



SSSC E-NEWS

The South Shore Swimming Club
Fortnightly Email Newsletter

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It's at this time of year when we are all saying, "Oh boy I could do with a break", and for good reason. The effort comes with great reward and results in the penultimate competition next weekend at the Senior State Championships. I would like to congratulate all our senior swimmers who have worked so hard to achieve their own personal goals, please remember that it's not the end result that defines you, it's your journey along the way and what you learn from each step in this wonderful journey that is swimming. We as team South Shore are all so very proud of each and every one of you, whether you are in one event or many, good luck, enjoy the 5-day competition and wear your South Shore team colours with pride. Parents, if this is your first Senior State Champs, please call upon the support of the more experienced parents who are happy to offer advice on the eat/swim/sleep routine which will help you and your swimmer through the 5 days/nights. All gold and performance squad swimmers and parents are invited to join us at a special breakfast, 7am Friday 16th to celebrate our great team. Whilst on congratulations, our Open Water team is growing rapidly, and Coach Craig is grinning from ear to ear with the qualifiers for the Open Water Nationals which are being held in January right here in WA. Good luck to all our swimmers who have qualified, enjoy the competition down south along with some special time with your families.

Thank you to the families who attended the new junior parent info session, it was great to meet some of our new families and share with them how wonderful this sport is for all involved. Thanks to our wonderful Charlotte Oliver for sharing the presentation with our families. We will hold our next info session on Tuesday 28 February 2023.

Holidays are very important, the last swimming session is Tuesday 20 December, please allow your swimmers to rest over the Christmas break, they all need it at this time of year after such an intensive start to the summer season.

Can I please take this opportunity to remind our parent community that the responsibility of entering your swimmer into a meet comes with timekeeping duties which cannot be avoided, this roster takes Beth Jones, our Meet Co-ordinator many hours, so please be mindful of this responsibility. If you cannot make the meet personally you will need to ask the person taking your child to do your allocated roster. It's the old adage, "Many Hands" so please work together to keep our team great.

Merry Christmas to our wonderful South Shore Family, enjoy the break and stay safe sound surrounded by friends and family.

Samantha Hickman
President, South Shore Swimming Club



All Squads, 2 Week Christmas Break
Wednesday 21st December 2022 - Monday 2nd January 2023

Last Sessions: Tuesday 20th December 2022

Return: Tuesday 3rd January 2023

IMPORTANT DATES

For our Seniors, there will be time to think about Christmas and a break after the State Championships are complete and until then we're asking for maximum effort. Following a well-deserved two-week break, swimmers will return to the pool in full force. Please ensure you have all Club Nights and Target Meets for January scheduled in your diaries and preferably registered for ASAP, because they'll come around faster than you think.

If you are unsure which events to sign up for, please discuss with your Coach who will help you plan for the best possible success. Have fun, swim fast!

Date	Type	Event	Book Now
Friday 9th December 2022	Club Night	'Christmas' Club Night No. 5 - Long Course - Official	My Swim Results
16-20 December 2022	Qualifiers	Senior State Championships	My Swim Results
Monday 9th January 2023	Club Night	Club Night No. 6 - Long Course - Unofficial	My Swim Results
Saturday 14th January 2023	OWS Targeted	Round 7, Coogee	OWS
Saturday 21st January 2023	Target Meet	Scarborough Beach Twilight Meet	My Swim Results
Monday 23rd January 2023	Club Night	Club Night No. 7 - Long Course - Official	My Swim Results
25-28 January 2023	OWS Qualifiers	Australian OWS Championships	OWS

Uniform Shop Open Dates & Hours

Friday 9th December 2022 & Monday 23rd January 2023

5.30-6.30pm

CHRISTMAS CLUB NIGHT - FRIDAY 9TH DECEMBER, 6PM

Our Christmas Club Night is a celebration of the year that has passed, the festive season we are heading into and all of the hard work that each and every one of our swimmers and their families have put into our beloved sport. To that end, we would like to say thank you with fun games, treats and a sausage sizzle for the whole family. Please join us at LeisureFit Booragoon from 6pm (warm up from 5.30pm) for an official Club Night, followed by an evening of fun with friends and family. Please ensure you are registered for a maximum of three races during the Club Night, entries are now open in *My Swim Results*. The South Shore Committee will have the uniform shop open, so please come along and top up with anything you need...the weather is warming up and we have new shorts in stock - they could be a perfect stocking filler for Christmas!



END OF SEASON CHAMPIONSHIPS

We are pleased to confirm the following details supplied by Swimming WA in relation to the 2023 End of Season Championships that will be held 11-14 April 2023:



Top 12 placed athletes from each age and gender will represent their region in their event for junior athletes. Junior athletes also must have competed in either the Club Premierships, Country Pennants or their Regional/League Championship. Age and open athletes will require qualifying times.

Juniors: The meet will hold all events that have been held at Junior State Championships in the past. The order of events will be confirmed soon as it needs to be coordinated with the Age and Open program for this meet.



Swimming WA

- Please secure the afternoon of Saturday 11th March 2023 in your diaries for our Zone 4 League Championship to be held at HBF Stadium.
- The last possible event for your junior swimmer's time(s) achieved for consideration in the 'top 12' from our league will be the Zone 4 League Championships with the closing date as the 15th of March 2023. Swimming WA will curate and confirm all lists with bookings available to enter races qualified for from Saturday 19th March 2023.
- Should there be genuine instances of sickness or a valid reason for non-participation of a swimmer at the Club Premierships and League Championships, Swimming WA will accept one combined 'special request' from the Committee, outlining reason(s) for consideration. This must be compiled and presented by the club from the 13th-15th
- March 2023.

The league rankings are also now visible via an advanced search capability in My Swim Results, which gives you an overview of your swimmer's position within our league.

Wishing the best of luck to all of our South Shore swimmers.

AN INTRODUCTION TO SWIMMING

It was a genuine pleasure to meet with so many of our junior swimming families late last month at our new South Shore Swimming Talk Presentation. We appreciate that midweek and late afternoon appointments aren't always going to slot appropriately into everyone's schedules and whilst we embrace the opportunity to present the slides in person and be able to answer any questions you may have, we believe that the standalone presentation still carries enough substance to add value to your understanding and introduction into our swimming community no matter the duration of time you have already been with our club.

It is therefore our privilege to share with you [here](#), a link to a short video of the slides that formed the structure of our meeting. We hope they bring some clarity and a deeper understanding to the world of competitive swimming at South Shore Swimming Club.

PARENTS ON POOL DECK

We recently re-established an industry standard for swimming clubs throughout Australia that our Coaches and Committee had identified could be improved and we are thrilled to offer a huge congratulations and thank you to our parent community for your support, understanding and encouragement of both your swimmer and our club. The adjustment to not needing to be present on pool deck for competitive squad swim training is very different to what many junior parents are used to and requested to do in the lead up to this level of swimming and we are so grateful for your trust and support in our methods. We continue to assure you that this is in the best interests of your swimmer. Thank you.

The image shows three informational slides for 'Parents on Pool Deck' expectations, dos, and don'ts. The first slide, titled 'Parents on Pool Deck EXPECTATIONS', lists three points: 'We want to build independent and confident young swimmers', 'We need our coaches to be able to work effectively', and 'We want you to trust and support us'. The second slide, titled 'Parents on Pool Deck Dos', lists four points: 'Please take the opportunity to leave the centre and enjoy some time to yourself during the squad session. Our coaches are 100% responsible for the safety and care of your child during training.', 'Email your squad coach to arrange a specific time to meet (outside training hours) to discuss any issues or concerns.', 'Only speak to the coach briefly in the 15 minutes before or after training if really necessary.', and 'If you must stay at the pool while training is taking place, we request that you only sit on the metal benches beside Lane 8.' The third slide, titled 'Parents on Pool Deck Dont's', lists four points: 'Sit on the yellow chairs beside the 25m pool or Lane 1 of the 50m pool at the main reception end', 'Get your swimmers equipment ready for them before training starts.', 'Approach, engage or distract your child or the coach at anytime during the training session.', and 'Gather in large groups beside the pool.' Each slide features the SSSC logo at the bottom.

SWIM SUIT POLICY

The lead up to Christmas seems timely to remind our swimming community, particularly our junior families, of the regulations surrounding competitive swimwear. You'll never hear any parent exclaim that swimming isn't an expensive sport and never will this feel more real than when the time comes to purchase new swimwear, especially if your swimmer is hinting at a particular suit preferred for competition swimming. Buyers beware though...the rules are clear and strict. Junior swimmers are not permitted to wear technical/performance swimsuits at any Swimming WA sanctioned competition. Please consult the Swimming WA Swimwear Information Pack [here](#) for all swimwear regulations before your purchase.

We would also highly recommend [Swimtek](#) for suppliers of training and performance swimwear. Swimtek are a major sponsor of South Shore Swimming Club's Super Sprint and the preferred supplier for Swimming WA. Clark and his team are fully aware of the regulations and will ensure they steer you in the right direction. Their comprehensive online and North Perth store has everything you need for training and competitive swimming.



The Christmas Club Night Team Inflatable Race is always a highlight