

PAUL SADLER SWIMLAND

ESSENDON NEWSLETTER – Term 3, Ed. 4

CONGRATULATIONS TO THE BASEGGIO FAMILY WHO WON THE FREE TERM OF SWIMMING LESSONS & V.I.P. CAR PARK with our Term 3 early re-enrolment incentive. CONGRATULATIONS TO THE WILSON FAMILY WHO WON THE FAMILY DAY PASS TO LUNA PARK. HAVE FUN!

RE-ENROLMENT DATES FOR T4, 2008

Re-enrolment must be finalized by Sunday 21st September to guarantee your spots for Term 4 2008. Please see reception for confirmation and payments. If you have any concerns regarding term fees or your enrolment for Term 4 2008 please don't hesitate to speak to a deck supervisor prior to the end of term.



Photo: Term 3 winners of free term of lessons & V.I.P car park.

EARLY BIRD SPECIAL!!!

All families who re-enroll by Sunday 7th September, the end of Week 8, will go into the draw for a free term of swimming lessons and a V.I.P. car park for term 4.

TERM 3 MAJOR EVENT – THE SWIMLAND OLYMPICS

What an awesome job swimmers, families and staff did getting into the Olympic spirit during Week 5, Monday 11th August – Sunday 17th August. Swimmers had a great time taking part in some Olympic themed activities and receiving their very own gold medal for participation on the Paul Sadler Swimland dais. Swordy joined in the action, flying the Aussie flag and encouraging our Swimland Olympians along the way.

Thank you to all the parents and friends who came along and encouraged the children as they participated in some friendly competition and joined in with the National Anthem. What an awesome week! We hope everybody has enjoyed and continues to enjoy watching our Aussie athletes competing at this year's Beijing Olympics.

FUNDRAISING

Our fundraising event for Term 3 will be a HOT DOG WEEK. Staff will volunteer their time to cook and sell hot dogs during Wk 8, Mon 1st – Sunday 7th September. Please bring along some coins and support the Royal Children's Hospital while you enjoy a hot dog!

MAKE-UP DAYS

Three make-up day afternoons are scheduled for Sunday 3rd August (Week 3), Sunday 24th August (Week 6) and Sunday 14th September (Week 9). Reminders for these sessions will be displayed on the whiteboard. Please see reception to book a make-up. A reminder that 48 hours notification must be given to reception to cancel a make-up in order to rebook.

FROM SWORDY TOTS TO SQUAD

The following is a recount of four parents' experiences at Paul Sadler Swimland. The four families currently have 7yr old sons attending Junior Squad who all began swimming in our Swordy Tots program during our first year of operation 6 years ago. We asked them to share their reasons for enrolling in lessons and continuing on to squad, their experience of progression & transition through the different levels of the program along with any difficulties they have experienced along the way.



Jacob Oehl

Learning survival skills and safe behavior around water was a common reason for beginning lessons in the Swordy Tot program and continuing to squad level. Like many families in Australia, the boys' holidays are spent at the beach or around back yard pools. These parents saw the squad program as an opportunity to further develop the boys' confidence and stamina, developing technique and skills that will remain with them for life as well as enjoying the social interaction with other swimmers.



Max Simpson & Max Nagle

The boy's parents highlighted their early start in lessons, the boys enjoyment of classes and the relationships they have developed with teaching staff as aspects that have certainly contributed to their progression to squad at the remarkable age of 7. It is also important to recognise that the parents' commitment to year round swimming, keeping their attendance consistent has played a major part in their sons' continual progression through the program.

The transitions through the levels resulted in some mixed responses with both positive and challenging experiences along the way. Parents believed that the professionalism displayed by our staff and their reassurance and confidence in their knowledge contributed to easier transitions but this did not fully relieve some struggles along the way.

One parent openly acknowledged that the process of transition for her son had at times been difficult, particularly the nerves felt going into squad for the first time. She has found that "patience, encouragement and communication from the staff at PSS have helped to overcome (her sons) fears" and that perseverance on her part has always got them there in the end. A second parent found that sometimes children were more resilient to the changes than the parents!

Over the 6 years attending lessons the families have experienced many rewarding moments. In Swordy Tot classes spending 1 on 1 time with their young children and sharing the experience with other parents was a happy memory, through to the Learners program where the boys received the Green certificate – for the first time swimming continuous laps. For Kyle's family the completion of his 1km swim and 3km Gold Swim at the age of 6 and seeing the determination and commitment he had to his training has been a wonderful reward. Aside from these accomplishments along the way the main reward for all parents has been the enjoyment that the boys have felt and the confidence that has grown as they have become stronger swimmers. Undoubtedly all the parents are very proud of their children's achievements as are the many teachers and staff at Swimland who have had the privilege of being involved in their progression from Swordy Tots to Squad.



Kyle Micallef – 3km Gold Swim participant

SQUAD NEWS

CONGRATULATIONS TO OUR 64 SWORDY 1KM MEDALLISTS & OUR GOLD SWIM PARTICIPANTS! We had 64 squad swimmers complete a 1km swim for the very first time during term 2 2008! We consider the 1km medal our “Year 12 of swimming” and it is our aim for every child at Swimland to achieve this feat with our support. Well done guys! During June 2008, 58 very dedicated squad swimmers undertook extra training to complete Gold Swims ranging from 3km – 12km & a 5hour swim. Children received their Gold certificates & swimming trophies at a most enjoyable presentation night.

CONGRATULATIONS TO OUR INDIVIDUAL EVENTS CARNIVAL PARTICIPANTS! Swimmers took part in their choice of races over 50m at M.S.A.C. and should be very proud of their efforts. For many it was the first time they had taken part in a competitive event so there were a few nerves, however everybody did their best. Thank you to all of the very encouraging parents who attended the event.

CONGRATULATIONS TO OUR TOP GUN WINNERS!

Swimmers with the fastest 1km time trials competed in the Top Gun event, a 1500m freestyle swim. Our winners were:



CONGRATULATIONS TO THE GOLD COMPETITION

WINNER – Stuart Robinett

“Go for Gold” competition rewards Gold Squad swimmers with points for improvement in times, attendance, hard work, and participation in a Gold Swim. WELL DONE STUART!

PHOTO: TOP GUN WINNERS AT PRESENTATION NIGHT. Jnr Male – Justin White, Jnr Female – Viktoria Tsiatsias, Snr Female – Rachelle Silvestro, Snr Male – Stuart Robinett

SUB-CLUB TERM IS UNDERWAY! The focus in squad this term is on sprinting and stroke development which enables swimmers to improve their strength, speed and swimming technique. All swimmers are rewarded for trying to beat their personal best time for freestyle over 50m. Good luck to all our squad swimmers. Events for the term include our PSS Essendon Carnival which involves swimmers competing over 50m for freestyle, backstroke, breaststroke & butterfly and the All Star Carnival which involves the swimmers who record the fastest times at the Essendon carnival competing against our other Swimland sites.

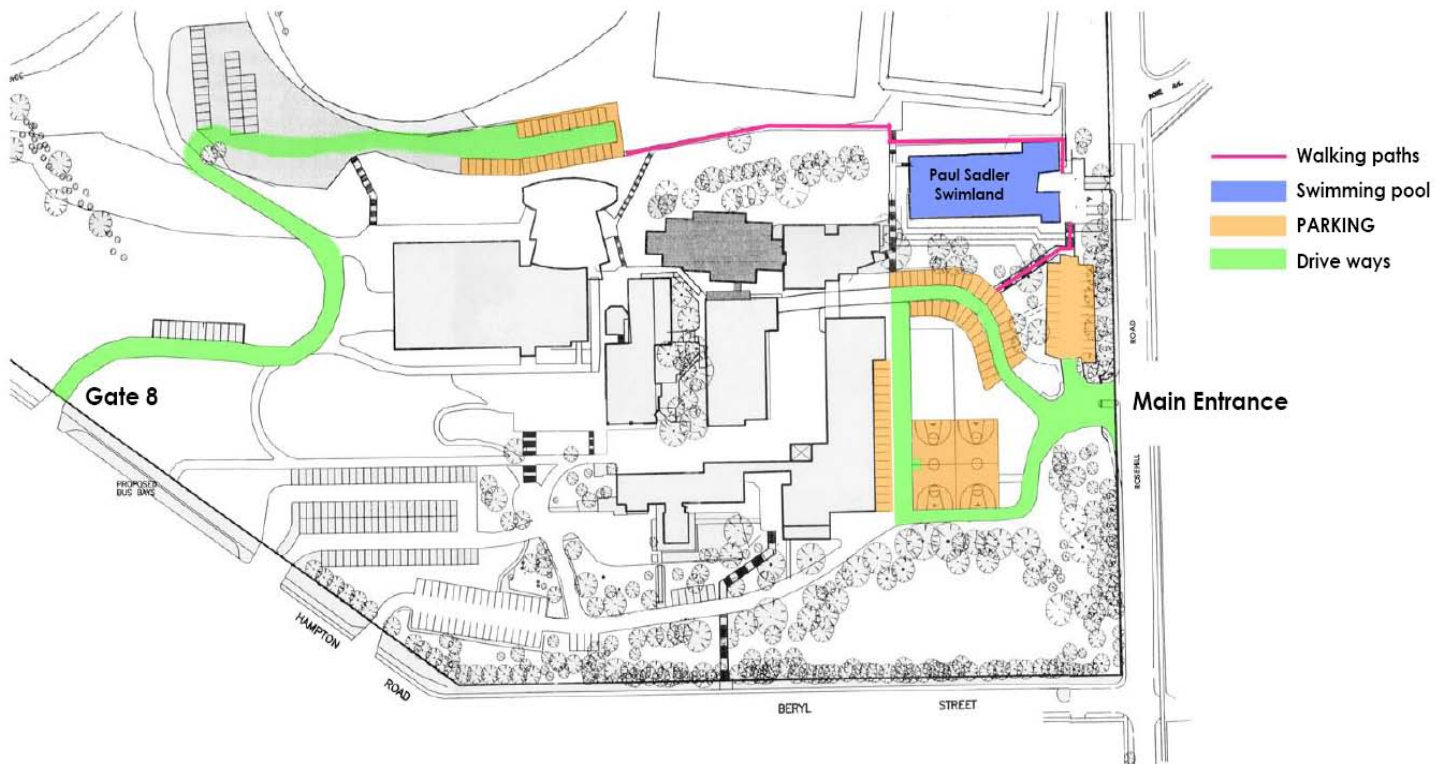
SWIMLAND SWIM CLUB

Our new Swim club season began on May 1st. We are delighted to welcome back last years members and also a big welcome goes to our new members that have joined us for their first season of competitive swimming. Our first meet will see 9 of our athletes compete in our winter Interclub at M.S.A.C. from July 18 through to August 15th. This is a great introduction to our athletes who will compete in relay teams over 50m for each competitive stroke. Good luck to our athletes. For those of you who are interested in learning more about Swim Club you are welcome to trial a free A.M. club session on a Tuesday or Thursday morning. Please contact our site co coordinator at veronica.phelps@paulsaderswimland.com to arrange a time or to ask any questions.

HOLIDAY PROGRAM

The September/October Holiday Program will be running Mon 29th September – Fri 3rd October, the second week of the school holidays. The holiday program involves a 5 day intensive program for pre-schoolers, learn to swim & squad children. The program can give swimmers a great opportunity to progress in a short period of time and to consolidate skills. Every swimmer receives a certificate for their participation. The program is now open for bookings please see reception for available classes and times. There are limited positions available for squad so please book early.

PARKING AREAS AT PAUL SADLER SWIMLAND ESSENDON



SWIMLAND STAFF/DISABLED PARKING – located at the pool entrance. Parking bays are available for clients with disability cards displayed in cars. The gate is kept half closed during lesson times to restrict access to entrance area for safety reasons – we ask that it is not used as a drop off area due to the large number of children coming in and out of the centre.

SWIMLAND CLIENT CAR PARK & BASKETBALL COURTS – located to the right of the main entrance on Rosehill Rd. Stair and pathway access is available to the centre. **Please do not park at the entrance to the car park alongside the bollards. Cars parked outside the marked bays are a hazard to other vehicles and restrict others entering and exiting the car park safely.** The basketball courts and surrounding area are available for use during weekday afternoon, evening and weekend classes only. **The basketball courts are not available for use during weekday morning classes 9am – 12pm.**

GATE 8 CAR PARK – located adjacent to the ovals and a short walk from the centre via pathway & ramp. Gate 8 entrance can be accessed via Beryl St. or Hampton Rd. This car park is a safe alternative particularly for our parents with prams and young children with internal ramp access to the centre rather than the walk down & UP Rosehill Rd.

CORRECTION TO TERM 3 CALENDAR DATES

Term 3 dates are Monday 14th July – Sunday 21st September. An error on the 2008 calendar shows the 20th & 21st of September marked in light blue indicating school holiday period. Classes will operate through to Sunday 21st September.