

# SURREY PARK SWIMMING NEWS

February 2019 Edition



## INSIDE THIS EDITION:

- INTRODUCING NEW LEVELS
- VICTORIAN SPRINT CHAMPIONSHIPS
- WEDNESDAY NIGHT RACING

# SURREY PARK SWIMMING CALENDAR

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|---|--|---|--|--|
| 17 <sup>th</sup> February   | 18 <sup>th</sup> February   | 19 <sup>th</sup> February                           | 20 <sup>th</sup> February<br>Wednesday<br>Night Racing | 21 <sup>st</sup> February                           | 22 <sup>nd</sup> February                            | 23 <sup>rd</sup> February<br>Surrey Park Long<br>Course Meet   |
| 24 <sup>th</sup> February   | 25 <sup>th</sup> February<br>Water Safety<br>Week                           | 26 <sup>th</sup> February<br>Water Safety<br>Week   | 27 <sup>th</sup> February<br>Water Safety<br>Week      | 28 <sup>th</sup> February<br>Water Safety<br>Week   | 1 <sup>st</sup> March<br>Water Safety<br>Week        | 2 <sup>nd</sup> March<br>Water Safety<br>Week                  |
| 3 <sup>rd</sup> March<br>Water Safety<br>Week<br><br>Metro East<br>District Champs          | 4 <sup>th</sup> March<br>School Holiday<br>Program<br>Bookings Open         | 5 <sup>th</sup> March                               | 6 <sup>th</sup> March                                  | 7 <sup>th</sup> March                               | 8 <sup>th</sup> March<br>Metro Long<br>Course Champs | 9 <sup>th</sup> March<br>Metro Long Course<br>Champs           |
| 10 <sup>th</sup> March<br>Metro Long<br>Course Champs                                       | 11 <sup>th</sup> March<br>Public Holiday<br><br>Metro Long<br>Course Champs | 12 <sup>th</sup> March                              | 13 <sup>th</sup> March                                 | 14 <sup>th</sup> March                              | 15 <sup>th</sup> March                               | 16 <sup>th</sup> March<br>All squad<br>training at Box<br>Hill |
| 17 <sup>th</sup> March  | 18 <sup>th</sup> March<br>Priority<br>Re-Enrolments<br>Open                 | 19 <sup>th</sup> March<br>Priority<br>Re-Enrolments | 20 <sup>th</sup> March<br>Priority<br>Re-Enrolments    | 21 <sup>st</sup> March<br>Priority<br>Re-Enrolments | 22 <sup>nd</sup> March<br>Priority<br>Re-Enrolments  | 23 <sup>rd</sup> March<br>Priority<br>Re-Enrolments            |
| 24 <sup>th</sup> March<br>Priority<br>Re-Enrolments<br><br>Surrey Park Age<br>Championships | 25 <sup>th</sup> March<br>Priority<br>Re-Enrolments                         | 26 <sup>th</sup> March<br>Priority<br>Re-Enrolments | 27 <sup>th</sup> March<br>Priority<br>Re-Enrolments    | 28 <sup>th</sup> March<br>Priority<br>Re-Enrolments | 29 <sup>th</sup> March<br>Priority<br>Re-Enrolments  | 30 <sup>th</sup> March<br>Priority<br>Re-Enrolments            |
| 31 <sup>st</sup> March<br>Priority<br>Re-Enrolments<br>Close                                | 1 <sup>st</sup> April   | 2 <sup>nd</sup> April                               | 3 <sup>rd</sup> April                                  | 4 <sup>th</sup> April                               | 5 <sup>th</sup> April                                | 6 <sup>th</sup> April  |

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](http://www.surreypark.org.au)

# LEARN TO SWIM AND DIVE

## REMINDERS & NEWS

### Term One

Welcome to Term 1 2019. We hope everyone is now settling into the term and enjoying their classes. Please do not hesitate to speak to our lead instructors or customer service staff if you have any queries throughout the term.

### Term Dates

- 20<sup>th</sup> February – Wednesday Night Racing
- 25<sup>th</sup> February – Water Safety Week
- 18<sup>th</sup> – 31<sup>st</sup> March – Priority Re-Enrolment bookings for Term 2 Open
- 1<sup>st</sup> April – Families removed from classes if not paid for Term 2
- 8<sup>th</sup> April – Holiday Program Week 1
- 15<sup>th</sup> April – Holiday Program Week 2
- 23<sup>rd</sup> April – Term Two 2019 commences

### Water Safety Week

Water Safety Week commences on the 25<sup>th</sup> February. Please don't forget to bring old clothes to the lesson as we mimic real life scenarios. Keep your eye open for emails and further details.

### New Level Names and Criteria Refresh

Our level names have changed this term to make sequential sense. To avoid confusion with the preschool and school age levels, add +2 onto your old level from term 4 (e.g. level 0 will now be level 2). Our program is specially designed for our students to continue into Level 8 (also known as development squad). In level 8, swimmers are still learning important skills across all strokes and enhancing their survival knowledge. Following this level it is recommended for students to continue onto our fitness or junior squads depending on your goals, this way you can maintain your swimming standard well into your teen years when your child might start going to the beach by themselves.

Criteria has been refreshed to further improve the swimming standards of our graduating swimmers and to include longer treading water components (sorry kiddies and beginner adults!).

New certificates will be delivered to our sites in March, so come in to grab your previous level's certificate so you have a copy of the new criteria. If you have any questions about this, please speak with the lead instructor or customer service officer when you are next in.



Please see below our old vs new level names and [Click here](#) for the progression chart.

| PROGRAM                  | OLD LEVEL NAME              | NEW LEVEL NAME              |
|--------------------------|-----------------------------|-----------------------------|
| Tots                     | Water confidence            | Talented Tots               |
| Preschool and school age | Pre-Foundation / Foundation | Pre-Level 1 / Level 1       |
|                          | Pre-Level 0 / Level 0       | Pre-Level 2 / Level 2       |
|                          | Pre-Level 1 / Level 1       | Pre-Level 3 / Level 3       |
|                          | Pre-Level 2 / Level 2       | Pre-Level 4 / Level 4       |
|                          | Level 3                     | Level 5                     |
|                          | Level 4                     | Level 6                     |
|                          | Level 5                     | Level 7                     |
|                          | Development Squad           | Development Squad / Level 8 |

## Like us on Facebook

Keep up-to-date with all things Surrey Park.

Follow us by clicking [HERE](#)

## Wednesday Night Racing

If your children are in Level Six or above they are invited to join our squad swimmers at Wednesday Night Racing this Wednesday.

Participation based, it is a fun night of racing, making friends and being introduced to the sport of swimming.

Warm up commences at 4.30 to 5.00 pm with racing from 5.00 to 6.30 pm at Aqualink Box Hill. Come along the weather forecast is looking good!

Note: If you are not swimming on this night, normal Aqualink entry fees will apply.



## School Holiday Program at Aqualink Box Hill



Our School Holiday Program will open for bookings 4<sup>th</sup> March. With spots limited ensure you give us a call to book your spot.

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.

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

Our Holiday Program runs weeks commencing:

Week One: 8<sup>th</sup> April to 12<sup>th</sup> April

Week Two: 15<sup>th</sup> April to 18<sup>th</sup> April

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 holiday period.

## First Birthday Pool Party at BHS

We had a wonderful afternoon at our first birthday pool party at our Box Hill South Learn to Swim Centre. Thanks to everyone that helped us celebrate! Follow us on Facebook to check out all the photos on the day.



## Hygiene and Swimming

### Steps to Healthy Swimming

Follow these simple steps to help keep our pools safe and clean:

- Don't swim if you have diarrhoea or for 14 days afterwards. Stay out of the water!
- Shower and wash with soap before swimming, especially your bottom.
- Wash your hands with soap after using the toilet or changing a nappy.
- Avoid swallowing pool water.
- If your child experiences any symptoms before or during their lesson, do not attend the rest of your lesson as your child might be contagious

To prevent faecal contamination:

- Keep an eye on your children at all times.
- Take your child for frequent toilet breaks every hour and check nappies every 30 – 60 minutes.
- Only change nappies in nappy change areas – do not change nappies poolside.
- Report any faecal accidents to the lifeguards when they occur, so it can be managed appropriately.
- Give non – toilet trained children tight fitting waterproof nappies.
- For your convenience - Aqua Nappies are sold at Aqualink Box Hill reception

# COMPETITIVE SQUADS REMINDERS & NEWS

## Team Building Outing

Our State Development and State Junior Squads had a fun time rock climbing and bonding as a team. These outings are a great way of bonding with team mates and establishing friendships.



## Stroke Technique Clinic

Ian Pope, our Director of Coaching held a stroke correction clinic for our State Development and Junior State Squads. Covering all 4 strokes, our swimmers were able to benefit from his wealth of knowledge enabling for better technique outcomes for those attending.

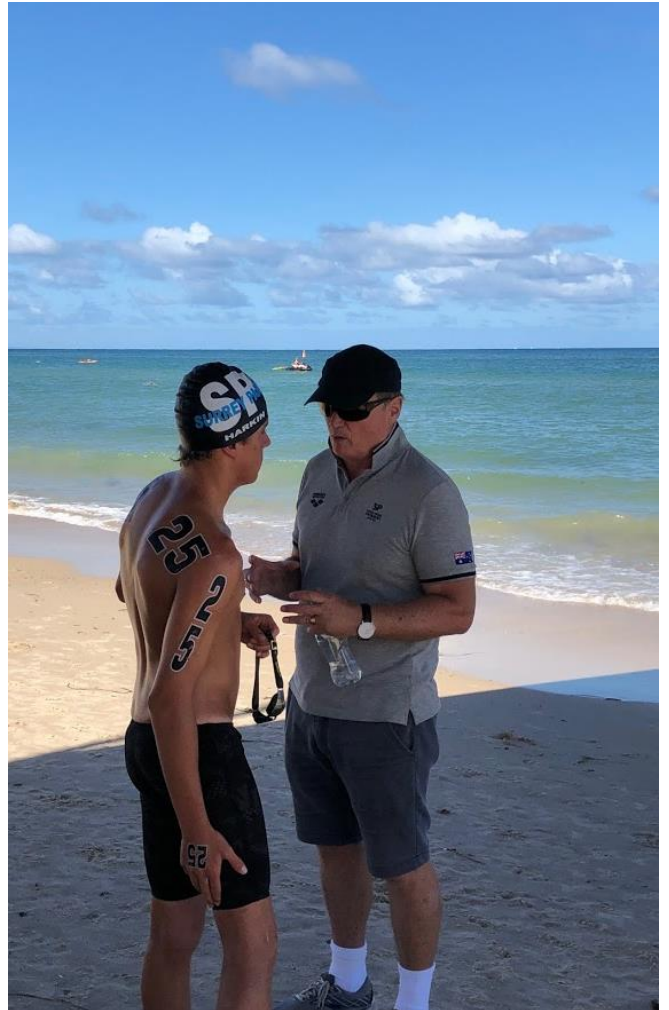




# Australian Open Water Championships

This year saw Georgia and Tom head to Brighton Beach South Australia for the Australian Open Water Championships.

Well done on both their swims with Tom making big improvements on his entry time in the Boys 16-17, 5 and 7.5 km events and Georgia finishing 4<sup>th</sup> in both the Girls 18-19 5 and 10km events.





# Victorian Sprint Championships

Well done to all our swimmers that competed in the Victorian Sprint Champs at MSAC.

A great team effort saw 50 individual finals swims resulting in Surrey Park finishing top in the Girls (269 points), Boys (364 points) and Combined (633 points) rankings. Also congratulation to the Boys 16 & Under 5 x 50 Freestyle team for their 1<sup>st</sup> and 3<sup>rd</sup> placing. Fantastic Result!



## We need your help!

If you love hearing and seeing our swimmers on Facebook and in the newsletter then we need your help! We are always looking for photos of our swimmers at meets so if you take some snaps of your child swimming, on pool deck, in the stands or just having fun with the other swimmers we would love to share it and post it on our Facebook page or newsletter.

Please email [leanne@surreypark.org.au](mailto:leanne@surreypark.org.au) at any time you would be happy to share a photo or add one to our albums. We can never have too many.





# COMMITTEE REMINDERS & NEWS

## Presidents Report February 2019

It has been a busy couple of months at Surrey Park Swimming Club with State Age and State Sprint Championships and Open water Nationals in Adelaide. As a Club we have had some great results with many swimmers making finals, medalling and achieving National Qualifying times in the water.

Prior to Xmas we had a couple of Fundraising activities the Xmas Tree sales which raised \$994 over the weekend and a big thank you to the few of you that assisted over the weekend, especially the Kursidim, Underwood and Xu family. We also had the Decathlon BBQ fundraiser which raised \$774. I really appreciate the support of members of the Open Performance squad and parents Jason Croall, Kim O'Connell, Ian Phillips and Ted Adams that assisted on the day.

We still have lots on until the end of the 2018/2019 season. As a Club we finish the season with our SP Club Championships on the 24<sup>th</sup> March but first and more importantly we have the Surrey Park LC Meet is on Saturday the 21<sup>st</sup> February at MSAC. If you have not done so already can parents please sign up for jobs on the website as we need help with a range of jobs on the day. Shannon Clarke, President



# CLUB FUNDRAISER

## Entertainment Books

We are once again fundraising for Entertainment Books this year. They are great for presents or offer many discounts on restaurants, activities or travel. Keep an eye open for early bird specials for further discounts.



## 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](mailto:info@surreyparkseahorses.org.au)

# MERCHANDISE

## Surrey Park Merchandise

Surrey Park logo merchandise: Grab your merch and show you are part of the Surrey Park Team on pool deck.

BPA free drink bottles, wet kit bags, caps, hoodies, t-shirts and micro fibre towels, all available at our Aqualink Box Hill Reception Desk.

Ask our reception about our performance Vorgee goggles recommended by Olympic Medallist and former Surrey Park swimmer Matt Welsh.





# 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.

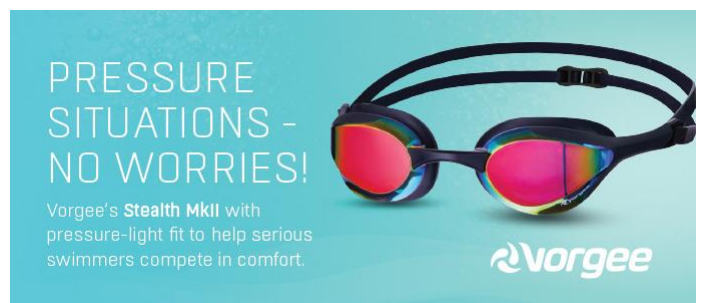
\*This is an Aqualink Corporate Membership and no further discounts are applicable

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](mailto: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](http://www.surreypark.org.au)



**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](mailto:aqualink@surreypark.org.au)

at Box Hill South, 313 Middleborough Rd, Box Hill South, VIC 3128

T: 8899 6476

E: [bhs@surreypark.org.au](mailto:bhs@surreypark.org.au)