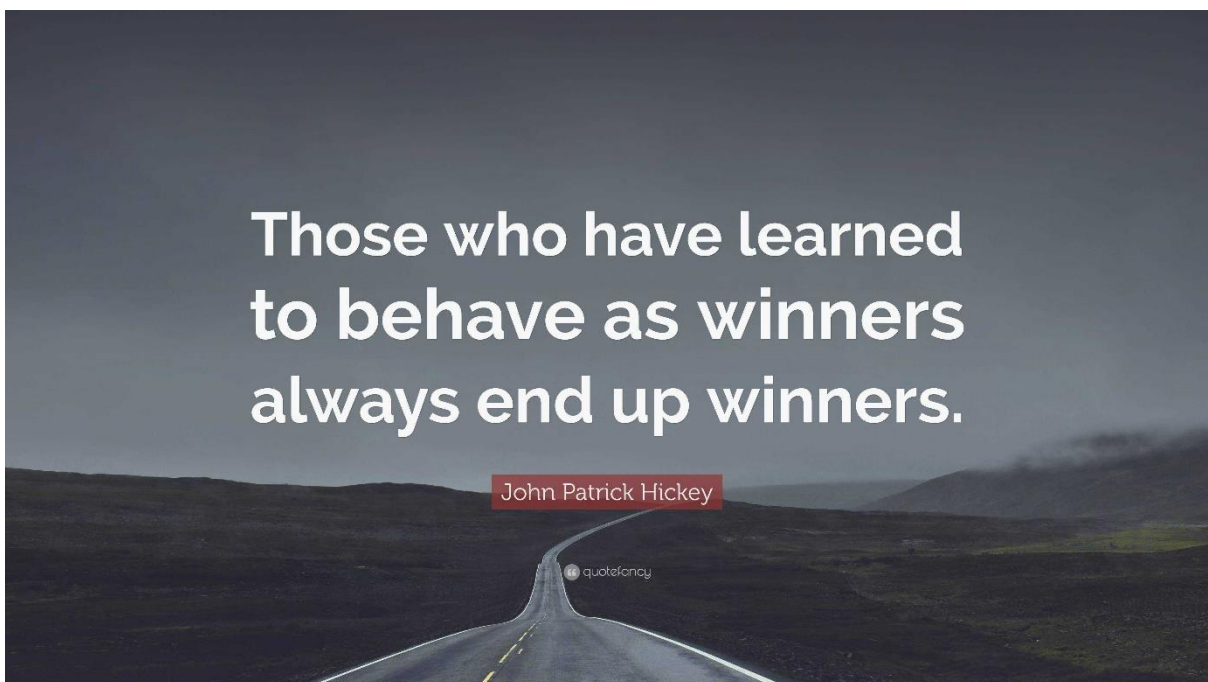




BAROSSA SWIMMING CLUB; MAKING WAVES SINCE 2017
“COMMITMENT, EFFORT, PURSUIT OF EXCELLENCE”



BAROSSA SWIMMING CLUB SEASON 2023-24 MANTRA
“BEHAVE LIKE A WINNER”



1. YOUR MEMBERSHIP STATUS

Please check your membership status against the following table. We ask that you complete and return a Barossa Swimming Club membership form, and that you complete your registration on Swim Central, as soon as you are able.

	FORM RECEIVED	SWIM CENTRAL REGISTERED
Annabel	y	y
Charlotte	y	n
Sophie	y	y
Edward	y	n
Lucinda	y	n
Hugh		y
Milana		y
Filippo		y
Sofia		y
Gabe	y	y
Neil	y	y
Keian	y	y
Miella	y	y
Harry D	y	y
Jackson	y	y
Mallika	y	y
Evan	y	y
Rylee G	y	y
Oscar I		y
Charlotte	y	y
John		y
Noah		y
Blake		y
Ethan		y
Sebastian S		y
Emma		y
Millie		y
Karlo		y
Georgie SI	y	y
Isabella	y	y
Isobel		y
Sam		y
Leisel	y	y
Emily	y	y
Fabricio	y	y
Leni N	n	n

Meg	n	n
Milan	n	n
Sophie M	n	n
Lucy	n	n
Sage	n	n
Tayah	n	n
Oscar C	n	n
Hailey C	n	n
Fynn L	n	n
Eve	n	n
Alistair	n	n
Beejay	n	n
Paul	n	n
Lachlan	n	n
Zane	n	n
Ella	n	n
Millie Sa	n	n
Ted	n	n
Meike	n	n
Jackson K	n	n
Sophia	n	n
Hugo	n	n
Liam	n	n
Georgie Sh	n	n
Caleb	n	n
Riley C	n	n
Sebastian Z	n	n

2. WAVING UP WITH OLYMPIC COACH WAYNE LAWES - ONCE AN OLYMPIAN, ALWAYS AN OLYMPIAN

It was a wonderful couple of days for our club with our pool deck graced by the presence of one of Australia's most revered coaching figures, Olympic Coach Wayne Lawes as he led an enthusiastic and engaged group of our athletes through two clinics (skills + technique) which, together with friend and fellow celebrated coaching figure David James, generously provided our swimmers over the weekend.

Wayne and David are wonderful friends of our club, and the opportunity to benefit from their expertise was highly appreciated by all involved.

In a presentation entitled “Journey to Tokyo”, Wayne regaled our audience of swimmers and parents with stories of the incredible challenges he and his team of swimmers and support network faced and ultimately overcame in placing two of his charges on the Olympic Team for Tokyo, both of whom returned from the games as Olympic medallists!

In addition, coaches, coaches-in-training and interested others were privileged to spend an hour or so picking Wayne's mind about all things coaching. An immensely enjoyable committee member dinner with Wayne and David followed on Saturday evening.

We look forward to seeing Wayne at country championships where he has been engaged by Swimming SA to perform a number of roles.



3. OUR SOCIAL MEDIA


Are you aware that our newsletter is published on our club website each week?

<https://www.barossaswimmingclub.com.au/>

Do you know of our Barossa families FB page? It's a great place for catching up on all things Barossa Swimming Club

<https://www.facebook.com/groups/1029518111190036>

4. SILVER CITY SIZZLER – ROAD TRIP ANYONE?

Silver City SUMMER SIZZLER Carnival 
SWIMMERS ENTERED SO FAR: Rylee Garfield

 ENTRIES OPEN  Don't miss out!!

 Sat 25th & Sun 26th Nov, 2023



 **Broken Hill Regional Aquatic Centre**

 Over \$5,000 in cash prizes plus medals, trophies & perpetuals 


 Ages 6 & under to 30 & over

 Junior & Senior Dash 4 Cash

 Family & Club Relays

 BBQ, sweets, raffles, giveaways & more 

 Come join in the fun & explore the beautiful outback 

 Perfect opportunity to attain official JX, Country, State & National qualifying times

 Proudly supported by a **Broken Hill City Council** Community Assistance Grant

 Enquiries: **Ellysia Oldsen** 0439 873 256



Entries open... don't miss out!!

BROKEN HILL REGIONAL AQUATIC CENTRE
336 McCulloch Street, Broken Hill

2023 SILVER CITY SUMMER SIZZLER (LC)

SATURDAY 25TH & SUNDAY 26TH NOVEMBER

GATES OPEN: 7-9:45am
WARM UP: 8:00-8:45am
START TIME: 9:00am

Over \$5,000 in cash prizes + medals & trophies

BBQ, cake stall, raffles, giveaways & more...

Entries via Swim Central
Please email family relay entries to nominations@silvercityswimclub.com.au stating each family member's full name and DOB
Entries close Sunday, 12th November at 11:59pm

Come and explore the outback... experience the people, history and culture of Australia's first heritage listed city

★ EVENT LISTING ★

SATURDAY

- 200m Freestyle
- 25m Butterfly Come & Try
- 50m Butterfly
- 100m Breaststroke
- 200m Individual Medley
- 25m Freestyle Come & Try
- 20m Freestyle
- 200m Butterfly
- 100m Backstroke
- 400m Freestyle
- 4 x 50m Family Relay (must include one parent & all swimmers belong to the same recreational team)
- 50m Freestyle Dash 4 Cash

SUNDAY

- 25m Backstroke Come & Try
- 50m Backstroke
- 200m Breaststroke
- 100m Butterfly
- 400m Individual Medley
- 25m Breaststroke Come & Try
- 50m Breaststroke
- 200m Backstroke
- 100m Freestyle
- 2 x 50m Parent/Child Relay
- 4 x 50m Club Relay (Junior & Senior)

★ AGE GROUPS ★

50m events: 6&U | 7-8 | 9-10 | 11-12 | 13-14 | 15-16 | 17&O | 18&O | Open Multi-Class
(Note: 9-10m events must pool within 100m or 200m - cannot swim in both age groups)

100m events: 12&U | 13-14 | 15-16 | 17&O

200m Free & IM: 12&U | 13-14 | 15&O

200m Free & IM: Open

* Age as at first day of meet

★ AWARDS ★

- Medals & cash prizes for every event, male & female in each age group: 1st \$20, 2nd \$10, 3rd \$5
- Perpetual trophies for male & female most outstanding performance:
 - o Junior (12&U) and Senior (17&O)
- Perpetual trophy for overall highest point scorer
- Perpetual trophy for winner of family relay + medals & cash prizes: 1st \$50, 2nd \$40, 3rd \$20
- Trophies for youngest male & female swimmers
- Trophies for oldest male & female swimmers

★ DASH 4 CASH ★

Male & Female Junior (12&U) and Senior (17&O) age divisions
Fastest 4 swimmers from each division in 50m freestyle are invited to participate
To be eligible, you must be entered in & swim at least 3 events

Senior (17&O) - 1st \$100, 2nd \$50, 3rd \$20
Junior (12&U) - 1st \$100, 2nd \$50, 3rd \$20

Silver City Summer Sizzler Carnival  

5. PRESENTATION EVENING SILENT AUCTION TIME!!

We have had a fantastic response to our silent auction so far – THANK YOU!

CAN YOU DONATE?

For each family/business in a position to do so, we would be grateful if you could begin to consider an item for donation to our silent auction.

COORDINATORS: Reilly Logan, Laura Frenzel

We ask that all auction items (with an approximate value attached) be submitted by Friday October 20th, if possible.

Thanking you in advance for your contributions!

6. SPORTS VOUCHERS FOR NEW MEMBERSHIPS

Swimming SA memberships for Season 2023-24 (Oct 1st to Sep 30th) are open via Swim Central.

All swimmers are also required to complete the new season membership form and return to Tony or Laura, or scan to Ange (angec2000@gmail.com).

If you would like to use a sports voucher, please send Ange your swimmer's 11-digit Medicare number or Australian visa number. The \$100 will then be claimed from sports vouchers and allocated to your training fee account when funds are received from the government.

A SPORTS VOUCHER FORM was issued by email last Sunday.

7. PROPOSED STRENGTH AND CONDITIONING (S&C) SESSION MONDAY AM

For the time being, this will not go ahead due to unavailability of the supervising dryland coach.

We plan to revisit this proposal in the new year.

8. WE NEED YOU! (HOW TO BECOME A SWIM COACH)

An introductory coach training course (TOCS) is easily acquired, and can be obtained by completing a simple online course and attending a one-day workshop (a course will be run on the first day of the upcoming country championships).

Please let the Head Coach know if you are keen on taking a first step into coaching.

List of those interested in completing the TOCS coaching course:

Sage Logan, Josh Henderson, Kath Mariani

9. SA COUNTRY CHAMPIONSHIPS COUNTDOWN – 88 DAYS TO GO !

Today marks 81 days until the SA Country Championships returns to the Barossa!

The championships were first held here during the period of the existence of the Barossa Amateur Swimming Club, way back in 1994.

10. PRESENTATION EVENING FRIDAY OCTOBER 27TH

Venue – Function Room, The Vine Inn

Date: Friday October 27th

Time: 5.15pm to 8.30pm

PLEASE ARRIVE BY 5.15pm for pre-presentation drinks and to order meals

FORMAL PRESENTATIONS TO COMMENCE at 5.30pm

Food – The Vine Inn Menu: Dress – Smart/Formal:

11. TRAINING CHANGES THIS WEEK - YES

POD ALL IN SUMMER MEET.

Tsunami/Breakers squad Tuesday am training scheduled to be held out of the Gawler outdoor pool has been postponed until 24th October.

All Monday evening POD 1 swimmers are encouraged to attend the spin class from 5.15pm to 5.45pm. Participants in the spin class are asked to then attend the swim session (commencing at 5.15pm) from 6.00pm to 7.00pm.

12. CALENDAR OF UPCOMING EVENTS – SEE BELOW

TARGETED meets are those meets at which coaches will be in attendance. Home program responsibilities may preclude members of our coaching panel from attending non-targeted meets.

There are a host of other carnivals advertised on the events calendar of the Swimming SA website: <https://sa.swimming.org.au/events>

MEET NAME	ENTRY CLOSING	WHO SHOULD ENTER? TARGETED OR NOT	COACHES IN ATTENDANCE
ALL IN SUMMER MEET 2 OCT 21 ST	CLOSED	<u>TARGETED (SWIMMERS SEEKING COUNTRY/STATE/NATIONAL QTs)</u>	YES
ALL IN SUMMER MEET 3 NOVEMBER 11 TH	OCT 25 TH	<u>TARGETED (SWIMMERS SEEKING COUNTRY/STATE/NATIONAL QTs)</u>	YES
SILVER CITY SIZZLER	SAT 25 TH Sun 26 TH NOV	<u>INTERESTED SWIMMERS</u>	NO
MURRAY BRIDGE OPEN DEC 9 TH	DEC 4 TH	<u>TARGETED (SWIMMERS SEEKING COUNTRY QTs)</u>	NO
SA STATE OPEN WATER CHAMPIONSHIPS (Westlakes) DEC 3 RD	NOV 13 TH	<u>INTERESTED SWIMMERS</u>	TBC

CHRISTMAS (SAALC) DEC 16 TH to DEC 17 TH	CRACKER	NOV 29 TH	<u>TARGETED (SWIMMERS SEEKING COUNTRY/STATE/NATIONAL QTs)</u>	
SA CHAMPIONSHIPS JANUARY 4 TH to JANUARY 8 TH	COUNTRY WED to SUN	DEC 13 TH	<u>ALL QUALIFIED SWIMMERS</u>	YES
SA CHAMPIONSHIPS JAN 18 TH	STATE RELAY		<u>ALL SELECTED SWIMMERS</u>	YES
SA CHAMPIONSHIPS JAN 19 TH	STATE OPEN/MC			YES

**13. THIS WEEK'S TRAINING TIMETABLE – MONDAY OCTOBER 16th to SATURDAY
OCTOBER 21ST**

SUMMER TRAINING SCHEDULE – OCTOBER TO APRIL				
DATE	POD	TIME	LANES	COACHES
MON 16 th	POD 1	5.45am to 7.45am	2	TD
	POD 2	5.45am to 7.15am	2	MW
	PODS 3-4	4.00pm to 5.00pm	2	SL/TD
	POD 1	5.15pm to 7.00pm	3/4	TD
TUE 17 th	BREAKERS/TSUNAMI	5.45am to 7.45am	2	MW
	POD 3	4.00pm to 5.00pm	2	SL
	POD 2	4.45pm to 6.00pm	3	MW/SL
WED 18 th	POD 1/BREAKERS	5.45am to 7.45am	3	MW
	PODS 4-5	3.45pm to 4.30pm	2	SL
THU 19 th	PODS 5	3.45pm to 4.15pm	2	SL
	BREAKERS/CRESTERS	4.15pm to 5.30pm	3	TD
	POD 1	5.30pm to 7.15pm	3	TD
FRI 20 th	POD 1/BREAKERS	5.45am to 7.45am	2	TD
	POD 2	5.45am to 7.00am	1	SL
	POD 3	6.45am to 7.45am	1	SL
SAT 21 st	PODS 3-5 (POD 5 from 12.15pm)	11.45pm to 12.45pm	2	S

BAROSSA SWIMMING CLUB – SEASON 2023-24 – WAVE UP Newsletter No. 3 –
SUNDAY OCTOBER 15TH

MAKING WAVES SINCE 2017



WAVE UP!