



SSSC E-NEWS

The South Shore Swimming Club
Fortnightly Email Newsletter

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Our achievements as a club are going from strength to strength and if March 2022 is any indication of what we've got to come in the future, the celebrations aren't going to stop anytime soon. I would like to congratulate all of our open water swimmers on the wonderful recognition of achieving the most series points in OWS for the 2021/22 season of any swimming club. The dedication and camaraderie of our swimmers made this possible and it is an excellent achievement. Our Junior State Qualifiers just had the most fantastic weekend of swimming where it was raining PB's and medals. I am so excited to see the new younger swimmers coming up the ranks and making a stamp on the competition with some fantastic results. Well done to all of our swimmers and also our coaches, whose effort, dedication and passion is testament to the swimmers and the results we saw. The Junior Racing Skills Clinic took place before the state championships, with fabulous feedback and the results to back it up. As we dive into April, our National Qualifiers are deep in the training regime and all looking sharp for the Age Championships in Adelaide. We wish them all the very best of luck. I hope everyone is excited for this weekend's Club Championships at LeisureFit Booragoon on Sunday 3rd April. This is such a fun and exciting event and I look forward to seeing you all there.

I would like to take this opportunity to thank you all for continuing to do the right thing where COVID is concerned. There have been some challenges with positive cases, but thanks to everyone's efforts, we have kept the spread at bay and with minimal interruptions to our training,



Irene Cooke
President, South Shore Swimming Club

IMPORTANT SWIMMING DATES

Although the list may seem small, it is mighty! With only two major events left on our calendar for this summer season, both of them are unmissable. Our SSSC Club Championships is our biggest club event for the year and a high energy, fast paced event that shouldn't be missed - sign up now in *My Swim Results*. The Australian Age Championships is the culmination of so much training, hard work, determination and achievement of an exceptional group of our senior swimmers. This will take place in Adelaide and as an integral part of our SSSC family, we hope you will all follow their progress and support them from afar.

Date	Type	Event
Sun 3rd April	Whole Club	SSSC Club Championships
11-18 April	Senior Quallifiers	2022 Australian Age Swimming Championships

2022 SWIMMING WA JUNIOR LONG COURSE STATE CHAMPIONSHIPS WRAP UP

The Junior Championships were held over three days, starting Friday evening through to Sunday afternoon (25-27 March), with 24 SSSC competitors ready to hit the water. Our swimmers and their families dealt with uncertainty and an ever changing landscape in the lead up to the event, with SWA adjusting the schedule, capacity limits and attendance rules with the best possible intentions to achieve a safe meet in line with COVID rulings. The levels of maturity, compassion and understanding that we witnessed made us so proud and we thank you all so much for your patience and cooperation.

Once the competition was underway, South Shore swimmers came out in fine form. Our 9 and 10 year old swimmers swam in the morning, followed by the 11 to 13 year olds in the afternoon. There were so many stand out performances, not just our medal winners and we finished the Friday night with a 100% PB record, which was amazing. As the weekend continued, our swimmers held their own every step of the way and all the way to the very end of the meet. From 105 swims over the weekend, our swimmers achieved a staggering 87% personal best times which is a fantastic achievement.

There were lots of excellent performances that left us in awe and we can't finish this round up without a few special mentions. **Boston Yoong** smashed out his 100 Freestyle and 50 Freestyle swims in 58.83 and 27.55 respectively, which are both times that would have qualified him as a 14 year old at this years Australian Age Championships, outstanding! **Buddy Andrews** had a fantastic meet with a 100% PB record, narrowly missing out on a medal place for his 200IM where he had a 9.53sec PB and climbed from 11th seed to a 4th place finish. **Eli Hickman** was named as a *Top Achiever of the Meet* and it was well and truly deserved. Eli swam in 12 events over the weekend from the very first event to the very last of the program, had 8 personal bests, won six gold medals and 4 silver medals, a fantastic achievement, well done.

Congratulations go to all of our competitors and Coaches - Craig, Peta, Jarrett, Cassandra and Amelie on a job well done. We are so proud, Go South Shore!

Eli Hickman



Star Andrews



Stella Suuronen



Pieter Prinsloo



Boston Yoong



SSSC CLUB CHAMPIONSHIPS - SUNDAY 3RD APRIL

In the March newsletter we outlined what our Club Championships were all about. Now it's time to make sure you are entered and let the hard work and training you've put in up until now do the rest. It is such a fun afternoon and we're really looking forward to seeing you all compete. Remember, everyone can enter and you can do as many of the events in your age group as you like. Swimmers that have participated in 3 previous club nights will be the only ones eligible for the champion trophies. Sign up now in [My Swim Results](#) and get ready for some fast paced, super fun racing.

We have one very important request left and this one is for the parents! Our Club Championships always include two very special and highly anticipated parent races, one for our female swimmers and one for our males. These high octane, crowd pleasing 50m Freestyle races are not to be missed. Please see our computer operator extraordinaire, Harry at the beginning of the meet to sign up if you are unable to do so on [MSR](#).

WINTER MEMBERSHIP SIGN-UP

With so many new members at the club and swimmers moving into a more competitive pathway with a love of our sport, we have lots of families that may benefit from the Winter Special that both Swimming WA and SSSC are offering for memberships to cover the winter season. If you have not already joined SWA and/or SSSC, membership fees have now been reduced for the 'Winter Only Competitive Membership'. More information and links to register via My Swim Results can be found on the [SSSC Website](#).

APRIL SCHOOL HOLIDAY SHUTDOWN DATES

Following a very busy schedule for both schools and club in term one, everyone is looking forward to a break and we can confirm the following shutdown dates for South Shore Swimming Club during the school holidays, which we hope will give everyone time for some R&R, but also provide enough scheduled training to keep everyone's fitness on point:

- All squads to continue training to Saturday 9th April 2022
- SSSC Shutdown Monday 11th - Monday 18th April 2022
- All squads return to training from Tuesday 19th April 2022
- No training Monday 25th April 2022 (ANZAC Day)

