



Bendigo East Swimming Club Newsletter October 2014

President Message

Welcome to the October Newsletter. It's a busy time as we lead into summer. November will see our Club Annual swim meet being held which is our biggest fund raising for the year but importantly a great day for our swimmers and the entire club. This year will see us also run a second swim meet in December as a qualifying meet for the Country Championships. I encourage all families to actively support the planning, preparation and running of these meets (many hands make light work).

It was amazing to see so many attend the recent information morning. I think next time we will need to run it in a quieter area. Check the notice board for regular updates but please don't hesitate to ask a committee member if you have any questions.

Thanks to Veronica for her time as Secretary, who has recently resigned for personal reasons. If you are interested in assisting in this role, please approach either Phil Downing as Vice President or myself.

Congratulations

Congratulations to the following Bendigo East swimmers who were selected to represent the district in the Country 7-10s meet to be held at MSAC on Saturday 8th November:
Amy Jacobsen, Charlie Whitsed, Claudia Mountjoy, Daniel Chisholm, Emma Smeelie, Luca Whitfort, Nellie Skippper, Somaiya Harriden, Madeline Dole, Zalli Lau, Tyler Wilkie, Ella Downing, Maggie Skewes, Imogen Wassing

2014/2015 Office Bearers

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

Upcoming Meets

Regional Development Day Saturday 18th October - Peter Kretz Leisure Centre.

Bendigo Hawks Swim Meet - Sunday 2nd November - Entry direct to Bendigo Hawks. Email Robyn Slot for relay inclusion.

Please note that parking on the day will be very limited due to the Bendigo Bank fun run on that day with the streets surrounding the pool closed off as well.

Bendigo East Annual Swim Meet - Sunday 16th November - Entry Process information to follow

Echuca Swim Meet - Direct to the Club Email Robyn Slot for relay inclusion.

Bendigo East December Qualifying Meet 6th December - Entry Process information to follow

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.

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

- Saturday Training days for **Junior, Youth and Senior** squads are as follows:

Oct 25th, Nov 8th, Nov 15th. All sessions run from 8am-10am

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.

Birthdays This Month

The following swimmers celebrate a birthday this month: Amy Jacobson, Hayley Jacobson, Emma Hindson, Brad Verbeek, Sophie Waller, Georgia Waller, Grace Whitsed

Happy Birthday to all of them from the Club

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



Time Trials

Time trials will be commencing on Wednesday 15th October from 6.00pm with warm up from 5.30pm. We will require lots of helpers on the night to assist with Timekeeping, Marshalling and Recording of Results. This is a great opportunity for swimmers to practice all aspects of their racing as well as for parents to have a fun night whilst helping out. Swimmers just need to turn up on the night and choose the events they wish to participate in with consultation from their coach (Max 5 events per night). There are usually 10 Club Time Trials throughout the season and swimmers must participate in at least 5 to be eligible for the Classic Events, Graded Scratch Championships as well as Club Championship which usually start taking place late January. The Club Time Trials will also have awards given to the top three Male and Female PB winners. More information regarding time trials will be distributed to all members in the next few weeks.

Welcome to these new Families

The Bendigo East Swimming club would like to welcome these families who have recently joined the club: Boswell, Gordon, Hall, Kealy, Kelly, Pridham

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

Swim Meet Sponsorship

Dear Members, as with most sporting clubs, we are managed by a committee of volunteers and we survive financially on registration fees, fundraising and sponsorship to help us meet our financial obligations. Our major fundraiser of the year is our Annual Swim Meet which will be held this year on 16th of November.

One way our members can help with fundraising is assisting us in getting sponsors for the swim meet. Please see below details on sponsorships available for the day.

Event Sponsor – Bendigo East Annual Swim Meet

- Value \$40 per Event
- Listed in the Swim Meet Program as an Individual Event Sponsor
- Sponsor named prior to announcement of results of sponsored event
- Sponsorship of two or more events will include coloured business card/logo in Meet Program

If you are able to assist either with your business, your employers business or your family and friends business please email details to Phil Downing at sponsorship@bendigoeastswimmingclub.com

An invoice will be made out to the sponsor so as the sponsorship will be tax deductible

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.

Club Sponsors



<http://www.bendigoeastswimmingclub.com>