



# SSSC E-NEWS

The South Shore Swimming Club  
Fortnightly Email Newsletter

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February was a fantastic month in the pool and started off with a bang as we took part in the SWA Club Premierships B Division. I continue to be so proud of our club, the way we carried ourselves, dug deep and supported each other was outstanding and to walk away with a top two position and promotion to A Division for 2023 couldn't have been sweeter. Well done to all of our juniors who competed at the Hancock Prospecting LC Junior Challenge - we had 23 South Shore swimmers competing and so many of you were new to the club and competitive swimming. Competing at HBF Stadium is great experience and I was so thrilled to see so many smiling faces. Other notable performances this past month must include our open water swimmers who took on the Rottnest Channel swim over the weekend. Congratulations Jarrett, Anna, Anggie, James, Tremayne and Taleisha - this is a challenge not to be underestimated and your passion, dedication and determination is to be commended, well done. Everywhere I turn, our club is a hive of activity and I can sense the excitement from everyone as we head towards the pointy end of the season where all your hard work will soon pay off. Our focus now turns to the Junior State Championships and the Australian Age National Championships. Whether you are competing in these events this year or not, your attendance at training is still paramount in order to maintain your fitness, build, plan and set your goals for the future, we are all 100% behind you.



Irene Cooke  
President, South Shore Swimming Club

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## IMPORTANT SWIMMING DATES

As our summer season approaches its inevitable end, the busy calendar of events also doubles up as a celebration of your achievements. Target Meets for those of you who have qualified are open in *My Swim Results* now for you to enter. Please note, the date for our Club Championships has changed from the date originally published at the beginning of the season. This is to allow for maximum recovery time for our athletes who are training/tapering for Junior States and Nationals and to not overload our commitments as swimmers and parent volunteers. We appreciate your understanding and cooperation.

Date	Type	Event
Sat 19th March	Senior Qualifiers	National Preparation Meet
Sun 20th March	Junior Swimmers	Junior Skills Clinic
25-27 March	Junior State Qualifiers	2022 SWA Junior LC Championships
Sun 3rd April	Whole Club	SSSC Club Championships
11-18 April	Senior Qualifiers	2022 Australian Age Swimming Championships

# NEW SWIMMING WA MULTI CLASS CATEGORIES

Swimming WA launched two new multi class classifications in February 2022 with the support of Sport Inclusion Australia. The new categories, known as S18 and S19 are in addition to the current eligibility criteria and cover 'significant other impairment' (S18) and 'high functioning autism' (S19). These new classifications open up a competitive pathway for athletes to compete across the state and we commend Swimming WA for their inclusive and proactive approach.

## ELIGIBILITY CRITERIA

**S18 SIGNIFICANT OTHER IMPAIRMENT**  
 Includes and is defined as:  
 1. A Severe degree of Trauma (T) or Traumatic Brain Injury  
 2. A Severe physical condition that significantly impairs the ability to swim  
 3. A Severe and permanent hearing or vision impairment  
 4. A Severe and permanent intellectual disability  
 5. A Severe and permanent physical disability that significantly impairs the ability to swim

**S19 HIGH FUNCTIONING AUTISM**  
 Includes and is defined as:  
 1. An IQ score above 70 OR a degree of intellectual disability  
 2. A Severe degree of Autism, ASD or Asperger's syndrome

## SSSC CLUB CHAMPIONSHIPS

Our Club Championships is an internal South Shore Swimming Club competition where our swimmers compete for summer season trophies and awards. This is a high energy and fun afternoon which will be held at LeisureFit Booragoon on Sunday 3rd April 2022 and our current plan (we are mindful of the ever changing COVID landscape) is to hold a SSSC community BBQ celebration and presentation for our National Qualifiers at the completion of the swimming events. Please secure the date in your diary and stay tuned for more information as we get closer to the date.

Competition in the Club Championships is categorised into male and female for each age group from 8 to 18+ years. To be in with the best chance of winning, swimmers are encouraged to compete in all four strokes, as points are awarded for 1st, 2nd, 3rd and 4th place in each race. Points accumulate over the four form strokes to achieve an overall champion and runner up.

Everyone is encouraged to compete and gain official times, but to be eligible for trophies, you must be a South Shore Member and have competed in a minimum of 3 previous Club Nights during the 2021/22 summer season

Distance Covered Based on Age	Freestyle	Backstroke	Breaststroke	Butterfly
11 years & Under	50m	50m	50m	50m
12 years	100m	100m	100m	50m
13 years and Over	100m	100m	100m	100m

## JUNIOR RACING SKILLS CLINIC

Join our Coaching Team and some of our Performance Squad swimmers for a special Junior Racing Skills Clinic at LeisureFit Booragoon on Sunday 20th March 2022 at 1-2.30pm to hone your skills for starts, turns, underwater work in preparation for the Junior State Championships.

This is an inclusive event open to juniors from all squads, but it is especially important that all junior State Qualifiers attend.

This special event will also include the presentation of purchased State Qualifier t-shirts to our newest qualifiers and the recognition of all 2022 Junior LC State Qualifiers. Parents are welcome and encouraged to attend the presentation at the end of the session.

