

STL NEWSLETTER

Sea's The Limit Swim Club

NEW SEASON 07-08

October 2007

October's here again, and it's great to be back at Botany Pool, after a winter swimming at Victoria Park and InShape Gym.

Already it looks as though this season will be a bumper one, with over 80 children attending the first week for Chad's assessment sessions. The adult morning squads are filling up five lanes, with a few members of the youth squads stepping up to join them and add some extra training to their schedule.

Hopefully we'll be able to attract some new converts to the Sea's the Limit club and have record numbers at our Club Nights and in Ocean Swims.

The first major ocean swim of the year is Coogee on November 25 (see page 2 for more info) and training is already kicking in hard in preparation.

At the end of this week our annual fundraiser is back, this time with a Halloween theme. Our Trivia Night has added a few extra bits of entertainment to become a Games & Trivia Night, so dust off your broomsticks and head to Botany RSL on November 3. See page 2 for how to book your team in.

This season also sees the start of the new Pointscore Series, offering a substantial cash prize pool. Now *that's* worth training for.

And, finally, we have a new club mascot. But what is our turtle going to be called? A prize is available for the best entry.



'Name our Turtle'
Competition

POINTSCORE SERIES: CASH PRIZES

This year sees the start of our exciting new Pointscore Series.

This Series aims to encourage all members of the club, both children and adults, to participate in as many club events as they can. And all swimmers—aged from 6 to 66—have an equal chance of taking home the top cash prize.

Points are awarded to members who swim at club nights, the Beach Days at Coogee, in the Gear 1 Challenge in February, as well as challenging themselves with ocean swims at Coogee (November), Cole Classic (February), and Malabar (possibly February, tbc.)

Points can also be earned by individuals improving their times over the season on Club Nights, as well as for a first, second or third finish in their division.



The Pointscore Series sponsor, Brasserie Bread, is located at 1737 Botany Road, Banksmeadow

Substantial cash prizes are on offer at the end of the season, so if that doesn't get you in the water we don't know what will.

Thanks very much to David James at Brasserie Bread for his generous sponsorship. Let's all go eat his goodies to celebrate.

DATES FOR YOUR DIARY

GAMES & TRIVIA NIGHT: SATURDAY 3 NOVEMBER

Our annual fundraiser is back, this year slightly earlier than usual, and we've adopted a Halloween theme. So dust off your broomsticks and chains and head to the Botany RSL on 3 November.

Fancy dress is optional, although there are prizes for the best dressed.

And if dressing yourself up seems a bit too difficult, you can choose to decorate your table in scary fashions instead.

This year, you can flex your intellectual muscles with our trivia rounds, but we've added in some extra entertainment with a variety of games on offer, so you might get to stretch some other muscles too (limbo dancing, anyone? Try keeping your witch's hat in place for that one.)



And don't forget to bring your dancing shoes because there will be a disco after the games have finished.

Teams comprise six people this year. You can bring your own nibbles for the table, but no hot food (which is available from bistro at the club.)

The fun starts at 7pm and entry is \$10 per head. Over 18s only.

NOVEMBER CLUB NIGHT: THURSDAY 15 NOVEMBER

The November club night will be on 15 November, starting at 7pm at Botany Pool.

Entry is through the doors in the middle of the grandstand and costs \$1.00 per person.

A BBQ is on offer during the night at a small cost.

**Book in your team of six by
contacting Georgina on 9700 1220**

COOGEE OCEAN SWIM: SUNDAY 25 NOVEMBER

Coogee is the first major ocean swim of the season and a large contingent of the Sea's the Limit club members take part. For many, it's a chance to catch up with ocean swimming friends not seen since April or May. For others, it's their first foray back into the sea when the water temperature starts to rise again. But for most, Coogee means summer is on its way.

There are two swims on offers — a 1 kilometre swim for younger swimmers and novices, and the main event which swims 2.4km around Wedding Cake Island (weather permitting.) The minimum age for entry is 13 (if you are under 13 and keen to swim, talk to Chad.)

Anyone who is interested, please see Chad, as he will put all the club entries in together and organise the team entries.



Looking out to Wedding Cake Island

ESQUINA D'EL PRESIDENTE (PRESIDENT'S CORNER)

OCTOBER!! This is absolutely my favourite month. The weather is changing, the days are getting longer and there is a certain feel in the air. I think that feel represents a sense of excitement, an anticipation for what the new season might bring.

I am watching MANY new and old swimmers return to the pool daily with this sense of anticipation. I personally have this feeling, (especially coming off of a broken leg) and am keen to see what "I" can achieve this season. As a coach I am even more excited to see what "WE" can accomplish together.

We have a very talented group of swimmers, ranging in age from 2 to 68, and have the potential to do some great things. Whether it be to finish your first open water swim, to break a minute in your 50m Freestyle, to qualify for Metrops, States, or Nationals, or to wake up in the morning and get your heart beating; we all have the wonderful chance to use the sport of swimming to enhance our daily lives.

I propose a challenge to anyone who can maintain this new sense of excitement and anticipation for the whole season; for it is when we allow ourselves to dream of what we might achieve and actively work towards pursuing those dreams that we are truly alive.

I also offer a commitment to anyone who does accept my challenge of passionately striving towards their goals to assist you in every way that I can. Let's keep this fantastic energy alive throughout the entire season and not be surprised with what we can create.

SWIMMERS OF THE MONTH

I congratulate the October "Swimmers of the Month": Isabella Wellings and Marley Hughes.

Isabella completed a fantastic first winter of training with a trip to the Eastern Suburbs Development Camp and State Development Carnival. Bella competed in the 50m Freestyle and 50m Breaststroke and had two substantial Personal Best times.

Marley also worked hard through the winter season and kicked off the summer season with a strong effort in the school holiday Stroke Clinic sessions. Marley's form is improving across all four strokes and is looking forward to a brand new 2007 / 08 season.

OCTOBER CLUB NIGHT: THURSDAY 18 OCTOBER

The season got off to a cracking start with its first Club Night. There was a great turnout, despite the rather cool conditions, with many new swimmers turning up for their first attempt, as well as the return of lots of current members.

The swimming was fast and there were some exciting races.

Events ran smoothly with the help of Diane and the whole support crew of timers, marshals and bbq staff. Thanks for all your help.

It was good to see a few more adults racing and we hope to see even more at November's Club Night on the 15th.

A warm day was followed by a chilly evening as a southerly blew in and Georgina did a roaring trade selling the new Sea's the Limit fleeces. Have you seen them yet? They're comfy and cuddly and a mere snip at \$30 for adult sizes (S—XXXL) and \$25 for children's sizes (6—16.) See Georgina at pool side to order one.



The new (very cuddly) fleeces

BITS & PIECES

NEW ASSISTANT COACHES

Say 'hello' to our new coaches.

An increase in numbers in our Junior squads means that Chad needs a bit of help to keep everyone under control!

This help comes in the form of Lara Rope, Mick Bransby, Gaby Bransby, Carly Rid-doch and Cello Georgouras.

Chad continues to coach the adult squads single-handedly (less control required, allegedly.) Monday, Wednesday and Friday morning sessions are at Botany Pool, and Tuesday & Thursday mornings are held at Victoria Park Pool, Chippendale.

NAME OUR TURTLE

What is our new mascot going to be called?

Our turtle needs a name and we're holding a competition to find the best entry.

Send your entries to info@seasthelimit.com before November 23.



Good luck to club member and coach, Cello Georgouras, who has just started his HSC exams.

All the best, Cello, and just remember how good the freedom at the end of it all will feel.

GRADUATING MEMBER:

OUR SPONSORS

Thanks very much to our new 07—08 season sponsors:

Brasserie Bread—1737 Botany Road, Banksmeadow. Call 9666 6845.

PIA Security Services — Call 1300 650 884.

Eastside Collision Centre —Craftsmen in autobody repairs and refinishing. Call 9316 4985.



SEA'S THE LIMIT SWIM CLUB

KNOW WHERE YOU'RE GOING....ENJOY GETTING THERE!

Sea's the Limit Swim Club is a family-focused, not-for-profit, swimming club based at Botany Pool in the Eastern Suburbs. We are a NSW Swimming-affiliated club that looks to provide all members of our community with the chance to participate in the wonderful activities that our sport offers.

For information, please visit www.seasthelimit.com.
You can also email info@seasthelimit.com, or call Chad on 02 9665 1662