



SSSC E-NEWS

The South Shore Swimming Club
Fortnightly Email Newsletter

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I would like to take a minute to recognise the outstanding achievements we have had as a club over the past month. Early August saw our Seniors head to HBF to compete in the 2022 Hancock Prospecting SC State Championships. We were proudly represented by 25 of our excellent senior swimmers, who did not disappoint. We could barely keep up with the congratulatory communications over the three day event, which is a fabulous struggle to have. Well done to all of our swimmers. Special recognition also goes out to Eli Hickman, who recently travelled to Brisbane to compete with the West Australian team at the School Sports Swimming Championships. Eli was also honoured with the prestigious role of Co-Captain for the 10-12yo Boys and did a fantastic job of representing our state (and ultimately South Shore Swimming Club as well) both in and out of the water.

Thank you to all of the parents who came along to the recent SWA Roadshow held at LeisureFit Booragoon. We had approximately 40% of our competitive program junior parents in attendance, which I think is a great turnout. Our questions were on point and our feedback offered constructive viewpoints. We have provided a brief summary further on in the newsletter with some links to our website for imagery provided by SWA to explain the new structure.

The end of the winter season is almost here and that means we're hot on the heels of another awards and celebration event. Read on for the 'save the date' details which also includes our AGM and the need for everyone to renew their membership for the 2022-23 season. Good luck to all 40 of our juniors competing at the SWA SC Junior Championships this weekend, we are so proud of all of you.

We hope this newsletter helps to prepare you for the summer season ahead, it's going to be a lot of fun.



Irene Cooke
President, South Shore Swimming Club

IMPORTANT DATES

The Summer Club Night and Target Meet schedules for SSSC will be released shortly and with that, you will be able to schedule all future dates in your diaries. Until then, we wish our juniors well for the SWA SC Championships this weekend, the first round of the open water season is set to take place in Karratha and we have two very important Club Nights left for the winter season. If you are unsure what to sign up for, please discuss this with your coach, who will help you set a plan for maximum success.

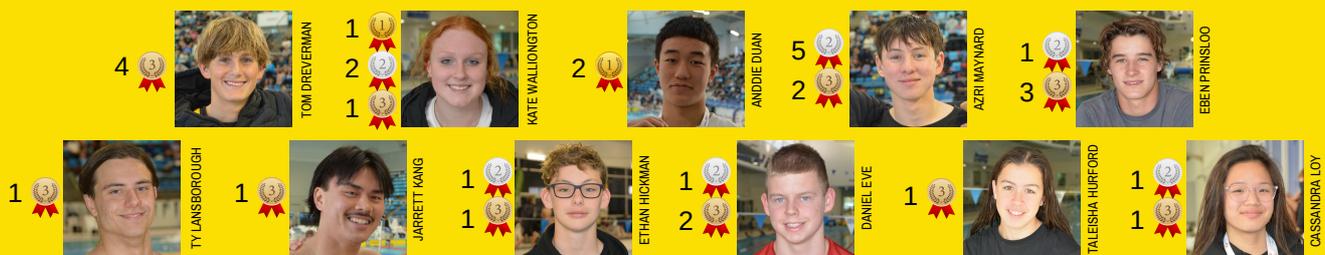
Date	Type	Event	Book Now
3rd & 4th Sept	Junior Qualifiers	Junior SC Championships	Entries Closed
Sat 10th Sept	OWS	Round 1	OWS
Fri 16th Sept	Club Night	Trophy Heats & Finals	My Swim Results
Fri 23rd Sept	Club Night	Official	My Swim Results

A LOOK AHEAD TO THE 2022/23 SUMMER SEASON

The winter swimming season is lighter than summer, but with the addition of many other winter sports in our active swimmer's lives, we know how important it is to schedule important dates in your calendars, so here is a brief overview of the main events to consider:

EVENT/S	DATE	DETAILS
SSSC Club Nights	Fortnightly (approx.)	Club Nights are internal SSSC competition events (usually held on Monday or Friday evenings) at LeisureFit Booragoon. They are a fun, low pressure way for swimmers to gain racing practice and improve their personal best times. The SSSC Summer Club Night Schedule will be released in September 2022. One of the two club nights held each month will be official for times achieved. In order to be eligible for SSSC Perpetual Trophies, swimmers must have completed the specific event at two club nights during the summer season (not including the heats and final).
Target Meets	Monthly (approx.)	Target Meets are competitive swimming meets sanctioned by Swimming WA that SSSC Coaches have recommended that our swimmers attend. Most meets selected by our coaches are held at HBF Stadium on a Saturday or Sunday. The SSSC Summer Target Meet Schedule will be released in September 2022.
SSSC Christmas Party	9th December 2022	The SSSC Christmas Party coincides with our December Club Night. With dress up themes, inflatable relay racing fun and a BBQ, this event is always a fun celebration for the club.
2022 Hancock Prospecting WA State Championships	16th - 20th December 2022	This event is open to all senior swimmers that meet the WA 2022/23 State Qualifying Times. These times will be published by SWA at the beginning of the summer season and SSSC will include links to them in our communications when they become available.
Club Premierships	10th February 2023	The SunSmart Club Premiership is a team event and an inter-club meet, where South Shore Swimming Club's best take on other clubs at HBF Stadium. Our swimmers compete for points for SSSC, with clubs only able to enter one swimmer per event. Our coaches use times recorded during the summer Target Meets and Club Nights to complete this competitive selection process.
Moore River Camp	3rd - 6th March 2023 (Labour Day Long Weekend)	The annual Moore River Camp is a fun relaxing weekend getaway for all swimmers and their families. It is held at the Guilderton Caravan Park with plenty of games and activities organised to keep kids busy and strengthen friendships across the SSSC community. More details will follow early in 2023.
Open Water Swimming Meets	September 2022 - March 2023	The Swimming WA Open Water Swimming (OWS) Series includes distance events (500m to 10km) at beaches and lakes across WA. OWS is one of Coach Craig's passions and under his guidance, we have had multiple qualifiers for Nationals over the past couple of years. For more information see the OWS website below or talk to Coach Craig. <u>Swimming WA - Open Water Swimming</u>
League Championships	11th & 12th March 2023	All swimming clubs from the Perth metro area have been split into four leagues. South Shore Swimming Club is part of League 4. Junior swimmers (Girls 12/U and Boys 13/U) will target our League 4 Championship with the aim of securing a top 12 place in any event, per age group to establish eligibility to participate in the End of Season Championships.
SSSC Club Championships	2nd April 2023	Our Club Championship is an internal SSSC competition where our swimmers compete for summer season trophies and awards. See the link below for more details on competition rules and awards. <u>SS-12-Trophies-Awards-and-Records</u>
End of Season Championships	11th - 14th April 2023	This event replaces the Junior Championships and is open to junior swimmers who have met AA qualifying times and competed in the Club Premierships, League Championships and have achieved a time in the 'Top 12' fastest swimmers from our league. This event is also open to senior swimmers that meet the AA qualifying times and are not swimming at the Australian National Championships (Age, Open or MC). These times (and the event location) will be announced by Swimming WA and SSSC will include notice of them in our communications as soon as they become available.
Australian Open & Age National Championships	April 2023, Date TBC	This event is open to senior swimmers that meet the Australian 2022-23 National Age Qualifying Times. These times (and the event location) will be announced by Swimming Australia and SSSC will include notice of them in our communications as soon as they become available.
SSSC Summer Presentation & Wind-up	TBA	The SSSC Summer Presentation is a subsidised social event to celebrate the completion of the summer season and the whole club is encouraged to attend. This ticketed event includes meals, entertainment and the presentation of all summer season perpetual trophies and awards.

WRAP-UP OF THE 2022 HANCOCK PROSPECTING SC STATE CHAMPIONSHIPS



Despite the late changes to the meet date and the impact to our preparations etc, I was pleasantly surprised with the effort and overall results of everyone involved.

Considering the ongoing disruptions contributed by Covid, school and competing sport commitments & activities etc, we managed to secure a sizeable amount of PB's & medals as well as Tom Dreverman & Azri Maynard being named as two of the top achievers at the meet, well done.

We now head into an incredibly exciting long course season which offers a huge amount of opportunities for those wanting to establish themselves both at State and National level.

Hard work, commitment and consistency always prevails, good luck & enjoy the journey.



Regards
Craig Murray

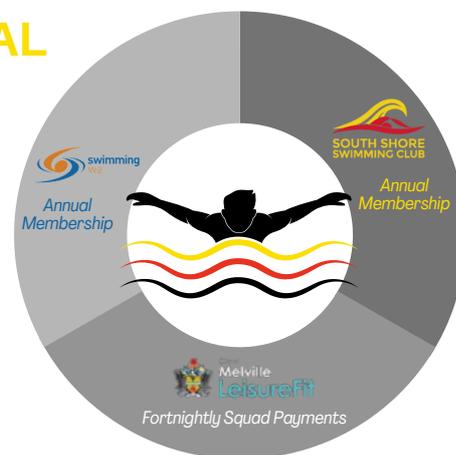
SWIMMING WA ROADSHOW RECAP

Following a potentially contentious meeting with the team from Swimming WA led by Sophie Row, CEO and Kirsty Read, General Manager Participation & Member Services, it is our hope that the SSSC swimming community left the roadshow more informed and feeling hopeful. While much of what was discussed throughout the evening seemed unnecessary by way of "fixing something that isn't broken" in regards to the Junior Championships, we were able to recognise that changes being put in place will extend and create an end of summer season for senior swimmers that are not on a national pathway. Swimming WA ensured members that there will be an extensive review of the changes after the summer season, following consultation with the wider swimming community. We will be sure to keep you updated with any requests for feedback (i.e. surveys) as and when they are released. To assist in communicating the new changes, Swimming WA have released a series of infographics which we are happy to share with you via our website and can be accessed through this link - [SWA Changes to Competition Structure](#).

2022-23 SEASON MEMBERSHIP RENEWAL

Membership fees are integral to the successful running of our club and also necessary to maintain eligibility to swim under the guidance of Swimming WA. Membership is an annual fee separated into two parts, Swimming WA and South Shore Swimming Club. These fees are in addition to the fortnightly squad fees that you pay through the City of Melville to cover coaching and training facility costs.

Membership for the new 2022-23 season commences 1st October, 2022 and registrations are now open in My Swim Results for you to renew at anytime from 1st September, 2022.



[CLICK HERE TO RENEW NOW](#)



SSSC Swimmers at our Junior SC Championships Preparation Clinic with Coaches Peta Goodsell & Cassandra Loy

OPEN WATER SWIMMING SEASON

South Shore Swimming Club excelled in the OWS Series of 2021/22, with Taleisha Hurford taking home a 3rd place win for individual points in the Under 18's Female category, SSSC being the top points scoring club in the State and five of our swimmers qualifying for the 2022 Australian Open Water Championship. Given these results and Coach Craig's passionate history in the field of OWS, we're excited to see what you've all got in store for us this season. Swimmers who have an interest in the OWS format are encouraged to speak with your Coach about your targeted events, so you can both plan together for the best possible success.

For anyone new to OWS, here are some key points:

- There are distance options and age restrictions apply
- 500m - minimum age of 9yrs at the day of competition
- 1.25km - minimum age of 11yrs at the day of competition
- 2.5km-5km - minimum age of 12yrs at the day of competition
- 10km - minimum age of 14yrs at the day of competition
- All swimmers aged 9 and 10 years must have a chaperone swimmer
- It is best to pre-register for an event. All registrations are available online at [Upcoming Events Swimming WA - Open Water Swimming](#) or via the calendar links in [My Swim Results](#).

Round 1: Karratha Saturday 10 September Damper Foreshore 200m, 500m, 1.25km, 2.5km, 5km	Round 2: Leighton Saturday 29 October Leighton Beach 500m, 1km, 2.5km, 5km, 7.5km STATES Teams/DUO's + Elite	Round 3: Sorrento Saturday 12 November Sorrento Beach 500m, 1km, 2.5km, 5km STATES Teams/DUO's + Elite
Round 4: Bunbury Saturday 26 November Koombana Bay 500m, 1.25km, 2.5km, 5km, 7.5km, 10km STATES + Elite	Round 5: Rockingham Sunday 11 December Palm Beach 200m, 500m, 1.25km, 2.5km, 5km STATES Teams/DUO's + Elite	Round 6: Murrumbidgee Saturday 31 December Murrumbidgee Beach 500m, 1km, 2.5km, 5km, 7.5km, 10km Teams/DUO's + Elite
Round 7: Coogee Saturday 14 January Coogee Beach 500m, 1km, 2.5km, 5km, 7.5km, 10km Teams/DUO's + Elite	Round 8: Busselton To be confirmed...	Round 9: City to Scarbs Saturday 18 February City Beach to Scarborough 500m, 1.25km, 2.5km, 5km
Round 10: The Marina Saturday 25 March The Marina Swim 500m, 1.25km, Quinn's Beach to The Marina + Elite Mile		

Distances, locations and dates are subject to change at Swimming WA direction.

The following open water swims will be targeted meets for South Shore Swimming Club during the 2022-23 OWS season. The benefit of a targeted meet is that Coach Craig will be in attendance to guide and support our swimmers through the process.

Round	Location	Date	Distances Available
2	Leighton Beach	Saturday 29th October 2022	500m, 1km, 2.5km, 5km
3	Sorrento Beach	Saturday 12th November 2022	500m, 1km, 2.5km, 5km, 7.5km, 10km
7	Coogee Beach	Saturday 14th January 2023	500m, 1km, 2.5km, 5km
8	Busselton	TBC	TBC
10	The Marina	Saturday 25th March 2023	500m, 1.25, 2.5km Quinn's Beach to The Marina

NOTICE & SAVE THE DATE: SSSC AGM & WINTER WIND-UP

NOTICE OF ANNUAL GENERAL MEETING: SUNDAY 16TH OCTOBER, 2022 AT 4PM

South Shore Swimming Club's Annual General Meeting for season 2022-23 will be held at Tompkins, Dunkley Ave, Alfred Cove.

- Members desiring motions to be considered at the meeting shall have written notice of the proposed motions to the Secretary by Friday 16th September, 2022.
- All positions of Committee are open for election. Members, including current Committee members, must nominate for election to the Committee, in writing to the Secretary, and must be endorsed and received by the Secretary by Friday 30th September, 2022. Members may only nominate for one position.
- You must be a current member to nominate and to vote. Note: Membership for the 2022-23 season commences on the 1st October, 2022 and is open for registration in My Swim results from 1st September, 2022. Please ensure you renew your membership prior to the AGM.
- Notice of AGM agenda will be made available Sunday 2nd October, 2022.
- Please direct any queries to President, Irene Cooke via email on president.southshore@gmail.com
- Nominations and agenda items to Karen Ganza, Secretary at secretary.southshore@gmail.com ([download Committee Nomination Form here](#))

Our Annual General Meeting and the Winter Wind-up is a combined event that all South Shore Families are invited and encouraged to attend. Your input and member votes are integral to the ongoing success and ability to run 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 (less than 1 hour) 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 promise that attendance does not mean you'll end up with a role on the Committee (unless of course, you want one!).

Date: Sunday 16th October 2022

Time: 4pm

Location: Tompkins (Dunkley Ave, Alfred Cove 6154)



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

