



# SSSC E-NEWS

The South Shore Swimming Club  
Monthly Email Newsletter

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Welcome to July and some seriously cold and wet weather. With flu season well and truly upon us, there has been no shortage of colds and illness doing their very best to interrupt your training schedules. We appreciate the care each of you have been taking to keep your fellow swimmers free from any potential transmission and your coaches informed of your attendance. Please continue to keep yourselves warm and dry, especially when leaving the pool after training and most of all safe.

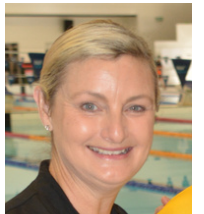
We hope all of our swimmers enjoyed our second Club Night of the winter season last night and indulged in some of the delicious homemade soups, lovingly supplied by our fantastic South Shore families - what a fantastic treat on a cold winter night after some incredible racing. I would like to extend a special thank you to each of the parents who supplied food and also to committee member Rachel Finlayson for her time and effort in pulling together all the elements of a very successful soup social. The dedication and support of volunteers for our club and swimmers is deeply admired and appreciated.

We are all excited about the upcoming South Shore Super Sprint and are thankful to each and every family for your continued support of the club and our main fundraiser for the year. Let's join together and make this "THE MEET of the SEASON". Please don't forget to drop your scratchies to your coaches, so we can make up our hugely popular lucky numbers boards.

Winter State Championships are fast approaching for the seniors, 4/5/6 August and we wish all of our senior swimmers the very best of luck. A huge "Thank You" goes out to our wonderful coaching team, Jason, Kareena and Peta have been working with the Performance Squad and their training plan will undoubtedly have the team ready for states. Bringing the juniors along, Jarrett, Cass, Mason, Jess and Peta have an extra month to prepare for the Junior State Championship, but from all reports the team is looking stronger than ever. Thanks to all the coaches who have supported each other during periods of leave, making sure that the swimmers were well looked after and always had an engaging session to attend.

We, as Team South Shore, look forward to celebrating all your achievements, please remember, to make it to states is a huge Personal Best in itself.

Samantha Hickman  
President, South Shore Swimming Club



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# IMPORTANT DATES

As meets continue to book out extraordinarily far in advance, we were pleased to be able to offer the exclusive early sign up opportunity to our South Shore membership before the rest of the swimming community for our annual Super Sprint; 66 South Shore swimmers registered and confirmed their entries and the meet went on to be a complete sellout within less than 24 hours once open to the public - a wonderful fundraising result for our club. Club Night 3 in July will not be official for times recorded, due to rulings that any club must only have one sanctioned (official) meet per month and in July and this is taken up by our Super Sprint. Club Night 3 is still extremely valuable and useful for your race practice, so we encourage you to maintain your attendance.

Date	Type	Event	Registration
Friday 14th July 2023	Club Night	Club Night 3 - Long Course, Unofficial	Await Details
Sat 22nd & Sun 23rd July 2023	Target Meet	SWA SC Qualifying Meet #2	Meet Full
Sunday 30th July 2023	Target Meet - All	SSSC Super Sprint	Meet Full

## Uniform Shop Open Date & Hours

Friday 14th July 2023  
5.30 - 6.30pm

# SSSC SUPER SPRINT

There are a few actionable items that need to be put in place in the lead up to our Super Sprint and to make things as clear and simple as possible, we're including this handy step-by-step process for you:

01

### Race Entries in My Swim Results

66 South Shore swimmers have registered and the meet is now 100% full.



02

### Volunteer Roster - [sign up here](#)

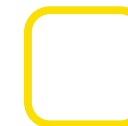
Never a truer phrase has been said than 'many hands make light work' and now is the time to put those words into action. As the hosts of the meet, it is our responsibility to cover all the jobs that need doing throughout the day and to do that effectively, we need everyone to step up and take on a large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



03

### SSSC Family Sponsorship of a Race - [donate here](#)

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 family name will be included in the program and announced as the sponsor throughout 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.



04

### Fundraising Donations

Once again, we are planning the ultimate win scratchy board and we're asking every swimmer to donate 2-3 scratch cards. You can purchase them from your local newsagents and pass them onto 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!



05

### Let's make it a great day on Sunday 30th July 2023

It will be all-hands-on-deck all day for the team from South Shore and that includes the 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 at large. We thank you in advance for all of your support.



This is our biggest fundraiser for the year and it takes an enormous amount of time and effort from our committee, coaches, volunteers and swimmers, so please know how grateful we are to each and every one of our families for your support and contributions.

# SWIM CENTRAL

You will be aware from Swimming WA communications that the West Australian swimming community will soon be transitioning from using our current membership and event entry system, My Swim Results (MSR) to the same system currently used by the rest of the Australian swimming community, called Swim Central.

Please rest assured there should be no immediate concern or is there any action required from you and your swimmer(s). Our South Shore Committee have been working diligently behind the scenes to get to grips with the new system and set up our club information to assist the migration and transition.

There are some key dates that will assist in giving you an overview of what is to come:

- **June - August:** Membership data (such as what you see in MSR - PB's and personal information) will be migrated from MSR to Swim Central by Swimming WA using your current MSR login email details.
  - 1 year of current PB's will be migrated as a priority and will therefore include all short and long course PB's from the 2022/23 season.
  - Historical PB's will be migrated in a staged approach. A decision on how many seasons are to be migrated is being considered by SWA; this could be 2 years, but it has not been confirmed. All historical data will be archived and maintained by SWA.
  - If you want to keep your own records, we strongly recommend that you screenshot them now.
- **Late August / Early September:** SWA will advise all members of their Swim Central account details.
- **1st September 2023:** Swim Central opens for all membership functions and swimmer event entries into competitions for the 2023/2024 swim calendar. New annual 2023/24 memberships will be available to purchase on Swim Central from this date.
- **30th September 2023:** Access to MSR will close.

On the **19th July 2023 at 7pm**, Swimming WA will be hosting a Swim Central online "How To" workshop, using Teams. Please register your attendance via [My Swim Results HERE](#)

IMPORTANT INFORMATION REGARDING YOUR SWIM CENTRAL ACCOUNT - PLEASE DO NOT DO ANYTHING YET!

- Please DO NOT set up your own Swim Central account; this will create a mass duplication in Swim Central.
- When Swimming WA migrates your data across from MSR, an account will be set up for all current SSSC members.
- Swimming WA will then email each member with account and log in details when Swim Central is ready to use.
- If you already have a Swim Central account because you have competed interstate or been asked to register before, SWA will migrate your MSR data into that account; there is no need for you to do anything.

## DUTY OF CARE

We wanted to take a moment to reiterate an important topic that everyone should always be mindful of in and around the LeisureFit Booragoon centre regarding duty of care for our minors. We want to continue to encourage independence in our swimmers, but it would be remiss of us to neglect to remind all families that the duty of care from our coaches to your child(ren) is for the period of the swim session. If your child arrives outside of that time, please remind them to take extra care in and around the centre. This applies especially to those swimmers who enjoy some free time in the exercise yard or fenced in grass area. We thank you in advance for your cooperation and understanding.



Our elite high performance squad taking in the knowledge and experience of Coach Jason Evans during a morning session