



From the President

SEPTEMBER 2025

GSI Season Kick-Off – Morwell Meet

Great to see so many swimmers diving into the season at the first GSI meet in Morwell!

The energy was high, the races were exciting, and it was fantastic to see clubs from across Gippsland coming together.

Bunnings BBQ – Thank You!

A massive thank you to everyone who helped run the Bunnings BBQ – your support keeps our club thriving and helps us continue to grow.

Race Night Appreciation

A huge thank you to all the amazing helpers who supported race nights at both pools.

Your time and effort make these events run smoothly and create a fun, welcoming environment for our swimmers.

It was fantastic to see so many young swimmers jumping in, racing hard, and most importantly, having a great time. These nights are all about building confidence, friendships, and a love for the sport.

State Age Short Course Champs

The State Age Short Course Championships were absolutely fantastic!

A huge well done to all our swimmers who competed – your hard work, determination, and team spirit truly shone through.

Whether it was personal bests, podium finishes, or just giving it your all in the pool, we're proud of every single one of you.

Looking Ahead – October GSI Meets

We're looking forward to the three GSI meets in October, especially our very own home meet. Let's make it a great one!

Nutrition Session with Ali Miles

We're really looking forward to the club's upcoming nutrition session with Ali Miles.

We hope both swimmers and families get something valuable out of it – whether it's tips for fuelling performance, recovery strategies, or just building healthy habits around food.

It's a fantastic opportunity to learn more about how nutrition supports success in and out of the pool!

Behind the Scenes Heroes

And finally, a huge shout-out to our fantastic committee working tirelessly behind the scenes – your dedication makes everything possible.

From organising club rosters, managing finances, ensuring child safety, and everything in between – your efforts often go unseen but are deeply appreciated.

Thank you for keeping things running smoothly and creating a safe, supportive environment for our swimmers and families.

Matt Sario
SGB President



Upcoming Events

OCTOBER

- 1-3: AUS SC Champs
- 5: GSI Traralgon
- 10: Nutrition Session
- 12: GSI SGB
- 17: Dive Night
- 19: GSI Traralgon
- 25: 8-11 Country District

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)
- 11-15: Vic State Age

JANUARY

- 3: GSI Sale (Camp21)
- 16-18: LC Country Champs

See Team App Events for details



SGB success at State Championships

IT WAS a big weekend of racing for the SGB swimmers racing at the Victorian Age Short Course finals at MSAC on the weekend. Thirty-three Swimmers aged 12-18 raced in a range of distances from 50 to 800 metre, over the three days, in all strokes. Swimmers raced heats in the morning, and then those who were lucky enough to qualify for finals returned to compete at night.

It was a busy place, with two pools running side by side during the heats, the spectators had plenty of action to watch and provided plenty of cheering from the stands from the swimmers' supportive teammates and families. The event was also live-streamed, with fans able to cheer them on at home.

Coach Dylan was thrilled with the weekend's efforts.

"It's been quite a short season of Short Course racing this year, so to have one of the largest regional clubs here is fantastic. They all dug deep after Countries and worked on some areas they wanted to try and improve, and to see these results is really pleasing. They should be very proud of themselves."

Coach Lorri loved seeing the swimmers do so well.

"Seeing our first timers up there on the blocks always makes me smile. Over the years, they train hard, and the lucky ones are able to qualify and swim here. They are always so excited to get their State cap and towel and wear them for the first time."



Archie Smyth (right) with Levi Jarrett, Archie broke the Victorian Record in the Boys 13 years 200 metre backstroke and missed a second record by 0.4.



Miah is excited about her win.

Archie Smyth broke the Victorian Record in the Boys 13 years 200 metre backstroke.

The club did well in the points score, despite being up against clubs with over 100 swimmers; SGB came 12th in the overall rankings, with other Gippsland Clubs Traralgon eighth, Warragul 14th and Sale 32nd out of the 83 clubs.

The swimmers at the meet were: Madison Andreatta, Emma Barclay, Bec Barclay, Asha Chalmers, Nyah Chapman, Gemma Cook, Zoe Cox, Claudia Croatto, Emily Croatto, Isabel Croatto, Billy Fisher, Maggie Fisher, Cormac Flynn, Jordan Gallicchio, Daisy Giliam-Rodda, Lachie Grimes, Josh Hunt, Sienna Hunt, Levi Jarrett, Ava Lucas, Hannah

Lucas, Mostyn Lumsden, Isabella Lynch, Brooklyn Packer, Josie Richer, Miah Roberts, Zac Sherar, Aidan Smyth, Archie Smyth, Lara Smyth, Jarrah Tagell and Kaela Welsh.

Results:

- Claudia Croatto, 16: 2nd 200m Breaststroke, 4th 100m IM, 2nd 100m Breaststroke
- Emily Croatto, 13: 4th 200m IM, 2nd 100m Breaststroke, 2nd 200m Breaststroke, 6th 100m IM
- Isabel Croatto: 14 9th 200m Butterfly
- Asha Chalmers, 4th 400m IM
- Billy Fisher: 16 10 200m Freestyle
- Cormac Flynn, 16: 8th 200m Breaststroke
- Sienna Hunt, 15: 9th 200m

- Butterfly
- Miah Roberts, 15: 3rd 100m Backstroke, 10th 200m IM, 10th 100m IM, 4th 200m Backstroke
- Zac Sherar, 16: 10th 50m Freestyle, 4th 800m Freestyle, 9th 100m Freestyle, 6th 200m Freestyle
- Archie Smyth, 13: 3rd 200m IM, 3rd 200m Freestyle
- Gemma Cook, MC :1st 200m IM, 1st 50m Freestyle, 1st 100m Freestyle, 1st 100m IM
- Zoe Cox, MC: 5th 100m Breaststroke, 7th 100m IM, 8th 100m Freestyle
- Levi Jarrett, MC: 1st 100m Backstroke, 1st 200m IM, 1st 50m Freestyle, 1st 200m Freestyle, 1st 100m Breaststroke, 1st 100m IM, 1st 100m Freestyle



Bunnings Wonthaggi Fundraising BBQ RAISED

\$1425.25



Supported by:



Thank you to our amazing families for volunteering their time to help at the Bunnings fundraising BBQ on Grand Final Friday. The club raised a profit of \$1425.25

Thank you to Bunnings Wonthaggi for having us. Thank you Michael's IGA for supporting us with a discounted price to purchase the sausages and bread.

We will be running more of these fundraising BBQ's in the future and would love to see some more of our families put up their hand to help out, events will be listed on the team app calendar with a duty roster to put your name down.

SGB junior race night

SWIMMING

The last week of term is always fun for the junior swimmers with a race night at both Bass Coast Aquatic and Leisure Centre and YMCA South Gippsland Splash.

Race nights are an introductory relaxed swim meet for the junior swimmers to put together the skills that they work on each week during the term.

A big thank you to the NAB Leongatha and Wonthaggi branches for sponsoring the 2025 Junior race nights, held at the end of each term.



Raph is very happy with his ribbons from his first junior race night - an amazing effort.

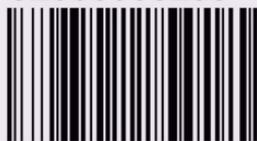
10C CAN & BOTTLE DONATIONS

Your Donation goes to SGB SWIMMING CLUB

For bulk amounts contact: sponsorship@sgbswimclub.com.au



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GSI 3 - SUNDAY 12th October

Hosted By SGB Swimming Club

South Gippsland Splash, Leongatha

Entries via Swim Central



MUIR SWIM SCHOOL

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

Korumburra Swim School
muirswimming@outlook.com



Woolamai Swim School

Enrolments open
Contact Sam: 0427422987



Exciting!
ALI MILES
is joining us for a



**LIVE
NUTRITION
WEBINAR**

Date:
October 10th
Time: 4:30 pm
Venue: Splash
court

Ali Miles, founder of Fuel School, is arguably one of Australia's most in-demand high-performance sports dietitians. Ali's performance nutrition strategies have helped some of the world's top athletes and teams embrace performance fuelling and achieve their ultimate

SGB SPONSORS

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