



SSSC E-NEWS

The South Shore Swimming Club
Fortnightly Email Newsletter

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



It's been wonderful to see a hive of activity throughout the club as I've popped in and out of all squad sessions these past couple of weeks. Our senior swimmers are deep into their training for the lead up to the State Championships that will take place the weekend before Christmas and I don't mean to cause any alarm, but that's less than 5 five weeks away now. Our younger swimmers have a little longer to prepare for States, with the Junior Championships scheduled in April 2022, but as the warmer weather inches closer, so does the date for the all important school swimming carnivals and regular attendance at training is your best bet to be ready and raring to go, proudly representing your school and South Shore Swimming Club as we all cheer you on for the best possible chance of success.

We are delighted to have so many new families that have joined our club across all squads over the past couple of months. I hope I have spoken to you all personally and welcomed you as part of our South Shore family, but I would like to extend a formal welcome on behalf of the whole club. We are thrilled that you have chosen to join us and hope both you and your swimmer(s) are making fast friends throughout the club.

The South Shore Committee have been out in force at our club nights with uniforms, goggles and other swimming extras available for purchase. We hope you are all kitted up for the season and prepared for the sometimes chilly mornings with your SSSC hoodies. Thank you for your support of our club.



Irene Cooke
President, South Shore Swimming Club

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IMPORTANT SWIMMING DATES

The following Club Nights and Target Meets are open in *My Swim Results*. 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.

Everyone has been given access to the full target meet and club night schedules for the whole season, we hope this helps you to plan and enter meets well in advance.

Date	Type	Event	Book
Fri 19th Nov	Club Night	CN4 LC Official, LeisureFit Booragoon	MSR
20-21 Nov	Target Meet	SWA Long Course Meet	MSR

SSSC IS A FUEL TO GO & PLAY KICKSTARTER CLUB

Fuel to Go & Play Kickstarter is a Healthway WA initiative that has been adopted by Swimming WA. Swimming clubs are being encouraged to get behind the healthy eating messages and develop them as part of our club culture. This isn't just a fad, it's a way of life and we're already halfway there, because there's no denying how good sport is for our health and since you're all committed squad swimmers training multiple times a week with the aim of getting the best out of your body, we can't imagine why you'd argue about putting the best in...it's a win/win.

2020 HEALTHWAY SURVEY RESULTS FOR PEOPLE INVOLVED IN JUNIOR SPORT

41%

OF JUNIOR ATHLETES EAT UNHEALTHY SNACKS DURING SPORT BREAKS

60%

OF JUNIOR ATHLETES EAT UNHEALTHY SNACKS AFTER SPORT

82%

OF PARENTS THINK THAT HEALTHY EATING & DRINKING IS IMPORTANT FOR THEIR CHILDREN, ESP DURING SPORT

With that in mind, we might have a few tips and tricks to share and maybe a new recipe or two, but more than that, we want to hear from you! Stay alert for some emails coming home soon, that will be asking for your favourite or go-to healthy snacks that you rely on before or after training or on a target meet day. Share them with us. We don't need to reinvent the wheel, let's share what we already know works and make sure everyone is on board with us.

Until then, try out this delicious smoothie recipe and let us know if it makes you faster than your competition, we'll bet it does!

