



The Ssscoop

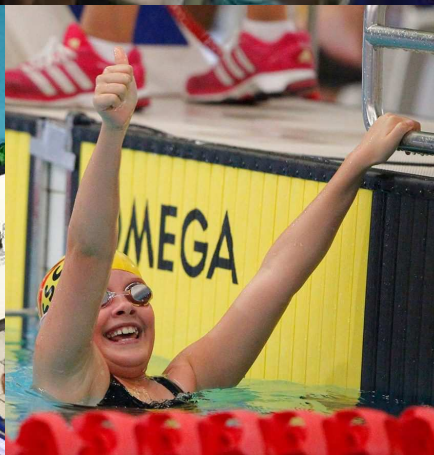
Issue 8 Summer 20 April 2016

Our juniors excel at the 2016 Hancock Family Medical Foundation Junior LC Championships

Twenty two of our talented junior swimmers (including relay competitors) competed at junior states over the weekend: Bailey Anderson, Georgia Anderson, Milan Bazley, Jessica Cooke, Max Coten, Ben Della-Marta, Jack Della-Marta, Thomas Dreverman, Ellie Fry, Jessica Fry, Shayla Hodzic, Georgia Mack, Sirena McDowell, Ebony McGuigan, Liam McGuigan, Declan Mould, Tremayne Mould, Amelie Prinsloo, Eben Prinsloo, Ben Russell, Isabella Russell and Vienne Seneque. They had an outstanding meet, with a total of 22 individual medals plus relay Gold, with seven swimmers winning at least one individual medal.

Thomas Dreverman finished with 4 (individual) Gold, 2 Silver and 2 Bronze, Ellie Fry finished with a national time in the 50 Free, 2 Gold, a silver and 4 Bronze, Tremayne Mould got one medal of each colour and Eben Prinsloo, Amelie Prinsloo and Bella Russell all medalled.

Jessica Fry brought the house down when she won Bronze in the Girls 9 Years 200 Free with an incredible 19 second PB. But the whole team of 22 swimmers were winners, with just about every race producing a PB. There were countless top 8 finishes and just about every swimmer contributed to the club's overall points tally, with the club punching well above its weight for the number of swimmers. To cap off an amazing weekend Thomas Dreverman was named Boys 10/U Swimmer of the Meet. What a difference a great coach makes - thanks so much Chris Twomey. We are so proud of all of our junior swimmers.



Congratulations Brooke and Alessandra

Well done to Brooke Pensini, who was a member of the Under 18 team that won the National Water Polo Championships this weekend (along with former club swimmer Sofie Pontre). Alessandra Ho won Bronze in the Junior Solo at the Synchro Nationals on 10-12 April and gained selection into the Junior National Team. A big wow to both achievements.



Bunnings sausage sizzle on Anzac Day

We have a fundraiser on Anzac Day, a shorter day than usual as Bunnings opens at noon, but we are asking for volunteers for between 12-3pm – please let Deb know if you are able to help out for an hour or two. Email deb@aft.net.au or sms 0417 965 906.

Club membership

Everyone who trains with Booragoon LeisureFit Competition Swim is required to join South Shore Swimming Club. This is a City of Melville requirement because of the strong links between training and competition that will benefit everyone involved. Although there was initially a 3-month grace period to join the club this period has now expired for most swimmers. **Please join the club by going to our website and going to the Join tab and then following the links** – thanks to those families who have already done this. Membership is currently half price. Our registrar Mel Joy will be in contact with non-members in the near future to help them through the process or you may contact her on 0426 634 075.

South Shore wins Swim Stars

The 2016 Swim Stars Series has concluded, with eight Clubs participating from the East and South Metro area. There were eight carnivals every 2nd Sunday afternoon at various local Club training venues. South Shore won the final on 10 April with a score of 1,690! Thanks to all of our swimmers who joined in the fun.



South Shore Summer Wind-up

The South Shore Summer Wind-up will be held at 6.30pm **Friday 29 April at Swan Yacht Club. Please RSVP to Aldi ASAP (no later than 20 April - today).** Tickets are \$50 per adult and \$25 per swimmer/child which includes a three course meal. A cash bar is available. Invitations have been emailed direct to members (and mailed to Life Members) and include payment options.

Shannon Doody appointed Assistant Coach

With the recent huge growth in numbers of swimmers with LeisureFit Booragoon Competition Swim, South Shore is delighted to advise that we have appointed Shannon Doody as Assistant Coach to assist Chris with the larger combined squads during certain sessions. Congratulations to Shannon, already well known and well loved by our swimmers and their families and a long time club swimmer herself.



No training on Monday

There is no training next Monday as Booragoon LeisureFit will be closed for Anzac Day.



Entertainment Book

The Entertainment memberships are almost here and will be available for collection in May. Pre-order today and help us raise funds to support South Shore as 20% of the purchase price goes directly to us. We're really excited to be fundraising this year because the new 2016 | 2017 Entertainment membership includes hundreds of local offers for dining, but now also features over 70 of the best restaurants, attractions and accommodation that Bali has to offer. To see what's in the book go to <http://www.entertainmentbook.com.au/about/Tell-me-More/Perth#FLICKBOOK>

Swimmer of the Year Awards

Our President Debbie Doody has been nominated as SWA Volunteer of the Year for the second year in a row. Winners will be announced at the 2016 Swimmer of the Year Awards on Saturday May 28. Breakfast is \$71.50 or \$66 each if we can make up a table for 10 and at the moment there are six people going so only four places left. We all know how special she is and how much Deb does for our club so let's all go along and support her.

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.

Dress for success

See Apparel Officer Kylie Baker for all your apparel needs.

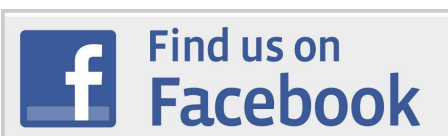
Club polo shirts \$35

Club caps \$11

Club shorts \$25

Save the date

- **Bunnings BBQ 25 April**
- **South Shore Summer Wind-up Friday 29 April**
- **Coaching information night for parents Friday 13 May (note date change)**



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