

Hi CUVV members,

Happy New Year to all, and welcome to the new families who have recently joined. I hope everyone had a great break over Christmas and are back enjoying swimming during the peak summer months. I hope you've enjoyed seeing familiar and new faces around the club and pool. Here's a quick snapshot of news from our club in recent and coming weeks.

## Club News



**Our extremely hot sausage sizzle!** On Saturday 13<sup>th</sup> Jan CUVV held a sausage sizzle at Bunnings Cannington. The theme for the day was extreme heat, the mercury reaching 40+ degrees. A huge THANK YOU to our stoic volunteers, and especially Jarrod Zheng for being there the entire day! We made a handy profit of \$900, that goes straight to covering our weekly lane hire fees, so every swimmer benefits.



**Club Excellence Award.** In January we achieved Gold status in the [Swimming WA/Healthway Club Excellence Program](#), recognising CUVV has met high standards for a range of club practices. With this status is \$400 for our club, adding to the \$500 from our Silver and Bronze achievements. A huge thanks to Alison Ball for coordinating and submitting our application, and our club members who have helped meet the criteria.

**Our Code of Conduct.** Our club has supportive, positive and fun culture. With a new year, it's timely to remind ourselves of our club's code of conduct. Upholding this Code is a responsibility we all agreed to when joining the club, and we all play a role in upholding it – not just we ourselves acting respectfully, but actively encourage our swimmers to do the same and instil values and behaviours in our children that will help them later in life. If you have any questions about the CUVV Code of Conduct, please contact me via [vpvc.president@gmail.com](mailto:vpvc.president@gmail.com). A copy is in our Member Handbook, attached (plus lots of other useful info!)

**Mental Health Champion.** Marnie Doulis, our wonderful registrar, was recently appointed our club's Mental Health Champion (a requirement for the Club Excellence awards). While it's important that as a club we all look out for each other's health wellbeing, Marnie's role means she is specifically recognised as our club's main contact for mental health within the club. Thank you Marnie!

**Trinity Targeted Meet.** On Sat 20<sup>th</sup> Jan our club had 11 swimmers compete in the Western Sprint Long Course Classic at Trinity College. Well done to all our swimmers, with a great PB rate of around 50%.



## Upcoming Meets and Events – mark your calendars!

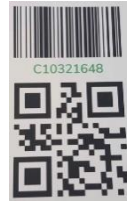
**CUVV Club Night #5, this Fri 2<sup>nd</sup> Feb.** Our first club night of 2024. We'll have a (free) sausage sizzle after races finish. If you haven't registered your swimmer for events, please do so here [Enter Club Night 2nd Feb Swim Central](#). Please ask via the Messenger chat group if you need any help registering. Our remaining summer season club nights are Fridays: 16<sup>th</sup> Feb, 8<sup>th</sup> Mar and 15<sup>th</sup> Mar.

**Busselton Jetty Swim, Sat 10<sup>th</sup> – Sun 11<sup>th</sup> Feb.** A good number of kids and adults from our club are entered in events in the iconic Busselton Jetty Swim, including 500m, 1.6km, and 3.6kms. We wish everyone the very best for great swimming and lots of fun. Stay tuned for photos!

**Curtin Uni O-Week Stall Wed 21<sup>st</sup> Feb.** We're looking for any club members to help tend a stall at the Curtin Uni main campus (Bentley) from 11:00am-2:30pm on Wed 21<sup>st</sup> Feb as part of Curtin Uni's Orientation Week activities. It's a great opportunity to recruit uni students as new fitness members of our club. Please let me know at [vpvc.president@gmail.com](mailto:vpvc.president@gmail.com) if you can help for some or all of this.

**York Long Course Open – Targeted Swim Meet Sun 25<sup>th</sup> Feb.** A great chance to swim at a country meet, and only 80kms away. This meet is great preparation in the lead up to the Junior State Championships in late March. We already have a good group of club members attending so please join us! Ask CJ for his recommendations on what events to enter. [Enter York Swim Meet here](#)

**Fundraise for our club without even trying! Containers for Change.** If you, your friends, workplace or neighbours have bottles and cans, please consider donating the proceeds to the club, by supplying the club's code number C10321648, or use this QR code --->



Regards, Steve, on behalf of your CUVP Board Members

Tue 30<sup>th</sup> Jan 2024

***Some of our AMAZING Bunnings BBQ volunteers!***

