

Like us on Facebook

Keep up-to-date with all things Surrey Park and for Summer Safety Tips:

Follow us by clicking [HERE](#)

Term Dates

Mark Your CALENDAR

- 21st December – Last day of term
- 2nd January – Bookings open to the public for Term 1 2019
- 2nd January – Holiday Program Week1
- 7th January – Holiday Program Week2
- 14th January – Holiday Program Week3
- 21st January – Holiday Program Week4
- 29th January – Term One 2019 commences

Water Safety

Our Term 4 water safety week and talks had a strong focus on recognising bodies of water, what their allurements and dangers are and how to conserve energy in open water. Our water safety week reached over 3,000 students this term. In conjunction with our free water safety talks reaching over 350 kindergarten and primary school children, we hope summer will be a little safer for everyone. Thank you to all students who participated and remembered to wear their clothes!

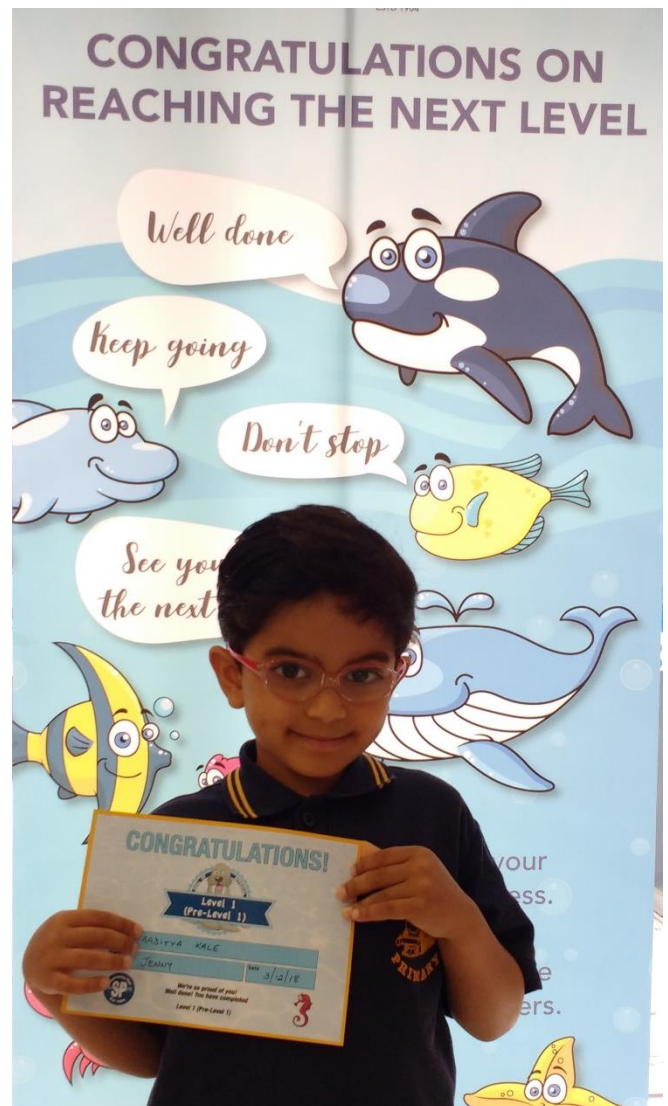


Free CPR Session

We had a great turnout at our FREE CPR session held at our Box Hill South Centre. Paula gave us some great visual cues so we can remember where to compress and how hard. With summer approaching and our exposure to water increasing, it's a great skill to possess. Keep an eye open for our next free session, we recommend everyone learns CPR.

Capturing Moments

Well done Aaditya on completing Level One. We love it when our kids progress through their levels! To capture that special moment, don't forget to take a photo of your child with their certificate in front of our new banners.



School Holiday Program at Aqualink Box Hill



The break between term 4 and 1 is a long one. Traditionally, students spend the first 4 weeks of Term 1 catching up to the skill level they were at the end of term 4. The best way to stop this regression of skills is to practice swimming and enrol in our Holiday Program over the holidays to maintain strength and technique levels.

Ever thought to try diving? Diving is a great sport and different to our traditional swimming racing dives. These classes will teach you the basics as well as somersaults, pikes and twists. Diving is great fun and a holiday program is a great way to get a taste for the sport.

If a learn to swim holiday program isn't for you, many of the surf lifesaving clubs in Victoria have an open water swimming program or nippers program. Have you considered these? These programs will really help to show the real life simulations we try to achieve during our water safety week.

To enrol in our intensive 5 day holiday program speak to our Customer Service staff today!

Our Holiday Program runs weeks commencing:

2nd January, 7th January, 14th January, 21st January

We are running both a holiday program for learn to swim and learn to dive and you are able to stay and play at Aqualink for FREE on the day of your lesson utilising their inflatables, café and grass area.

Note: Our holiday programs are only offered at Aqualink Box Hill over the summer period. The Dive holiday program will commence from the 7th January and does not run on a Wednesday.

Meet some of the people you are helping!

Did you know that \$0.10 cents from every lesson you participate in is donated to our Community Access Program for Swimmers (CAPS)?

With a quarter of drowning deaths in Australian waters over the past decade involving someone born overseas, we decided it was important that we continue to reach out and teach this valuable lifesaving skill to new migrants and refugees. Our latest funding saw a group of Iranian refugees from the Migrant Information Centre participate over a 10 week period in our learn to swim program.

Meet our refugee swimmers who completed lessons this term! Refugees do not have a choice which country they are sent to, as opposed to migrants who can choose and prepare for their move to a new country. At Surrey Park Swimming, we recognise that adult refugees in our local community are often not considered for programs aimed at improving their safety in water as the children

are considered first. It was great to see each individual's progression and confidence in the water improve throughout the term. We look forward to working with the Centre to offer more opportunities to teach this lifesaving skill to refugees in 2019



*“THANKYOU
EVERYONE
FOR YOUR
SUPPORT”*

SWIMMING CARNIVAL

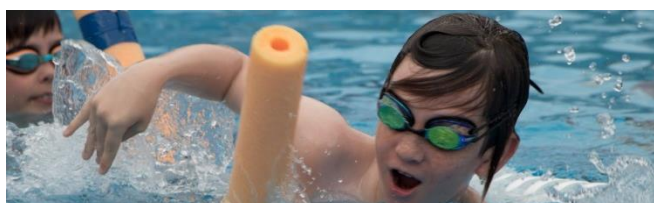
Swimming Carnival 25th November

What a fun day was had! Over 250 kids in our indoor and outdoor pool, the smell of sausages in the air and the weather looking kindly upon us! Well done to everyone who participated and had a go. A shout out to those swimmers who participated in every event! Special thanks to Rob for jumping in and helping with our BBQ.

For all our photos and to watch the carnival video click below links:

[PHOTO link click here](#)

[VIDEO link click here](#)



STAY SAFE THIS SUMMER

Important information all parents should read!

At Surrey Park we want you to have fun and be safe around water. Did you know there were 800 drowning incidents and 249 deaths in 2017/18. With 103 drowning's last summer, prevention as always is critical. Before you are exposed to any aquatic environment please take a moment to reflect on what you need to do to ensure you and your loved ones remain safe.

Here are some summer safety tips to ensure you and your family stay safe this summer.

- Always **swim at a patrolled beach** and swim between the flags. Never underestimate the power of currents. Swimmers or waders can be swept in an instant.
- **Never swim alone.** Always swim with a buddy whether you are swimming in a backyard pool, river or ocean. Even experienced swimmers can get in trouble. When people swim together they can help each other.
- Always **supervise around water.** Always be at arm's reach and supervise your children at all times when they are around water.
- Children are attracted and fascinated by water. **Recognise or eliminate potential water dangers** around your home; nappy buckets, fish ponds, bath tubs, toilets, wading or swimming pools.

- **Check the depth** before diving. Remember "feet first, first time". Be especially cautious of open water, such as lakes, rivers and oceans, where water depths are affected daily by tides, droughts and floods. In natural bodies of water, you also don't know what dangerous debris might be just under the surface.
- **Learn to Swim** will ensure you have the best chance of surviving if you fall into water or you can help someone if they need assistance.

Keep up-to-date with the latest water safety information and download these useful apps:



Beachsafe

Surf Life Saving Australia Travel & Local



This app is compatible with your device.



Beachsafe: Taking a road trip up the coast? Going on holidays? Or just looking for the right beach for you? Find your nearest beaches in seconds. Access the latest information about every Australian beach on the go. Offering unrivalled coverage of the Australian coastline, the Beachsafe app provides detailed information from patrol status, facilities, and hazards to weather, swell and tide.



The Everyday Lifesaver: This App uses gamification to make learning water safety, emergency response and CPR more engaging for children.

COMPETITIVE SQUADS REMINDERS & NEWS

Junior Dolphin Selection Trials

29 of our swimmers headed to MSAC on the 11th November having been selected to represent Metro East after selection trials were held on the 6th October. Our swimmers did a fantastic job representing Metro East with many achieving personal bests and some managing to finish top 3 for their age group. Congratulations to all the swimmers who competed and thank you to all parents who helped out on the day, whether it was through escorting children to the warm up pool or taking their turn time-keeping.



World Short Course Championships

Competitive squad swimmer Mubal is swimming in the World Short Course Champs in Hangzhou, China between the 11th and 16th December competing for the Maldives.

He is 18 years old and is aiming to be the first swimmer for the Maldives to compete at the Olympics. We wish him all the best in the 200 free and 200 IM.



Wednesday Night Racing is back

Our first Wednesday night racing for Term 4 was a great success with over 60 swimmers racing. It was great to see so many swimmers competing and having fun! Thank you to those parents who assisted with timekeeping. We will be continuing Wednesday night racing in Term One 2019, so keep an eye on Facebook for racing dates.



Victorian Age Short Course Championships

Surrey Park sent 37 swimmers to the 2019 Victorian Age Short Course Championships held at MSAC between the 7th and 11th December. Congratulations to all our swimmers competing. Special mention to medalists.

Gold Medal

Alexander Hillman – Boys 14, 50 Freestyle
Mia Holah – Girls 16, 200 Backstroke

Silver Medal

Georgia Watkins – Girls 16-18 Freestyle
Mia Holah – Girls 16, 100 Backstroke,
200 Butterfly
Gregory Kerdemelidis – Boys 14,
100 Breaststroke
Keira Tait – Girls 12, 100 Butterfly

Bronze Medal

Keira Tait – Girls 12, 200 Butterfly, 50 Freestyle,
Chantelle Underwood – Girls 14, 200 IM,
50 Freestyle
Mia Holah – Girls 16, 100 Butterfly, 400 IM
Jy MacGregor – Boys 16, 100 Backstroke
Jamison Morgan, Boys 13, 100 Backstroke
Danielle Smithson, Girls 17-18, 100 Freestyle,
100 Breaststroke
Georgia Watkins, Girls 17-18, 400 Freestyle,
Girls 16-18, 1500 Freestyle



CLUB FUNDRAISER

Christmas Cards

We are selling Christmas cards at our reception desk. 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.

\$1.00 a card of 30 for \$28.00



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

MERCHANDISE – STOCKING FILLERS

Have you finished your Christmas shopping?

Grab some Surrey Park or Aqualink Merch!
Great stocking fillers!!

Surrey Park logo merchandise: drink bottles, wet kit bags, caps and micro fibre towels, great gifts to add to that Christmas stocking.

Ask our reception about our performance Vorgee goggles recommended by Olympic Medallist Matt Welsh.

Disney and Marvel have arrived at Aqualink Box Hill including Frozen, Spiderman, HULK, Star Wars, Mickey Mouse and Avengers. We have wet kit bags, goggles, caps and bathers plus so much more to make up the perfect present. Don't forget as a Surrey Park Swim School current student you receive 10% off all retail items at Aqualink Box Hill. Just make sure to show your SPSS card at the time of making the purchase.



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.

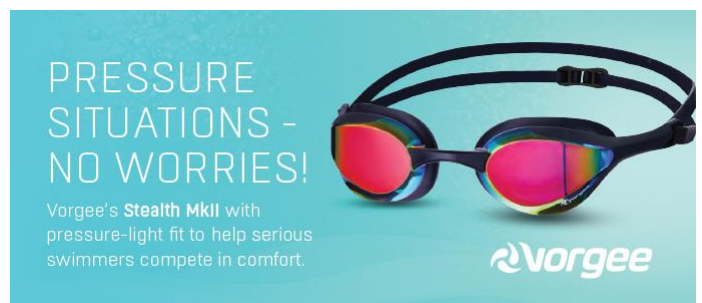
*This is an Aqualink Corporate Membership and no further discounts are applicable

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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