



The Ssscoop
Issue 3 Winter 1 July 2016



Alternative training 4-17 July - please register as soon as possible.

Holiday training will be held at Fremantle Pool from Monday to Friday for both weeks of the holiday during the pool closure. The City of Melville are also providing **Dry Land Training** at LeisureFit Booragoon Gym for no charge, Tuesday and Thursday of each week 4.00pm-4.45pm for swimmers aged 12+ only. **Register via the Coaching tab on the club website.**

FREMANTLE POOL – Pool Training:

Day	Silver & Bronze	Open & Gold
Mon	4-5pm	5-7pm
Tue		6-8am
Wed	4-5pm	5-7pm
Thur		6-8am
Fri	4-5pm	5-7pm

COSTS:

- You need to pay additional Fremantle pool entry of \$4.30 per swimmer, per day. You can purchase a book of 10 passes for \$38.70 - \$3.87 per session. Spectators are free.
- You must pay to park but can take the ticket into the pool for a full refund.
- **Squad 1** – Silver & Bronze Coaching is **\$15 per week per swimmer** (you can choose one week only or both weeks)
- **Squad 2** – Open & Gold & Fitness Coaching is **\$30 per week per swimmer** (you can choose one week only or both weeks)

(Please note: You will be required to pay for the whole week/s even if you do not attend all sessions offered)

LEISUREFIT BOORAGOON POOL GYM– Dryland Training – 12 years plus ONLY (Free)

Day	Open & Gold
Mon	
Tue	4.00-4.45pm
Wed	
Thur	4.00-4.45pm
Fri	

If you are training over the school holidays at Fremantle, please remember to remove your training bag from the cage at Booragoon!

Thanks to Deb, Chris, Jeremy, Mel and Lee for their hard work in organising the alternative sessions and to the City of Melville for offering the dry land sessions.

Jeremy McClure

Shannon has set up a page to raise money for Jeremy McClure to aid his efforts at the Rio Paralympics. Please help if you can.

<https://www.mycause.com.au/page/130623/jeremy-for-rio-2016>

Open Distance Championships

We will run the 200 Breaststroke to complete the final leg of the Open Distance Championships at club on July 25. This event was originally scheduled for 16 May but had to be deferred due to an (unscheduled) pool closure. The rest of the July 25 program will remain the same. The next club night will be on Monday 18 July. See you then.

Bogan Bingo

Start tuning your air guitars - Bogan Bingo is coming on 17 September. Please pass any donations for our silent auction 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! Thanks so much to Darren Beazley, Swimming WA and Deb for organising this fabulous shirt which will be put up for auction at our Bogan Bingo night. The signatures include Cameron McEvoy, James Magnussen, Bronte Barrett, Tomasso D'Orsogna, among many others. Who's going to bid?



Swimmer's World supports South Shore

Thanks so much to Swimmer's World who have generously donated a \$75 gift voucher for our Bogan Bingo fundraiser. South Shore is now a Swimmer's World partner. Mention the club when you shop there and receive a 10% discount.

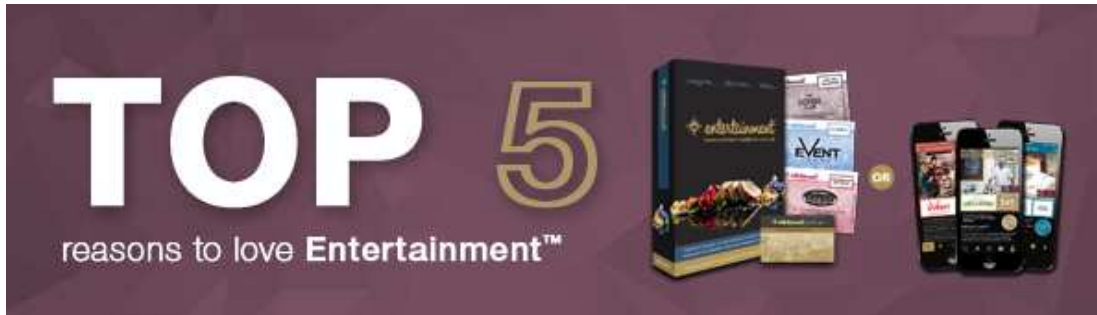


Kalgoorlie Tour

We have 27 swimmers travelling to the **Kalgoorlie Boulder Short Course Crusher** over the middle weekend of the school holidays: Harry Alliss, Bailey Anderson, Georgia Anderson, Milan Bazley, Mathew Beck, Sean Beck, Max Coten, Bella Dans, Ben Della-Marta, Jack Della-Marta, Ellie Fry, Jessica Fry, Dina Hodzic, Shayla Hodzic, Maddie Joy, Tiana Kosovich, Georgia Mack, Ebony McGuigan, Liam McGuigan, Declan Mould, Shequia Mould, Tremayne Mould, Jack Prigg, Amelie Prinsloo, Eben Prinsloo, Finlay Schaper and Jemma Schofield. Go South Shore!

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.



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... 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!

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

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 Kalgoorlie-Boulder Short Course Crusher - Target

Saturday 6-Sunday 10 July at Goldfields Oasis Leisure Centre

Online entries by Friday 1 July

2016 West Australian Newspaper Short Course Qualifying Meet #2

Friday 29 to Sunday 31 July 2016 at HBF Stadium

Online entries by Tuesday 19 July

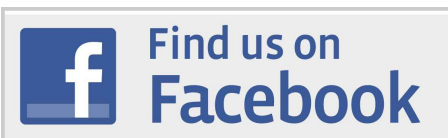
2016 UWA-West Coast Short Course Challenge - Target

Saturday 6 August at HBF Stadium

Online entries by Tuesday 26 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



Swimmer's World

Swimmer's World is a South Shore Swimming Club preferred retailer. Please mention South Shore and customer number 504 when you shop in store, to receive a 10% discount. To shop online and receive the 10% discount enter the coupon code "SOUTHSWIM". Your purchases will also earn benefits for the club.