



From the President

OCTOBER 2025

October has been a month full of energy, achievement, and community spirit for SGB.

Last week, Dylan and I had the opportunity to meet with representatives from the Bass Coast council to discuss the ongoing redevelopment plans and to advocate for the needs of our club. Our discussions centred on ensuring that the redevelopment will support competitive swimming, provide excellent training facilities, and maintain strong access for the broader community.

The meeting proved to be highly productive and represents a significant step forward for swimmers of all abilities at SGB. We are committed to keeping the club informed as the redevelopment progresses and will share updates as they become available.

A total of twenty-one SGB swimmers participated in the County Junior District Competition at MSAC as part of the 84-member Gippsland team. This event offered our 8–11 year olds important competitive experience, resulting in many personal best times and several ribbons earned.

Our recent club meet was a success, with strong participation from all age groups. The pool was lively as swimmers aimed for personal bests.

Dylan introduced our 2025–2026 SGB Captains—congratulations to our new leaders. We look forward to your leadership this coming season.

We hosted a nutrition webinar with Ali, where swimmers and parents learned how nutrition supports performance, recovery, and wellbeing. Attendee engagement was strong, and these insights will benefit future swimming success. Janice took part in the Australian Masters Games in Canberra as an SGB representative, earning several medals and achieving personal bests. Well done!

Six of our swimmers competed nationally and delivered impressive performances, demonstrating the club's strength. Congratulations to all participants on making us proud.

None of this would be possible without the support of our coaches, volunteers, families, and swimmers. Your energy and commitment continue to make SGB a thriving and supportive club.

Thanks,
Matt



Upcoming Events

NOVEMBER

8: GSI Traralgon

9: GSI SGB SC

15: GSI Warragul

21: Dive Night

22: GSI Traralgon

29-30: Vic Sprints

DECEMBER

3: Junior race night (W)

5: Junior race night (L)

6: GSI Warragul (Camp21)

10-15: Vic State Age

19: Christmas Party

20: Fundraising BBQ Leongatha

JANUARY

3: GSI Sale (Camp21)

3: Fundraising BBQ Inverloch

16-18: LC Country Champs

24: Fundraising BBQ Inverloch

FEBRUARY

7: GSI Warragul

13: Vic Open LC Champs

21: GSI Moe

28: Fundraising Ball

See Team App Events for details



WONTHAGGI POOL

REFURBISHMENT PROPOSAL



We encourage everyone to provide feedback via the online form:

<https://engage.basscoast.vic.gov.au/bass-coast-aquatic-and-leisure-centre-redevelopment-concept-plan>

Please note you do not have to include your name.

FEEDBACK CLOSES: November 6th.

Some outcomes of the meeting with Bass Coast Council are as follows:

- Council do not know how many of the users are our squad swimmers.
- The current pool will remain open during the construction of the new pool.
- The new pool would be 8 lanes – however the width of the lanes are yet to be determined and could be as small as 2.0m. Currently they are approx 1.8m. Leongatha is 2.5m. Standard width of a lane is 2.5m.
- Pool deck space is very small on the concept designs which would limit the capacity for swimming meets.
- Depth of the shallow end and deep end have not been determined yet. Inclusion of blocks?
- The 25m pool was originally a 10 lane 25m pool which was to meet FINA regulations. This has been shrunk, along with the warm water pool, and the splash play area.

Council reasoning is the cost increase to build the facility has blown out.

While this is the case, there are still a lot of added bells and whistles in the concept plan outside of the aquatic area. If the aquatics area becomes more of a focus, instead of the added extras then the pool could perhaps be bigger. There are many gyms in the area, but ONLY ONE POOL, let's get it right and have a wonderful facility for years to come.

If you have any questions, please do not hesitate to reach out.

📷 shows the current problem with the narrow lanes. Swimmers do not fit within the lanes swimming strokes like Butterfly and often also lock arms when swimming backstroke.



SGB announce 2025/26 season captains

LEONGATHA Splash was busy on Sunday as the South Gippsland Bass Swim Club hosted GSI 3. The 130 swimmers from throughout Gippsland raced in a series of 50 and 100 metre races.

There were also a handful of under-eights having their first racing experience, competing in the 25 metre length. The centre was full of extended families making the most of being able to come and watch their nieces and nephews or grandchildren compete.

The event was the first home meet for the summer 25/26 season, with head coach Dylan announcing the

captains for the year ahead. The captains were chosen not just for being great swimmers, but as the role models they are for the younger swimmers.

The head captains for 25/26 are Lara Smyth, Asha Chalmers and Billy Fisher. The vice captains are Mostyn Lumsden and Hugh Munro.

The swimmers were well fuelled up for the meet, after having a day with nutritionist Ali Miles, a founder of the Fuel School who specialises in helping athletes with their dietary needs, including ensuring they have enough food and how to help improve performance with their food intake.



South Gippsland Bass (SGB) Swimming Club hosted the GSI 3, with 130 swimmers from across Gippsland racing in a series of 50m and 100m races.



As temperatures rise, time drops for SGB swimmers

THE weather was hot, but the times were hotter for GSI 4 at Traralgon on the weekend. Two hundred and forty-five swimmers from across Gippsland competed at the event with distances ranging from 50 to 400 metres. Swimmers from East Gippsland, Sale, Traralgon, Morwell, Moe, Warragul and South Gippsland Bass all competed at the event.

With several State Championships coming up in the next few months, the more experienced swimmers were swimming targeted events that they wanted to get qualifying times for, with great excitement as they were ticked off, or when swimmers edged closer.

For many of the younger swimmers, who are still getting the hang of racing in the 50 metre pool, it was a good opportunity to see if they could improve their times



SGB swimmers Jarrah, Billy, Archie, Bec and Miah prepare for the 100m free.

from competing here a fortnight ago.

It was also great practice for the youngsters before next weekend's Country District Junior Championship at MSAC. There are nearly 83 swimmers from Gippsland competing against other districts, trying to retain the title they

have held since 1993. The extra practice in the 50 metre events boosted their confidence and will help tame the nerves.

SGB Coach Lorri was thrilled with their efforts.

"I'm going to be down in Melbourne with the District kids, and they are looking really good. I love seeing

them get to race on the big stage like their teammates. They put in really good swims today, and I look forward to seeing them at MSAC next week."

For many swimmers, they were thrilled to improve on their times from last season and see how much they had progressed.

SOUTH GIPPSLAND SENTINEL

Janice has again taken SGB to the Masters Nationals, heading to Canberra and competing on 24-25 October.

- Results: 7 swims, 5 PB's
- 3rd 100m Breaststroke
- 3rd 50m Breaststroke
- 3rd 25m Breaststroke
- 6th 50m Freestyle
- 6th 25m Freestyle
- 3rd 50m Backstroke
- 4th 25m Backstroke



SGB SWIM MEET

GSI Swim Meet - An Encouragement style meet perfect for the younger swimmers, with official times that count as qualifying times for the older swimmers.

9TH NOVEMBER 2025

STH GIPP SPLASH

On the 25th October, coaches Lorri and Trinity and Team Manager Sarah took a group of SGB swimmers as part of the D21 Gippsland Team to compete at MSAC at the Victorian Country 8-11 Championships. They competed against the other Victorian regional districts, coming out winners for the 42nd year in a row!



Support Our Swimming Club

Support a swimmer today for just \$50

We're inviting local businesses, family and friends to support a club swimmer with a \$50 donation.

What you'll receive as a supporter:
 An appreciation certificate from the swimmer you support
 Recognition on our club social media
 The knowledge you're helping young swimmers chase their goals!

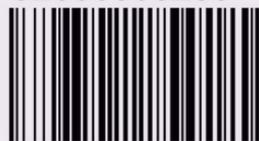
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Keeping Our Swimmers Safe

At SGB Swimming Club, the safety and wellbeing of all our swimmers is always our number one priority.

Sport Integrity Australia has shared a fantastic resource – “Do’s and Don’ts: Keeping Children and Young People Safe in Sport” – and we encourage all members and families to take a few minutes to read it. This simple guide helps everyone understand what safe and positive behaviour looks like around young people – whether you’re a coach, parent, volunteer, or teammate.

👉 Check it out here:
<https://www.sportintegrity.gov.au/sites/default/files/SIA009-0722-SGChildrenYoungPeopleDosAndDonts-C-4-DIG.pdf>

Every one of us plays a part in keeping our club a safe, respectful, and supportive space for all swimmers. If you ever have any questions or concerns about child safety, Leesa Pocklington, our Child Safety Officer, is always here for a chat.

✉ Contact: Leesa Pocklington
childsafetyofficer@sgbswimclub.com.au

Together, we can make sure SGB Swimming Club remains a place where everyone feels safe, supported, and proud to belong.

SGB SPONSORS

Thank you to the following businesses for sponsoring SGB. We are extremely grateful for your support. Links to our sponsors’ webpages can be found in our Sponsors Business Directory on the club webpage: sgbswimclub.com.au

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MUIR SWIM SCHOOL
 Leongatha, Age: 6 months+
muirswimming@outlook.com

Korumburra Swim School
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Woolamai Swim School
 Enrolments open
 Contact Sam: 0427422987



SGB
 SOUTH GIPPSLAND BASS
 SWIMMING CLUB

CHILD SAFETY OFFICER
 Leesa Pocklington
childsafetyofficer@sgbswimclub.com.au



SAVE THE DATE FOR OUR SGB
Christmas PARTY
 DECEMBER 19th
 South Gippsland Splash
 WEAR A TOUCH OF CHRISTMAS