



## *From the President*

### *Parent Child Relay*

Thank you for all the parents who braved the pouring rain last weekend to swim with your children in round 1 of the parent-child relay. Your kids love the joint involvement and it was great to see everyone swim.

All the best to those who have qualified for the 2<sup>nd</sup> round which are tomorrow (Saturday March 5).

### *Congratulations*

I have heard many stories recently about the successes of our KASC swimmers at their school and next stage swim meets. Most commonly with pride and talking about the enjoyment of the carnivals. Congratulations to all our school carnival swimmers.

It was great to see Jemima McGee swim at the recent Knox Pymble SC carnival last Sunday. We are certain to see her swimming the 50m freestyle on a regular basis in the weeks ahead.

### *Good luck*

Good luck to Joe Eisenhower and Oisin Hayes at the Speedo Sprint Finals next weekend at SOPAC. We are backing you to swim PB's and to help SMNE have success.

### *Club Championships... Save the date*

Reminder to set aside Saturday 19<sup>th</sup> March (2.30-5.30pm) for the Club Championships, to be held at the West Pymble pool. More information to follow as the event takes shape over the coming weeks.

### *Club Championships – photographer/s*

We are looking for a parent who could take photos during our Club Championships. You certainly do not need to be of a professional standard. It would just be great to have some pictures of the afternoon.

### *State Senior and Junior Age Championships*

For our club members interested in competing in the NSW State Championships, please have a look at the Swimming NSW website for qualifying times.

Entries need to be submitted via Swim Central for NSW Junior State Age Championships before 5pm on the 15<sup>th</sup> March.

### *What happens in bad weather?*

Racing is on each Saturday, as per the calendar on the club website. So you are unlikely to get a sleep in until after the swimming season. The only weather that leads to cancellation is when there are storms that involve thunder and lightning, as this becomes a safety issue.

### *On the lookout for a second hand fridge*

The existing fridge in the club house has seen better days and no longer works. Please let us know if you have a fridge that you no longer use that you would like to donate to the club. Ideally it would be a medium size, to enable to storing of food and drinks prior to BBQs.



## 2021/22 Committee

**James Fisher**  
President

**Bill Kaye**  
VP & Race Secretary

**Vacant**  
Registrar

**Antonia Dearden**  
Secretary

**Monica Bode & Jess Bakic**  
Asst Secretary/Publicity &  
Webmaster

**Jodie Burke**  
Treasurer / Social  
Committee/Marshal

**Dave Hayes, Andrew  
Ridley & Heidi Roche**  
IT Team

**Alison Cardinale**  
Clothing Pool Coordinator

**Monica Bode**  
Chief Timekeeper &  
Meet Director

**Leah Rigney, Andrew  
Ridley & Heidi Roche**  
Starter

**Caitlin McGee**  
Public Officer

**Judy Macourt OAM**  
Patron

## Captains Corner

Hey everyone,

I hope everyone has had a great week and is ready for swimming again! The rain over the past few days has certainly been quite the shocker, so hopefully it begins to calm down soon. If you're like us, you can practically swim in your own backyard.

I know a lot of our younger swimmers have school carnivals coming up or have had them recently. Congratulations to those who have swum their carnivals already, and good luck for those who have them coming up!

Seeing as I was in self-isolation last week, I am really excited to be leaving the house for one, and to be getting back in the pool for a few fun races.

I hope everyone has a great week and is looking forward to getting wet in the pool rather than the rain!

**Lauren  
Club Captain**



## Club Championship Open Titles

Congratulations to our winners of our Open Champs over the last couple of weeks.

100m Backstroke Open - Male

- 1<sup>st</sup> – Nick Gladen
- 2<sup>nd</sup> - Lachlan Roche
- 3<sup>rd</sup> - Bill Kaye

100m Backstroke Open - Female

- 1<sup>st</sup> – Lara Valmadre
- 2<sup>nd</sup> - Cleo Russel
- 3<sup>rd</sup> – Audrey Ling

200m Individual Medley – Female

- 1<sup>st</sup> – Margot Bode
- 2<sup>nd</sup>– Avery McDonoghue
- 3<sup>rd</sup> – Anastasia McDonoghue

200m Individual Medley - Male

- 1<sup>st</sup> – Nick Gladen
- 2<sup>nd</sup> – Lachlan Roche
- 3<sup>rd</sup> – Arie Doake

100m Freestyle – Female

- 1<sup>st</sup> - Lara Valmadre
- 2<sup>nd</sup> – Cleo Russell
- 3<sup>rd</sup> - Ruby Bakic

100m Freestyle – Male

- 1<sup>st</sup> – Bill Kaye
- 2<sup>nd</sup> – Tim Dynon
- 3<sup>rd</sup> Daniel Ridley

200m Backstroke – Male

- 1<sup>st</sup> - Daniel Ridley
- 2<sup>nd</sup> - Bill Kaye
- 3<sup>rd</sup> – Daniel London

200m Backstroke – Female

- 1<sup>st</sup> – Lara Valmadre
- 2<sup>nd</sup> - Poppy Sunderland

200m Im (Jr) - Male

- 1<sup>st</sup> - Jacoby Neal
- 2<sup>nd</sup> – Joe Eisenhower
- 3<sup>rd</sup> – Yiannis MacRitis

200m IM (INT) - Male

- 1<sup>st</sup> Daniel London
- 2<sup>nd</sup> Clayton Jeffrey
- 3<sup>rd</sup> – Frank Kam

200m Im (Jr) - Female

- 1<sup>st</sup> – Poppy Sunderland
- 2<sup>nd</sup> – Avery McDonough
- 3<sup>rd</sup> – Anastasia McDonough

200m Im (INT) - Female

- 1<sup>st</sup> Lara Valmadre



### *How Things Work... Registering & Times*

In order for you to receive a Club time in a race, you will need to ensure you have registered for your race via Swim Central.

If you have entered/swum a race simply because there was space for you to swim on the day, your time won't be recorded and entered into our system. Our IT System runs alongside Swim Central and so in order to receive your time and your points, you must be entered via Swim Central by 8pm on Thursday before the Saturday meet.

If you feel you have raced previously under registration, and do not have a time registered please feel free to come and ask at the Club House on Saturday mornings.

### *Important Information about Marshalling*

As we have only a limited time for use of the outdoor pool at the YMCA we must move through our races as efficiently as possible.

Please make sure you and your child are aware of the order of events for the day and be ready to listen for your marshalling call. Once the call is made please make your way quickly up to the marshalling area ready to be placed in your races. *(Event order follows the race schedule on the last page of this newsletter.)*

If you are not in the marshalling area you may miss your race, which would also mean you would miss out on gaining you points for that event.

In order to be as socially distanced as possible on Saturdays we have been marshalling on the grass in the furthest top corner of the pool.

### *Parent Child Relay!*

All the best to everyone who made the semi-finals of the Parent Child Relay today! This is a super fun, hotly contested event and we're excited to crown the 2022 champions next week!

### *Save the Date!*

#### *Kw-Ring-Gai Club Championships*

**Saturday 19<sup>th</sup> March**

**2.30pm – 5.30pm**

*(No Saturday Morning Meet)*



This is a qualifying meet with an official SMNE Referee. See the Race Schedule on the last page of the newsletter for events!

Events will be available to enter on Swim Central early next week. Make sure you don't miss out on registering for your events for this day!

If you plan to attempt a club record for a particular race on the day, please let us know via email as soon as possible as we need to arrange for a 3<sup>rd</sup> timekeeper for your lane.

This will be a great afternoon of racing and fun, with a BBQ and lolly bags to go around! We look forward to seeing you there!



### COVID-19 Safety Protocol

KASC is a registered COVID Safe Business by NSW Health. We must maintain our established processes to ensure that we all remain safe.

#### Health and Safety

Please remain aware of the simple things to reduce any risk of transmission of COVID during one of our events. The club aligns the approach to the NSW Health requirements and those of the YMCA facility, however we rely on each other for all of our health.

#### Come ready to swim

- Sanitise & come ready to swim.
- Social distancing of 1.5m between non-family members.

#### Marshalling

Marshalling events are on the hill-side of the pool near the start line, access by walking around the 50m finish end (nearest the YMCA building). This will assist in avoiding congestion near the start line and support better physical spacing during the marshalling process.

Thank you to everyone for following our procedures and your helping to keep our events safe for everyone.



### KASC Club Merchandise

The KASC Club Clothing shop will be open each Saturday for the rest of the season.

The shop sells our

- Club Polo (\$40)
- Club Hoodie (\$45)
- Club Cap (\$12)
- Club 50<sup>th</sup> Anniversary T-shirts (now only \$10!)



If you are attending outside meets we ask that you please wear the KASC Club cap & Polo.

Email address for the Uniform Shop: please contact Alison at [kasc\\_au@hotmail.com](mailto:kasc_au@hotmail.com)



### Swimming NSW Calendar of Upcoming Events



Date	Event
4-6 Mar	2022 State Open Championships (SOPAC)
12 Mar	2022 NSW Speedo Sprint Finals (SOPAC)
13 Mar	2022 NSW MC Meet #1 (Blacktown)
19-20 Mar	2022 NSW Senior Metro Champs (SOPAC)
26-27 Mar	2022 NSW Junior State Age Champs (SOPAC)



### Stay up to date

#### Contact Us

[kasc\\_au@hotmail.com](mailto:kasc_au@hotmail.com)



<https://www.facebook.com/kuringgai.swimming>



[kuringgaiswimclub](https://www.instagram.com/kuringgaiswimclub)



<https://kuringgai.swimming.org.au/>



# KU-RING-GAI AMATEUR SWIMMING CLUB INC.

## SUMMER PROGRAM – 8 JANUARY – 20 MARCH 2022

Saturdays at 7.00 am - races commence at 7.15 am sharp

All entries close midnight the Wednesday prior

**\*\*Meets ARE NOT qualifying meets unless advised\*\***

<p><b>8 January 2022</b></p> <p>100m Free 50m Free 25m Free 50m Fly 50m Back 100m IM 25m Back 25m Fly 25m Breast 100m Back 50m Breast</p>	<p><b>15 January 2022</b></p> <p>200m/400m Free 50m Breast 100m Free 25m Free 50m Free 25m Breast 100m IM 25m Back 100m Fly 50m Back 200m IM</p>	<p><b>22 January 2022</b></p> <p>200m Back/Breast/Fly 50m Free 100m Free 25m Free 50m Fly 50m Back 25m Back 100m IM 25m Breast 100m Breast</p> <p><b>Senior Stage Age Championships (20 - 25 January)</b></p>	<p><b>29 January 2022</b></p> <p><b>400m Open Freestyle Club Championship</b></p> <p>50m Back 100m Free 25m Free 50m Free 25m Back 100m IM 25m Breast 25m Fly 100m Back 50m Fly</p>
<p><b>5 February 2022</b></p> <p><b>200m Open Fly Club Championship</b></p> <p>50m Free 100m Free 25m Free</p> <p><b>100m Open Breast Club Championship</b></p> <p>50m Back 25m Breast 100m IM 25m Back 25m Fly 50m Breast</p> <p><b>SMNE Combined Speedo Heats/13U Sprint meet</b></p>	<p><b>12 February 2022</b></p> <p><b>200m Open IM Club Championship</b></p> <p>50m Fly 50m Free 100m Free 25m Free</p> <p><b>100m Open Back Club Championship</b></p> <p>50m Back 25m Back 100m IM 25m Breast 100m Fly</p>	<p><b>19 February 2022</b></p> <p><b>200m INT/JNR IM Club Championship</b></p> <p>50m Breast 100m Breast 25m Free</p> <p><b>100m Open Free Club Championship</b></p> <p>50m Free 100m IM 25m Fly 25m Breast 25m Back 50m Fly</p> <p><b>SMNE Distance Meet</b></p>	<p><b>26 February 2022</b></p> <p><b>200m Open Back Club Championship</b></p> <p>50m Free 100m Free 25m Free 50m Breast 25m Breast 100m IM 25m Back</p> <p><b>Parent/Child Relay – Heats</b></p> <p>100m Breast 50m Back</p>
<p><b>5 March 2022</b></p> <p><b>200m Open Free Club Championship</b></p> <p>50m Fly 100m Free 25m Free 50m Free 25m Back 100m IM 25m Breast</p> <p><b>Parent/Child relay – semis</b></p> <p>100m Back 50m Back</p>	<p><b>12 March 2022</b></p> <p><b>200m Open Breast Club Championship</b></p> <p>50m Free 100m Free 25m Free</p> <p><b>100m Open Fly Club Championship</b></p> <p>25m Breast 100m IM 25m Back</p> <p><b>Parent/Child relay – finals</b></p> <p>50m Fly 50m Breast</p> <p><b>Speedo Finals</b></p>	<p><b>19 March 2022</b></p> <p><b>KU-RING-GAI CLUB AGE CHAMPIONSHIPS</b></p> <p><b>Qualifying Meet</b></p> <p>50m Open Free 25m Breast 50m Breast 25m Back 50m Back 25m Free 50m Butterfly 50m Free</p>  <p><b>WEST PYMBLE POOL</b> 2.30pm – 5.30pm</p> <p><b>Senior Metropolitan Championships (19-20 March)</b> <b>Junior State Age (26-27 March)</b></p>	