



The Ssscoop

Issue 1 Summer 25 October 2016

First Summer Club night

More than 20 swimmers attended the first Summer club night on 24 October, with a record to Cullen Dans in the Boys 200 Breaststroke. We hope to see many more at the next Club night on Monday 31 October. The program is:

Individual Medley (100, 200)
Breaststroke (25, 50)
Freestyle (25, 50, 100)
Butterfly (25, 50)
Backstroke (25, 50, 100)

Please enter online and remember that to be eligible to race for the handicap trophies (generally although rules are slightly different for Butterfly) swimmers 11 and under need to compete in the 50 metre events at least 3 times during the Summer season and 12 and overs need to compete in the 100 metre events at least 3 times – refer to the club handbook.

Junior States

What amazing results our swimmers produced at the **The West Australian Newspaper Junior Short Course Championships** on 24-25 September 2016. South Shore had 21 competitors: Harry Alliss, Milan Bazley, Jessica Cooke, Ben Della-Marta, Jack Della-Marta, Thomas Dreverman, Ava Forrest, Ellie Fry, Jessica Fry, Lucas Ho, Tahlia Kitson, Georgia Mack, Sirena McDowell, Ebony McGuigan, Sienna Motton, Declan Mould, Tremayne Mould, Amelie Prinsloo, Eben Prinsloo, Vienne Seneque and Samiah Shepherd! The final individual medal tally was:

- **Ellie Fry** 3 Golds (800 Free, 400 Free and 400IM); 6 Silvers (200 Free, 100 Free, 200 Back, 100 Fly and 200IM, 50 Fly); and 2 Bronze medals (50 Back, 100 Back).
- **Thomas Dreverman** 2 Golds (100 Fly, 50 Breast); 3 Silvers (100IM, 100 Breast, 200IM) and 1 Bronze (100 Back).
- **Declan Mould** Gold (100 Breast) and Silver (50 Breast).
- **Tremayne Mould** Silver (200 Breast) and Bronze (100 Breast).
- **Sirena McDowell** Silver (400 Free) and Bronze (800 Free).
- **Jack Della Marta** Silver (100 Back)
- **Ben Della Marta** 2 Bronze (50 free, 50 Back).
- **Amelie Prinsloo** Bronze (200 Breast).
- **Georgia Mack** Bronze (100 Breast).

In the relays:

- Declan Mould, Tom Dreverman, Eben Prinsloo and Ben Della Marta won **Silver in the 8-10 Boys Medley Relay**
- Ellie Fry, Amelie Prinsloo, Vienne Seneque and Sirena McDowell won **Bronze in the Girls 11-12 200 Freestyle Relay**.
- Our 11-12 year old Girls Medley relay team won **Bronze** with Ellie Fry swimming the Backstroke leg, Georgia Mack Breaststroke, Vienne Seneque Fly and Sirena McDowell smashing out the 50 Free.

Plenty more swimmers achieved top ten and even top five finishes and there were an astounding 85% PBs achieved. A big wow!

Open Water

Round 1 of the Open Water Swimming Competition was held in Geraldton. Poor conditions made for a windy and cold swim. Max Coten placed first in the 15/u 2.5km division. Great work Max. Round 2 will be held at Cottesloe this Saturday and we are hoping for a big turnout from South Shore swimmers. Kareena will be coaching at Cottesloe.

Bogan Bingo thanks

Everyone who attended had a blast at Bogan Bingo on Friday 16 September at Tompkins on Swan. All who came made a big effort with their costumes (or were they really costumes?) - which really made it a fun night. Thanks so much to our incredible team of hard working parents: Gail Della-Marta; Chantal Allchin; Debbie Doody; Carolyn Thomson-Dans; Lee Jasson; Rachel Bazley; Kylie Baker; Paula Beck; Mel Joy; Rebecca Dreverman; Beate Booth; Aldi Prinsloo; Shannon Doody and Mirela Hodzic who between them booked the entertainment and venue, requested and collected donations, sold tickets, decorated hampers and undertook countless other tasks to raise money for our club and swimmers. It was a fantastic team effort! Also to the child slave labour: Taylor Baker, Ryan Doody, Bella Dans and Maddie Joy, you were all brilliant door people, raffle tickets sellers and balloon poppers - love your work!

A big thank you to Riverton Swimming Club, whose members made up a table.

We have some final acknowledgements of our extremely generous sponsors of the Bogan Bingo fundraiser. We would also like to say a big thanks for support to:

- **IGA Canning Bridge**, which donated a spectacular hamper of gourmet food, which we raffled.
- **Fernwood Fitness Myaree**, which donated a 30 day pass and approx. 20 x 7 day passes
- **Dan Murphys Bull Creek** for donating a \$25 gift voucher
- **Krispy Kreme** for donating two boxes of original glazed donuts.

Winter Wind-up and AGM

The club's Winter Wind-up and AGM was held on 15 October with more than 100 people attending. We would like to welcome Larissa Motton and Richard Mould to the Committee and say a huge thank you to outgoing Committee members Jim Coten and Chantal Allchin. Debbie Doody, having served 3 years as President, could not renominate according to our Constitution, but was elected Vice President. Deb is Acting President as no nominees have come forward for President. Any nominations for President are requested in writing by 29 November to be considered at the committee meeting on 6 December. If there are no nominees then SWA has advised Deb can be re-elected as President.

Engine goggles

South Shore is selling high quality Engine Weapon goggles for \$28 each as a fundraiser. These fantastic goggles are already used by many of our swimmers and normally retail online for \$32 plus postage. They come in a range of colours. To buy a pair please see Mandy Mack or Lee Jasson.



Summer League

South Shore won Round 1 of the Westpac Summer League competition at Booragoon LeisureFit by a narrow margin and a great afternoon was had by all. Thanks to all of our volunteers and officials. We had so much fun in Round 1 that we're ready to do it all again! Remember, if you were in Round 1 you need to register again for Round 2 and if you haven't had a go yet, this is your chance! Summer League is all about being a team and we want ours to be the biggest and best it can be! Click the link below to register now:

<http://www.myswimresults.com.au/Entries.aspx?MeetID=AUSJ3289>

Fins for sale

If anyone needs a pair of brand new training fins in small please see Larisa (mum of Sienna and Marcus), coach Chris or reply to this post.

1 x DMC Original Training Fins - Fluoro Blade/Charcoal Heel - Size S (\$39.99)



LeisureFit Competition Swim

The club welcomes anyone interested in swimming as a sport or for fitness into the LeisureFit Competition Swim coaching program.

New Head Coach Chris Twomey oversees all squads from Bronze through to Nationals. For information about the program please go to

www.southshore.swimming.org.au/page.php?id=9672 Please share or email this link to any friends who may be interested in joining. Strong junior swimmers able to swim continuously for an hour will be considered for enrolment in Bronze.

Donovan Family

The Donovan Family have expressed their appreciation of all the messages of heartfelt sympathy from the committee and club members following the loss of their beloved son and brother Michael. We wish to also convey a huge "Get well soon" message and send all of our love to Cathy, who has recently undergone surgery.





Bumper stickers

We have placed an order for club bumper stickers which should be delivered soon. Thanks to Cullen Dans for his work on the design (and for developing a high res version of the logo) and to Tessa and Georgia from Swimming WA who have facilitated the printing.

Dress for success

See Apparel Officer Kylie Baker for all your apparel needs.

Club polo shirts \$35

Club caps \$11

Club shorts \$25

Upcoming meets

Coaches will only attend Target meets. All entrants must provide a helper to fulfill the duties allocated to the Club by Swimming WA (e.g. time-keeping, selling programs and refreshments). This generally only involves a 1 to 1.5 hour commitment per meet.

Southside Penrhos Wesley LC Meet

Saturday 29 to Sunday 30 October 2016 at HBF Stadium

Entries closed

Westpac Summer League Series Round 2 - Target

Sunday 30 October 2016 at Kwinana Requatic Centre

Online entries by 9pm Wednesday 26 October

Arena Swim Club LC Meet 1

Saturday 12th November 2016 at HBF Arena, Joondalup

Online entries by 10pm Sunday 6 November

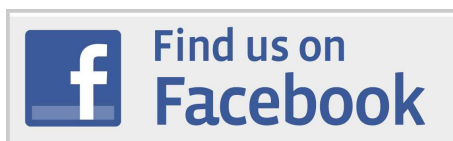
Westpac Summer League Series Round 3 - Target

Sunday 15 November at Christchurch Grammar School

Online entries by 9.30pm Monday 7 November

Save the date

- Possible Adelaide Tour **18-22 January**



Like us on Facebook

Why wait for *The Ssscoop* to come out to find out the latest South Shore news? 'Like' the Club's Facebook page and club updates will be posted to your Home page as soon as they happen.

Website

southshoreswimming.com.au



Swimmer's World

Swimmer's World is a South Shore Swimming Club preferred retailer. Please mention South Shore and customer number 504 when you shop in store, to receive a 10% discount. To shop online and receive the 10% discount enter the coupon code "SOUTHSWIM". Your purchases will also earn benefits for the club.