



The Ssscoop

Issue 6 Summer 16 March 2016

South Shore Swim Stars

South Shore came a strong second to All Saints at the All Saints Swim Stars series. We may have been small in number but our results were excellent! Alex Eddison, Lily Eddison, Jasmine Ellery, Joel Ellery, Emma Gardner, Matthew Gardner, Ebony McGuigan, Liam McGuigan, Beau Pashby, Cooper Pashby, Claudia Rich and Ethan Stone represented the club. Sophie Rich also went along and helped the younger swimmers with their warm ups. The 12 and over relay team finished off the day with a win for the club. Fantastic job everyone, we're super proud! We'd love more people to register for Swim Stars as it looks like we will make the finals.



Club Championships

Our Club Championships will be held this **Sunday 20 March** (warm-ups 3pm for a 4pm start). The first three in each age group will be recognized. Anyone may enter but only swimmers who have competed at club at least three times during the summer season will be able to score points to achieve a place.

Jetty to Jetty

South Shore swimmers had a great day at the Jetty to Jetty swim. Isaac Ho was first under 14 in 1500m. Sean Beck was 2nd in his category and 3rd outright in the 750m and Mathew Beck was 1st in his category and 2nd outright in the 750m. Alessandra Ho, Michael Ho, Jeanne Ong rounded out the Ho family's contribution to the 1000 swimmers taking part. Graham and Stephen Donovan also raced the 1500m.



South Shore Summer Wind-up

The date of the South Shore Summer Wind-up has been changed to **Friday 29 April**. Please add this important date in the club's calendar to your diaries.

Butterfly Trophy races

The final trophy winners were decided at the last Summer club night. The 25 Fly trophy was a straight final between Bailey Anderson, Isabella Russell, Summer Buckman and Shequia Mould, with Isabella Russell taking line honours. Tremayne Mould took out a very close final for the 50 Fly trophy against Milan Bazley, Georgia Anderson, Jessica Cooke and Declan Mould. In the 100 Fly final Sean Beck off scratch didn't even look like he was in danger of being overtaken by the other finalists Jemma Schofield, Isaac Ho, Mathew Beck and Cullen Dans, taking more than 10 seconds off his PB. Congratulations to all our winners and finalists.

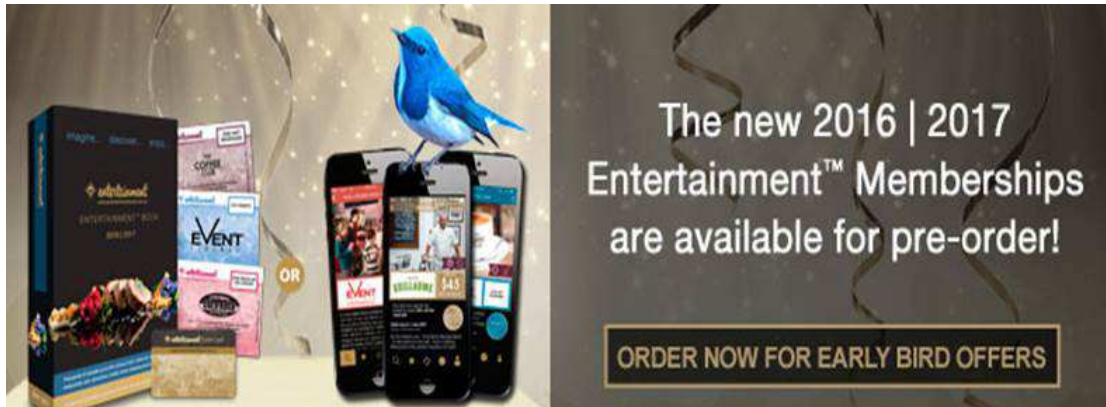
School swimming carnival round up

- At the **IGSSA Swimming Carnival at HBF Stadium**, Ellie Fry broke a record in the Year 7 50m Fly and led PLC to be Year 7 champions. Jayde Halvorson, Brooke Pensini, Maddie Joy, Sophie Rich, Amber Kinnane, Claudia Rich, Georgia Mack, Vienne Seneque, Georgia Anderson, Sirena McDowell and Jemma Schofield also produced fantastic swims and lots of PB.
- Isaac Ho, Ryan Doody, Colin Harrison, Bella Dans, Beau Pashby, Anna Duan, Peter Deng and Ethan Stone competed in the **SSWA A Division interschool swimming carnival**, producing several outstanding performances and personal best times.
- Amelie Prinsloo, Natashia Jorgensen, Sean Beck, Mathew Beck and Cullen Dans swam admirably at the **SSWA B Division interschool swimming carnival**, with Amelie and Sean both runners up in their age groups and Mathew Beck 3rd.
- Jessica Cooke was Champion Girl Year 5 and Summer Buckman was 3rd placed Year 6 girl at **Booragoon Primary School swimming carnival**.
- Cooper Pashby was Runner Up Champion Boy Year 4 in the **Winthrop Primary swimming carnival**.
- Jack Della-Marta has won Champion Boy at **Bateman Primary** swimming carnival.
- Thomas Dreverman won Champion Boy Year 4, Milly Sullivan Champion Girl Year 4 and Jack Sullivan Year 5 runner up at Our **Lady of Fatima's school swimming carnival**.



Surf Life Saving and Synchro State Champions

Many of our swimmers also excel at other sports. Several of our swimmers competed in the Surf Lifesaving State Championships: Ellie Fry, Amelie Prinsloo, Vienne Seneque, Jessica Fry, Eben Prinsloo, Ben Russell, Milan Bazley, Harry Alliss and Sophia Covella and achieved outstanding results. Ellie was awarded with six medals, most of them Gold including for the Iron Woman Under 12 Girl. Amelie was almost as well decorated. Vienne won Gold in a one team event. Jess won two Golds in team events, Eben won a Bronze and a Silver Ben a Bronze, Milan a Bronze and Harry Alliss a Silver. The previous weekend Alessandra Ho won Gold at the Synchro State Championship in the Solo event. Well done to everyone - champions all.



Entertainment Book

Our Entertainment Book fundraiser is coming out soon! This is a fantastic fundraiser with a discounted voucher book which can save you hundreds of \$\$\$ with the club earning 20% from each book sold! The price of \$65.00 remains the same however the value and vouchers keep growing! This year Bali discounts also feature in the Perth book! Get in early with your orders or take a look at some of the discounts and places on offer..... My book just paid for itself with the Rottneat Express ferry discounts! – Susie

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 personally trains 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.

Dress for success

See Apparel Officer Kylie Baker for all your apparel needs.

Club polo shirts \$35

Club caps \$11

Club shorts \$25

Kylie is asking for expressions of interest for club hoodies (same design as last year), which should be available around April. The cost will be around \$50 per hoodie or \$55 for your name to be printed on the back (prices to be confirmed when Kylie knows numbers). Please email kylie.baker1@bigpond.com if you are interested or speak to Kylie at club night.

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.

2016 Perth City Junior Classic

Saturday 19 March 2016 at Perth College, Beaufort St, Mt Lawley
Entries closed

2016 Indian Ocean All Stars Challenge - Target

Saturday 26 and Sunday 27 March (Easter weekend) at HBF Stadium
Online entries by 9.30pm Sunday 13 March

2016 Hancock Family Medical Foundation Junior Long Course Championships - Target

Friday 15 to Sunday 17 April at HBF Stadium
Online entries by Tuesday 5 April

More club records broken

The Russell family broke two records during the night, with Ben taking the Boys 9 years 50 Free record and then Bella setting a new record in the Girls 7 Years 200IM.

Save the date

- **Bunnings BBQ 25 April**
- **South Shore Summer Wind-up Saturday 29 April**
- **Parent info night on coaching Friday 20 May**



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