



Castle Hill RSL Dolphins Newsletter

10th July, 2014

Visit our website at www.castlehilldolphins.com.au

What's On?

JULY

12th-13th Metropolitan
Championships

AUGUST

17th Gr8 Race Day

23rd Trivia Night

Don't Forget

Don't forget there are **NO Friday night races** this week. Hopefully you're enjoying your break.

Stop the press...

Friday night races will now not resume until Friday 1st August. Please see the memo from C2k below...

FACEBOOK PAGE

Did you know Dolphins have a NEW Facebook Page? Please make sure you 'like' it to keep even more up to date with the happenings at the club.

<https://www.facebook.com/castlehilldolphins.com.au?ref=hl>

If you can't find it via the link, look up 'Castle Hill RSL Dolphins'.

METROPOLITAN CHAMPIONSHIPS- 12th/13th July

Good luck to our 27 swimmers who will be competing this weekend. It will be exciting to see some new faces to our Representative Team- Andy Baihn, Ellie Cole, Ryan Erwin, Amy Gibbons, Grace and Sarah Michell and Alex Weeks.

These swimmers will be joined by our seasoned and experienced swimmers: Tyrone Albertyn, Callum Duke, Maddie Emmett Duignan, Davis Erwin, Austin Fowler, Rachael Fraietta, Damon Hurley, Jessica Marcer, Luke Marsden, Jessica & Maddy Martinuzzo, Jasmyn McDonald, Sienna McDonald, Jessica Morrissey, Matt Rofe, Simone Soliman, Benjamin and Johnathan Spackman, Katelyn Stephenson and Anna Suters.

New Noticeboard

We have had our new noticeboard installed and the silver box is now located on the noticeboard.

Please **DO NOT** use the white box on the front desk at the pool as this is for C2K correspondence... ☺

DOLPHINS TRIVIA NIGHT- Saturday 23rd August

Castle Hill RSL Dolphins presents a fundraising evening of Trivia and Live Music on Saturday 23rd August at Castle Hill RSL.

Tickets are available for \$25.00 per person and include a platter of food per table of 10.

This is an over 18 Event only .

See attached poster for more details.

To make bookings easy this year we are using an online system. Please book early to avoid disappointment. <http://trybooking.com/FGVR>

If you can help with any donations for the evening please contact Rachel (Bens mum) on 0416 279 117. We are trying to make this the biggest fundraiser for the year so we do not have to keep asking parents for donations throughout the year. Please support your kids and come along.



CASTLE HILL RSL DOLPHINS SWIMMING CLUB

*Presents a fundraising evening
featuring*

Portia Turbo Trivia

and introducing

Sons of Mercury (live band)

Saturday 23 August

7:00pm – Midnight

Castle Hill RSL

Lyceum Room

\$25.00 per ticket

*(includes a platter of food per table of 10 with Fish Goujons
& Calamari, Roast Chicken Sticks, Chicken Goujons, Salt &
Pepper Squid and wedges)*

Tickets available from

<http://trybooking.com/FGVR>

or phone Rachel on 0416 279 117

Drinks available at Club prices.. OVER 18 EVENT ONLY

DOLPHINS' SENIOR DEVELOPMENT SQUAD UPDATE- 17th August 2014

We have some fantastic activities planned for our Senior swimmers who will participate in the Motivate Gr8 Race on Sunday 17th August. More details to come, but please mark this date in your diaries. Invitations will be sent out shortly to all our 13 yrs and over swimmers who participated in our Summer Championships.

David Hemmings from Motiv8 Sports will be coordinating one of his Gr8 Races at Homebush for the Dolphins – with bike riding, running, swimming, and other Gr8 challenges to encourage leadership, goal-setting and team building, all combined with lots of fun.

This is great reward for our older Dolphins who have put in the hard yards in the pool and gym over the Summer season.

Note, this was originally advertised as Saturday 17 August...

CHRD Performance Camp wrap up

Over the first weekend of the school holidays, 20 Dolphins took part in a camp to prepare them for the upcoming representative season. This year we combined with a team of 20 from Galston.

The swimmers took back in 4 swim sessions, strength and conditioning, yoga, group activities and education sessions with guest speaker Paul Penna.

Our team performed exceptionally well and performed all tasks beyond expectation. It was noted that our team were well behaved and applied 100% effort in everything they did.

The coaching staff were pleased with the outcome of the camp and hope that this puts us on the right track heading into the winter representative season.

Thank you to Ellie and Kahlee for assisting on the camp. Thanks also to Greg Morrison and his team from Galston for their involvement in the camp. Last but not least, Thank you to the club for their continued support and allowing us to run this and many other initiatives

Interested in qualifying as a Technical Official?

MNW will be running more TO presentations in November. We can also arrange for training presentations to be held here at the RSL pool if enough people are interested. Anyone interested in qualifying as a TO should see Ron Brett on a Friday night. Ron can also be contacted through our website at TO_training@castlehilldolphins.com.au.

C2k Swimming Update.

As you may be aware C2K Swimming has had to close for an extended period due to unavoidable maintenance, please see below for frequently asked questions.

Q. When do lessons return to normal?

C2K Swimming will return to normal operation on **Monday July 28th**.

Q. Will my child be able to swim?

Learn to Swim and Pre-Squad

Monday to Friday morning learn to swim classes will continue as normal over the next two weeks.

Monday to Friday afternoon classes will only run as normal for students in **Tadpoles, Seahorses and Sea Turtles** as well as the Thursday evening parents and babies class.

Saturday morning classes will only run for Parents and Babies and Tadpoles.

Sunday morning classes will only run for Parents and Babies, Tadpoles and Seahorses.

***An easy way to identify your child's level is by basing it on location. Any classes that were run in the 25m pool will not run over this period. Classes in the smaller program pool will run as normal.*

There will be **NO** afternoon or weekend classes for **Goldfish, Marlins, Dolphins and Sharks** over the two week period.

Squad Program (Bronze, Silver, Gold, Platinum and Performance Program)

We have managed to secure lanes at Parramatta pool for the squad program.

Squads will run Monday to Friday ONLY. Weekend Squads will be able to attend in a Monday to Friday class.

Bronze: 4pm and 4:30pm

Silver: 4pm - 4:45pm

Gold: 5pm – 6pm

Platinum: 4:45pm – 6pm

Performance: 4:45-6:15pm (Arrive at 4:30 for dry land) (No training Monday and Wednesday PM)

Q. Do I need to let anyone know if I intend to squad train at Parramatta Pool?

We do encourage you to indicate attendance via email if you wish to attend Parramatta pool for squad training. This is not compulsory but would be appreciated.

Email: programcoordinator@castlehillrsl.com.au

Q. What will happen to our July fees?

For all affected students the cost of the August fees will be reduced to incorporate the payments already made for July.

Q. Can I do make ups over this period?

Make – ups will be available for students as per C2K Swimming’s make up policy. Make ups will be available only in levels where classes will be running.

All make ups owed from June 1st – June 29th will be extended until August 15th.

Q. Will the Sea Turtles classes still run?

Sea turtles classes that run in the program pool will continue as normal. Sabrina (Saturday 12:30pm) and Austin’s (12pm Sunday) Sea Turtle classes, have been cancelled for the two week period.

Q. My Child is in the Performance Program, What is happening with their swimming?

We understand that this is a very important time of the year for some swimmers and have taken that into account when searching for training venues.

We are currently in final negotiations in regards to securing an indoor location for morning sessions for the next two weeks, this will be confirmed as soon as possible. Afternoon sessions on Tuesday and Thursday will be at Parramatta.

To assist in the transportation of athletes we have organised a bus for returning swimmers after morning sessions to school or a central location for buses, and to transport swimmers to and from afternoon sessions back to Castle Hill RSL. The transport will be limited and athletes will need to book in to secure a place.

Please email: doylen@castlehillrsl.com.au to book a seat on the bus.

Q. How will this affect swim pass holders?

C2K Swim pass holders will receive a 2 week extension to their passes.

Q. How will this affect C2K Members?

C2K Members can elect to place their memberships on hold at no cost for 2 weeks until the pool re-opens. Please contact C2K reception if you wish to do this on 9846-1200.

Please see the C2K website and the C2K Swimming Facebook page for further updates

www.c2kfitnesscentre.com.au

Facebook: C2K Swimming

Or contact via email programcoordinator@castlehillrsl.com.au