



Newsletter

Scooping The Pool

SUMMER TIME
TRIALS 2009/10
ISSUE 22 Week 22
22 Mar 2010

www.ripplesstmarys.nswswimming.com.au
for any announcements and up to date information.

SUMMER CLUB NIGHT PROGRAM

MONDAY 22 MARCH 2010 -
6:00PM START - 50M OUTSIDE POOL

Week 4 of Age Championships tonight, please see attached programme for schedule of events.

This event requires all families to volunteer for the whole period of Age championships.

Please sign the volunteer roster in the Club House.

Ripples St Marys Swimming Club Inc. PO Box 111 St Marys NSW 1790 Operating out of Ripples Leisure Centre Charles Hackett Drive St Marys 2760

Summer Club Presentation Night will be on Saturday 1st May starting at 7pm. At St Marys Leagues Club.

Stay tuned for more details.

PLEASE NOTE:
The committee is going to trial the BBQ at Winter Club this year as our major fundraiser.

APPAREL

If anyone is interested in a Ripples Towel, they are now available for \$15.

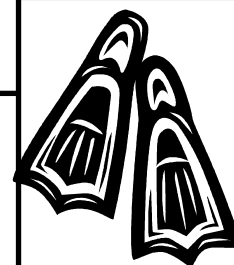
Winter Parka Adults \$120
 Child \$110

See Nadia in the Clubhouse

LUCKY SQUARES

Congratulations to
Last weeks winner

KAYLEY BROWN



Official Swim Times

15 March 2010
Times achieved at Club Night on 15 March 2010 are "official times" and can be used as qualifying or entry times for meets.



Thank you to the families who came forward last club night to volunteer. Ripples St Marys Swimming Club is run on a volunteer basis and all families are required to assist with club night duties.

A big thank you to Olivia for feeding the hungry volunteers last week.



We would like to say a special Thank you to The Good Guys Penrith for their ongoing support and donations to the Ripples St Marys swim Club 5km/10km Open Water meet at the Regatta Centre, Penrith.

Week 4 22/03/2010—2009/2010 Age Championships

BOYS	GIRLS	AGE	DISTANCE/ STROKE
139	140	16-34	200 IM
141	142	35 & OVER	200 IM
143	144	6 & UNDER	25 FREE
145	146	7	50 FREE
147	148	8	50 FREE
149	150	9	50 FREE
151	152	10	50 FREE
153	154	11	50 FREE
155	156	12	50 FREE
157	158	13	50 FREE
159	160	14	50 FREE
161	162	15	50 FREE
163	164	16-34	50 FREE
165	166	35 & OVER	50 FREE
167	168	7-9	100 FLY
169	170	10	100 FLY
171	172	11	100 FLY
173	174	12	100 FLY
175	176	13	100 FLY
177	178	14	100 FLY
179	180	15	100 FLY
181	182	16-34	100 FLY
183	184	35 & OVER	100 FLY

Reminders

Just a quick reminder that our Club
General Meeting has been rescheduled
to

Thursday 25 March 2010

All Members are welcome to attend

WINTER CLUB

STARTS

MONDAY 10 MAY

CARNIVAL INFO

Carnival Entry closing Dates (Entries and money to Cherie Gregory)

Carnival Name	Carnival Date	Single/Multi o/water cards	Closing Date
Toukley Short Course	Sunday 18 April	M	Tuesday 6 April
Mount Annan 12 years & Under	Sunday 2 May	M	Monday 12 April
Peakhurst Junior Sport	Sunday 2 May	M	Monday 12 April
Kincumber	Sunday 16 May	M	Monday 19 April
SMNW Level A Short Course	Sunday 16 May	M	Monday 19 April
Maroubra Development Meet	Saturday 29 May	M	Monday 17 May
Carlisle Speedo Cup	Saturday 5 June	M	Monday 3 May
Blacktown	Sunday 6 June	M	Monday 17 May
Titans	Sat 12 & Sun 13 June	M	Monday 31 May
Windsor	Sunday 20 June	M	Monday 1 June
Gosford Stingrays	Sat 26 & Sun 27 June	M	Monday 31 May

Coaches Report

Hi All.....

A team of swimmers represented MSW in the Finals of the Speedo Sprint Series at Homebush on Saturday 13th with some great swims, PB's, cheering - some top 10 finalists. Awesome effort!

Jarred Wright, Phillip Baker, Brayden Tii Tii, Matthew Galea, Liam Polinsky, Dezmond Malone, Josh Baker, Alysha Athans, Cameron Slaughter, Molly McNamara.

Congratulations... Keep up the good work.....
(You only get out of swimming what you put in!!!!!!)

Cheers Jenny

All entry cards must be completed correctly. Incomplete cards will be returned. If you need help please ask, DO NOT assume it will be done for you. Instructions on how to fill in a multi entry card are included in the Club Book. When paying for carnivals, please try to have the correct money, or if paying by cheque, make the cheque payable to "Ripples St Marys Swimming Club".

Carnival Entry closing Dates

(Entries and money to Cherie Gregory)

Carnival Name	Carnival Date	Single/ Multi o/water cards	Closing Date
SMSW Sprint Meet	27 March 2010	S	POST Enter at the car- nival on the day
Ryde—Carlile 12 & Un- der Mini Carnival	16 May 2010	M	19 April

All entry cards must be completed correctly. Incomplete cards will be returned.

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BBQ at "Ripples by the pool" BBQ MENU

Sandwiches are available with onions when available and include the sauce of your choice.

Sausage sandwich	\$2.50	Bacon & Egg Sandwich	\$3.00
Triple Treat Works	\$3.50		

** Pre paid orders can be collected at the end of the night. Last orders taken at 7.00pm

PREVIEW OF NEXT WEEKS SUMMER CLUB NIGHT PROGRAM

MONDAY 29 MARCH 2010 - 6:00PM START

Perpetuals

congratulations

To the Galea Family on the birth of their new
Daughter "Olivia"

School Carnivals

Congrats!

Casey Bury was State Age Champion with the CSSA. She broke all her school records and came 1st in everything and then at State came 1st in Back and Fly, 2nd in 50 Free and 100 Free and 3rd in Breast.