



The Ssscoop

Issue 3 Winter 3 August 2015

Club night Monday August 3

Tonight we will hold one of our two Winter season trophy events. The events are handicapped based on the swimmer's PB so everyone has an equal chance of winning. The swimmer has to have competed in the event 3 times during the season to qualify. The Finucane Trophy for 11&U 100m Freestyle qualifiers are Milan Bazley, Ellie Fry, Jess Fry, Lucas Ho, Tremayne Mould, Amelie Prinsloo, Eben Prinsloo, Ben Russell, Vienne Seneque and Charlotte Zollner. Heats will be raced tonight with the final held the following week. Mathew Beck, Sean Beck, Bella Dans, Cullen Dans, Ryan Doody, Shannon Doody, Isaac Ho, Madeline Joy and Jemma Schofield have qualified to compete for the Fremantle Swim Club Life members trophy for 12 &O 200m Freestyle. Good luck everyone! The program will be:

Finucane and Fremantle SC Life Members 200 Freestyle Trophy Heats

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

Don't forget the other handicap trophies in winter are the 100IM 11&U, and 200IM 12&O so make sure the swimmers get their 3 swims in to qualify.

Mini Meet with South Lake Dolphins

Results from our CLUB NIGHT 10 MINI-MEET with South Lake Dolphins are now available at <http://www.myswimresults.com.au/ResultsClubStats.aspx?MeetID=9270>

Well done to all swimmers & especially those who achieved a LC personal best time - there were 22 SSSC PB's! Thanks particularly to Mel and Jeremy for organizing the meet and to all our officials, sausage sizzlers, timekeepers. We had 81 swimmers in total and the night was a huge success. We had two record breakers: Kathryn Raffelt in 100m Breaststroke and Jayde Halvorson in the 50m Fly! Jayde swam a fantastic 32.97 breaking her own PB of 35.19 and also breaking the Club Record of 34.3 from 1988! Congratulations also to Isaac Ho who swam a sizzling 29.67 - 50 free!

Squad pick up/drop off arrangements

Melville Liesurefit have requested that parents do not use the back entrance to pick up their kids from squad due to the number of kids and the elderly using this entrance. This will be reviewed at the end of the month when new carpark is in place. They are happy for parents to use the back drive to drop off and pick up in the MORNINGS, as long as:

1. Speed is kept low (there have been some issues with hazardous speeds, perhaps being late)!!
2. It is NOT used as a parking lot with cars banked up (max 3 mins)
3. You are considerate of other cars using back drive.

Your cooperation with this request would be greatly appreciated!!!

Open Distance Championships

Congratulations to the club's 2015 Open Distance Champions Cullen Dans and Jemma Schofield. Male runner up was Mathew Beck with Jeremy Shaw 3rd, and female runner-up was Maddie Joy with Bella Dans was 3rd. Well done to all competitors.

New Treasurer

Huge thanks to Leanne Kosovich, who has volunteered to be our club's new Treasurer.

Help Shannon make a difference

South Shore's Shannon Doody will again be raising funds for Juvenile Diabetes. Please donate if you are able and Shannon would love your support during the walk in October. To donate go to <https://jdrf-walk-wa-2015.everydayhero.com/au/shannon>

Dress for success

See Apparel Officer Kylie Baker for all your apparel needs.

Club polo shirts \$34

Club caps \$11

Club shorts \$25

2015 West Australian Newspaper SC Qualifying Meet

The club had 20 swimmers in the 2015 West Australian Newspaper SC Qualifying Meet over the weekend. Harry Alliss, Milan Bazley, Mathew Beck, Sean Beck, Jessica Cooke, Max Coten, Bella Dans, Cullen Dans, Stephen Donovan, Ryan Doody, Thomas Dreverman, Ellie Fry, Jessica Fry, Tremayne Mould, Amelie Prinsloo, Eben Prinsloo, Kathryn Raffelt, Jemma Schofield, Remy Seneque and Vienne Seneque all swam brilliantly. Results should be available soon.

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. PLUS 20% of each one we sell contributes to South Shore Swimming Club. Order at 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!



Perth City Meet

Our swimmers did fantastically well at this meet. Seven year old Isabella Russell won Bronze in the Girls 7 to 8 years 50m Backstroke. Jessica Cooke got PBs in all of her swims and State times in both the 100 and 200IM. The strength of our 9 year old boys was on show with Ben Russell, Harry Alliss and Eben Prinsloo coming 3rd, 4th and 6th respectively in the 50 Backstroke. Eben won bronze in the 50 Breast, with Harry and Ben taking out 4th and 7th in the 50 Fly and Harry 6th in the 50 Free, and Ben winning Silver in the 100 Free and 100 IM. Ben, Harry and Eben all

got 3 PBs each. Wow! Kathryn Raffelt won Silver in the Girls 10 years 200 Back, Gold in the 50 Breast, Gold in the 200 Breast. Kathryn got 3 PBs while Milan Bazley achieved a 3 second PB in the Girls 10 year 100IM. Tremayne Mould won Silver in the Boys 10 years 50 Breast with a huge PB, Bronze in the 200 Breast and PBs in the 50 Free and 100IM. Jack Della-Marta got a great PB in the Boys 10 years 50 Back. Ellie Fry got huge PBs in the 200 Back and 200 Free, Amelie Prinsloo scored big PBs in four of her five races, while Vienne Seneque produced PBs in the 100 Free and 200IM. Max Coten also got four big PBs in his events. Remy Seneque was again on fire in the 50 Free, shaving another 0.53 seconds of his sub 30 second time for a 29.41. Bella Dans got a huge 43 second PB in the 200 Free while Cullen Dans swam 23 seconds faster than his previous SC time in the 1500 Free for a Silver medal. Overall this was a huge meet for all of our swimmers that competed, and almost all of the swims from our kids were State times with a sprinkling of AA times. The club has the best crop of junior swimmers we have ever had since the formation of South Shore and we are immensely proud. You can see all of their results at <http://www.myswimresults.com.au/ResultsClubStats.aspx>

New Head Coach

Congratulations to Jacqui Tan, who has been appointed Head Coach by Swimstrong Academy.

Upcoming meets

Please note that coaches will only attend Target meets. It is highly recommended that you do not enter non-Target meets unless discussed and agreed with your coach beforehand. 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.

2015 West Coast Short Course Challenge

Saturday 8 August at HBF Stadium

Entries closed.

2015 Peel Aquatic Short Course Carnival - Target

Sunday 9 August at HBF Stadium

Entries closed.

2015 Swimming WA Rookie Meet - swimmers without AA times

Sunday 16 August at Swan Park Aquatic Centre, Midvale.

Online entries by 10pm Tuesday 4 August

The West Australian Newspaper 2015 SC (& Junior) Challenge - Target

Saturday 22 - Sunday 23 August 2015 at HBF Stadium

Online entries by 10pm Tuesday 11 August

2015 Guildford Kalamunda Qualifying and Junior Meet

Saturday 29 August (13/O); Sunday 30 August (12/U) at Darling Range Sports College, Forrestfield.

Online entries by 9pm Friday 21 August

Meet matrix

The SWA tab on the south shore website has information and entry information about the target meets that the club and coaches have targeted the training regime around. There is also a handy matrix showing each age group what events are available at each meet so you can plan your season ahead to get those elusive qualifying times ready for the winter state championships in September. Just print off the sheets relating to your age group. As always your coaches and hard working committee are always there to answer any questions.

<http://southshore.swimming.org.au/page.php?id=8315>



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