



Bendigo East Swimming Club Newsletter **November 2014**

President Message

- a huge thank you to everyone involved in our Annual Club meet. This was a great day with enormous success all round; swimmers, for the club raising some money and the strength of our friendly and team focus. A special mention for the amazing results from our younger swimmers, some getting their first ever Country qualifying times.

- congratulations to Kate Jordan on representing the Club at the Short Course National Open recently held at Adelaide. This is a great achievement and encouragement for other swimmers to attain this level of swimming. Well done Kate! We are very proud of you.

- committee changes: Susie Hawke has taken up the Secretary role (thanks Susie for stepping back into this important role). The Minutes Secretary will be rotated for future meetings.

- the last General Meeting was cancelled due to the timing and clash with our Club Swim meet. Given its a busy time with Christmas quickly closing in, we will plan for a new date in January.

- all the very best to the Skewes family as they head northward. Thanks Fiona for all your support as a member of the Committee and active assistance around the club and pool (we will also miss you Sadie and your happy helpful smile). All the best Maggie for your continued swimming and we know we will see you around the pool.

Social Events

Xmas party on Saturday December 6th straight after after the December Qualifying Meet. Kris Cringle list up on notice board for those wanting their children to be involved closes Friday 28th November..

2014/2015 Office Bearers

President: Mike Wassing
Vice President: Phil Downing
Secretary: Susie Hawke
Treasurer: Kevin Dole
Racing Director: Robyn Slot
Membership Registrar: Donna Morgan

Upcoming Meets

Bendigo East December Qualifying Meet 6th December
Victorian State Age Championships - Entry closes
Monday 1st December (qualified swimmers only).

Swimming Victoria Registration-Renewal

Just a reminder for all swimmers to renew their registration with Swimming Victoria for the July 2014-June 2015 season. Emails have been sent outlining the process of renewal over the past week, so please complete this task ASAP. Please note – all swimmers must be registered with Swimming Victoria to participate in club training and attend swim meets. If you have any difficulty completing this process please email Donna on dmorgan1@bigpond.net.au or call 0498440096.

Missing Trophy

If anyone has picked up a trophy that was left in the swimmers warm up shed on top of the coach's lockers please return it ASAP.

For Sale

For Sale a pair of size 8-9 Arena Short blade Fins speak to Yvonne Dole if interested.

Welcome to these new Families

The Bendigo East Swimming club would like to welcome these families who have recently joined the club: Zealley, Pearce, Flint, Dignan, Lai, Burke, Freeman, Nelson

Birthdays This Month

The following swimmers celebrate a birthday this month: Daniel Chisholm, April Downing, Carmen Franz, Madeline Hawke, Bella Livingston, Aime McMahon, Nellie Skipper and Matthew Slot

Happy Birthday to all of them from the Club

Summer Training Times

Training at Bendigo East Pool

Development Squad

Monday, Tuesday, Thursday & Friday 4-5pm

Coach: Val Campbell and Anne Sherman

Junior Country Squad / Junior State Squad

Monday, Tuesday, Thursday and Friday 5:00-6:30pm

Coach: John Jordan

Youth Country Squad / Youth State Squad

Monday, Tuesday, Thursday and Friday 5:00-7pm

Coach: Chris Geyer

Senior Country Squad / Senior State Squad / National Squad

Monday, Tuesday, Thursday and Friday 5:00-7pm

Coach: Tony Rodda

Engine Swimming Accessories

The club now has in stock a number of Engine items available from the kiosk including Goggles and backpacks. See the display case to see what is available. Club members pricing list is inside the clubrooms

Club Apparel

The club colours are black and white.

Swimmers preferably should wear black bathers for swim meets, and must wear the club cap when competing.

The following items are available for purchase and in stock.

- **Newly Designed Club Polo Shirt - Sizes 8-XL \$40**
- **Club Black Hoodies - Sizes 6 - XL \$70**
- **Club long fleecy lined deck coats - New in Stock**
- **Silicone caps with swimmer's name**

Please contact Kate Downing via email

downing@impulse.net.au



Parents role in swimming

We request that parents wishing to stay at the pool and observe their children training can do so as long as they remain away from the pool deck. It is important that parents avoid communicating with their children during training as this is a significant distraction and one that is best avoided. This includes walking up and down the pool during training ...Especially in junior levels.

Research shows that sideline coaching is bad for the learning process. It distracts the child, it demeans the coach and it discourages genuine interest.

Here are few tips:

RESPECT THE CLASSROOM. Parental observation must always be passive. No prompts, signals, gestures or stop watches.

LET SWIMMERS OWN THEIR SPORT. Taking their own water bottles out and adjusting their own goggles helps swimmers take charge and shine.

TRY NOT TO SCRUTINIZE. Kids are sensitive to being eyeballed.

DON'T AUDIT. Routine parental auditing of training details can overwhelm swimmers. Let any recounting be swimmer-initiated.

AVOID CONJECTURE about squad members' training performances. Sideline speculation is usually wide of the mark and may fall on sensitive ears.

GIVE THEM ROOM. Children are nourished by casual and occasional parental observation, but the novelty is lost with daily wall-to-wall surveillance. Peers can also give them a hard time.

We encourage parents to stay at the pool and enjoy the club and social atmosphere but please let the coach, coach.

Pool Season Ticket Prices

Adult Ticket Season	95.00
Child Ticket Season	70.50
Family Ticket Season	181.00
Adult VIP Season Ticket Season	145.00
Child VIP Season Ticket Season	112.50
Family VIP Season Ticket Season	240.00
Adult Ticket Day	5.00
Child Ticket Day	4.00
Family Ticket Day	13.00

Pool Entry Fees - Concession Fees

Adult Ticket Season	72.00
Family Ticket Season	144.00
Adult VIP Season Ticket Season	116.00
Family VIP Season Ticket Season	193.00
Adult Ticket Day	4.00
Family Ticket Day	10.00
Student Ticket Day	4.00

Remember to tell your family and friends to buy their swimming pool memberships at the Bendigo East Pool as it helps us keep the pool running.

Club Sponsors



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