



SP

SURREYPARK
SWIMMING

ESTD 1904

NEWS

TERM 3: 2025

connect with us



@surreyparkswimming



IN THIS EDITION

A NEW ERA FOR SURREY PARK SWIMMING	3
LEARN TO SWIM NEWS	5
SWIM SCHOOL REMINDERS	6
BENEFITS OF WINTER SWIMMING	7
SAFELY ENGAGING WITH WATER	8
15% DISCOUNT ON SECOND LESSON	9
CLUB SQUAD NEWS	10
COMMITTEE NEWS	13
PRESENTATION NIGHT	14
CHILD PROTECTION	15
LEARN TO DIVE	16
MERCHANDISE	17
OUR SURREY PARK COMMUNITY GALLERY	18
LOCAL COMMUNITY BOARD AND SPONSORS	22

A NEW ERA FOR SURREY PARK SWIMMING: FAREWELL TO JUSTIN BELL AND WELCOME TO JANELLE PALLISTER



Surrey Park Swimming marks a significant transition as we farewell our long-standing Head Coach Justin Bell, and proudly welcome Olympian and elite coach Janelle Pallister OLY to lead our club into its next chapter from the 1st of September 2025.

Farewell and Thank You to Justin Bell

After decades of service to Surrey Park Swimming, Justin Bell concludes his tenure as Head Coach, leaving behind an exceptional legacy and a deeply respected presence within our club.

A third-generation club member, Justin began his journey as a junior swimmer at Surrey Park,

progressing through the ranks to become Assistant Coach and National Age Coach in 2019 then becoming Head Coach in 2021. His commitment to the club has been unwavering, from grassroots development to coaching at the highest levels of competition.

In recognition of his immense contribution, Justin was recently awarded Life Membership, an honour befitting someone who has shaped generations of swimmers as a swimmer and then coach at Surrey Park. His technical expertise, mentorship, and community first values have made a lasting impact, both in and out of the water.

A NEW ERA FOR SURREY PARK SWIMMING: FAREWELL TO JUSTIN BELL AND WELCOME TO JANELLE PALLISTER



As Justin relocates to Queensland, we thank him for everything he has done for our club and wish him all the best in his future endeavours.

Welcoming Janelle Pallister OLY

We are excited to welcome Janelle Pallister OLY as Surrey Park Swimming's new Head Coach! Janelle brings a world-class reputation to Surrey Park, both as an athlete and a coach. A former Australian Olympic swimmer, she represented Australia in freestyle at the 1988 Seoul Olympics and went on to win multiple gold medals at the 1990 Commonwealth Games in Auckland. Her swimming success laid the foundation for a remarkable coaching career.

Most recently, Janelle was a senior coach at Griffith University Swim Club on the Gold Coast, a world-renowned high-performance hub that has produced over 20 Olympic medals since 2017. She has worked alongside Australia's top swimmers and coaches, including mentoring her daughter



Lani Pallister, a current Australian Dolphin and world-class middle-distance swimmer.

Janelle's coaching philosophy emphasises athlete centred development, technical precision, and the long-term progression of swimmers from junior to elite levels. Her appointment reflects Surrey Park's commitment to continuing our strong tradition of competitive excellence while fostering a supportive and inclusive club environment.

Janelle will be responsible for the High Performance, High Performance Transition and National squads and will work closely with our squad coaches to build on the solid foundations already in place. Her vision for Surrey Park includes strengthening pathways for swimmers of all abilities and enhancing support services across strength and conditioning, sport psychology, and wellbeing.

Here's to the next exciting era at Surrey Park Swimming!





LEARN TO SWIM NEWS

A MESSAGE FROM OUR SWIM SCHOOL

During the colder months many parents consider taking a break from swimming lessons. However, continuing lessons throughout the cooler months offers numerous benefits both in and out of the pool.

1. Skill Retention Through Consistency

Children learn through repetition. Taking a break during winter often leads to a decline in both skill level and water confidence. Regular attendance helps maintain and reinforce vital techniques, so your child continues progressing, not regressing.

2. Boosted Confidence and Independence

Swimmers who stay active year-round are more confident and independent in the water. This foundation of trust in their own abilities is especially important as children prepare for summer activities like beach holidays or pool parties.

3. Improved Fitness and Stamina

Swimming is one of the best all-round exercises for kids. It builds strength, cardiovascular health, and endurance all while being easy on growing joints. Keeping up with lessons during winter keeps young bodies moving and helps prevent seasonal inactivity.

4. Stronger Immune System

It's a myth that cold weather causes illness. In fact, regular physical activity, like swimming, can help boost a child's immune system. Heated indoor pools provide a warm and safe environment for continued exercise, even when it's chilly outside.

5. Year-Round Progression

Taking breaks can set swimmers back, often requiring a few weeks just to regain lost ground. Year-round lessons ensure smoother transitions between levels, faster advancement, and better long-term results.

Our facilities are warm, welcoming, and designed to keep your child swimming strong, no matter the season.

Charity Dickins - General Manager Swim

SWIM SCHOOL IMPORTANT DATES

- 11th Aug – Water Safety Week
- 18th Aug – School holiday intensive program opens
- 1st to 14th Sept - Re-enrolment for Term 4
- 21st of Sept – Last day of term 3
- 22nd Sept - Holiday Program week 1
- 4th Oct - Holiday Program week 2
- 6th Oct - Term 4 commences

SCHOOL HOLIDAY INTENSIVE PROGRAM

- Preschool, School age, Private and Teen classes available
- Diving classes available at Aqualink Box Hill
- Specialist lessons available:
 - Breaststroke and Butterfly skills
 - Breaststroke kick lessons
- All lessons at Aqualink are 30 minutes (excluding development squad (Level 8) and diving)
- All lessons at Blackburn are 40 minutes

WATER SAFETY WEEK

- Mon 11th Aug – Sun 17th August

This term our focus is on Backyard pool safety

Please remember to wear an old T-Shirt over your bathers at lessons for this week.

SWIM SCHOOL REMINDERS

BLACKBURN CUSTOMERS

- Please sign in at the check-in kiosks located at reception when you arrive for your lesson.

SIGN IN



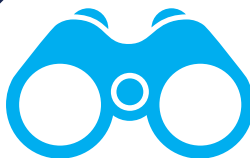
AQUALINK CUSTOMERS

- Please download the Customer Portal App for easy access.
- Use the app to scan the QR code on entry to your lesson.
- If someone else is bringing your child or you sometimes have connection issues, we recommend taking a photo of the QR code in advance.



No photography or video recording

Taking photos or videos at any of our centres is prohibited. As is use of video and recording devices in our change rooms.



Supervision

All children under 10 years old must be actively supervised by an adult during

their lessons. Thanks for helping us keep everyone safe!

MAKE-UP LESSONS

- Please provide at least **1 hour's notice** if you're going to miss a lesson. **Please remember, no notice = no token**
- With this notice, you are eligible to 2 make up tokens per month
- All make-up tokens will be added to your account after the missed class.
- Tokens are valid for 90 days and can only be used if you have an **active current enrolment**.



Reporting Absences

- We strongly recommend reporting any absences through the Customer Portal App.
- Even if you don't need a make-up, letting us know when you're not coming helps others find a make-up spot.
- Your help really makes a difference in keeping the schedule flexible for everyone!

Swimming Questions and progressions

Did you know that you can keep a track of your child's progression on the customer portal. Just look in your child's account and click on the evaluations tab (the one with the star). If you have any questions please feel free to chat with the Lead Instructor on deck. They're always happy to help!

**30% OFF
FINS**
AT BLACKBURN POOL
FOR SP SWIMMERS

FINS FOR LEVEL 6+ SWIMMERS

Swimmers in Level 6 and above must bring short blade fins to each lesson. We sell DMC fins at our Blackburn centre and all swim school families receive 30% off.





BENEFITS OF WINTER SWIMMING LESSONS:

WHY WINTER SWIMMING LESSONS MATTER AND SET YOU UP FOR SUCCESS THIS SUMMER

Keeping up swimming lessons in winter isn't just smart - it's essential. With summer drowning rates on the rise, winter is the perfect time to build vital water safety skills and boost confidence before the warmer months arrive. Regular lessons help avoid skill regression, keeping kids on track with their technique, fitness, and confidence. Like any sport, swimming takes time and consistency, starting now means your child will be ready for summer. Plus, winter swimming keeps kids active, supports immunity, and builds strength.

Don't wait for summer: prepare for it! By continuing lessons now, your child will head into summer confident, capable, and safer!

[**READ FULL ARTICLE HERE**](#)

SAFELY ENGAGING WITH WATER

Beginner adult water safety program for our cultural and linguistically diverse communities

Ready to learn to swim? Our 10 week beginner swim program is open to adults from our multicultural communities. Our program is designed to help you build confidence, learn essential swimming skills, and feel safe in the water - all under the guidance of our friendly swimming instructors!

The details:

- > 10 week program
- > Aqualink Box Hill facility
- > Wednesday nights 7.30 - 8:00pm
- > 30min lessons
- > Separate classes for women and men

Classes begin Wednesday 8th of October

\$92.00

payable at enrolment for
10 weeks of lessons



express your interest by
scanning the QR code



SWIM SMARTER LEARN FASTER

**EMBRACE 2 LESSONS WEEKLY FOR
PEAK PERFORMANCE AND OPTIMUM PROGRESS**




Enrol in Two Lessons & Get

15%

DISCOUNT

Did you know? If your child is enrolled in two lessons per week - for example, one swim lesson and one dive lesson, or two swim lessons - you'll receive a 15% discount on the second lesson.

**It's a great way to boost skills
and save!**



CLUB SQUAD NEWS

As we move through the heart of the short course season, our club continues to grow in strength, spirit, and performance across all levels. Recent competitions at the Surrey Park Meet, Victorian Short Course Distance Trials, and the Victorian Metro Short Course Championships have showcased just how far our swimmers have come this season.

As always, we wish to thank our wonderful parents and volunteers for their contribution to making the season a success, particularly to our incredibly dedicated Club Registrar, Heather, who coordinated and organised such a successful Surrey Park Short Course meet. An outstanding turnout of 209 swimmers brought together athletes and their families in a true display of Surrey Park club spirit!

Updates from each of our squads are below:

High Performance & High Performance Transition

Our High Performance and High Performance Transition squads were well represented at the Australian Swimming Trials with eleven swimmers

in action. A fantastic showing with many athletes achieving personal bests and seasonal bests showcasing the progress being made in training. Coaches Justin, Hamish and Michael were poolside throughout the weekend, providing valuable support and guidance. With preparations for the Australian Short Course Championships now underway under the direction of Hamish and Elijah we look forward to welcoming our new Head Coach Janelle Pallister to the team!

National Age Performance & National Target

Fresh off a strong showing at National Age Championships our athletes have returned from their break with renewed energy and focus laying down the foundations for a successful short course season. The season kicked off with our annual trip to Warrnambool where our athletes produced a dominant performance smashing personal bests and proudly retaining our relay title as a club. The momentum continued at the Surrey Park Meet and most recently at the Metro Championships where we celebrated some exceptional achievements, with Ishaq Ismail setting four new Metro records



4x50m Free relay Andy, James, Emily, Jesslyn winning gold at Victorian



Aaria, Adam, Peter, Evan, and Lachie representing Victoria at the School Sport Australia Games in Brisbane

CLUB SQUAD NEWS



Arika representing Victoria at the 2025 Tri Series tour in Ballarat

and Arika Erdenko adding another Metro record to her name. A fantastic start to what promises to be a very exciting season ahead.

State Junior and State Performance

As we reach the halfway point of the short course season, there's a strong sense of momentum building across all Surrey Park State Squads. The next few weeks will be crucial as our swimmers continue to push themselves in training, fine-tuning their skills and sharpening their race strategies in preparation for the 2025 Victorian Age Short Course Championships, our most significant meet of the season.

Our State Squads have shown fantastic energy and commitment this season with several swimmers securing their very first qualifying times for the State Championships!

Over the weekend of the 26/27th of July, a number of our swimmers proudly represented Metro East at the ACT Short Course Championships in Canberra. Competing against strong interstate competition provided valuable experience and an excellent mid-season racing opportunity. Congratulations to all those who took part!

State Development and Junior Squads

Over the past term, our Junior Beginner, Intermediate, Advanced, and State Development squads have all made fantastic progress. It's been great to see consistent improvements in training and skills across all levels. Competitions have gone really well, with strong performances and personal bests and it's especially exciting to see so many newer swimmers getting involved and gaining experience racing.

The enthusiasm and team spirit from all squads have been a real highlight this term. We're also looking forward to the return of Club Nights in Term 4 where our Learn to Swim Level 7s and 8s will have the opportunity to join in, have fun, and experience the excitement of racing in a relaxed and supportive environment.

Open Performance Squad

Our Open Performance swimmers have shown tremendous early-season form. The Surrey Park meet in particular delivered a wave of impressive personal bests which is a strong indicator that we are tracking well heading into the business end of the season. These athletes are not only qualifying for Nationals but continuing to add events and sharpen their racing skills to set themselves up for a big finish.



All Junior Finalist winners



Emily and James getting presented their new Victorian Multi Class records with Coach Michael

CLUB SQUAD NEWS

We now turn our attention to Victorian Open Short Course States in August with our focus firmly set on making finals and pushing towards peak performances at Nationals. This is a talented and hard-working group and we are excited to see how they rise to the occasion.

A special thank you to all the athletes who stayed behind at the Surrey Park meet to help with officiating roles and cheer on our younger swimmers - your leadership and support do not go unnoticed.

Notable highlights include:

- Jesse winning gold in the 1500m and bronze in the 400m
- Rohan winning silver in the 800m
- Conor winning bronze in the 1500m
- Nasia earning three individual medals and two relay medals and getting 2 Metro SC Championship Record in the 50m Free and as part of the winning 4x50m Free Relay
- Bea achieving her first-ever championship medal - a huge milestone and well deserved

State Senior Squad

The State Senior squad has brought energy and team spirit to every competition this season. They made a strong impression at the Surrey Park meet, and their presence at Metro Champs, particularly in the relays, added a real sense of atmosphere and pride. It's clear that the goals we set at the start of the season are now becoming reality with athletes translating their hard work in training into confident, competitive racing. This group is also preparing for Open Short Course States in August,

with many showing real potential to step up to the next level.

Achievements worth celebrating:

- Jesselyn, alongside Andy (Open Performance) and James and Emily (State Target), won gold in the 4x50 Mixed Para/Able-Bodied Relay
- Caitlyn stormed home to win gold in the 200m Breaststroke
- Patrick requalifying for Nationals after coming back from a long break

State Target Squad

This season has marked a huge step forward for our State Target squad, both in individual performances and as a collective unit. We are proud to announce four new qualifiers for Age State Short Course Championships this September: Julia, Emilia, Natalie, and Yiming - a fantastic achievement.

The entire group has made great strides with many swimmers now within reach of their qualifying times. The drive, enthusiasm and team support shown in training and racing is setting the foundation for long-term success - not only in the water, but as a team culture that inspires one another.

We're incredibly proud of all our swimmers and the coaches guiding them. As we approach some of the most important meets of the year, we're confident in the direction we're heading - not just in medals and qualifying times, but in the passion and dedication that makes our club special.

Let's carry this momentum forward! Go Surrey!

From our coaches:

Eli, Hamish, Michael, Anthony, Matt, and Justin



Surrey Park's National Team



Tharu heading to World Championships in Singapore representing Sri Lanka

A photograph of a swimmer in a pool, wearing a blue and yellow patterned swimsuit and red swim caps, swimming towards the camera. The water is blue and rippling. A red and white lane line is visible in the background.

COMMITTEE NEWS

A Fond Farewell and an Exciting New Chapter for Surrey Park

What a great night celebrating the achievements of our swimmers, supporters and volunteers at Presentation Night on Saturday, it was also a change to take a moment to reflect on the incredible journey of our outgoing Head Coach, Justin Bell.

Justin has been a pillar of Surrey Park for many years and was rightfully awarded Life Membership in recognition of his outstanding contribution to the club. His leadership, especially through the challenges of COVID, helped steer the club through one of its most uncertain times. The strong and stable position we are in today is a direct result of the energy, resilience and commitment Justin poured into our club. He will be greatly missed, and we thank him sincerely for everything he has done.

As we turn the page, we're thrilled to announce the appointment of Janelle Pallister OLY as our new Head Coach, commencing after the 2025 World Championships. Janelle is one of Australia's most respected swimming coaches, a former Olympian, and a proven leader in high-performance coaching. She has guided numerous swimmers to national and international success, including within the Australian Dolphins team and, of course, her daughter Lani.

Her arrival marks an exciting step forward in Surrey Park's long-standing commitment to excellence – not only in elite performance, but also in building an inclusive, values driven and community first

environment. With Janelle's leadership, we look forward to taking our performance program to the next level while staying true to the club culture that has supported swimmers and families for over 100 years.

With this exciting future for Surrey Park Swimming and the Victorian swimming community, we are honoured to officially welcome Janelle to the Surrey Park family.

We've also seen continued growth and success in our Swim School, which remains a vital part of our club's pathway. It's been incredibly rewarding to see so many swimmers graduate from our Learn to Swim and squad programs into the club, ready to take the next step in their swimming journey. The strength of our Swim School lays a fantastic foundation for the future, and we're proud to provide opportunities for swimmers of all levels to thrive.

Presentation Night is one of the most anticipated nights on the Surrey Park calendar. It's our chance to come together and celebrate the achievements, dedication and spirit of our swimmers, volunteers and supporters over the past 12 months. Always a fun and memorable evening, it was wonderful to see so many members attend.

Simone Wendt, President

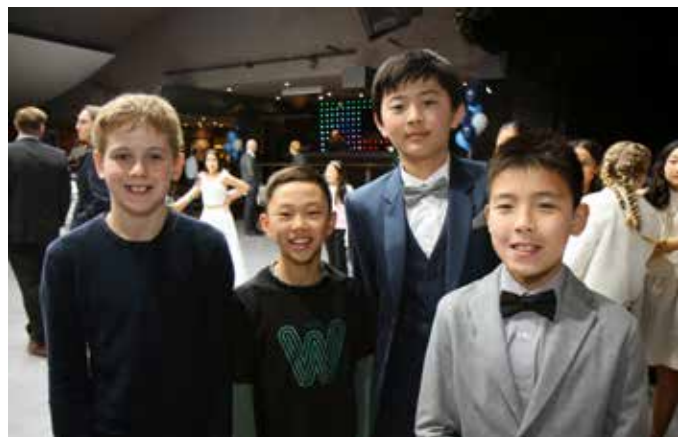
PRESENTATION NIGHT 2025

On Saturday 9 August 2025, Surrey Park Swimming Club gathered at the Shoppingtown Hotel, Doncaster, for our Annual Presentation Night - a celebration of our athlete's achievements.

This year was especially significant as we welcomed new Head Coach Janelle Pallister OLY to our club. Janelle shared her vision for Surrey Park's future, while we expressed our gratitude to Justin Bell for his six years of leadership.

The night was spent celebrating our 2025 award winners, whose performances and dedication embody our values of excellence, perseverance, and teamwork.

Thanks to the committee, staff, volunteers and sponsors whose efforts made the night a success, reflecting the camaraderie that makes Surrey Park special!





CHILD PROTECTION AND SAFE SPORT

Surrey Park Swimming Club is committed to providing a safe, positive, and enjoyable environment for all.

The Victorian Child Safe Standards and Swimming Australia's Child Safeguarding Policy confirm the shared responsibility everybody in the swimming community has to ensure there is an overarching culture of child safety.

Surrey Park Swimming Club has adopted Swimming Australia's National Integrity Framework. The National Integrity Framework (NIF) is a set of rules that all members of our sport need to follow when it comes to their behaviour and conduct in swimming including obligations to report misconduct. These rules are contained in the following policies:

- 1. Safeguarding Children & Young People Policy**
- 2. Member Protection Policy**
- 3. Improper Use of Drugs and Medicine Policy**
- 4. Competition Manipulation & Sports Gambling Policy**
- 5. Complaints, Disputes & Discipline Policy (CDDP)**
- 6. Code of Conduct**

Copies of these policies can be accessed through the National Integrity Framework page on Swimming Australia's website.

Surrey Park members are required, at all times, to comply with any Child Safe Codes of Conduct which the Club may adopt.

Specific additional Codes of Conduct apply for Club members participating in team camps and trips.

In accordance with Swimming Australia's Child Safeguarding Policy and the Victorian Child Safe Standards all applicants for employment at Surrey Park are required to undergo extensive screening and background checks.

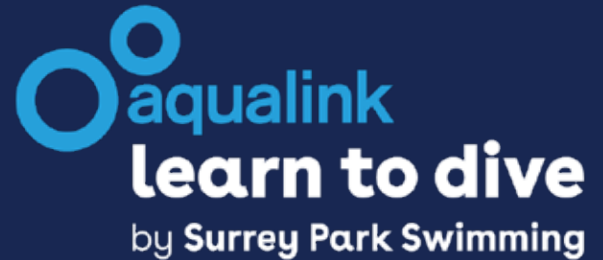
All paid staff, committee members, officials and other volunteers who could potentially have unsupervised contact with children are required to have a valid Working With Children Check.

To find out more and view our policies.

[VIEW OUR POLICIES HERE](#)



WE STILL HAVE SPACES FOR NEW TERM 3 DIVERS!



Learn to Dive

Learn fun & exciting twists,
dives and somersaults!

- 6 to 17 years
- Term lessons
- Intensive programs
- No Experience Needed



SURREY PARK MERCHANDISE

WINTER ESSENTIALS

Your winter essentials are sorted below with our Surrey Park hoodie and track pants. These are great for club swimmers to keep warm before and after training.

Deck jackets, Hoodies, Long sleeve T's and Trackie pants will help to keep you warm before and after training. They are also helpful at swim meets between races and the warm up and competition pool. [SHOP NOW](#).



[SHOP THE HOODIE](#)



[GET THE T](#)



[GET THE TRACKIES](#)



[SHOP THE DECK JACKET](#)

SWIMMING ESSENTIALS

Our Blackburn pool has a range of fun Surrey Park silicone cap colours for your swimming lessons. We also have a range of goggles, fins, ear plugs, and snacks available!

Our Navy Surrey Park cap is available to all Surrey Park Swimming members at our Blackburn and Box Hill locations. [SHOP NOW](#).



[GET THE CAP](#)



[TOTE BAG](#)



[WATER BOTTLE](#)

SEE OUR FULL RANGE SURREY PARK
MERCHANDISE ON OUR WEBSITE.

[SHOP NOW](#)

OUR SURREY PARK COMMUNITY LEARN TO SWIM, CLUB, AND VOLUNTEERS.



OUR SURREY PARK COMMUNITY | LEARN TO SWIM, CLUB, AND VOLUNTEERS.







OUR LOCAL COMMUNITY NOTICE BOARD

THANK YOU TO OUR SPONSORS AND PARTNERS.

If your local business would like to be featured, please email marketing@surreypark.org.au.

Thank you to our sponsors for their unwavering support at club breakfasts, presentation nights, meets, and for our ongoing member benefits. Your continuing support is greatly appreciated.



Thank you to our recent sponsors:











AWARD WINNING BROKERS
10+ YEARS EXPERIENCE
40+ LENDERS ON PANEL

YOUR TRUSTED PARTNER

Olive Tree Finance

Residential Investment Commercial Asset

OLIVETREEFINANCE.COM.AU

CREDIT REPRESENTATIVE NO. 437992 OF MORTGAGE SPECIALISTS PTY LTD (ACN 050 801 093) ACL 387025

At Olive Tree Finance, we empower clients with expert finance and mortgage advice, tailored solutions, and lifelong support.

Contact us today for a complimentary, up-to-date property valuation! SMS: 0422005495 or email: daniela@olivetreefinance.com.au

OUR LOCAL COMMUNITY NOTICE BOARD

THANK YOU TO OUR SPONSORS AND PARTNERS.

If your local business would like to be featured, please email marketing@surreypark.org.au.

PROTECT YOUR VEHICLE WITH OUR PROFESSIONAL SERVICES

10% DISCOUNT FOR SURREY PARK SWIMMING CLUB FAMILIES.

If you're in need of paint protection, window tinting or dashcam installation for your cars please reach out to us.

SERVICES:

- PPF - Paint Protection Film
- Ceramic Coating • Window Tinting
- Dashcam supply & installation Dent Repair (PDR)
- Rim scratch Repair
- Car Panel damage repair & respray General detailing
- Maintenance wash
- Ceramic coating maintenance Paint correction • Pre-Sale detail

LOCATION:

3/35 Rooks road, Mitcham 3132,
Melbourne

TRADING HOURS:

Monday to Sunday

FOR QUOTES AND BOOKINGS:

CALL: 03 8822 5965 Riccardo & Henry

EMAIL info@careprocar.com.au

VISIT: www.careprocar.com.au



EVOLUTION FINANCIAL SERVICES & ADVISORY

We believe in evolving with our clients' needs, offering professional guidance that is grounded in industry experience and a passion for great customer experience. Whether you are a local or an expat, we are here to help you achieve your financial goals.

Luke offers a complimentary home loan review for all Surrey Park Swimming members

This 15 minute session is designed to determine if the home loan you currently have is still the best option for you in the market.

A business card for Evolution Financial Services & Advisory. At the top is the company logo, which consists of the word 'Evolution' and 'FSA' inside a play button icon. Below this is the name 'Luke Harris' and his title 'Founder & Director'. A horizontal line separates this from the company name 'Evolution Financial Services & Advisory' and the address 'Level 30, 35 Collins Street Melbourne VIC 3000'. Below the address is the phone number '+61 478 820 798', the email 'luke.harris@evolutionfsa.com', and the website 'www.evolutionfsa.com'. At the bottom is a QR code with the text 'Connect with me' below it. The very bottom of the card has small text: 'Credit Representative 562455 of Australian Credit Licence 384704'.