



'On the Blocks'

Summer 2023

Issue No. 3



Welcome Back ASC!

On behalf of the committee and coaching team we welcome back all our ASC families. We hope your festivities and holidays have been enjoyable!

We are very pleased to welcome Renae back to coaching after her studies over East. We are also fortunate to have a new coach, Siobhan, onboard to coach our Bronze and Silver Squads. Siobhan brings with her a wealth of knowledge, having been a swim coach for several years, and has a degree in Exercise Physiology. Welcome to the Team!

Sitting in the stand I can see our coaching team have a spring in their step and our athletes are looking refreshed and recharged, as we head into a very competitive few months, which will culminate in 2023 Australian Age Championships as well as 2023 Australian Swimming Championships (Nationals) on the Gold Coast, in April.

We are excited that members of our Blue Squads are posting National times and we send a massive congratulations to those swimmers that have achieved this. I'm sure over the next few months we will see these numbers increase. Our Junior swimmers are currently working towards the 2023 Junior State Championships, which will be also be in April, so we wish them every success in this regard.

No doubt there have been whispers in the stands about the pools at HBF Arena. Unfortunately the leisure side of the complex will be closed indefinitely for major repairs. This means that we may not have our full allocation of lanes on some sessions and that some swimmers in our younger squads may need to change training days to even out squad numbers. Should this eventuate then parents will be given notice prior to any changes.

We have faced difficult times in the past with COVID and pool closure by being resilient and adaptive and we will do it again this time.

Rest assured the committee and coaches are committed to keeping everyone swimming.

"Forward to 24"

Michael Maxwell, President, ASC





!! Timekeeping **Responsibilities at** **Swim Meets !!**



As parents/guardians of ASC swimmers, it is the **your obligation and responsibility** to be available for timekeeping at **every meet** your child/children compete in. You have signed this agreement in your terms & conditions on joining our club.

The hosts of any swim meet allocate timekeeping duties to every club according to the number of swimmers from the club attending that particular meet. When Arena Swim club is allocated timekeeping duties it is our obligation to fill these positions so that the meet can run as smoothly and efficiently as possible.

Before every swim meet, the timekeeping roster will be posted on the closed Facebook page **"ARENA SWIM CLUB MEMBERS."**

Please note: if your child is sick or unable to attend for any reason, it is **your responsibility** to liaise with other parents who are attending to ensure your timekeeping duties are fulfilled.. This means, unfortunately, even attending the meet to fulfil your timekeeping slot, as sometimes it is not possible to swap or have a reserve take over. IT IS NOT UP TO THE COMMITTEE MEMBERS TO DO THIS FOR YOU!

There have been a few instances recently, where ASC timekeeping duties have not been fulfilled. Parents please make the effort. If you don't turn up then the meet comes to a halt until we find a replacement. All clubs have been cautioned by Swimming WA about this.

From January 2023, if any parent/guardian does not fulfil their timekeeping obligation, as agreed in their terms & conditions, your child will not be allowed to swim in the following meet.

Thank you!



2022-23 Hancock Prospecting WA

Swimming Championships

16-20th December 2022



Arena Swim Club had 32 swimmers compete at this event. Over 4 days our athletes swam a huge total of 225 events with some great PB's and results. Every swimmer achieved something fantastic, whether it was swimming at this event for the first time, a PB, a medal, a record or a qualifying time to another event.

Records were broken by some of our senior swimmers:

- **Tom Wyatt** broke the state record for 17yrs 50m backstroke. He also broke the ASC records for 17yrs 50m butterfly and 50m freestyle.
- **Lauren Gastevich** broke the ASC records for open 50m and 100m breaststroke.
- **Jamie Anderson** broke the ASC record for 50m freestyle.
- **Charlotte Ericksen** broke the ASC records for 17yrs 400m and 800m freestyle.

• **Joe Quirk, Abbey Burgess, Madison Lill and Roy Glare** all achieved their first Age National times!

We had lots of swimmers in both A and B finals and lots of cheering!

The following athletes were medalists in one or more of their events – **Joe Quirk, Lydia Jackson, Jamie Anderson, Tom Prowton, Tiana Forrestal, Ben Popham, Alyssa Burgess, Freya Bowyer, Ella Popham, Charlotte Ericksen, Abbey Burgess, Emma Stewart, Tom Wyatt** and **Lauren Gastevich**.





2022-23 Hancock Prospecting WA

Swimming Championships continued...

16-20th December 2022



Alyssa Burgess also received **The Old Court Cup** which is an award given to the most consistent open category, able bodied performer at this meet.

Senior States requires a huge commitment not only from swimmers, but also their families and our coaches. Thank you so much to Simon and Fiona for being at every morning and afternoon session with the swimmers. Thanks to every parent who did time-keeping, to our junior swimmers who were basket carriers on the Saturday evening and Pippa Joyce who organised and chaperoned them.



Lastly to Rachel Quirk who organized Team Arena on the final night, helping us to win the SPIRIT award. This award highlights Swim WA's values of safety, passion, integrity, respect, inclusion and teamwork in swimming. What a great award for Team Arena to end the meet on!

We are very please to announce that our very own, Tom Wyatt was selected by Swimming WA to join their Performance Pathway team, who went South Australia for the 2023 SA State Open/MC Championships from 20-22 January! Results to follow!



HUMMUS WITH PITA CRISPS



FROM FUEL TO GO & PLAY

INGREDIENTS:

- 400g can chickpeas, drained
- 3 tablespoons lemon juice
- 2 cloves garlic, crushed
- 3 tablespoons tahini
- ¼ teaspoon ground cumin

METHOD:

- Drain chickpeas and rinse thoroughly.
- Place chickpeas and all other remaining ingredients in a food processor and blend until smooth.
- Serve with vegetable sticks and pita crisps.

Pita crisps

You can use any type of pita bread or wrap and simply cook them on a flat sandwich press. Wraps/pita bread come in a variety of flavours such as garlic and herb, spinach and sundried tomato. This means there is no need to add extra flavour. Plain wraps/pita bread can be sprayed lightly with olive oil then sprinkled with herbs such as oregano, rosemary and garlic powder. Za'atar, a Middle Eastern spice mix is great sprinkled on plain wraps/pita bread. Allow to cool slightly then cut into wedges and store in an airtight container



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OUR TEAM MOTTO & VISION

'EVERYTHING WE DO IS IN THE BEST INTEREST OF THE SWIMMER'



AMBITION



STAMINA



COMMITMENT

Regular Reminders

Office Hours are Mon – Fri 4:20pm to 5:45pm



Suggestion/Question Box



Do you have a suggestion for future newsletters? Or are you a junior swimmer with a great question that one of the senior swimmers might be able to answer?

There is a blue box just inside the office door where you can place these suggestions and questions and we will get back to you with answers in the next newsletter.

WE NEED YOUR HELP!!

Got some spare bottles and containers?? Arena Swim Club would love any donations – here is the code for when you next visit!!



C10332685

You will need the barcode to scan for when you are dropping these items off.

Any questions, please see one of the committee members.

Thank You!



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