

# CURTIN UNIVERSITY VICTORIA PARK SWIMMING CLUB



## WELCOME

Hi swimmers and families, we're excited the best swimming weather is on our doorstep, with the arrival of Spring, the long course season and everything we've got planned here at CUVP! Welcome to our new members - we look forward to a getting to know you, making new friends in the pool and a wonderful season ahead.

## WORDS FROM THE COACH

Welcome back to our swimmers who have hibernated over winter! The pools are heated and with football finishing and the dreaded N word finishing, we're excited to see everyone at training.

My challenge to all swimmers is to set a goal – for many it will be school champion at your swimming carnival, for others it will be the LC meets or open water. The time is now to prepare!

Our targeted meet and club night dates are announced. I'm setting a compulsory challenge - 100m butterfly event for all Silver A and Gold swimmers at our first Club night 13th October. It's a less common event and a challenge I urge you to take, in a non-scary club night environment, and you will likely surprise yourselves! Silver B can certainly give it a try as well.

Our CUVP Spring into Summer Carnival, is just around the corner, 26th November. I encourage swimmers to enter as many events as you can handle. It's a great fundraiser for our club and the most supportive team scene you can imagine, hence why I recommend more than the usual four.

Remember your health as the weather heats up – full water bottles at every training session and drink plenty, including at least 2L during the day, to avoid any dreaded cramps! Remember Silver A & Gold to arrive 15 minutes before their session starts to do 3 full rounds of the activation exercises non-stop before they get into the water. They're important for training and help prevent injury. I urge swimmers to do their best in these exercises and a reminder that phones are not needed for these – leave in your bag!

## A FEW DAD JOKES FROM CJ..(No Apologies)



**I'm afraid for the calendar. Its days are numbered.**

**My wife said I should do lunges to stay in shape.**

**That would be a big step forward.**

**I thought the dryer was shrinking my clothes.**

**Turns out it was the refrigerator all along.**

**I only know 25 letters of the alphabet. I don't know y.**

# OUR CLUB IN ACTION...



We finished off the SC season with amazing meets at GKDSC meet and the Junior Short Course Champs. We've even got a newly qualified technical official, Steve! We also celebrate all our trophy day recipients and attendees.

## OPEN WATER SWIMS..

Open Water Swimming is a big part of the summer swimming experience. While not compulsory, we encourage swimmers and families to get involved and suggest targeted events **Leighton Beach 21st October** and others on our Targeted Meets calendar. We'd love to see great club representation at the Busselton Jetty Swim in Feb - look out for more news soon on our Group Chat or chat to Ash, Marnie or Alison.

**BUSSELTON JETTY SWIM - Feb 10, 2024 - Feb 11, 2024**

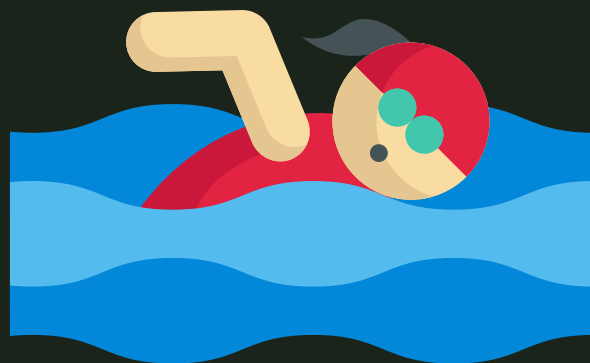


## CLUB NIGHTS..


- Club Night #1 - Friday 13th October
- Club Night #2 - Friday 20th October
- Club Night #3 - Friday 3rd November
- Club Night #4 - Friday 17th November
- Club Night #5 - Friday 3rd December

Spring into Summer Carnival, Aqualife Centre - Sunday 26th Nov

( The biggest day of the CUP calendar)



# TRAINING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING SESSIONS</b>						
5.30			GOLD SILVER A FITNESS		GOLD SILVER A FITNESS	
6.00						
6.30						
7.00						SILVER B
7.30						GOLD SILVER A
8.00						
8.30						
<b>AFTERNOON SESSIONS</b>						
4.00	BRONZE SILVER B		BRONZE SILVER B	BRONZE SILVER B		
4.30						
5.00						
5.30	GOLD SILVER A		GOLD SILVER A FITNESS	GOLD SILVER A		
6.00	FITNESS	GOLD SILVER A				
6.30						
7.00						



## REMINDER

Water Bottles are required for every training session

Gold, Silver A, and Fitness swimmers **SHOULD BE** at the pool 15 minutes before each session to ensure lessons begin on time

**NO Training** on public holidays or Saturdays when there is a targeted meet scheduled for that day

**IMPORTANT** Holiday training break , 23rd -29th Sept

## CAN YOU HELP?

Our Spring Carnival is coming up and we would love and appreciate any prizes you may be able to donate to add to the raffle draw. It can be a prize on its own or it can be something to add to a gift box. No donation is too big or too small. Donations may be left in the club room in the basket labelled donations. Please inform a board member of your donation.

**Spring into Summer Carnival, Aqualife Centre - Sunday 26th Nov**



## SAY HELLO TO SARITA.....AN AMAZING VOLUNTEER...



Sarita has been with the club for 12 years as a parent, board member and official. An avid swimmer herself, she is a wonderful ambassador for the sport and the club and had been instrumental in the management of the club for many years. Sarita is now training up our new generation of officials so any parent out there who would like to get on board please have a chat to her!







## IMPORTANT INFORMATION:

**All clubs are moving to Swim Central as membership/event platform.  
Please contact a Board member for any help with this new system.**

### FEE PAYMENT:

It would be greatly appreciated if all monthly fees could be paid when monthly invoices are sent out. Please remember to reference your **INVOICE NUMBER** on your bank transfer/payment.

***Paying fees on time greatly helps our treasurer save time reconciling payments and helps our club run smoothly.***

Please let the treasurer Denika know if your child is going to miss 4 weeks or more of training so fees can be suspended.

**Any questions or queries relating to fees please contact Denika - [vpsc.treasurer@gmail.com](mailto:vpsc.treasurer@gmail.com)**

### CLUB UNIFORM:

It is important to wear the club uniform to all club events and meets. Uniform can be purchased at the club and added to your fees.

#### UNIFORMS:

Club Shirts - \$40  
Caps. - \$18

#### EQUIPMENT:

Net Bags. - \$15.  
Pull Bouys - \$15

Kickboards - \$20.  
Snorkels. - \$35

Finis Ankle Straps - \$5  
Club Towels. - \$20

## MEET OUR BOARD....



President	Steve Ball	0404 998 020 <a href="mailto:vpsc.president@gmail.com">vpsc.president@gmail.com</a>
Vice President	Liz Frehner	0431 659 043
Secretary	Alison Ball	0411 213 735 <a href="mailto:vpsc.secretary@gmail.com">vpsc.secretary@gmail.com</a>
Treasurer	Denika Thompson	<a href="mailto:vpsc.treasurer@gmail.com">vpsc.treasurer@gmail.com</a>
Registrar & Memberships	Marnie Doulis, Marisa Dawson	<a href="mailto:vicparkswimclub@hotmail.com">vicparkswimclub@hotmail.com</a>
General Committee	Sarita Bennett (SWA Rep) Karen Martin Ash Robbertze Amy Buckels	Blagica Penova-Veselinovic Kerri-Anne McLeary Ahmed Haridy
Complaints Handler, MPIO	Brian Martin	<a href="mailto:kasbri@bigpond.net.au">kasbri@bigpond.net.au</a>
Head Coach	Chris Jongsma (CJ)	<a href="mailto:cj@aquaspeed.com.au">cj@aquaspeed.com.au</a>

## KEEPING UP WITH THE CLUB



**[Curtin University Victoria Park Swimming Club](#)**

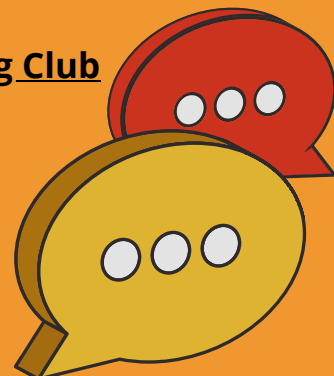


**[curtinunivicswimclub](#)**



**CUVP Swimmer's Support Squad**

(use this chat to ask any questions and keep us up to date)



# UPCOMING MEETS AND ENTRY OPEN DATES

CURTIN UNIVERSITY VICTORIA PARK SWIMMING CLUB LONG COURSE TARGETED MEETS 2023/24												
	OCTOBER 2023		NOVEMBER 2023		DECEMBER 2023		JANUARY 2024		FEBRUARY 2024		MARCH 2024	
Legend:	TARGETED MEET		STATE MEETS		CLUB WILL ENTER		NATIONAL MEETS		CLUB NIGHTS		OPEN WATER NO CONFLICT	
MON	2	Perth City Classic entries open 28/9					1					
TUE	3						2					
WED	4		1				3					
THU	5		2				4		1			
FRI	6		3	Club Night 3	1	Club Night 5	5		2	Club Night 6	1	Club Night 8
SAT	7		4	OWS #2 Bunbury	2		6		3		2	
SUN	8		5		3		7		4		3	
MON	9		6		4		8		5		4	
TUE	10		7		5		9		6		5	
WED	11		8		6		10		7		6	
THU	12		9	Rockingham Kwinana entries open	7		11		8		7	
FRI	13	Club Night 1	10		8		12		9		8	
SAT	14		11		9	Rockingham Kwinana LC HBF	13		10	SWA Club Prem'ships HBF (Club enters)	9	
SUN	15	HP State Champs Age & Open entries open	12		10		14		11		10	
MON	16		13		11		15		12		11	
TUE	17		14		12		16		13		12	
WED	18		15		13		17		14		13	
THU	19		16		14		18		15		14	
FRI	20	Club night 2	17	Club Night 4	15	SWA Hancock Prospecting State Champs Age & Open HBF	19		16	entries open End of Season Champs Club night 7	15	
SAT	21	OWS #1 Leighton Beach	18		16		20	Western Sprint LC Classic Trinity College	17		16	End of Season Champs HBF
SUN	22		19		17		21		18		17	
MON	23	Spring Into Summer entries open	20		18		22	entries open SWA Junior State Champs	19		18	
TUE	24		21		19		23		20		19	
WED	25		22		20	Western Sprint LC Classic entries open	24		21		20	
THU	26		23		21		25	York Open entries open	22		21	
FRI	27		24		22		26		23		22	
SAT	28	Perth City Classic HBF	25		23		27		24		23	SWA JUNIOR LC CHAMPIONSHIPS HBF
SUN	29		26	CUVP SPRING INTO SUMMER	24		28		25	York LC Open	24	
MON	30		27		25		29		26		25	
TUE	31		28		26		30		27		26	
WED			29		27		31		28		27	
THU			30		28				29		28	
FRI					29						29	
SAT					30	OWS #5 Mullaloo					30	
SUN					31						31	
MON												



CURTIN UNIVERSITY

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