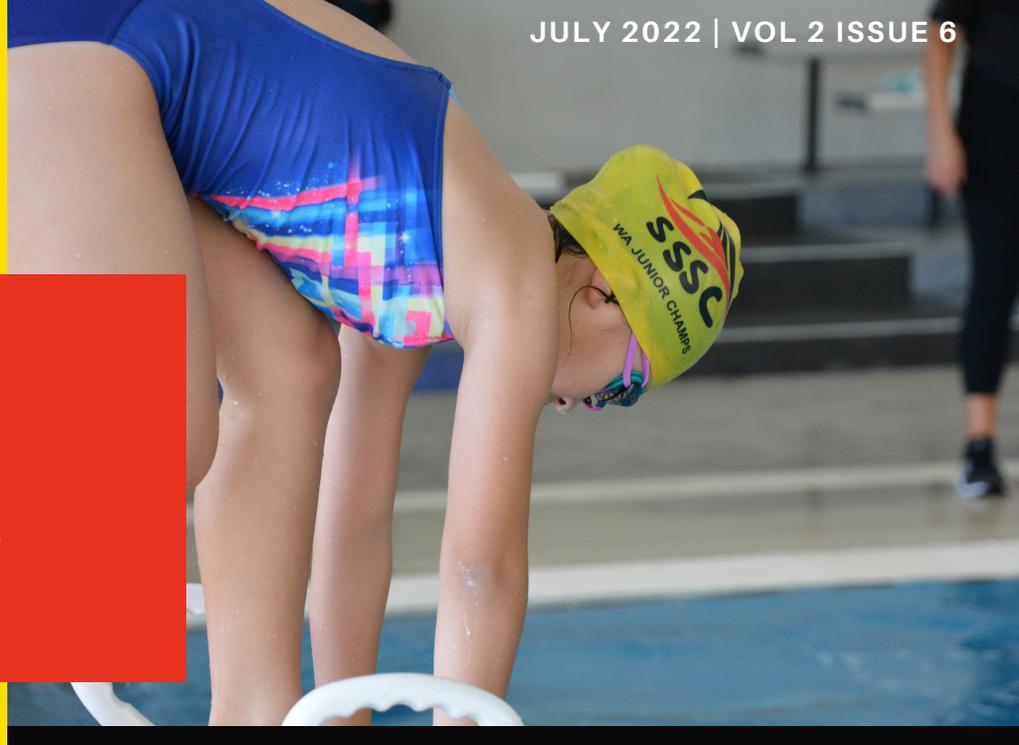




# SSSC E-NEWS

The South Shore Swimming Club  
Fortnightly Email Newsletter

You can also follow us on  and  or  
[www.southshore.swimmingclub.org.au](http://www.southshore.swimmingclub.org.au)



We are very proud to have three of our senior South Shore swimmers included in the Swimming WA Performance Pathway Programme. Coach Craig and Helen Smith are now part of the State Flipper Squad and will be given a range of fantastic opportunities for technical and physical development. Thomas Dreverman and Tremayne Mould have been announced as part of the State Development Squad where they will also be given opportunities to participate in activities, workshops, testing and camps to enhance their training and progress. Congratulations Helen, Tom, Tremayne and Coach Craig, we are thrilled that your hard work and efforts are being recognised.

This newsletter has a heavy focus on our upcoming Super Sprint. The importance of this event reaches far beyond the day it takes place; this is how we present ourselves to the wider swimming community and also sets us up financially for the remainder of the year. Our club is what we make it and I need your help to make it the best we possibly can.



Irene Cooke  
President, South Shore Swimming Club

## SUPER SPRINT EDITION

*It's REALLY important, please read on to Page 2...*

*In this newsletter:*

Important Swimming Dates

Page 01

SSSC Super Sprint

Page 02

Fast & Fit Squad Sessions

Page 03

Junior Skills Clinics

Page 03

## IMPORTANT SWIMMING DATES

There are very few sanctioned meets left for the remainder of the winter season, with those that are left filling up very fast. We encourage you to register for your events as soon as possible. Please make the Super Sprint a priority - if you leave this one too late, you will miss out because it is a last chance meet for seniors trying to qualify for their SC Championships the following weekend.

There have been some changes to our original schedule for July, most notably the cancellation of the club night scheduled for the 4th of July, due to so many families (particularly from the committee) heading away during the school holidays. Thank you for your understanding. The 800m Freestyle originally planned for this date will be added to the event listing for the final club night of the winter season.

Date	Type	Event
Sat 9th July	Target Meet	Perth City Short Course Classic Carnival
Mon 18th July	Club Night	Club Night 5 - Short Course
23rd & 24th July	Target Meet	SWA SC Qualifying Meet #2 @ HBF Joondalup
Sun 31st July	Target Meet	SSSC Super Sprint

# OUR SSSC SUPER SPRINT, SUNDAY 31ST JULY 2022

There are a few actions that need to be put in place in the lead up to our Super Sprint as soon as possible and to make things as clear and simple as we can, we're including an easy step-by-step process for you, here:

## SUPER SPRINT ACTIONS FOR YOU:

### **STEP 1: Register Your Race Entries Now**

This is particularly important as a first step, because we want ALL of our SSSC swimmers to be there. It is important to note that this meet is the last opportunity all senior swimmers will have to qualify for the SC State Championships, which will be held the following weekend. Other clubs will be targeting our meet and that's great, but WE must all be signed up first.

### **STEP 2: Sign up on the Volunteer Roster**

Never a truer phrase has been said than 'many hands make light work' and now is the time to put those words into action. As the hosts of the meet, it is our responsibility to cover all of the jobs that need doing throughout the day and to do that effectively, we need everyone to step up and take on a large role. If you have the time and/or manpower to take a morning and afternoon role, we will be so grateful.

### **STEP 3: SSSC Family Sponsorship of a Race**

We would like you to consider sponsoring a race for the day with a \$50 donation to the club. This donation helps us to cover the venue and medal costs for that race. Your name will be included in the program and announced as the sponsor during the meet. Your swimmer(s) will love it and together you can choose their favourite event. We appreciate your support and thank you in advance for your generosity.

### **STEP 4: Fundraising Donations**

We are planning the ultimate instant win scratchy board once again and we're asking for every swimmer to donate 2-3 scratch cards. You can purchase them from your local newsagents and pass them to your squad coach at training. Your generosity could very well be rewarded by being the ultimate winner on the day and wouldn't you be thrilled then!

### **STEP 5: Let's make it a great day on Sun 31st July**

It will be all-hands-on-deck, all day for the whole team from South Shore and that includes your whole family. Not everyone will be busy all of the time, but we need you to stay alert and be ready to lend a hand at a moments notice. This is our chance to shine and present ourselves and our club to the swimming community. We thank you in advance for all of your support.

This is our biggest fundraiser for the year and it takes an enormous effort from our committee, volunteers, coaches and swimmers, so please know how grateful we are to each and every one of our families for your support and contributions. Here's a handy checklist to ensure you can tick No.1 Support Crew off your list:

### **Checklist** ✓

- Swimmer(s) are entered into multiple events on MSR
- I have signed up for at least one volunteer duty on the day
- Our family has sponsored a race
- We have dropped 2-3 instant win scratch cards to our squad coach

## FAST & FIT SQUAD

We mentioned in a previous newsletter that we had been able to secure lane space and were developing a new Fitness level squad, that we are calling 'Fast and Fit'. We are now able to explain fully what this entails. The Fast and Fit squad is slightly different to our current Fitness squad, even though both will run at the same time.

The Fast and Fit Squad has been created for those swimmers who may not be able to commit to the requirements of Gold and Performance squads, but who still want to swim at a strong level and want more than our current Fitness squad offers. This squad suits swimmers who have big study commitments or want to focus more on their other sports, but still enjoy their swimming fitness.

Entry into the Fast and Fit Squad is by invite only from our Head Coach, Craig Murray and includes being assessed against the required level of fitness. Distances swum will be longer and harder than the fitness squad.

Congratulations and thank you to the committee and coaching team for the development of this squad. It is always our intention to ensure our club is offering the best possible options to suit swimmers of all levels and enable longevity in the swimming community.

### Uniform Shop Opening Date for July 2022

Monday, 18th July (6.30-7.30pm)

## JUNIOR SKILLS CLINICS

Our juniors have completed two skills clinic sessions so far this winter season and we're thrilled to see the results are paying off at Target Meets and in their training. Most recently, our coaches and swimmers were joined by Junior Olympic Team and Australian Dolphins alumni, Nicholas Brown. Nicholas took the time to meet with our juniors and share his experiences and knowledge. In small groups, the swimmers passed through a station with Nicholas and Coach Peta as they worked on dives and underwater work, for which Nicholas is particularly known for having superior skills. These clinics give our juniors invaluable opportunities to practice the starts, turns and finishes in small groups. Thank you to our wonderful coaching team for giving up their time to run these excellent clinics.



Nicholas Brown and some of our junior swimmers at the skills clinic