



# Swordy's News

## SWORDY'S SURVIVAL STORY – The Ward Family

Paul Sadler Swimland is extremely proud of its reputation for being 'the Survival Specialists'. There have been hundreds of stories over the years of children who have saved themselves from dangerous situations with the skills learnt at Paul Sadler Swimland. Here's another great one:

The Ward family have been a loyal customer at Paul Sadler Swimland and having three children, Mitchell (8yrs), Brodie (5yrs) and Tahla (3yrs) attend swimming lessons since they were 6 months old.

Recently they had an experience with Tahla that highlights the benefit of beginning lessons at an early age.

Her father Rod tells the story...

*"Last year when Tahla was approximately 2 ¾, we were at her Grandparents' house which has a pool. Tahla and her cousin, 3 ½, got into the pool enclosure which is fenced. The gate was shut but not locked. We heard a splash, and may have got there in time to avoid a tragedy, but thankfully it was okay, as Tahla, whilst frightened, managed to tread water and dog paddle to the side where she held on until help arrived. We've sat through over 500 lessons combined with our three kids - they all paid off that day!"*

## WATER SAFETY WEEK

This year's water safety week will be conducted from November 29 – December 5. This is a valuable experience run annually for our swimmers, within their normal classes and focuses on preparing children for scenarios they may face in Summer.

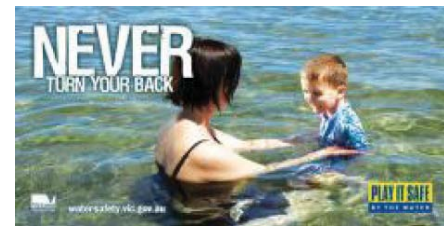
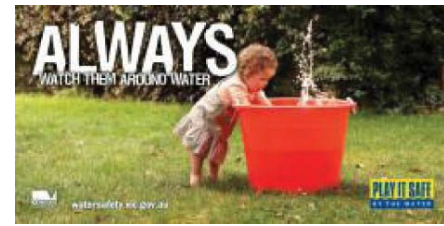
As Summer is fast approaching and time spent by the water increases, water safety week is a great reminder that safety in and around water should be at the forefront of our minds and there is no substitution for supervision.

## CHRISTMAS WEEK

Christmas week will run from December 13 – December 19 and will be an exciting themed lesson. Activities will be full of energy and festive fun so make sure to bring your Christmas cheer and look out for a visit from someone special!

## EARLY BIRD COMPETITION WINNERS

Congratulations to our Term 3 early bird winners



First prize went to the Tiralosi family who won a term of free swimming lessons and second prize went to the Bird family.

Remember if you want to be in the running for the Term 4 Early Bird draw, all you have to do is have your Term 1 fees paid by December 5.

## FEES THANK YOU

Thank you to all of our customers who helped by implementing our fee policy last term. With more swimmers confirming their position before the end of term 3, we were able to move swimmers waiting for suitable classes, for the beginning of term 4.

We are looking forward to having an even better response this term and ask that you all please see reception before the end of term 4 to confirm your classes for Term 1, 2011. Your cooperation enables us to continue to provide the best customer service possible for all of our families. Thank you!

## SQUAD RESTRUCTURE

Paul Sadler Swimland are proud to announce stage one of our exciting squad restructure is now complete.

The need for a restructure was prompted after receiving feedback from parents, swimmers and coaches that there were some areas of deficiency within our program. We have now made changes to our squad program to improve the quality of teaching we provide and increase the speed of progression for our swimmers.

The first phase of the restructure was introduced at the beginning of this term and involved our Pumpkin swimmers.

As our learner program has strengthened we have found that children are achieving their pumpkin certificate at a younger age and the move to squad was becoming overwhelming. The transition previously involved moving from a 1:6 ratio for 30 minutes with a teacher in the water, to a 1:20 ratio for 45 minutes, with the coach out of the water and we noticed that technique weakened and the swimmers progression slowed.

We now have a 30 minute lesson with a maximum of seven children per class and the teacher is in the water. This provides the very necessary hands on correction needed for the children to progress.

The feedback so far from teachers, swimmers and parents has been very positive and we would like to thank all involved in making it a smooth transition.

Stage two of the squad restructure will happen early in 2011 with more exciting improvements to come!

## RELAY DAY

Relay Day is a squad event that brings swimmers together from all Paul Sadler Swimland sites to compete in relay events. It is a great opportunity for swimmers to get a taste of competition in a non-threatening environment.

**Just a reminder, to stay up to date with all Paul Sadler Swimland news and information, don't forget to visit our website,**

[www.paulsadlerswimland.com](http://www.paulsadlerswimland.com)

**and click on the Narre Warren page.**

## SQUAD Term 4 Event Dates

### **Top Gun**

Saturday November 6 from 3:00pm - 4:30pm

### **All Star Top Gun**

Saturday November 20 from 10:00am

### **Long Distance swims**

- **8km, 10km, 12km & 5hrs:** Sunday October 31 at 1:00pm.
- **5km & 6km:** Sunday November 14 at 3:30pm
- **3 & 4km:** Sunday November 14 at 1.30pm

### **Presentation Night**

Wednesday December 8 at 7:30pm. (invitations will be handed out by squad coaches)

Congratulations to all of our swimmers who were chosen to represent Narre Warren in Relay Day 2010! It was a fantastic day and we were very proud of you all.

## **SWORDY ONE KILOMETER MEDAL**

Well done to all of our swimmers who completed their "VCE of swimming" by finishing their one kilometer swim! It is a huge achievement that we hope all of our swimmers will one day complete, as they will then have gained a SKILL FOR LIFE!

## **SWIMLAND SWIM CLUB**

Congratulations to Leah Allen from Swimland Swim Club (SSC), who recently won five events at the State Short Course Championships and came third in another. Leah is SSC's first state level medalist and trains under our head coach Peter Howes. When asked what she hopes to achieve with her swimming, Leah has only one thing on her mind, "to be a female Michael Phelps".

Numbers in the SSC squads at Narre Warren have increased and the mornings are now a buzz with activity. The sessions are between one and two hours and include technique work, racing and dry land training. There are COME AND TRY mornings run frequently and the coaches would love anyone who has considered joining the club to come down and give it a go.

Swim club is a great opportunity for swimmers to make new friends, join in social activities and fulfill their swimming aspirations. If you are interested in getting some more information regarding SSC, please feel free to visit our website, <http://www.paulsadlerswimland.com/SSC/Home.aspx>, or contact Dean Gooch (SSC coach) on [dean.gooch@paulsadlerswimland.com](mailto:dean.gooch@paulsadlerswimland.com) or 8790 5540.

## **HAVE YOUR DETAILS CHANGED?**

If you have recently moved or changed contact or medical details please fill in the following form, tear it off and drop it into reception to be updated. This will allow us to provide better customer service and accurate information to medical professionals (should it be required).

Last Name:	Child's Name:
Day/Time of Swim:	Address:
Phone Number:	Mobile Number:
Email:	Any other information (eg. Medical):

## **SANTA LOOK HERE!**

As summer approaches and Santa starts his Christmas present plans, we wanted to remind you of some of the great Swordy gift ideas we have available at reception.

We have Swordy towels, hats, toys, swim wear, rash vests and other swimming products.

Some of our fantastic swimmers marshalling at Relay Day



Leah Allen – State level medalist

These products are not only fun but are practical and the kids love seeing Swordy on Christmas day. So parents, make sure Santa knows we are here waiting for him!

## ROYAL CHILDREN'S HOSPITAL – FUNDRAISING UPDATE

1. This year we will be having our **BEST EVER CHRISTMAS RAFFLE!** Prizes include, Guitar Hero, a power drill, free swimming lessons and lots more. Tickets go on sale from November 15 and are \$2 each or 3 for \$5. Please see reception or one of our deck team if you would like to purchase a ticket to support this great cause. Winners will be drawn Sunday Dec 12.

2. A **huge thank you** to all of our families who took part in the underwater photos during Term 3. Together we raised over \$2000! Thank you must also go to all of the staff who donated their time to help out.

3. Just a reminder that we are still selling 'Killer Pythons' and Icy Poles for \$1 each. Please see a deck supervisor or the reception team if you would like to purchase any. All profit goes directly to the Royal Children's Hospital.

## STAFF PROFILE

**Name:** Jenny Caruana

**Role:** Reception coordinator

**How long have you worked with Paul Sadler Swimland?**

About five years.

**What is the best thing about working for Swimland?**

It's fun. I enjoy coming to work every day.

**What is your personal motto?**

Smile and the world smiles with you.

**What is your favorite hobby?**

I used to cycle but don't have time at the moment.

**What is one place in the world you would like to visit?**

Ireland. I don't know why I would just love to go there.



Reception Coordinator  
Jenny Caruana