



SSSC E-NEWS

The South Shore Swimming Club
Monthly Email Newsletter

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It's a bumper edition of the newsletter this month, but not one to be missed, so settle in and switch on, we've got lots to share and you won't want to miss any of it.

There's a full wrap up of the Super Sprint as you read on and I just wanted to say a personal thank you to each and every one of our families. The day was a huge success and a lot of fun, which can only be said when you know you've got the right people in the right jobs.

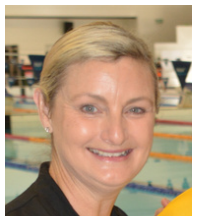
Our casual coaching team that stepped in to help get us through the winter season has now come to its natural conclusion and I would like to express our deepest thanks and gratitude to Jason Evans and Kareena Preston for their exceptional professionalism and expertise with our Performance Squad. Both Jason and Kareena blended seamlessly into our South Shore family and bonded with the swimmers incredibly well. Our performance at the Senior State Championships is testament to the resilience and grit of our swimmers as well as the dedication of the coaches. Congratulations to each of the 20 senior swimmers who competed at the 2023 Hancock Prospecting SC State Championships, it was a fantastic 3 days of competition, where you really gave it your very best shot and reaped the rewards of your hard work.

We look forward now, to the Junior State Championships as our junior swimmers continue their preparations for the main event at the beginning of September. Keep up the great work swimmers.

We know we're nearing the date for the switch over to Swim Central and we can assure you that everything is still progressing positively and on target, but there's still no change for you. Please don't do anything yet, all will be revealed very soon and I promise that it will go so much smoother for you if we don't have to rework details. There will be another newsletter coming out for the start of September and it will include all the details that you need to know for your registration in Swim Central. Until then, hang tight, please.

Finally, I would like to take the opportunity to encourage you to start thinking now about potentially stepping up into a role on the South Shore Committee later this year. All positions will be open for nominations at our AGM in October. It is a really rewarding opportunity and a great way to give back to your community.

Samantha Hickman
President, South Shore Swimming Club



IMPORTANT DATES

Following the successful completion of our Senior State Championships in early August, the remainder of meets this season will focus on our junior swimmers and their preparations for their State Championship. As always, Club Nights are open to all members and we encourage everyone, juniors and seniors, to come along, it's the perfect time and opportunity to hone your race skills and take on those club records.

Date	Type	Event	Registration
Friday 18th August 2023	Club Night	Club Night 4 - Short Course, Official	My Swim Results
Sunday 20th August 2023	Skills Clinic	Silver, YES & Gold Squad State Qualifiers	petagoodsell@hotmail.com
Sunday 27th August 2023	Target Meet	GK Junior Meet	Meet Full

Uniform Shop Open Date & Hours

Sunday 20th August 2023, 1.45-2.00pm

WELCOME TO OUR NEW SSSC HEAD COACH, MATT MAGEE

We are thrilled to extend a huge SSSC Welcome to our new Head Coach, Matt Magee who started with us on Monday 14th August 2023.

As we have communicated previously, Matt joins us upon his return to Australian shores and his hometown of Perth after a staggeringly successful career overseas, predominantly working with the German Olympic Team. Matt's credentials are outstanding and include extensive success in both pool and open water formats at Olympic and World Championship level.

Matt's appointment as Head Coach is for the long-term benefit of the whole club and as such Matt has full autonomy over all coaching decisions at South Shore Swimming Club. Day to day, you will notice that Matt will be hands-on coaching our Performance Squad, but his remit and focus will remain club-wide and we are sure this will become very apparent once Matt has taken the time to settle in and carry out his review. It is with this in mind that we ask for your patience and understanding as Matt takes some time to assess the current program and align this with the Committee's and his joint vision for South Shore Swimming Club's future.



As part of Matt's role as Head Coach, his responsibilities include, but are not limited to:

- Sourcing, training and development of the coaching team.
- Assessment with the Lead Junior Coach, of each of the swimmers individually.
- Plan the correct swim and dry land sessions for each squad.
- Set the squad progression standards. *Please be mindful that progression is and always will be at the coaches discretion and there will always be differences between each individual swimmer.*
- Setting the club's Targeted Meets.

We are incredibly excited for the future of South Shore Swimming Club under the guidance and direction of Coach Matt Magee and trust that you will join us in welcoming Matt to our South Shore family.

COMPETITION SWIMWEAR GUIDELINES

The lead up to the Junior State Championships always feels like a timely reminder to do our due diligence and remind our swimming community, particularly our junior families, of the regulations surrounding competitive swimwear. You'll never hear a swimming parent exclaim that swimming isn't an expensive sport and never will this feel truer than when the time comes to purchase new swimwear, especially if your swimmer has their eyes on a particular style of suit preferred for competitive 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 comprehensive [information pack](#) put together by Swimming WA, that details logos, sizes, materials etc for the regulations that are in effect.

If in doubt, Swimtek are supplier of training and performance swimwear. Clark and his team are well qualified and on top of all the regulations and will be sure to steer you in the right direction. Their North Perth and online store has everything you need for training and competitive swimming.

2023 SUPER SPRINT WRAP UP

You've done it again! It's more than a numbers game, but there's no denying these incredible stats...

10 • **28** • **342** • **36** • **1390** • **65**
HOURS CLUBS SWIMMERS EVENTS TOTAL SWIMS



Work begins months before this 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.

We are deeply grateful for all of our South Shore families who volunteered throughout the day. Even the most mundane of jobs and those behind the scenes that many wouldn't even know exist, are integral to the successful running of an event the size of our Super Sprint. We would love to name each of you individually and recount the special efforts that didn't go unnoticed, but that's likely to open a can of worms that we can't possibly be sure to get 100% correct and not accidentally miss someone out, so we hope you'll all be in agreement and indulge one special shout out to Kirk Goodsell and Normie Martella for their exceptional coverage of our entire event from start to finish on the MC desk. More often than not, this is our trickiest volunteer role to fill and these gentlemen came ready and raring to go willingly and what an outstanding job they did...for 10 hours! incredible.

Congratulations to all of the South Shore Swimmers who made it into the IM Skins. We were thrilled to have so many of our South Shore swimmers in the final 25m freestyle dash to pocket the first and second place cash prizes. Well done Alyssa, Ryan, Boston, Keely, Daniel and Tom.

Once again our lucky number boards raffle table was a huge success. This year we ramped our efforts up to five boards and 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.

A special thank you to our Coaches, who should be so proud of their efforts and achievements and the way each and every one of our swimmers carried themselves throughout the day.

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 our annual opportunity to highlight this 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.



NOMINATIONS ARE OPEN FOR 2023 YOUTH AWARDS

Youth Minister Simone McGurk has opened nominations for the 2023 Youth Awards. These awards recognise outstanding West Australians aged 10 to 25 years. The awards celebrate the contributions of young people who show outstanding dedication to making a positive change in their community and recognises their leadership accomplishments. For more information, please [click here](#).

EVENT PHOTOGRAPHY FOR SWIMMERS AT SWIMMING WA MEETS

Swimming WA now has photographs for sale on their [website](#). They include a large stock of images from recent events and Swimming WA have said that they will be adding more events shortly and continue to do so regularly. The photos have been taken by Swimming WA's official event photographer, Salt Diaries. The photographs include shots from both pool and open water events as well as the National Awards of Excellence. There is a facial recognition function that enables you to control the search and find every single shot that you and/or your swimmers appear in.

Swimming WA are offering these photographs at reasonable prices; \$4.00 for your favourite shot or three for \$8.00.

SPONSOR OFFER

The best way to deal with returning to work and school after a fabulous holiday break is to start planning the next one and we've got a great option for you, thanks to our sponsor and friends at Quality Apartments Banksia Albany. Especially for our South Shore families, Banksia Albany have created a special 15% off their Best Available Rate deal that all of our members can use when booking accommodation in Albany.

Award winning hotel Quality Apartments Banksia Albany has a reputation for providing an exceptional experience for visitors to the amazing Albany. Their serviced, modern apartments are a point of difference in Albany, and offer so much more than 'room only' style accommodation. There are one, two and three bedroom apartments in a variety of configurations. They also have a range of facilities meaning that you can choose what matters to you when you travel.

Use promotional code SSSWIM15 when booking directly via www.banksiagardens.com.au



THANK YOU TO OUR SUPER SPRINT SPONSORS

During our Super Sprint, we were incredibly thankful 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.



QUALITY APARTMENTS BANKSIA ALBANY are located in The Great Southern and this area is one of WA's best kept secrets with pristine beaches, stunning coastline, great national parks and more. Their serviced, modern apartments in a one, two or three bedroom configuration will be perfect for your next stay.

banksiagardens.com.au | 08 9842 4111 | 212 Albany Highway, Albany WA 6330

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 | 0415 123 384 | Unit 54a Angove Street, North Perth WA 6006



BROWNES DAIRY is Western Australia's oldest, and most iconic dairy company. Established in 1886, they are a family household name, and have been in opera on for over 133 years. Their naturally flavoured milks, with no added sugar and no nasties were a hit with the swimming crowd and they have so many more incredible products to offer.

brownesdairy.com.au

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 | info@strikerindoorsports.com.au | 9313 9700



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 |

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 | 9364 0823 | 521 Marmion Street, Booragoon WA 6154

