



newsletter

#09

EARLY BIRD PAYMENT - Competition Winners

Congratulations to the Fitzpatrick's, who are the winners of our Early Bird Payment competition. They won a GT bike, helmet and four service vouchers valued at over \$650.00 from BENDIGO CYCLES for Jacob and Alex (pictured right).

This term Swordy has definitely 'pulled out the big guns' for Christmas, with a **\$1,000.00 Gift Card** to spend at the **BENDIGO MARKETPLACE** as our **early Bird prize**. To be in with a chance of winning, simply pay Term 1, 2010 swimming fees (in full) by Monday the 7th of December. The winner will be drawn and announced on deck later that evening. Remember, you've got to be in it to win it and Reception is taking payment now.

SQUAD NEWS – Ian Pope and Paul Sadler in Bendigo

Ian Pope (Olympic Coach) and Paul Sadler were on-site Saturday 24th October to conduct a training session with more than 50 of our Squad and Club swimmers.

Ian has coached many stars including Grant Hackett, Giaan Rooney, Michael Klim, Matt Welsh and Patrick Murphy.

Ian is also the only coach to have had a swimmer win a World Championship medal in every competition for the past nine years. Paul also attended the coaching session, not only to pass on his years of experience to the swimmers, but also to impart some pearls of wisdom to our own Coaches and Teachers.

Ian spoke to the squad about mindset for racing and training, and goal setting. The kids then hit the water, with Ian running through some great drills that highlighted the importance of body position and streamlining through the water. The swimmers received coaching on all four strokes and also their starts, turns and finishes.

It was a wonderful opportunity and experience for our swimmers and of course our teaching and coaching staff, to see a true Australian coaching legend at work.



Jacob, Amanda and Alex Fitzpatrick :
Early Bird Competition Winners



Early Bird Competition.
Win a \$1000 voucher at the
Bendigo Market Place.



WATER SAFETY WEEK - Kids Alive Do the Five

Fence the pool, shut the gate, teach your kids to swim IT'S GREAT, supervise, watch you mates and learn how to resuscitate.

From Monday, 30th November through to Sunday, 6th December we will be participating in the National **PLAY IT SAFE BY THE WATER WEEK** Lessons will be modified to include more water safety and survival activities and reinforce that Water Safety is a 24hour, 7day a week exercise. Swimmers will also learn how to stay safe in different environments - at the beach, up the river, at the pool, and really get set for a great summer. For more information on Water Safety Week please visit http://www.aquarecvc.org.au/arv_watersafetyweek.htm.

GOODBYE - Shireen is moving to Canberra

Our Manager, Shireen Skidmore is leaving Paul Sadler Swimland Bendigo at the end of the term and moving to join her partner in Canberra. Shireen is one of our founding staff members and will be sadly missed. On behalf of our clients and staff, we wish her well in whatever field she chooses to pursue.

To support TJ and the rest of our Management team, we have secured the services of Dale Goodrem, who brings with him over ten years of Swimland Teaching and six years of Management experience. You will see him out on pool deck over the next few weeks getting acquainted with our pool, swimmers and parents. Welcome Dale!

SQUAD NEWS - Relay Day

Sunday October 17th saw 70 Bendigo squad swimmers head to Melbourne to compete against the eight other Swimland sites in the PSS Relay Day at the Melbourne Sports and Aquatic Centre. With over 400 swimmers competing throughout the day in relay events, the emphasis is on participation, teamwork and fun!

We had many swimmers racing for the first time, so swimming in a pool used for the Commonwealth Games, taking home ribbons and getting a taste for competition meant it was a great day for all who attended. Special mentions go out to the Boys 8 & under Freestyle 'A' team (Jack Cripps, Jarrod Slot, Ethan Waller and Ben Worme) and the Girls 9 & Under Freestyle 'A' team (Brittany Wassing, Gaby Kleyn, Millie Fogarty and Kiara Verbeek), for taking home gold medals.

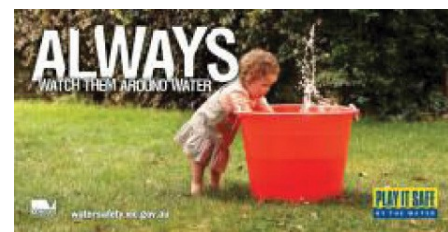
Overall, the Bendigo Silver Caps, took home four 1st places, two 2nd places and three 3rd places. Great work team!

Thanks to Amy Waterson and the squad coaching team for all the lead-up training, preparation and, of course, helping the kids out on the day.

5th BIRTHDAY NEWS - Celebrating 5 Years of Operation

Paul Sadler Swimland will be celebrating our 5th Birthday celebrations from Monday 1st February through to Sunday 7th February, 2010.

As well as our regular lessons, we will be having additional fun, games and prizes to be won. Be sure to join in all the excitement and games throughout the week.



Boys 8 and Under Freestyle A Team



Bendigo Silver Caps Relay Day Team
2009



Girls 9 and Under Freestyle A Team

FRIDAY MORNINGS – Now Open!

With our morning programs in great demand, we have just opened brand new groups with Friday now having both Kinder and Learner classes operating. If swimming on Friday mornings would suit you and your little swimmer, please see Reception for more information

SWORDY REWARDS – Focus Centre - Front Beach, Torquay

Our Swordy Reward focus centre for this term is the Front Beach beach houses which are perfectly situated less than 50 steps to the beach. This stylish accommodation is exactly what you and the family need.

No need for a car, as the beach, playgrounds, restaurants and boutique shops are all at your door. There are three beach houses catering for families, each with two bedrooms and all with a unique beach essence. Each beach house is fully equipped to make your stay enjoyable. Perfect all year round; family and pet friendly too!

Torquay is the gateway to the great Ocean Road... great for surfing, swimming, bike rides and picnics. Dad can play golf, kids can do the surf school while mum goes to the day spa... all within walking distance ... PERFECT!!!

Mention "SWORDY" at booking and we will pop in a FREE welcome pack of wine, chocolates and a child's gift

SWORDY REWARDS – Update

Those who used their Swordy Rewards Card at What's New during the month of October went into the draw to win a \$150.00 Gift Voucher, The winning ticket was Blue Ticket D5. Please see Reception for details on how to collect your prize.

With Christmas just around the corner, now is a great time to be using your Swordy Rewards Card to save \$\$\$\$\$. For the most up-to-date list of our current participating Swordy Rewards centres, please see Reception.

WANTED – Swordy Tot Teachers!

- Do you like working with children?
- Are you enthusiastic, reliable and fun?
- Looking for casual employment weekday mornings or weekends?
- We are looking for new teachers to join the Paul Sadler Swimland Team.
- No experience is necessary and we will provide a full and comprehensive training program for successful applicants.

Please speak with our Deck or Reception Staff if you are interested and forward any resumes to tim.jones@paulsadlerswimland.com .



www.FrontBeachTorquay.com
0408 395 312



Upcoming Swimland Events

Week 9 (30th Nov – 6th Dec)

Water Safety Week

Friday 11th Dec

Squad Presentation Night

Week 11 (14th – 20th Dec)

Christmas Week

18th – 22nd January 2010

Holiday Program

Wed 27th January 2010

Term 1 Begins

Week 2 (1st – 7th Feb 2010)

5th Birthday Celebrations

White Hot



The New Volkswagen GTI.

Red Hot



Your Local Volkswagen Dealer

Symes Motors

185-197 High Street, Bendigo Ph: 5442 3111 - LMCT 1140



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19 CARPENTER ST - 5444 4990

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