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To: Undisclosed-Recipient;
Subject: AKSC December Newsletter

Armada Kelmscott Swimming Club Inc.

-P O Box 97 Kelmscott WA 6991



"AKWA Dragons"

December 2008 Newsletter

Hello and welcome to our December Newsletter - a little early but there is so much going on. Our Fundraising sausage sizzle at Bunnings was a success with just over \$2000.00 being raised for the club. A big thank you to everyone who came along and gave so willingly of their time, equipment and expertise. It was a real team effort and could not have been done without your support. A good portion of the money raised will go towards end of year activities & to purchase equipment required to run and improve the club facilities. Please do take the time to read the newsletter - there is some important info regarding training over the Xmas/New Year period and up-coming club nights.

Hard copies of the newsletter will also be available at Club Night and Training Nights, if you would prefer a more "fridge friendly" format.

Dates to Remember:

Friday 5th December : Timekeeping and Officiating Course - 5.00pm @ the pool.

Saturday 6th December: Vic Park Xmas Meet - warm up from 8.00am - 18 swimmers from AKSC attending.

Friday 12th December - Club Night - Helper numbers critical - please bring someone extra if you can.

Thursday 18th December: Last training night before Xmas break.

Friday 19th December: Sausage sizzle after club events finish.

Friday 2nd January: Another Club Night where helper numbers will be short - please bring extra's if you can.

Wednesday 7th January 2009: Committee meeting 7.00pm in the clubrooms. Still 2 positions vacant - everyone welcome.

Squad News:

Beth's Junior squad will be taking a 3 week break over Xmas/New Year. Her last session will

be on Wednesday 17th December and she will start again on Monday 12th January 2009.

Margaret's Intermediate Squad: Margaret will not be here from Monday 8th December due to an operation on her knee. Jennette will take her "Junior4.00 Squad" as usual. Alex will take the rest of the Intermediates from 4.30 to 6.15pm Tuesdays & Thursdays as usual. These squads will take a 2 week break, last training day being Thursday 18th December, returning (hopefully with Margaret) on Monday 5th January 2009.

Senior Squad: Peter will take these swimmers from **5.30pm** to 7.00pm Mondays & Wednesdays from Monday 7th December. This squad will also break for two weeks. Last training day being Wednesday 17th December, returning on Monday 5th January.

Out & About:

On the weekend of 29th & 30th November we had 4 swimmers representing AKSC at the Long Course Qualifying Meet held at Challenge Stadium. Well done to Kieran Trump, Ryan Watson Jayden Power & Dylan Power. Held over 2 days they all had some great swims with Personal Best times recorded over both days.

This weekend (6th December) we have 18 swimmers attending the Vic Park Xmas Carnival - some of them new members attending their very first intra-club meet - Good Luck everyone and have fun. You are sure to find it a rewarding experience.

Open Water Competition:

This year, one of our senior swimmers - Taitiarna Brown - has taken up the challenge of Open Water Swimming. In her very first event - at Champion Lakes on 2nd November she won a bronze medal for the 2.5km event. She followed that up with a swim at Rockingham, on the 15th November where she was unlucky not to medal, but improved her overall placing by 20 spots. Just this weekend past - 28th November she participated in the West Coast 1000 held at Cottesloe Beach where she swam with, and met Eamon Sullivan!

The next OWS is 14th December at Mullaloo Beach & Taitiarna would love to see some fellow swimmers from AKSC there. You must be 11 years or older and speak to your coach about it, also check out the OWS info on the WASA website.

Swim Meet Snack Idea's:

*Fruit buns, banana's, sultana's, fruit bars, fruit yoghurt -non fat - small tubs:
250ml fruit juices, sustagen Sport & Sustagen Light, water*

Club nights to be held on 12 December & 2nd January are looking light on as far as helpers are concerned. We need a minimum of 12 parents/helpers to fill all the timekeeping & officials roles required to run events. - and that's just with using 3 lanes - not our regular 4. If you are able to bring along extra people to help (age 15+) on these nights in particular it would be really appreciated.

Please also let us know if you will not be here on 2nd January.

There will also be a sausage sizzle for the swimmers after events on the 19th December.

Club bathers now available - boys from \$26.50, girls from \$40.00. Beanies, baseball caps & swimming caps all just \$10.00 each.

Committee Meeting:

The next meeting is on Wednesday 7th January in the clubrooms from 7.00pm. All welcome. Refreshments are provided. We still have 2 committee positions vacant. if you are ready for the challenge and are able to be an active member please come along to nominate. Nominations can also be given to Sharon (Secretary) if you are unable to make this next meeting.

Thank you to Alison Winstanly for the attached recipe.

Lost Property:

Left behind at the Fundraising Sausage Sizzle - ladies polar fleece jacket - if its yours please see me to claim it - thank you. Caroline

Still Needed Urgently:

People willing to learn the recorders job for Friday Club Nights. Club nights cannot run without this person & our current recorder is not continuing on. The recorder inputs the children's names, events and times into the Meet Manager computer program which then prints the events schedule & calculates points for the end of year trophies.

It is not a difficult job but does require some training. Training can be done on club nights. Refreshments are provided for the recorder and their helper. You also get to avoid the weather that other helpers are subject to. To find out more pop into the recorders office on Club nights.

Thank you for keeping up to date with what's happening around your swimming club. If you would like to contribute to the next newsletter please email Caroline Southam on dsoutham@vtown.com.au. Thank you to all contributors for this edition. It makes the job so much easier.

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