



# 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)



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School holidays seem so long ago now and I hope for those of you who were able to get out of the city and enjoy a short break at the beginning of July, it has rejuvenated you for another busy term.

I can't quite find the words in this short introduction, to adequately sum up my gratitude for your dedication and support in the lead up to the South Shore Super Sprint, so I encourage you to read on to our full wrap up of the event, where I attempt to highlight some of my special memories from the day and do justice to the unwavering support you have shown our club.

It has been an engaging month with many of our seniors putting in the hard yards to achieve their qualifying times for the upcoming 2022 Hancock Prospecting SC State Championships. I am pleased to report that we have 27 qualifiers who will be heading to HBF Stadium to represent South Shore this weekend. We wish them all the best and will keep you updated with progress on our social channels throughout the three day event.



Irene Cooke  
President, South Shore Swimming Club

## IMPORTANT SWIMMING DATES

As the short course season begins to draw to a close, our schedule will ramp up as we prepare for an intense summer program. Our remaining Club Nights will include special events required to establish the winners of our end of season trophies and see a last chance opportunity for junior swimmers to qualify for their state championship events. **Please note, Club Night 7 has been changed from its original date and will now take place on Friday 26th August at 6pm to allow juniors a last minute opportunity to qualify for Junior States.** This club night is open to everyone, but we strongly recommend that juniors chasing times, target those events only.

Date	Type	Event
5-7 August	Senior States	2022 Hancock Prospecting SC State Champs
Mon 15th Aug	Club Night	CN#6, Long Course (unofficial)
Fri 26th Aug	Club Night	CN#7, Short Course, Official

### Uniform Shop Opening Dates for August 2022

Monday, 15th August (6.30-7.30pm)

Friday, 26th August (5.30-6.30pm)

# SUPER SPRINT WRAP UP

WOW, what a weekend! Let's talk numbers...

**10** • **34** • **369** • **36** • **1467** • **70**  
HOURS CLUBS SWIMMERS EVENTS TOTAL SWIMS



While those numbers are huge and very impressive, our annual South Shore Super Sprint Carnival is so much more than just the day itself. Work begins months before the event and while the working group is comparatively smaller, when we asked for your help, you all stepped up time and time again. Your generosity in donations of race sponsorship and raffle prizes was outstanding and this support enabled us to raise valuable funds for our swimmers and the club. We promised an all-hands-on-deck situation and everyone came ready to work; our Meet Coordinator for the day (Beth Jones) noted that "every single volunteer was exactly where they needed to be, precisely when they were supposed to be there." These seem like simple things, but we can assure you, when they're not done properly, problems spiral out of control. It was a real pleasure to witness so many of our senior swimmers volunteering their time and sticking to their commitments throughout the day.

I would like to make special mention of our Meet Announcer for the day, Carri Forrester. Carri answered a call for help from the Committee, when five days before our meet we were without a confirmed Announcer. Carri is the Aunt of one of our junior swimmers and while she often MC's as part of her job, she volunteered in this role out of the goodness of her heart and we couldn't be more grateful. Carri was a truly outstanding Meet Announcer, approaching her duties with a calm and confident nature, how lucky we were to have her keeping everyone informed and excited all day.

Congratulations to all of the South Shore Swimmers who made it into the IM Skins and especially those who managed to pocket a cash prize to take home. It was very exciting to watch Jarrett Kang and Daniel Eve battle it out in a South Shore 25m freestyle sprint final for the men (15 and over).

Our raffle table was a huge success, thanks to the excellent sales skills of so many of our South Shore Mums and their positioning of the raffle table to capture every entrant into the stadium. We sold out long before the end of the day, with many visitors missing out on the chance to secure one of our highly anticipated prizes.

Congratulations to all of our Coaches, who should be proud of their efforts and achievements and the way each and every one of our swimmers carried themselves throughout the day.

We had some familiar and long standing South Shore faces missing from our day, due to the change in date that we needed to accommodate from Swimming WA earlier in the season. While we missed these important people from our South Shore family, we are so thankful to Katherine Hurford and Harry Plange, who both stepped up into much more intense roles for the day and really did themselves and us proud.

Lastly, well done swimmers, we hope you had a great day. So many of you were there from start to finish and 10 hours is a really long time to maintain maximum effort. We hope you had a fun day.

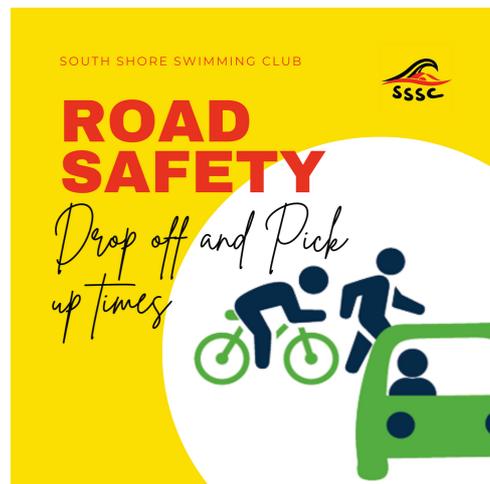


## CAR PARK SAFETY AT LEISUREFIT BOORAGOON

Winter is our most vulnerable time of year, with darker mornings/evenings, wet and windy weather and more vehicles than usual in the rear carpark, so we wanted to take this opportunity to raise a very important issue to the forefront of your minds.

We appreciate that everyone has busy schedules and with swimmers all generally arriving and departing at roughly the same time, it gets very busy in the carpark. Please discuss with your swimmer how important it is that they only get out of the car once it is parked securely in a marked bay and when meeting you after training to take care crossing roads and that you will only stop to pick them up once you are again in a clearly marked parking bay.

No amount of rushing will ever be worth anyone being unintentionally harmed. Stay safe everyone and thank you for your understanding and cooperation.



## SWIMMING WA ROADSHOW - METRO LEAGUES & COMPETITION STRUCTURE CHANGES

Swimming WA have been working for some months now to develop changes to the competition structure. Since April 2022, South Shore Swimming Club's committee have been actively providing feedback regarding these changes, where we feel they could be improved or may be detrimental. Swimming WA are setting out on a Roadshow to meet with clubs and their members, to explain the intricacies and how the changes will affect all swimmers. The SWA Roadshow for South Shore Swimming Club is scheduled for **Tuesday 16th August 2022 at 7pm**.

Further details will be emailed to all members in the next few days and we will be requesting confirmation of attendance so we can be sure there is enough seating. We cannot stress enough how important attendance at this meeting is for all South Shore families. These changes will effect everyone and we are all learning about them together.

An overview of the changes to be discussed:

- Reinstatement of Metro Leagues
- Cancellation of Junior State Championships as we know it
- SWA will hold an End of Season Championship (potentially on the same weekend as the National Championships). For 13+ boys and 12+ girls to be eligible to compete, they must have:
  - Achieved the AA qualifying time (between October 2022 and March 2023) for events they wish to enter. Note these times can be achieved at any recognised SWA meet.
  - Competed in their league or region competition

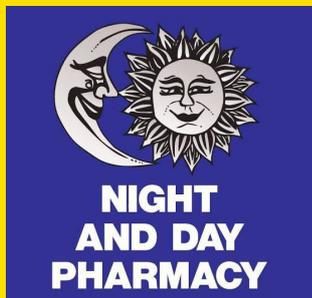
For U13 boys and U13 girls to be eligible to compete, they must have:

- Been ranked in the top 12 of their league for events they wish to enter, based on swim times achieved between October 2022 and March 2023. Note these times can be achieved at any recognised SWA meet.
- Competed in their league or Region competition.
- Decentralisation of all swimming meets from HBF Stadium to various locations throughout the metro area
- Discouragement of medals at all meets other than End of Season or State Championships
- Longevity in swimming for senior swimmers outside the national pathway

*There will be a Q&A towards the end of the session and in order to manage the flow of questions, we ask that you submit your questions in advance (further details in your email communications).*

# THANK YOU TO OUR SPONSORS

During our Super Sprint, we were incredibly grateful to have received the sponsorship of some outstanding local businesses. This enabled us to really maximise our fundraising potential during our largest event of the year. We wanted to include details of our major sponsors and donors here so you can be sure to show them the same support they have given us, if the opportunity presents itself. Please be sure to mention that you are from South Shore Swimming Club and thank them for their contribution. We want to ensure we maintain a fruitful relationship for many years to come.



**NIGHT & DAY PHARMACY** have been serving our local south of the river community since 1996 and are also a valued and long serving SSSC family. We are so grateful for their continued support of our club and swimmers, particularly for our Super Sprint year on year.

<https://night-day-pharmacy-canning-vale.business.site> | Phone: (08) 9455 6061 | Unit 2/3, Corner Campbell & Ranford Roads, Canning Vale WA 6155 |

**SWIMTEK** are suppliers of Engine, Dolphin, Speedo, Finis and A3 Performance Swimwear. Their comprehensive North Perth and online store has everything you need for your competitive swimming, squad training, open water, triathlon and surf activities. They offer FINA approved racing suits as well as durable chlorine resistant bathers and training equipment.

[swimtek.com.au](http://swimtek.com.au) | 0415 123 384 | Unit 54a Angove Street, North Perth WA 6006



**STRIKER INDOOR SPORTS & FITNESS** are a leading centre for indoor sports in Perth. Located in Leeming, they offer netball, indoor cricket and futsal competitions along with badminton, squash and court hire.

[strikerindoorsportsandfitness.com.au](http://strikerindoorsportsandfitness.com.au) | [info@strikerindoorsports.com.au](mailto:info@strikerindoorsports.com.au) | 9313 9700

**BANGS HAIR DESIGNERS** are another valued and long serving South Shore family. Managed and run by Troy Naylor, Bangs Salon is a haven amongst the bustling City of Perth on Murray Street. After a visit, you'll step out of the salon feeling refreshed, rejuvenated and looking fabulous.

[bangssalon.com.au](http://bangssalon.com.au) | 9221 4001 | 0407 776 742 | 45 Murray Street, Perth WA 6000



**CITY OF MELVILLE** boasts two LeisureFit recreation facilities, with Booragoon Aquatic Centre as the home for South Shore Swimming Club. In addition to our training pool, LeisureFit also offers gym, fitness classes, personal training, Reformer Pilates and over 50's fitness programs. We thank them for the continued support of our club and swimmers.

[melvillecity.com.au](http://melvillecity.com.au) | 9364 0823 | 521 Marmion Street, Booragoon WA 6154

*We would also like to extend a very special thank you to Nathan Hickman, who secured our prizes from Michael Hill and Kristie Goodsell at L'Oreal for her generous donation towards our raffle prizes. Please continue to show our gratitude by visiting their teams in store.*