



SSSC E-NEWS

The South Shore Swimming Club
Fortnightly Email Newsletter

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Welcome to the exciting summer season of swimming.

May I start by saying a huge Thank You to Irene Cooke for her 3 years as President and complete dedication to our wonderful club. Without Irene at the helm we would not be the club we are today and yes, that's the 21/22 Metro Club of The Year. Thank you, Irene for your countless voluntary hours.

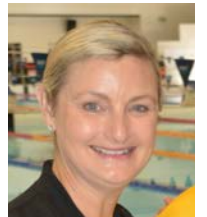
Thank you also to you, our South Shore community, for trusting myself to take on the role as President of this great club, I promise to always uphold the best interest of the swimmers and work hard with our great team to continue to grow this wonderful community.

As we start the summer season, we set our goals high. Last year saw a record number of South Shore swimmers attend the National Championships in Adelaide and for 2023 Gold Coast, Coach Craig has set his sights on breaking this record. The performance squad are training hard in the lead up to State Championships in December and we thank our wonderful parents for keeping them motivated and with advice from our recent guest speaker David Bryant, fed well.

We have team accommodation booked and ready for your allocation on the Gold Coast, so please email president.southshore@gmail.com to hold your room so you don't miss out.

Our Junior Squads continue to impress, especially with their dedication to training. Congratulations to Coaches Peta, Jess, Cass & Jarrett it's clear the hard work you do during training is paying off, as not only are our junior swimmers impressing all at HBF with continual PB's, they are also breaking many club records.

I look forward to seeing you all on pool deck at our next club night, Monday 14 November, which is now official for times achieved. Please also note that Friday 25 November is now a normal, non-official club night.



Samantha Hickman
President, South Shore Swimming Club

IMPORTANT DATES

Summer Target Meets are well underway and you have been exemplary in registering for meets nice and early. All meets taking place at HBF Stadium between now and Christmas are very close to full. We suggest you look closely at the complete Target Meet schedule (a copy is on our website) and ensure you are entered when and where applicable and still available. There are two official club nights available before the State Championships at the end of December providing more opportunity to qualify. 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
Sat 12th Nov	OWS Targeted	Sorrento - 5km State Champ	OWS
Mon 14th Nov	Club Night	CN 3, LC, Official	My Swim Results
19th & 20th Nov	Target Meet	SWA LC Qual Meet 2	My Swim Results
Fri 25th Nov	Club Night	CN 4, LC, Unofficial	My Swim Results
Sat 26th Nov	OWS Targeted	Bunbury - 10km State Champ	OWS

OPEN WATER SWIMMING SERIES



Well our first local open water swim certainly produced some great results albeit on a rather windy and chilly day accompanied by some choppy surf conditions. Needless to say, nothing that doesn't build character, resilience & strength as well as, by virtue of some comments passed on the day, a little humour.

The 500M swim attracted a number of our youngsters resulting in some great swims by Jasmine & Alyssa Gallagher whom finished 1st & 2nd respectively in the female U14's category accompanied by some credible swims by Annie Smyth (4th), Stella-Maria Suuronen (10th) & Jacqueline Cronin (11th). Our two male competitors in this age group had great first swims with Princeton Yoong finishing 7th & Morrie Goodsell 10th in the male U14 category.

Our 1km swimmers were headed by an awesome swim from Cassandra Loy who finished 1st in the ladies open category followed home by Lily Jones in 4th & Mabel Worrall 4th in the U14's. Our men were led home by the high flying Dewi Jones who finished 2nd in the U14's, followed home by Flynn Dreverman in 4th.

Moving onto the 2500km swim which seemed to attract most South Shore swimmers on the day, Mr Boston Yoong finished 2nd overall after being amongst the leaders throughout with Ethan Hickman finishing powerfully to secure a 6th place in the open category. Pieter Prinsloo secured our 2nd Gold on the day with a stirring performance in securing a win in the male U14 event. Our ladies kept the flag flying, Helen Smith finished 2nd in the ladies open, a mere 6 seconds after the first place finisher, there's no truth in the rumour that she has already entered her second event. Eleanor Lund continues to improve with a great 1st placing in the U14's, followed home by Lucy Smyth and Evangeline Loy in 11th & 12th place respectively in the open section.

Those who braved the 5km swim certainly didn't disappoint with the evergreen Eben Prinsloo securing one of numerous open water medals with a sound second placing in the men's open category. Not sure if Anthony Plange has missed an open water event since birth, he continues to impress with a solid 9th position. Kate Wallington's swim secured 6th position in the open ladies to complete our 5km contingent.

To round off a particularly pleasing day of results & effort, Jaimee Traeger, with her newfound open water stroke, powered her way into 1st place in the 7.5km ladies open category. A particularly pleasing result considering the conditions on the day, awesome.

To those South Shore swimmers who gave it a crack & came up short, you will be back stronger & faster than before, there is no doubt.

Congratulations to everyone involved, on and off the field, coaches, parents, seconds & chaperones, an awesome job by all, thank you & well done.

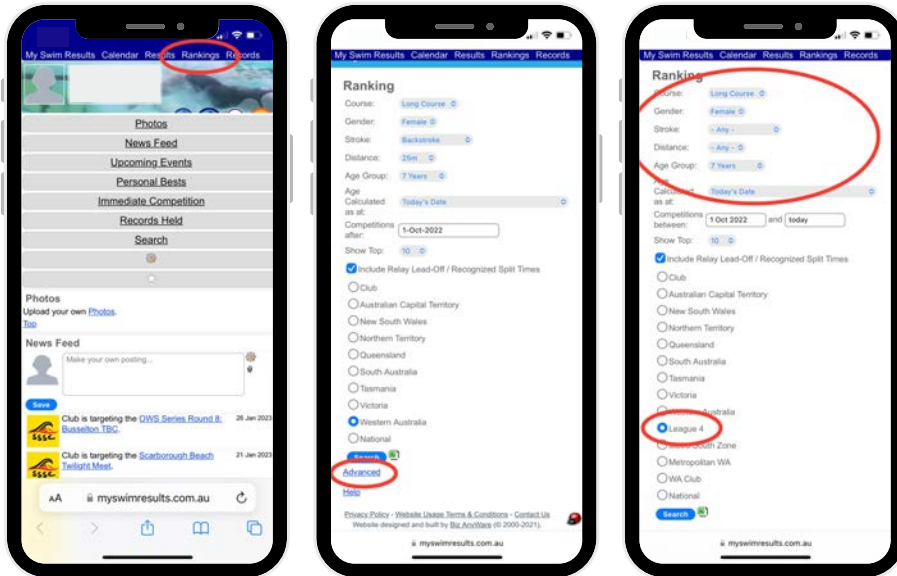


Craig Murray
HEAD COACH, SOUTH SHORE SWIMMING CLUB



LEAGUE RANKINGS

In line with the changes communicated by Swimming WA regarding the revised competition structure for the 2022-23 Season, league rankings for swimmers are now available through My Swim results. These league rankings will give you visibility of your swimmer's overall position within our league (South Shore Swimming Club is part of League 4). The top 12 athletes (9-12yrs, Girls & 9-13yrs, Boys) from each league in each event and age group will be eligible to compete in the End of Season Championships, 11th - 14th April 2023. We have included a step-by-step guide for you below to show you how to access the rankings:



1. Open My Swim Results in your web browser and select the '**Rankings**' tab from the bar at the top of the page
2. Before completing any swimmer specific details, select the '**Advanced**' search tool at the bottom of the page (under the *search* tab)
3. Complete your swimmer's details in the *ranking* section at the top of the page.
4. Select 'League 4' and click *search*
5. Your results will appear

NUTRITION

On Saturday 22nd October, senior swimmers from our gold and performance squads were invited to attend a special presentation from guest speaker David Bryant regarding swimming nutrition. David Bryant is an accredited practicing dietitian, an advanced sports dietitian, a level 1 triathlon coach, has been a personal trainer for over 12 years and is himself a Paralympic medalist. Eating to live but also living to eat is a passion of David's and he spoke with understanding and pragmatism in relation to the specific lifestyle goals of swimmers and tailoring a swimming centered nutrition plan.

The key messages our swimmers received from David were:

- Fuelling their bodies appropriately for the level of training they are undertaking that day
- 2 Fruit and 5 Veg a day rule of thumb
- Calcium is so important for young growing and developing bodies, swimmers should eat 2-3 serves per day
- Sip sports drinks during a swim set
- Carbohydrates before training, milk in the 20 mins immediately after training, protein and veggies for dinner
- Treats are ok as just that, 'treats', not part of a regular diet

David's main message was to keep nutrition simple and not overthink or overcomplicate it. The simpler and easier to it is, the more likely we (and our swimmers) are to abide by it. David has generously shared with us his highly coveted and utterly delicious banana bread recipe in this newsletter, for you to save on your phone or pop on the fridge for easy reference. Please enjoy!





BRAVO BANANA BREAD

COURTESY OF DAVID BRYANT



Method:

1. Preheat the oven to 180°C. Line a 11cm x 21cm loaf tin with baking paper.
2. In a larger blender, add the eggs, bananas and pot set yoghurt.
3. Blend until smooth consistency.
4. Combine wet mix into a large bowl with the flour, dates and cinnamon spice.
5. Gently fold and mix until even in consistency. (You can also add your favourite nuts or dried fruit eg walnuts and dates, at this stage too).
6. Spoon into prepared loaf tin and bake for 40-45 minutes, or until a skewer inserted comes out clean.
7. Remove from oven. Allow to cool in the tin for 5 minutes before turning out onto a wire rack.

Ingredients:

- 2 eggs
- 3-4 medium ripe bananas, sliced
- 200g pot set yoghurt
- 250g wholemeal self-raising flour
- 100 g pitted dates
- 1 tsp cinnamon

Nutrition Information

Makes 10 serves

Nutrient	Per serve
Energy	766 kJ
Protein	6 g
Fat	2 g
Carbohydrate	32 g
Fibre	4 g

HOT TIP



"Love this banana bread for breakfast, toasted and topped with a scrape of your favourite spread or low fat ricotta cheese. This loaf also freezes really well, so you can slice the loaf and freeze individually in zip lock bag."