SEPTEMBER 2026

From the President

It was fantastic to see such a great turnout at our recent Bunnings BBQ. The event was a wonderful success and raised much-needed funds to support the club. We would like to extend our sincere thanks to everyone who volunteered their time and assisted with the planning and preparation in the lead-up, as well as those who helped on the day. Your contribution and ongoing support are greatly appreciated.

Our State and National swimmers are currently enjoying a fantastic camp experience, with the camp scheduled to conclude on Sunday. We wish all of our swimmers continued success and hope they make the most of this valuable opportunity to train, learn and spend time together.

We were also fortunate to welcome Bec Stone to the club for a nutrition session. Education around nutrition is an important part of supporting athlete development, and sessions such as these provide valuable information not only for our swimmers but also for their families. We thank Bec for sharing her knowledge and expertise with our club.

There is a busy month ahead, with the start of the GSI season and our own home meet both taking place. We look forward to an exciting month of competition and seeing our swimmers continue to develop, challenge themselves and represent the club with pride.

New Premier Partner Sponsor
BEACH ENERGY
Thank you for supporting our swimmers

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Upcoming Events

OCTOBER
3: GSI - Traralgon LC
11: GSI - Morwell SC
16: Dive Night
18: GSI - SGB Leongatha SC
25: Melbourne Sprints

NOVEMBER
7: GSI - Traralgon LC
14: GSI - Warragul LC
20: Dive Night
21: Junior Country District
27: Junior Race Leongatha
28: GSI - Traralgon LC

DECEMBER
1: Junior Race Wonthaggi
5: GSI - Sale LC
9-14: Vic Age Championships
19: Fundraising M10 Cowes

JANUARY
2: GSI - Warragul
16-18: Country Champs Mildura
30: GSI - All Junior Q - Sale

FEBRUARY
6: GSI Warragul LC
27: Fundraising M10 Cowes

MARCH
6-8: Gippsland Champs

See Team App Events for details

WONTHAGGI WORKERS CLUB EST 1911

Captains Bec, Claudia and Billy catch up with former Australian Cricket Captain Belinda Clark.

What makes a good leader

SWIMMING

The 2026 Club Captains of Victorian Swimming clubs met at MSAC on Saturday to learn from several experts about what makes a good leader.

Guided by Tamsin Cook and Belinda Clark, the leaders worked on identifying their own leadership strengths, areas to work on and as a club what needs to be done to improve.

Working with other leaders from around the state, SGB captains Bec Barclay, Claudia Croatto and Billy Fisher worked together to plan the best way to help lead the club.

"I found the session really interesting," said Bec.

"Listening to them talk about what to say to the swimmers to help encourage them is something I will be able to put into practise at our upcoming events."

The trio were then able to put this into practise at the NAB Junior Race Nights held to celebrate the end of term for the younger SGB swimmers.

Sixty-four swimmers competed over the two nights at the two pools. The nights, held at both Leongatha and Wonthaggi pools, are always a popular night for the juniors, who can see how much they have progressed over the previous months.

Swimmers raced in all four strokes over the 25m to gain valuable race practise before the summer season and prepare some of them for the upcoming meet in Leongatha next month.

Traralgon Sprint Meet Qualifier

On the 13th September 27 swimmers attended this meet under the guidance of Coach Sarah. It was a quick meet, with all races done in 2hrs.
Many swimmers achieved qualifying times for the upcoming Melbourne Sprints Meet in late October.
Well done to all the new young swimmers attending their first swim meet, you all did fantastic. Thank you to the older swimmers for helping out.

Photo: Lucas celebrating his ribbon haul at his first swim meet.

CKR HOMES & RENOVATIONS
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SGB swimmers train with the best at state camps

THERE was no rest for South Gippsland Bass swimmers Emily Croatto, Jarrah Tagell, Levi Jarrett and Gemma Cook, who joined Victorian state squad training camps during the first week of the school holidays.

The high-level camps involved training sessions with a variety of high performance coaches from Victorian clubs and the Swimming Victoria team.

Swimmers came from all parts of Victoria to take part, and the SGB swimmers relished the opportunity.

Emily attended the Swimming Victoria State Marlin Squad camp at Geelong Grammar, part of Swimming Victoria's performance pathway program for talented swimmers aged 14 to 17.

She was invited as a Junior Talent following her success at the Australian Age Championships earlier this year.

The swimmers trained as a squad to refine race processes, build state squad culture and strengthen connections across the team.

Emily has worked hard for a number of years to gain selection and was rewarded with the opportunity.

Jarrah, Gemma and Levi, along with SGB coach Lorri McKenzie, spent the week at the Swimming Victoria Emerging Abilities Squad camp in Canberra, held at the Australian Institute of Sport.

Training at such high-level aquatic facilities was a highlight for the trio, a far cry from some of the pools they regularly train in.

They worked with a range of coaches throughout the week, developing their race skills and bonding as a team.

The club said it was delighted Swimming Victoria was investing in the development of its Multi Class talent and coaches.

The opportunities show the depth of talent within SGB, with the swimmers set to bring new skills and insights back to share with their clubmates.

Gemma, Lorri, Levi and Jarrah enjoy between training.

Fantastic result from our fundraising bbq at Bunnings Wonthaggi on the 19th of September. Thank you to Sarah P for coordinating the event and to the families that came along & filled a timeslot.

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
muirswimming@outlook.com

KORUMBURRA SWIM SCHOOL

Woolamai Swim School
Enrolments open
Contact Sam: 0427422987

SGB SOUTH GIPPSLAND BASS SWIMMING CLUB

CHILD SAFETY OFFICER
Mel Tagell

At SGB, the safety and wellbeing of all our swimmers is always our number one priority.
If you need to chat, talk through something or make a report, please reach out to Mel
childsafetyofficer@sgbswimclub.com.au

Diversity & Inclusion

SGB IS AN INCLUSIVE SWIMMING CLUB, WELCOMING ALL MEMBERS OF THE COMMUNITY. SGB IS PROUD TO ACKNOWLEDGE THE PEOPLE OF THE BUNURONG AS THE TRADITIONAL OWNERS AND CUSTODIANS OF THIS LAND AND WATERS. WE RECOGNISE THE UNIQUE DIVERSITY OF THE FIRST PEOPLES HERE IN SOUTH GIPPSLAND AND BASS COAST.