



## The Ssscoop Issue 9 Winter 4 May 2015

### First Winter club night Monday May 4.

Our first winter club night is tonight. We will be in the Short Course pool. The program is:

**Backstroke (25, 50, 100)**

**Breaststroke (25, 50)**

**Freestyle (25, 50, 100, 200)**

**Individual Medley (100, 200)**

Handicap trophies offered in the Winter season include the Finucane 100 Freestyle Trophy for 11/U, the Fremantle SC Life Members 200 Freestyle Trophy for 12/O, the Carey 100 IM Trophy for 11/U and the John Gorringer 200IM Trophy for 12/O. You have to have swum these events three times during the Winter season to qualify to race for the trophy so please choose your races to reflect this.

### Summer Wind-up

Our swimmers and their families enjoyed a fantastic Summer Wind-up last Friday at the Swan Yacht Club. Most went home to clear a lot of space on their trophy shelves to fit in their Summer 2015 haul. We had a huge turn-out to what was an emotional evening farewelling former Head Coach Kareena Preston and it was great to see so many junior swimmers and their families in attendance.

### Quiz Nite

Our Quiz Nite to be held on **Saturday 23 May at Orana Catholic College** is just three weeks away. Tables of 10 at \$15 a ticket – there are only a couple of tables left so get in quick. BYO alcohol and nibbles. This is a fun social event for club members and their friends and families. Anyone who has prizes to donate can contact Kylie Coten.





### **Cait smashes Lake Argyle swim**

Our open water star Caitlyn James competed in the 20km Lake Argyle swim on Saturday. She did an amazing job in warm conditions to win the 20 km solo event in the quickest time ever recorded for a female. Wow, fantastic stuff Cait!

### **SWA Awards Breakfast**

Please contact Deb Doody ASAP if you would like to attend the Swimming WA awards breakfast on 23 May. Stevo and Claire have both been nominated for awards. Tickets are \$65.

### **Entertainment books**

Entertainment books contain over 2000 offers for up to 50% off and 2-for-1 at Perth's best restaurants, cafés, attractions, hotels, resorts, shopping and more that you can use whenever you like until 1 June 2016! For only \$65, you will have access to over \$20,000 worth of value. You only need use them twice for it to have paid for itself. Get one for you and your Mum this Mother's day! PLUS you'll be helping South Shore Swimming Club as 20% of each one we sell contributes to our fundraising. Order at <https://www.entertainmentbook.com.au/orderbooks/92189g> Available as the printed Entertainment™ Book that comes with a Gold Card and vouchers, or the Entertainment™ Digital Membership that puts all the offers onto your smartphone!



### **If you need to escape...**

Escape Travel Garden City have set up a bonus travel system to support South Shore's National Travel Fund. This system is normally only available to individuals or family groups. Escape Travel Garden City will put 1% of money spent on travel i.e. flights, tours etc into an account for flight redemption at a later date. They charge no extra for booking domestic or international flights and will price match. South Shore's Travel Fund currently has \$60.00 in the account after booking flights recently to nationals through this system. Please encourage family and friends to use Escape Travel Garden City (located outside the Coles entrance to Garden City) and ask for the 1% to go to the South Shore's National travel fund. Any questions can be directed to: Tammy Houston at [tammy.houston@escapetravel.com.au](mailto:tammy.houston@escapetravel.com.au) or 9364 3502

## Kimberley Short Course Championships

### Broome Tour

For the past six years, a group of swimmers from the Club has travelled to Broome to race at the Kimberley Short Course Championships. The tour is offered:

- to introduce some of our younger swimmers to group travel and staying with a coach and house parent rather than their own parents.
- to prepare swimmers for the independence required to travel to larger meets such as National Championships.

Club President Deb Doody would like expressions of interest from those who would like to go to Broome on the October school holidays. Remember, to be able to attend you:

- must be in Year 6 or turning 11 this year. No older than Year 12 or turning 17.
- must be in the Junior State, Senior State or National Squads.
- must have not yet attended a National Championship event.

We fly on Thursday 1 October and return on Monday 5 October, and will stay at the Habitat Resort. There are places for up to 16 swimmers, so please express your interest to [deb@aft.net.au](mailto:deb@aft.net.au) ASAP to secure a place. The cost will be around \$1200, which includes airfares, accommodation, food (all meals and snacks), bus hire, fuel, insurance and pool entry. You will also have to cover competition fees and any spending money for your child. This is a wonderful event and a great reward for all the training effort over the year.

### Thank you

...to Perth Integrated Health Clinic, Dymocks Garden City and Garden City, for the donation of some wonderful prizes for our Quiz Nite.



### Dress for success

See Apparel Officer Kylie Baker for all your apparel needs.

**Club polo shirts \$34**

**Club caps \$11**

**Club shorts \$25**



### 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](http://southshoreswimming.com.au)