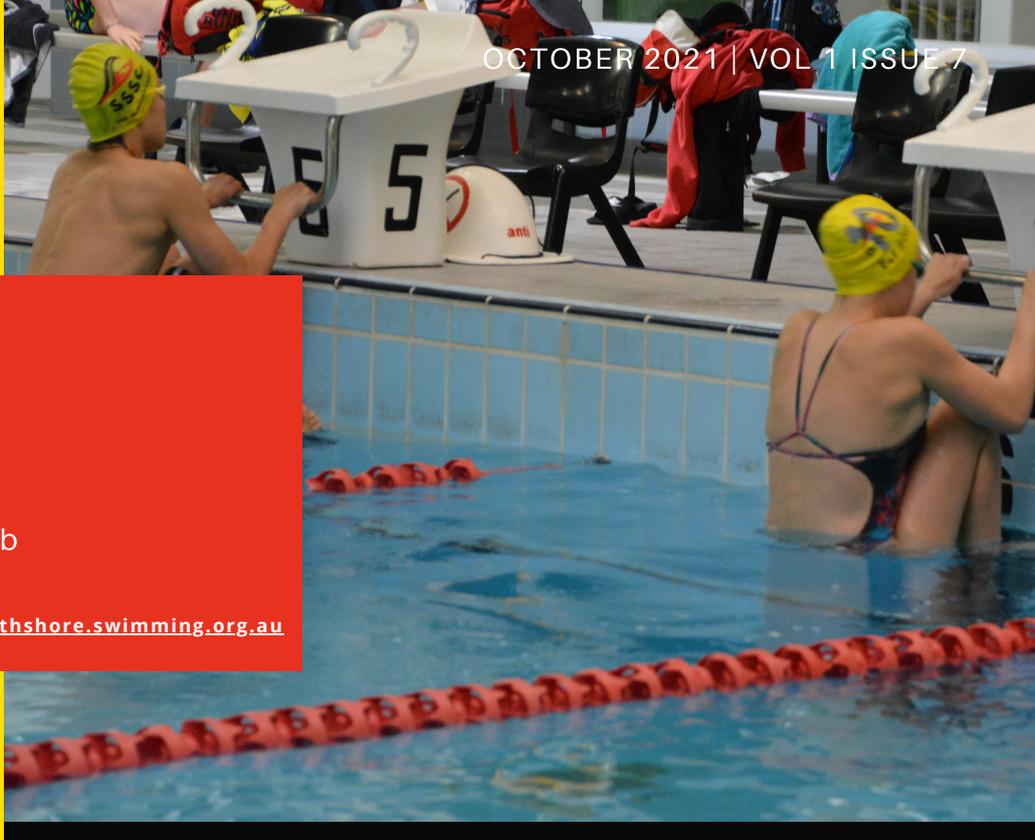


SSSC E-NEWS

The South Shore Swimming Club
Fortnightly Email Newsletter

You can also follow us on  and  or southshore.swimming.org.au



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Welcome to the beginning of the summer season, where along with the promise of warmer weather and clearer skies, we can also guarantee a full and very busy swimming schedule for all of our South Shore families. It has been great to have Coach Craig back on pool deck, who has returned full of vigour and with a clear plan for our swimmers as we head into the long course season. Our [Club Night](#) and [Target Meet](#) schedules have now been distributed to all families. If you missed the email and would like to download a copy, please click on the hyperlinks above where you will be able to access them. A small group of the SSSC Committee attended the Swimming WA 2021 Club Conference and Hancock Prospecting Swimmer of the Year Awards on Saturday 9th October to represent our club and support our very own Kylie Baker, who was shortlisted as a nominee for both *Technical Official Of The Year* and *Volunteer Of The Year*. While Kylie didn't win either this time around, we are still very proud and grateful for everything that she does for our club and she will always be a winner in our eyes. Both the conference and the awards night were very well received and attended. We look forward to South Shore experiencing many nominations and awards in the future.



Irene Cooke
President, South Shore Swimming Club

IMPORTANT SWIMMING DATES

The following Club Nights and Target Meets are listed in *My Swim Results*. Please keep an eye out for when the events are opened for you to register. If you are unsure what to sign up for, please seek advice from your coach and they can help you choose which events to target for maximum success. As soon as qualifying times are released by Swimming WA, we will make sure we communicate them to you immediately.

Date	Type	Event	Book
Sat 16th Oct	Target Meet	Arena LC Meet	MSR
Fri 22nd Oct	Club Night	CN2 Long Course, LeisureFit Booragoon	MSR
Sat 23rd Oct	Target Meet	Open Water Round 2, Leighton Beach	MSR

MEMBERSHIP REGISTRATION

To be eligible to vote at our AGM this Sunday 17th October, you must have renewed your swimming membership for 2021/2022. We value your contribution so much and really want you to be able to have your say, so please ensure that you have updated your membership via My Swim Results before then.

OFFICIAL APPOINTMENT OF PETA GOODSSELL AS LEAD JUNIOR SQUADS COACH

We are pleased to announce the formal appointment of Peta Goodsell as the Lead Junior Squads Coach at South Shore Swimming Club. Peta started coaching 32 years ago and has coached from mini squad to national gold medalists and everything in between. Peta started coaching as her own four children were all good swimmers and decided if she was going to spend that much time at the pool she may as well be working. Three of Peta's four children went on to be successful national swimmers. Along Peta's journey she has coached hundreds of state individual and relay medalists/record holders and national gold silver and bronze medalists over many years. At one point Peta had the largest number of state team representatives of any WA coach and was invited to the AIS for talented coaches development. Peta was recently awarded by Australian Swimming for her role in developing and coaching Nicholas Brown who was on the Australian Dolphins Team. We are excited for the future of our junior program under the expert guidance and tutelage of Peta.



"I retired from swimming coaching to be able to assist more with my grandchildren but never lost my passion for this fabulous sport and thanks to the wonderful opportunity at South Shore I can be involved again in the development of the club's juniors."

Peta Goodsell

Q&A WITH HELEN SMITH ABOUT HER 'DUEL IN THE POOL' EXPERIENCE

Helen Smith was selected for the Swimming WA State Team as a result of her great performance at the State Short Course Championships in August. Usually the team travels to Canberra for an interstate competition. That was impossible this year, so Swimming WA arranged the "Duel In The Pool" and we held a little Q&A session with Helen to find out more about it:

Q: Can you explain what "Duel In The Pool" is please Helen?

A: Duel In The Pool was a residential camp and competition for the State Team and State Coaches. The State Team was split in two (Gold v's Black) and competed against each other over two nights of swimming. Other team activities (trivia comp, laser tag, etc) were also included in the points scoring. We stayed at the Christchurch boarding house and swam in the CCGS/MLC pools.

Q: Was there a lot of training? What else did you do?

A: Unfortunately we didn't really do a lot of training. We had one main team session plus an optional morning session the next day (I slept in). We also had other team activities plus some chill time.

Q: What was the competition like? Who won?

A: It wasn't at all a normal competition. The races were mainly sprint skins, lots of strange relays and several mystery events. There was even an 'open water' event swimming around the cans. Team Gold took home the trophy and bragging rights.

Q: What were the highlights?

A: This is a very cringe comment but it's true; the whole team spirit around the event was the overall highlight. Everyone got behind their team and each other (event the people they didn't know very well) and pushed each of us to our best. I'm surprised anyone's ear drums are still intact.

Q: Is there anything else you would like to tell us?

A: It was a great experience and I am so thankful for the ability to still have camps like this in WA.

We would like to extend a huge thank you to Helen for taking the time to share her experience with us. Congratulations once again Helen, we are all so very proud of you and your achievements.



Image Above: The victorious Gold Team at Duel In The Pool (Helen is in the back row, 4th from the left)

OPEN WATER SWIMMING

Increasing interest from South Shore swimmers in the Open Water Swimming (OWS) Series and a passionate history in this field from Coach Craig generated great results in the 2020/21 season for South Shore Swimming Club with three of our swimmers achieving national qualifying times. Thomas Dreverman, Eben Prinsloo and Jonah Whitby travelled with Coach Craig to Queensland for the Open Water Nationals and returned home with creditable swims under their belts and a bronze medal for Tom in the U14yrs 5km event. Given our success, the SSSC Committee and Coach Craig believe we are capable of more and to that end, we have included OWS in our Target Meet calendar this year. Not all of the OWS events have been targeted, but those that have provide the whole club with a great opportunity for all interested parties to secure a time on a familiar beach. Swimmers that have an interest in the OWS format are encouraged to also attend the non-targeted meets. The benefit of a targeted OWS meet is that Coach Craig will be there to guide and support our swimmers through the process.



For those new to OWS, some key information to get you started includes:

- There are distance options and age restrictions that apply:
 - 500m Minimum age: 9yrs of age at day of competition
 - 1.25km Minimum age: 11yrs of age as at day of competition
 - 2.5km - 5km Minimum age: 12yrs of age as at day of competition
 - 10km Minimum age: 14yrs of age as at day of competition*
 - All swimmers aged 9 and 10 years must have a chaperone swimmer
- It is best to pre-register for an event and all registrations are available online at [Upcoming Events Swimming WA - Open Water Swimming](#) or via the links in [My Swim Results](#)
- Additional information can be found at www.openwaterswimming.com.au or by talking to your Coach

SSSC AGM & WINTER WIND-UP

Our Annual General Meeting and the Winter Wind-Up are set to take place this Sunday 17th October, 2021 at Tompkins and will commence at 4pm. All South Shore Swimming Club families are invited and encouraged to attend. Your input and votes are integral to the ongoing running of our club and we can't stress enough how important it is to us that as many people as possible are present on the day. After a relatively short AGM, the festivities and celebrations for our swimmers will start at 5pm with awards and presentations followed by a casual meal and drinks with friends. We really look forward to seeing everyone there and ask that you confirm your attendance below, to help us with catering numbers.

[PLEASE CLICK HERE NOW TO CONFIRM YOUR ATTENDANCE AT THE WIND-UP](#)



Hancock Prospecting 2021 Swimmer of the Year Awards (L-R: Craig Murray, Charlotte Oliver, Suzy Kitson, Irene Cooke, Kylie Baker & Tony Baker)