

SURREY PARK SWIMMING NEWS



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WELCOME

SURREY PARK SWIMMING COMMITTEE NEWS

Welcome back to another term of swimming!

As the weather starts to cool down, it's time to dive back into the pool. Swimming during the winter is essential for preparing children for the summer months of beach and pool visits. As a parent, I once made the mistake of taking my child out of swimming lessons during winter and I saw a significant regression in their skills. It's important to keep practicing, even when it's cold outside, to make sure they can stay safe in case of an emergency.

Congratulations to all our club swimmers who participated in Nationals at both the Australian Age and Open Championships on the Gold Coast. We know that countless hours and kilometres of training went into preparing for these events. Even my girls, who are currently too young to swim at Nationals, enjoyed cheering on the team from home as we were able to watch on 9now. The relays are always a favourite!

The committee has been hard at work on several different aspects over the past couple of months. We've been conducting our annual review of the constitution, bylaws, policies, and procedures to ensure that Surrey Park remains compliant and operates above board.

The social sub-committee has started planning our annual presentation night and this year it's going to be extra special as we celebrate the club's 120th anniversary. We haven't received any major updates regarding the tender for Aqualink Box Hill. Nevertheless, we remain hopeful and are thankful to the swim school community for continuing to show their support for the Surrey Park Swim School. Stay warm & keep swimming!

Simone Wendt - Club President

COMMITTEE MEMBERS

Executive Committee

- President - Simone Wendt
- Vice President - Lucinda Richards
- Secretary - Andrea Phillips
- Treasurer - Joe Zhao

General Committee

- Anthony Clements
- Flynn Phillips
- Jim Bian
- Luke Harris
- Maaïke Vrij
- Xavier Perronnet

BREASTSTROKE: THE ONLY STROKE

MEMBER STORIES - PART 2

Flying pizza jumps, fog swimming and an unshakeable belief that breaststroke is truly the superior swimming stroke: meet Katherine O'Connor (Surrey Park 1995 - 2001).

Beginning with the Surrey Park Swim School at 2.5 years old, a toddler Katherine challenged her teachers with the conviction that breaststroke was the only stroke worth swimming.

Seventeen years later, after many State medals, multiple Victorian Age Group records in the 200m breaststroke, and qualification for Olympic trials in 2000, nothing had changed for Katherine: breaststroke was still, no doubt, the swimming stroke for the discerning swimmer.

And the fog story ... well, that was when squad members seemed to be smashing their training time cycles. The regular pool had been shut down and winter training was taking place in an outdoor pool with a tent over it. It was so foggy



that it was impossible for the coach to see the other end of the pool ... and voila, those time cycles were all of a sudden easier than ever!

A final note: Katherine is the daughter of Surrey Park's star administrator and Swimming Victoria Life Member, Heather O'Connor. Surrey Park Swimming is celebrating 120 years of aquatics and volunteering in our community.

120 YEARS OF BUILDING THE LOCAL COMMUNITY
THROUGH SWIMMING



120 YEARS
1904 - 2024
SURREY PARK SWIMMING CLUB



LEARN TO SWIM AND DIVE

MESSAGE FROM OUR SWIM SCHOOL

Term 2 is off to a flying start with everyone looking refreshed after the Easter and school holiday break. It was great to see swimmers taking advantage of the intensive school holiday programs and the dives and turns sessions.

Year round swimming is essential. Even after short school holiday breaks we see a loss of stamina and skill regression. Repetition is the key to long term skill retention in children. Year round swimming lessons will keep children confident in their swimming skills and parents can feel more confident in their child's abilities come summer.

Our Water Safety Week focus this term will be inland rivers and water ways. Looking at identifying river currents, dangers, and performing safe entries and rescues. Accidents can occur around water any time of the year, so it's important that children understand how to handle these situations. Water safety is not just for Summer.

Charity Dickins - General Manager Swim Schools

IMPORTANT DATES

- 25th April: Public holiday, no lessons
- 20th May to 26th May: Water safety week
- 27th May: Intensive holiday program bookings open
- 10th June: Public holiday, no lessons
- 10th June to 23rd June: Re-enrolment open
- 30th June: Last day of term 2 lessons

Holiday Intensive Program

- 1st July: Week 1 commences
- 8th July: Week 2 commences

No lessons on weekends during this period.



LEARN TO SWIM REMINDERS

ATTENDANCE

We are noticing large number of students not having attendance marked via our turnstile and kiosks.

Aqualink Box Hill - use QR code through turnstile or see reception.

Blackburn - self-check in via kiosk in the foyer. If your child is over 10 and you are dropping off please inform them of the check in process.

SICKNESS

If your child is unwell please don't bring them to class. Please see our make-up policy for your options for missed classes.

TOILETING

Please take your child to the toilet before class. This ensures your child gets their full lesson experience without interruptions and ensures our pool remains clean.

DIVING LESSON SPOTS OPEN!

Spots are still available in our learn to dive classes this term. If your child is in level 3 or above, book in to give this fun sport a go. **Diving lessons are 15% off if accompanying your swimming lesson!**

Lesson details:

- 45 min lessons
- Aqualink Box Hill location
- 7 students maximum
- Qualified, trained diving coaches

Book via the app and for more information, please speak with our customer service team.

CONGRATULATIONS TO
ALL OUR SWIMMERS
ON YOUR EFFORTS SO
FAR THIS TERM!!



CLUB SQUADS



MESSAGE FROM OUR CLUB SQUADS

Our club has had a busy few months with some exciting competitions under our belt! All our qualifying athletes competed at the Australian Age and Open Championships on the Gold Coast in early April. Our swimmers did an amazing job over both competitions coming away with 4 Gold Medals. 43 athletes competed at these national meets - a record for the club. Our club's future is looking bright with many young, up-and-coming athletes swimming spectacularly.

Victorian All Junior semi-finals and finals had a great representation from our Junior levels. 33 Surrey Park athletes qualified to compete in the finals and came away with an impressive medal tally of 4 gold, 5 silver, and 6 bronze.

Did you know? All Juniors is a fantastic meet that all Junior levels including level 7 and 8 swimmers can enter? We look forward to February next year for the 2025 All Junior Selection trials. Hopefully all interested Level 7 and above swimmers can come along and enter!

As most will know, this year is an Olympic year. The Australian Olympic Trials are coming up from the 10th to 15th of June. Surrey Park will

have at least 12 athletes who have qualified to compete. Our swimmers are currently preparing to give their best on the biggest stage in Australian Swimming in Brisbane. Please keep an eye on our social media platforms closer to the date for information on when they are swimming and how to watch!

Justin Bell - Head Coach

UPCOMING MEETS

- 19 May - Officials Club SC Challenge*
- 8/9th June - Warrnambool SC Meet*
- 10-16th June - Australian Olympic Trials
- 16th June - Traralgon meet*
- 14th July - Surrey Park SC meet
- 26th July - SC Distance Time Trials
- 27/28th July - Metro SC Championships
- 11th August - EDA Winter SC Meet
- 17/18th August - Vic Open SC Championships
- 6-8th Sept - Vic Age SC Championships
- 26-29th Sept - Australian SC Championships

Meets are filling up quickly and registrations will close early. Book now to avoid missing out! Speak to your coach if you have questions.

*entries closed (SC = Short course)



Our Surrey Park Community

Learn to swim, learn to dive, club squad meets, camps and trips.







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THANK YOU TO OUR SPONSORS AND PARTNERS

