



## The Ssscoop

### Issue 6 Summer 28 January 2015

#### 2015 SWA State Open & Age LC Championships

Our senior swimmers had a great meet at States last week, with lots of PBs achieved. Claire Coten finished with a massive tally of 12 gold medals, 1 silver and 2 bronze medals including her first ever gold in a women's open event at states (for the 1500 Free) and a new national time in the 200 Backstroke. Katie McFarlane finished with bronze medals in the Girls 15 Years 400IM and 200 Breaststroke events, and Brooke Pensini scored silver in the Girls 15 Years 100 Backstroke. Many more made finals, including Ben Brbich, Jayde Halvorson and Mat Beck. Our Mens Open 800 Freestyle relay team of Ben Brbich, Cullen Dans, Fin Schaper, Jeremy Shaw also took home a silver medal.

#### Club night Monday 2 February

Three records were broken at the last club night: Ellie Fry and Jayde Halvorson broke records for the 50 Freestyle in their respective age groups and Katie McFarlane broke the club record for the 50 Breaststroke. We hope to see everyone at club on Monday night. Warm-ups from 6.30pm. Please enter by 6.45 so racing can start just after 7pm. The program will be:

**200 Freestyle**  
**Backstroke (25, 50, 100)**  
**Breaststroke (25, 50, 100)**  
**Freestyle (25, 50, 100)**  
**Butterfly (25, 50, 100)**

Bring a friend for 3 nights for free to see if they would like to join the club.

#### Dive & Try

South Shore will be hosting a Dive & Try on Saturday 21 February 2015. Start spreading the word and please make yourself available to come along and help. Could everyone please encourage their school friends to enter.



## SWA Open Water Series Round 6 – Sorrento

Our swimmers placed well at Sorrento on Australia Day, although there were no PBs due to the choppy conditions. In the 1.25km, Ben Brbich took first place overall and won Gold in the 17/U, Fin Schaper placed 7th overall and scored Gold in the 14/U, while Shannon Doody came 2nd in the Womens 17/U and Ryan Doody was 6th. In the 2.5km Will Gurr won Gold in the 17/U age division, Maddie Joy placed 5th and Bella Dans 7th in the 14/U. Jeremy Shaw and Cullen Dans achieved top ten positions overall in the 5km



event (6th and 7th respectively in the highly competitive 17/U group). In the gruelling 10km event Caitlyn James was the 3rd placed female, Oli Stenning was 6th placed 17/U male and Sabrina Seitz won Silver in the 17/U age group. Well done to everyone who competed.

## Moore River Camp

Please mark the Labour Day weekend (Fri 27 Feb to Monday 2 March) in your diaries to keep it free for a fun-filled, sun-filled and fabulous weekend relaxing with your swimming friends and their families at Moore River for the club's annual camp. To call it a camp is to undersell the amenities and set-up, organized every year by the Bell family (and by the Favazzo and Mottram families before them). This 40 year tradition involves sleeping in tents and doing some minor roster duties such as washing up a couple of times. But there is fabulous food (bought by Monique and included in the \$90 charge per head), an extensive undercover kitchen with fridges and BBQs, boxes of fruit to munch on, the beach and river only a stone's throw away, and much much more including a talent quest and canoe races. Not to be missed! If you've never been before come along next year and see why the rest of us are addicted. Please give your expressions of interest to Monique at club nights. She will start accepting deposits in January.

## Club Premierships

A hugely important date for the club is Saturday 14 March – the Club Premierships. PLEASE PUT THIS DATE IN YOUR DIARY AND MAKE YOURSELF AVAILABLE TO SWIM and represent the club. The club will hire a bus to take swimmers to and from HBF Stadium. South Shore will be swimming to maintain its position in B Division or possibly even be promoted to A Division. The Premierships are designed to test the depth of talent in clubs so there are restrictions on how many individual races one swimmer can compete in. The bottom line is that we will need almost all club members to pitch in and compete, from the youngest to the oldest. It is great fun for all.

## Cait has boat, will swim

After qualifying at this year's State Championship in Champion Lakes, Caitlyn James is swimming in the Elite 10km event of the BHP Billiton Swim the Swan on February 1, which doubles as the Australian Open 10km Nationals. Cait will be one of 15 Australians swimming the female event, which has a total of 39 competitors. She will be mixing it with international swimmers from England, France, the Netherlands, USA, Canada, Japan and New Zealand, so a great experience for her. No matter where she finishes by qualifying and swimming will put her in the top 15 nationally. More good news is that Cait now has a boat for Rottneest for the race on February 21.

## Swim the Swan

Apart from Caitlyn (see above), we have a further 15 (at time of publication) South Shore entrants in the Swim the Swan this Sunday: Taylor Baker, Tony Baker, Mathew Beck, Max Coten, Cullen Dans, Ryan Doody, Shannon Doody, Jayde Halvorson, Maddie Joy, James Logan, Katie McFarlane, Kelly Rasmusen, Sabrina Seitz and Jeremy Shaw. Good luck everyone.



### **Aquatic Super Series Clinic**

An Aquatic Super Series coaching clinic was held on Wednesday 28 January at LeisureFit Booragoon. A number of our swimmers made the most of this opportunity and there were more than 80 participants overall. Thanks to Kylie Coten, Deb Doody, Joanne Brbich, Lee Jasson, Kylie Baker and Mel Joy who helped out on the BBQ.

### **Sizzling fundraisers**

Well done to all our wonderful helpers at Bunnings BBQ on 18 January, which raised almost \$1200. Jim Coten manned the stall for the entire day and also helped with set up and clean up at the end and Kylie Coten organised the stall. Huge thanks to the Beck, D'Cruz, Schaper, Doody, Baker, Brbich, Dans, Hollis, James and Erkes families and to coach Kareena for helping out on the day.

### **Dress for success**

See Apparel Officer Blythe Maley for all your apparel needs. Look out for her on Friday afternoons and Saturday mornings in the black South Shore shirt.

**Club polo shirts \$34**

**Club caps \$11**

**Club shorts \$25**



### **New t-shirts for Open water swimmers**

Kylie is looking at organising long sleeve polo tops especially for our ever-growing band of open water swimmers, to provide them with both warmth and sun protection, and is seeking expressions of interest from people who may like to order one. They should cost around \$35. Please email Kylie at [kylie.baker1@bigpond.com](mailto:kylie.baker1@bigpond.com) if you think you might like one.

## Club website

If you haven't done so lately, please visit the club's website. It is a fabulous source of information and has the club night program and results, the club handbook, pdfs of *The Ssscoop*, club records, club policies and much more. Check it out! Thanks to Jeremy Beck for his great work in getting it all together and keeping it up to date.

## Upcoming meets

Qualifying meets 1 (8 Feb), 2 (15 Feb) and 3 (22 Feb) have been cancelled by Swimming WA. They have realised they were somewhat overstretched given they have to run the Australian Open Water Age Competition at around the same time.

**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.**

### 2015 Moora Open Sprint Carnival

Saturday 7 Feb at Moora Swimming Pool

Entries closed.

### 14<sup>th</sup> Harvey Open Carnival 2015

Saturday 7 Feb at Harvey Pool

Entries closed.

### Western Sprint Swimming Club Sprint Challenge - Target

Saturday 7 March at HBF Stadium

Online entries close at 5pm on Monday 22 February

### 2015 Lazars LC Clash

Sunday 8 March at HBF Stadium

Online entries close at 6pm on Wed 23 February

**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.**



## 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)

