



## The Ssscoop Issue 2 Winter 24 June 2016

### Pool closure 4-17 July

To ensure the pool at Leisurfit Booragoon remains a safe facility, the City of Melville has advised South Shore that the pool needs to close for essential repairs. To minimise disruption to the squad programs, both pools will be closed from 4 to 17 July. Many people go away during this period (including the many families who are going on South Shore's Kalgoorlie Tour) and there are no club nights scheduled. You will not be charged for coaching by the City of Melville over this period. However, for those who wish to continue training, Deb, Chris and the coaching committee are making alternative arrangements for dry land training and in alternative nearby pools etc and will advise the costs of these arrangements in the near future. Could squad members please let us know ASAP via the link below whether they intend to train (or not) during this period.

<http://www.myswimresults.com.au/CalendarEvent.aspx?ID=AUS|704>

This will help us plan lane space (at this stage Riverton or South Lake are options for the other pools). The club thanks the City of Melville for selecting the renovation dates to minimise disruption to club activities as much as possible, given all pools need to close for maintenance at some stage.

### Jeremy McClure

We are very excited that Paralympian, world champion and South Shore swimmer Jeremy McClure will be coming to our sausage sizzle on Friday night. Jeremy will be heading to Rio in a few short weeks. Make sure you come along and meet him!



### Friday club night and Open Distance Championship event

Tonight will be our last club night until 18 July. As it is Friday it will be followed by a sausage sizzle (gold coin donation per hot dog). As part of the six-part Open Distance Championships, an 800 Freestyle will be on offer. Please supply a timekeeper if you plan to swim this event and arrive at 5.45 for warm-ups. If you aren't swimming the 800 it is fine to come at 6.30pm as it will take a while to get through the 800 heats. Please enter online. There will be **no club night next Monday.**

### School Sport WA Swimming Team

Congratulations to Ellie Fry and Cullen Dans on their selection for the School Sport WA 10 – 19 Years State Swimming Team to travel to Darwin, Northern Territory in September.

## Open Sprint Champions

Last Monday night we held the club's Open Sprint Championships for which all financial members who participate in at least two of the four races are eligible. The championships consist of 50m races for the four form strokes. For both males and females points of 4, 2 & 1 (first, second and third) are awarded for each stroke. Cullen Dans won the boys event (11 points), with Remy Seneque 2nd (6 points) and Mathew Beck third (5 points). Remy pulled out a fantastic PB in the 50 Back to win the event from the second heat. In the girls event we had an amazing result, with a dead heat for first between Maddie, Ellie and Jemma, with all three girls on 8 points. With Bella Dans, who took out the 4 points for winning the Breaststroke, each event was won by a different female swimmer. Also on Monday night Lennard Booth, set a club record in the Boys 16 years 50 Fly, with a blistering time of 28.04. Congratulations Lennard.

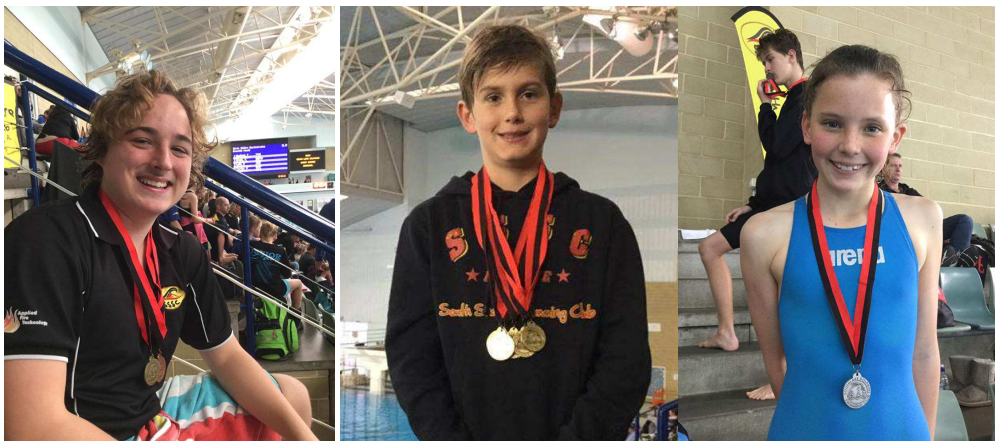
## Bogan Bingo

Start tuning your air guitars - Bogan Bingo is coming on 17 September (please put the date in your diary). If you have any donations for our silent auction please pass them on to Gail, Chantal or Deb, or bring them along to club. Do you have your own business that may be able to make a small donation - if so please consider South Shore - this night is going to be BIG!



## South Lake Dolphins Short Course Carnival

Our swimmers won countless medals and achieved outstanding results at the South Lake Dolphins Short Course Carnival. There were some particularly noteworthy performances from Harry Alliss, who produced a 34 second PB in the 200 Free and a 10 second PB in the 50 Butterfly, and from Remy Seneque, who went under a minute in the 100 Freestyle for the first time and took almost 18 seconds off his time in the 200 Backstroke. Georgia Mack took 19 seconds off her time in the 100 Breaststroke and Jessica Cooke took almost 17 seconds off her time in the same event. Thomas Dreverman got three fabulous PBs and won six Gold medals from six swims. Milan Bazley, Mathew Beck, Sean Beck, Bella Dans, Cullen Dans, Jack Della-Marta, Ryan Doody, Ellie Fry, Jessica Fry, Shayla Hodzic, Sirena McDowell and Isabella Russell also produced personal best times. Thanks to coach Chris, who spurred the kids on to faster times and provided great advice and support over a very long day. All the result can be found at: <http://www.myswimresults.com.au/ResultsClubStats.aspx...>





### Entertainment Book – enjoy the best of Bali

Who's going to Bali in the school holidays? If so have a browse

[https://issuu.com/epaau/docs/perth\\_2016-2017...](https://issuu.com/epaau/docs/perth_2016-2017...) at the savings offered in the Entertainment Book. Many restaurants discounting 25% off the total bill and great savings on activities too! If you would like to purchase a book in time for the school holidays click on

<http://www.entbook.com.au/92189g>

Please share among family and friends and help South Shore Swimming Club fundraising!

### Kalgoorlie Tour

A number of families are travelling to the club's Target Meet, the Kalgoorlie Boulder Short Course Crusher, with Coach Chris, over the middle weekend of the school holidays. We leave on the train at 7.10am on Thursday 7 July and arrive at Kalgoorlie 2pm. Everyone on the train will dress up in a Harry Potter theme! Accommodation tentatively booked on behalf of the club includes the Quality Inn Railway Hotel, Discovery Park Boulder, Prospector Holiday Park or Best Western. Entries are now open (closing 1 July). Thirteen swimmers have already entered! Relays will be organised by Chris and Lee.

### 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.

### Sweet results of fundraiser

Our Cake Stall raised \$1255, boosted by an extremely generous **\$200 donation from Mel Joy and Bremer Bay Resort**. Wow! Thanks to wonderful **Gail Della-Marta** and the amazing **Chantal Allchin** for organising and all of the awesome parents and swimmers who helped out or contributed home-made goodies. What a great result for the club and our swimmers. Special mention goes to **Mirela Hodzic**, who made the amazing South Shore care in the foreground of the photo.





## Stevo and Kareena gear up to take on the world

A proud Stevo with parents Cathy and Graeme and team assistant coach Kareena at the Down Syndrome Swimming Australia Uniform Presentation. The Queensland Premier, Jess Schipper and Taylor McKeown were special guests and the countdown is now on to the World Championships in Florence next month!



## 2016 Western Sprint Short Course Classic

Good luck to Georgia Anderson, Jessica Cooke, Cullen Dans, Stephen Donovan, Shayla Hodzic, Georgia Mack, Sirena McDowell, Sienna Motton, Remy Seneque and Vienne Seneque, who will represent the club in the Western Sprint Short Course Classic on Sunday. Thanks to Irene for organizing the time-keeping roster for this meet.

## 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](http://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**

## Upcoming meets

**Please note that coaches will only attend Target meets. 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 Western Sprint Short Course Classic

Saturday 26 June at HBF Stadium

Online entries by Saturday 18 June

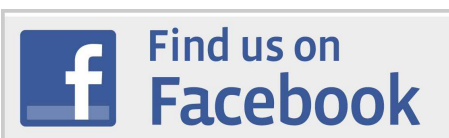
### 2016 Kalgoorlie-Boulder Short Course Crusher - Target

Saturday 6-Sunday 10 July at Goldfields Oasis Leisure Centre

Online entries by Friday 1 July

## Save the date

Bogan Bingo 17 September



## 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)