



Lap Dogs

DSC Newsletter October 2015

Dear members

Dickson Swimming Pool is opening soon! It is time once again to dust off your swim gear, dig out your flippers and goggles and head down to the pool for another Dickson Swimming Club season.

Dickson Swimming Club Season
Starts **Sunday 25 October**

Friday Time Trials 6 – 7pm

Sunday Sessions

9 - 9:30am (Learn to Swim
and Devt)

9:30 - 10:30am (Training)
warm up at 9:15am

Dickson Swimming Club is a community club with a focus on fun, participation, and developing ability, rather than competitive swimming.

The format is the same as previous years, with informal time trials on **Friday nights** from 6-7pm, followed by a sausage sizzle; and training sessions on **Sunday mornings**, 9.00-10.30 followed by pancakes. We've got our priorities right!

Friday night club nights

Resuming on 30 October, our Friday night time trials give the kids a fun way to track their progress through the season. We

encourage members to participate in as many events as possible each Friday night. **Parent help is needed** with timekeeping – a great way to meet people.



Sunday sessions

Training sessions start on **Sunday 25 October**. These are designed to be relaxed and enjoyable, while improving strength, technique and endurance. There will be a staggered start on Sundays, with younger groups swimming from 9 – 9.30 and older kids warm up from 9:15am, and hop in at 9.30am. New swimmers can arrive 10 mins early to work out the right swim group for your child.

Groups

Learn to swim group or those that are new to swimming:

- ❖ Development groups 9-9:30am (middle pool and the shallow end of big pool)

Bronze, Silver, Gold squads (big pool)

- ❖ Warm up 9:15am, in water 9:30-10:30.



Please assemble at the shallow end (BBQ shelter) in time for **warm up at 9:15am**. We will be providing sessions for those teenagers who want to come along and do some self-guided training in the public lanes.

Junior Lap Legends

Those kids who are interested in seeing how many laps they can do in a season can register for the Junior Lap Legends. Just get a card from the Lap Legends folder near the pool entry, add your name and start counting.

Club Swim Caps!!

High quality silicon caps for sale \$8, at sausage/pancake table. T-shirts and hoodies too!!



Reminders!

Flippers

Please try to bring flippers along to Sunday training. Flippers help the kids gain confidence and develop good body position in the water, plus they are fun.



Water Bottles

Fluids need replacing even when swimming so bringing water bottles (clearly labeled) to the pool deck is the best way to ensure the kids can have regular drinks during the session.

Cool website: take a look at this one:
<http://swimsmooth.com>

Fees for 2015/16

NSW Swimming:

- \$18.50 per child 'non swimmer'

PLUS - Dickson Swim Club Annual Fee of:

- \$20 – one child
- \$30 – 2 children
- \$40 – 3+ children

The usual pool entry is paid on arrival.

Why are our members classed as 'non-swimmers'?? There are 2 categories in NSW Swimming, our club



activities are considered 'non-swimming' (half season and not competitive in the accredited races). Non swimmers pay \$18.50 per year, 'Swimmers' pay \$57. The NSW Swimming fee covers the insurance etc for club activities.

ONLINE CLUB REGO IN 2015

We are 'jumping in the deep end' bigtime and moving to online rego and fee payments this year. There are no forms to fill out!! Bear with us – it is the NSW Swimming website and system. Our friendly treasurer, Bridget Browne is available on Sundays to discuss the process.

If you are a **renewing member** you will soon be sent an auto email from NSW swimming - this is based on **last years members list and family links** so if any of your children won't be joining this year please email me asap so I can amend in the system BEFORE the email is sent out.
dicksonswimclub@gmail.com

If you are already a 'Swimmer' in a winter club then **renew with that club** and then let me know by email if you would like to make Dickson your 2nd claim club.

If you are a **new member** then by November you should be able to go to the club website - www.dickson.swimming.org.au and click the **JOIN NOW** button. This is a new feature, there are bound to be issues, just let me know by email if so. Contact: dicksonswimclub@gmail.com Nic (Secretary) on 0403 691621

Volunteers

Pancakes and Sausage Sizzle

The coordinators are responsible for organising a roster and making sure that there is a chef on hand each week to cook for the hungry hordes. It is expected that families volunteer throughout the season for cooking duties.

These culinary delights are an important part of our club's culture and we rely on parents to help out with cooking. Please put your name on the roster to sizzle a sausage or flip a pancake (equipment and instruction are provided). It's a great way to give back to the club. **Contact Norm about pancakes on 0468 795823.**

Time Keeping

Likewise, the chief timekeeper will be seeking timekeepers on Friday nights. No experience necessary

Club Officials

Position	Name
President	Robbie Kruger
Vice President	Mal Wilson
Secretary / Registrar	Nic Plunkett & Linda Moore
Head coach	Stu Godley
Treasurer	Bridget Browne
Time Keeper	Claire Barbato
Sausage Sizzle	Craig Simmons
Pancake Coordinator	Norm Wilkinson