

Hi CUVV members,

Happy festive season everyone, and well done on a big year of swimming, competing, and helping run our great club. A huge thanks to CJ for all of the time, thought, care, and good humour you put into our swimmers. It's been great to see so many new families join the club and getting involved. I hope you all have a fun and safe break over Christmas. Below is a rundown of coming weeks.

Training break. The last training day for the year is this Thursday 21st Dec, with a break from Friday 22nd Dec to Monday 1st Jan inclusive. Regular training starts back on Tuesday 2nd Jan.

Bunnings Sausage Sizzle (we need you!). On Saturday 13th Jan we are holding a fund-raising sausage sizzle at Bunnings Cannington. The funds raised will contribute directly to paying our regular lane hire fees. We will need a good number of volunteers to make this day a success, so please take the time to indicate your availability on a poll that will soon appear on Messenger.

Targeted meets. Our upcoming targeted meets are:

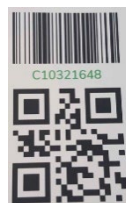
Sat 20th Jan 2024, Western Sprint Long Course Classic, Trinity College. Entries open ~20th Dec on Swim Central.

Sat 25th Feb 2024, York Long Course Open

Club Nights. Our first two club nights of the year are Fri 2nd Feb, and Fri 16th Feb.

Club caps. A reminder that a new delivery of club swimming caps has arrived. If you would like to buy one (\$18 each), please message Alison via Messenger, or email: vpssc.secretary@gmail.com

Containers for Change. Who can? – you can!
If you or your friends have bottles and cans for recycling, please consider donating the proceeds to the club, by supplying the club's code number C10321648, or use this QR code ----->



It's Open Water Swimming Season!! For interested kids and adults, there are plenty of open water events in December and January to liven up the holidays. They're run by various organisations including Swimming WA – check out www.oceanswims.com for all the events. While entries have already closed for the Busselton Jetty Swim in February, you can join in the training with our CUVV families already entered in this iconic event.

Sarita's Top Tips for Open Water Swimming

Sarita Bennett is one of our club's most experienced ocean swimmers and an open water technical official too! Who better to share tips and advice than someone who has seen and done it all!



Get in the ocean is the biggest tip. Coogee or Port Beach are great places for a swim, or Cottesloe.



Get used to swimming without the black line to follow, sighting buoys without breaking stroke and breathing in the swell.



Not much you can do about stingers, but I always figure the fastest swimmers will cop them worse than me. They don't usually hurt for long while you're in the cold water. If you react take

an antihistamine tablet before you start or have them in case at the end. Roll-on deodorant also helps (don't know why, but it does).



Practice in the ocean with someone else, so you can practice drafting off each other. Be prepared for other swimmers to swim over you, although Busso isn't too bad apart from going round the jetty, hold your ground and kick harder to put them off, then go back to normal stroke.

Thanks Sarita!

Best wishes everyone for the festive season,

Steve, on behalf of the CUVP Board Members

Mon 18 Dec 2023