

**09 December 2011**

This and previous Newsletters can be viewed at [www.castlehilldolphins.com.au](http://www.castlehilldolphins.com.au)

*Good luck to all our Sprint swimmers tonight and a big Dolphin welcome to Santa Claus*



**Merry Christmas**



**Happy New Year**



**The committee of the Castle Hill RSL Dolphins would like to wish all our swimmers and their families all the very best for the festive season**

*This is the last Newsletter until 13 January 2012.  
Please watch the notice board for any announcements until then.*

*Our next swimming night is Friday, 6 January 2012 (Program 1).*

**Dolphins in the small pool**

There have been complaints about our swimmers in the small pool. Dolphin swimmers are not permitted in that pool which is reserved for paying Coulter Swim School or C2K customers. We ask that parents of the younger swimmers ensure that their children stay out of that pool tonight and during normal club racing.

## **Birthday News**

*17 Dolphins celebrate their birthday in the latter part of December. Congratulations and best wishes to:  
Nathan Breen, Jessica & Rory Davis, Kate Deland, Alexander Foug, Alicia Marcer, Monique Marsden,  
Jessica Martinuzzo, Craig McDonald, Isabella McEwen, Josh Neish, Carol Reedy, Ben Rofe,  
Eve Shvartsman, Lucas Van Dyke, Gwen Willmett and William Yan*

## **2012 Chocolate sales**

Thank you to Vera who organised the annual chocolate sales. Once again she and her helpers raised a substantial amount towards funding our club activities.

## **Monthly Point Score Medal**

Congratulations and well done to our November medal winners, Arya Yogesvaren (Sub Junior), Akshara Yogesvaren (Junior) and Austin Rosier (Senior). Keep up the good work.

## **NSW State Open Water Championships, 3/4 December**

Well done to Natalie Steel who came 6<sup>th</sup> overall in the 5 Kilometre event last weekend (5<sup>th</sup> if you don't count the Japanese girl who won the event). Uni studies cut into her preparation time but Nat swam close to her existing PB.

## **Christmas Hamper**

Our Giant Christmas Hamper will be drawn tonight. Good luck to everyone and thank you for supporting the club.

## **NSW Age Long Course Championships**

Entries with SC times for State Age **must** be given to Kerrie tonight. Entries with LC times must be made online by **Monday, 12 December** for '10 & Under-12 Years' and by **Wednesday, 14 December** for '13-18 Years'.

## **NSW Open Age Grand Prix**

Good luck to those Dolphins swimming in the Grand Prix at SOPAC this weekend.

## **Speedo Sprint Age Series - Sunday, 05 February**

MNW Speedo heats (for swimmers up to 13 years of age) will be swum at the Knox Aquatic Centre, Woodville Ave, Wahroonga. Speedo is a good meet for younger swimmers to begin competitive swimming. Kerrie has sent out an email to all families setting out all the details. Entry cards must be given to Kerrie by **Friday, 20 January**.

**The club will pay all entry fees for all Dolphin swimmers.** Under our rules a swimmer must reimburse the club if they withdraw from an event where the entry fee has been paid by the club.

## **Cole Classic Open Water Swim - Sunday, 05 February**

The Cole Classic swim is on the same day as the Speedo Sprint heats. Older swimmers should see Nathan Doyle if they are interested in attending. Full details are available on the Cole Classic website [www.coleclassic.com.au](http://www.coleclassic.com.au).

## **Dolphins Invitation Carnival, 18 February 2012**

Entries for our Invitation Carnival at the Hills Memorial Pool, Castle Hill close on **Friday, 20 January**. Make sure you put your name on the sheet on the notice board ASAP. We will call for volunteer helpers early next year. This is **our** Carnival and we all have to pitch in to make sure it comes off smoothly.

## **Club Championships, 23/24 & 30/31 March 2012**

Swimmers should be starting to think about our 2011 – 2012 Championships. To be eligible to compete in the Championships, swimmers must be a first claim member and have swum the required number of Friday nights (see the Almanac for details). A list of how many swims everyone has had will be put on the notice board in late January. Details of the Championships, including the events for each age group, are in our Almanac. Swimmers should be aware of what events they are eligible for so that they can prepare themselves properly over the season. Qualifying times for Open events in the Championships (50 metres in each of the four strokes plus the 400 Freestyle) will be announced early next year. These times **must** have been achieved at club of a Friday night. If you're planning to swim Open events, you had better make sure you record some good times by early March.

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