

Award

Swan Hills AUSSI were winners of the Masters Swimming WA award for the highest average points per swimmers during the 2005 Be Active Club Challenge Series. Sandra Mutch accepted the award on behalf of the club at the Council of Clubs in February. If you want to look at the award it is in the trophy cabinet in the club rooms.



New Members

Welcome to **Kerry Hutchinson** (a very belated hello ☺), Kerry trains in the morning with the Early birds but, is away at the moment for work, she has said she will be back in time for our Interclub in July. Kerry along with Trish Deaker and Sandra Mutch represented us at the Melville Interclub in April, and was our soul representative at the State Championships.

Our newest member is **Gillian Lee**. Gillian belonged to the Albany Masters a long time ago and was pleased to find a club had formed at her local pool and is looking forward to competing at our Interclub and may even fit in a swim at the Swan Hills Swimming Club night. Gillian regularly competes at the annual Firefighters Games and came home from this year's competition with a few medals.

Swan Hills Training times

Monday, Wednesday, Thursday & Friday mornings (early birds), 5.15am – 7am, cost is currently \$70 for the month. If the early start is just too early, the coach has the program structured so that you can get in the water at 6am. Experienced Coach on deck at all times.

Monday & Wednesday mornings 9am another that didn't take off, we had swimmers interested but.....

Saturday's 9.30 to ~11.30am – Aerobic Swims/club get together. Come along and do some longer swims and participate in our Aerobic awards, training and stroke correction also if required

Swan Hills Club Night

Unfortunately this never got off the ground, still looking at this for when we have more members.

Swan Hills AUSSI Postal Swim

This years DO 45 was not a great success, not sure why as we had so many swimmers emailing for an entry form. We will run this again next year and if not successful again, will put it away in the try again basket.

2006 Be Active Club Challenge's (BACC's)

Targeted events for 2006 are as follows.

Swan Hills BACC	Short course	2 nd July
Stadium Snappers BACC	Long course	15 th October
Somerset BACC	Long course	19 th November



Mandurah 2006 Be Active Club Challenge

On Sunday the 11th of June, Erin Shaw, Paul Bayliss and Sandra Mutch travelled to Mandurah to compete in the Mandurah BACC.

Paul despite being ill for the last couple of weeks managed to swim times only tenths of a second off his previously recorded times. Erin broke the State Short course 100m Backstroke (set by Sandra last July), only to have it broken in the next couple of heats, so unfortunately she doesn't get acknowledged for the record, she set two Swan Hills AUSSI age group records and came close in her other swim. Sandra managed to combine teaching Meet Manager to the Mandurah recorder and racing, only just, though seconds off her normal times was still able to gain first place in her age group for the 50m Freestyle.

Unfortunately due to previous commitments our three racers were unable to stay and partake in lunch with the other competitors.

Swan Hills BACC – Can members please donate a bottle of wine for the wine raffle we will be holding during our carnival, to help cover costs. Please also bring a plate of food to share with our hungry visitors. Maida Vale AUSSI have been asked if they can help us by bringing a plate of food instead of paying.

Numbers should be up on last year, as Melville have decided to swim with us instead of doubling up later in the year. Mandurah have also asked if we could fit them in. The biggest hurdle to our event will be the three Postal entries for our event, this will definitely challenge our Recorders

We are on the look out for volunteers to help run the event, so if you have a significant other or close friend not doing anything on the day, bring them along.

Sandra Mutch will take your entries as soon as you have decided what you are swimming in, entries close on the 28th of June.

The events are

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| Event 1 | 100 Individual Medley |
| Event 2 | 200m Back |
| Event 3 | 100m Fly |
| Event 4 | 50m Breast |
| Event 5 | 50m Back |
| Event 6 | 50m Free |

Do you need bathers?? We have Ladies bathers in racer back style or the Katzoot style, prices range from \$39.20 - \$46. How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a new Swan Hills swim cap? Sandra has these for only \$6.

Have you visited our related websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

Our own website that gets updated whenever possible. ☺

<http://swanhillsswimclub.tripod.com/>

Swan Hills swimming Club website

<http://www.aussiwa.com.au/>

State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/>

The National website - all the Rules, Results & Ranking etc