

South Gippsland Bass Newsletter

Tuesday, 7th August 2018



Upcoming Competitions:

11&under encouragement meet @ Churchill

Saturday, 25th August.

4.15pm Warm up

5.00pm Racing

A great meet for our junior squad swimmers and any other new swimmers that have joined over the past 6 months.

Events will consist of 25m races of each stroke and the 100m IM.

To enter, please click the link below:

<https://connect.swimming.org.au/sal-wrap-public/workflows/MEMBER.EVENT.DETAIL&dbWorkflowKey=017570>

Please note: swimmers 11 years and over must be in their first year of swimming.

Victorian Short Course Championship events

Victorian Age Championships

31st August-2nd September @ MSAC

Targeting all State and National level swimmers

Visit the Swimming Victoria website for competition information and qualifying times:

<https://vic.swimming.org.au/age-sc-championships.html>

Entries close: 11.59pm, Monday 20th August.

Victorian Open Championships

15th-16th September @ MSAC

Targeting all National level swimmers

Visit the Swimming Victoria website for competition information and qualifying times:

<https://vic.swimming.org.au/open-sc-championships.html>

Entries close: 11.59pm, Monday 3rd September.

2018-19 Club Competition Calendar

The Club competition Calendar can be found on the SGB website: <http://sgbclub.com.au/>

Parent Training session

August Training session:

Leongatha: Friday 24th, 4.00pm

Wonthaggi: Wednesday 22nd, 7.00pm

Any parent wishing to participate in the parent training session need to sign up as a 'senior competitive swimmer' for SGB by visiting the Swimming Victoria Website:

<https://vic.swimming.org.au/>



Training schedule (Friday 17th August – Monday 20th August)

- Friday 17th -No training Friday AM
 -No training for National & National Development Friday PM
- Saturday 18th -Leongatha as Normal
 -Wonthaggi 7.30-9.00am Sprint and Relay session
 -Wonthaggi no PM training
- Monday 20th -no training Monday AM
 -Monday PM as normal

Intraclub meet

Friday, August 10th @ Leongatha

Come join the fun night of club racing at Leongatha on Friday 10th August.

A great chance for swimmers to gain race experience, bond with other swimmers and have a fun night.

Warm up 5.15pm

Racing: 6pm – 7.30pm

Events:

7&under: 25m all events

8&under: 25m FLY/50m Back, Breast, Free

9&over: 50m all events

Relays if time.

To confirm you are racing please respond via Team App RSVP.

What you need to bring:

Fins & Runners for warm up.

Club uniform.

Goggles, Cap, Bathers.

Chairs.

-Junior Training will still run for those that cannot make the intraclub: 4.00-5.15pm

-National, National Development & State Squad will have a training session from 4.00-5.30pm



Trivia Night

Our Awesome Fundraising committee is once again hosting our annual Trivia Night - Saturday 11th August 7pm at the Inverloch Cricket Rooms. Please come along for a super fun night and a fundraiser for the club. Contact Katie for tickets Tel: 0455 271 111. \$20 a ticket for early birds. \$25 a ticket after 31st July. Put your money into the club account.



TeamApp

If you are not yet on TeamApp, I encourage you to join up. We post a lot of our information on TeamApp, especially last minute changes in competition information as it is quick and easy to communicate through.

The club can be found by searching 'South Gippsland Bass'



Our Sponsors

Narellan Pools Gippsland is a proud sponsor of SGB. If you are considering installing a pool or know a friend who is recommend / ring Alex for a quote. **For every pool sign up Alex will donate \$500 to our Club!!**

