

# NORTHERN BEACHES SWIM CLUB NEWS

November | 2018

## Welcome Back!

It's great to be back in the pool finally after our winter sojourn. A big welcome to all our new families that have joined us this year. We look forward to getting to know you and your little champions throughout the season. Despite not being the warmest start this year it's great to see so many of our young swimmers enjoying their weekly races. Before long the sun will be shining bright and it'll be a struggle to get the kids out of the pool.

## Warringah Amateur Swimming Association

Northern Beaches Swim Club is affiliated with the Warringah Amateur Swimming Association (WASA). Throughout the season WASA hosts several carnivals open to all clubs within the district providing races for swimmers 6/U-open.

In addition, WASA hosts its annual Development Program in January each year giving swimmers the opportunity to work with swimmers & coaches from other clubs within the district. The cost for the week is \$20. Interested swimmers please see Lois at the clubhouse prior to races on Sundays.

The next WASA carnival will be the Peninsula Meet at the Warringah Aquatic Centre on Saturday 24<sup>th</sup> November starting at 4pm. Events for swimmers aged 6/U through to Opens. Entries close on Friday 16<sup>th</sup> November with Lois or Rowena. The entry form can be downloaded from the club website, via team app or from the WASA website.

Relay teams will be selected on the day of the carnival according to swimmer availability, fastest times, age & gender. The club will cover costs of all team relay events.



[www.nbswimclub.com](http://www.nbswimclub.com)



## WASA Info session for Parents

For those parents interested in learning more about some of these tasks WASA is hosting an information night on Tuesday November 13 at Dee Why Ladies Clubhouse between 7-9pm.

The evening hopes to provide parents with enough knowledge to assist them to volunteer at a club and district level. This is an open event for all parents, new or returning from any club in the WASA area.

## Swim Club Information

Our weekly events are handicapped throughout the season giving all swimmers equal opportunity to finish first. Our races are grouped according to distance and speed. Towards the end of the season we hold our club championships where events are grouped according to age and all events are scratch events (off at Go). Our club program complete with weekly events can be found on Team App or on the club website.

We endeavour to hold a minimum of three individual strokes each week on a rotating basis. There are times when we will offer all four swimming strokes when we are running ahead of time or it is a cold day and numbers are down making it easier to get through events.

Our club cannot function without the assistance of our families. There will be times throughout the season when we ask our parents to help with time-keeping, marshalling or other events. Our club functions best when we share the load, and everyone contributes in some small way. From putting the lane ropes out each week to helping on the BBQ we need your help.

Our club point score is a graded system where swimmers are rewarded for participation and placing during handicapped events. All swimmers earn a point for every race they contest regardless of where they finish. Thus, the more events a swimmer contests and the more weekly club events they attend the higher their overall point score will be. Club Championship points are then added to the handicapped points earned throughout the season and awards are given in individual age groups for both males and females from 4/U-Open.



## Banana Boat Swim

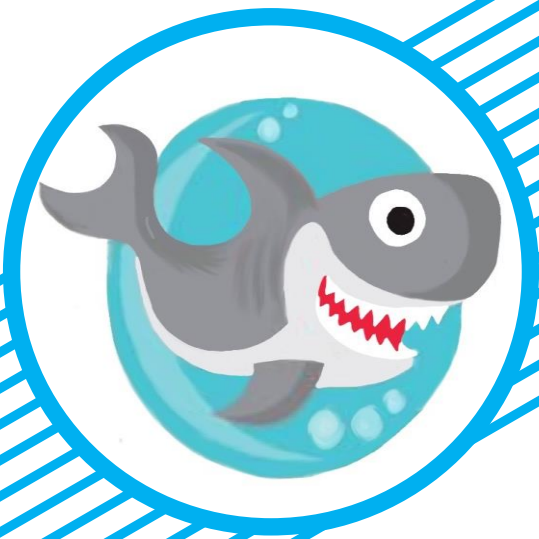
This year the Banana Boat Swim Kids Series will host an event at Shelley Beach in Manly on Sunday February 3<sup>rd</sup>.

This is a great way to introduce your child to ocean swimming in a beautiful location.

We'd love to see some of our younger swimmers have a go at doing something different. Age groups are as follows:

7-8 years 100m Swim  
9-10 years 200m Swim  
11-12 years 300m Swim





## Swim Club Merchandise

At present the club stocks hooded towels and silicon caps and these can be purchased at the club house on Sunday afternoons.

The committee is currently sourcing alternative merchandise including club t-shirts and swimwear and once finalised these will also be offered to our members for purchase.

Thanks to Emily, Charli & Jackson for modelling our kid's tee-shirt.

If you are interested in purchasing a club shirt for your child or for yourself please speak with Rowena, Charmaine or Lois at the clubhouse on Sundays.



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