

President

Tim Stray
9478 9849

Secretary

David Pierotti
0419 204 568

Treasurer

Stephen Besford
0401 994 615

Vice President

Frank Brass
9460 5781

Committee Persons

Denise Camenzuli
9471 0648

Robyn Taylor
9478 1989

Dimitris Bountris
9442 5528

Paul Hosking
9462 5596

Kerrie EkinSmyth
9442 4057

Andrew Francis
9495 0998

Rosemary Brass
9460 5781

Grievances Officer

Alan Rieper
9402 2202

Boys Handicapper

Margaret Gibbs

Girls Handicapper

Rosemary Brass

Club Captains

Catia Pierotti
David Besford

Club Coach

Lauren Chambers



PRESTON AMATEUR SWIMMING AND LIFE SAVING CLUB INC

Registered No 00012487R

Registered Address

PO Box 8192

Northland Shopping Centre

PRESTON VIC 3072

Phone Number (03) 9469 4400

MSAC Winter Interclub

We were really pleased to enter 2 Junior teams this year - Preston Dolphins in E Grade and Preston Seals in I grade.

Of the 16 Juniors, 7 had never swum MSAC before.

Illness took its toll in a big way in both teams but despite this some fantastic times were swum and both teams were competitive.

An amazing 32 PB's were swum in 5 weeks for the Dolphins. They just missed out on 3rd place by a whisker.

Even though the Seals were decimated by illness to the point where we couldn't field a team for 2 of the 5 weeks an astounding 24 PB's were swum in the 3 weeks they competed.

A fantastic effort by all swimmers!

A big thankyou to all those parents who helped as officials on pool deck each week.

Welcome to new members:

Penny & Ellie Bountris
Jon Hosking
Julia Robertson

Birthdays:

September:

John Kyriakou - 3rd Sept - 13

Saro Blaikie - 6th Sept - 9

Matthew Zonta - 15th Sept - 8

October:

Catia Pierotti - 2nd Oct - 16

Ezra Blaikie - 19th Oct - 7

Patrick Hotchin - 19th Oct - 13

PRESTON AMATEUR
SWIMMING AND LIFE
SAVING CLUB INC

Registered No 00012487R

Registered Address
PO Box 8192
Northland Shopping Centre
PRESTON VIC 3072

Ph (03) 9469 4400

Special Medals Program 2008

The 2008 Special Medals program which runs over 3 Friday nights in October (Oct 10th, 17th and 24th) is attached to the newsletter. For all those new members who have not swum our spring/summer Aggregates program before this a great introduction to Club swimming.

These are handicapped events so everyone has a medal chance irrespective of age and swimming prowess.

It starts at 8pm on Friday nights and all you need is a time for each stroke you wish to enter. We'll use the last 2 Wed night training sessions of this term to do time trials and obtain stroke times for those interested.

If you would like to participate please let Rosemary know by 26th Sept.

P.S. Don't forget the Parent/Child swim. A major chance for mums and dads to show off their form!

Aggregate Program

The Aggregate and Championship program for this season is attached for your information. The program starts on the 7th of November.

Upcoming Events

Term 4 is an 11 week term

Wed 8/10 to Wed 17/12

- Term fee - \$88 (11 weeks)
- Casual fee - \$9.50 per swim

Trivia Night

PASC will hold a Trivia night on Saturday October 25th at Preston East Primary School. Tables of 10 are available, cost is \$10 per head. Child minding will be available for \$5 per child at the venue. The night is bound to be entertaining and a great opportunity to socialise away from the pool! A flyer will be distributed soon but in the meantime please contact Denise on 9471 0648 if you have any queries.

Fundraiser

Sausage Sizzle - we are waiting for Safeway (Murray Road) to confirm availability of their sausage sizzle stand on Saturday October 12. Please keep some time free to help us out on the day - see Tim for more details.

Caps and bathers

We have plenty of caps and bathers in stock. If you would to purchase any of these items please see Tim at Wednesday night training.

Caps cost \$10 each

Bathers cost \$60 each

Website coming soon!



PRESTON SWIMMING CLUB - SEASON 2008 - 2009

SPECIAL MEDAL PROGRAM 2008

This is a handicapped program of events. Based on time trials the swimmers are put into Group A and Group B. The swimmers are handicapped for the group in which they swim. The winners of the race, on handicap, are presented with a medal on the night. This program will go for three weeks and cover Freestyle, Backstroke, Breaststroke and Butterfly events.

YOU MUST HAVE A TIME IN EACH STROKE PRIOR TO SWIMMING IN THE MEDAL MEET.

For those members who have not swum in the club Championship and Aggregate meets before you must complete a time trial in each stroke prior to swimming in the events.

You must book in to compete, by contacting our handicappers by Friday 26th September. This is so the handicappers can handicap the events prior to the meet.

Boys Handicapper Margaret Gibbs

Girls Handicapper Rosemary Brass

Contact Rosemary Brass for both Boys and Girls on 9460 5781

FRIDAY 10TH OCTOBER 2008

SPECIAL MEDAL PROGRAM - WEEK 1

1. Time Trial 50m Freestyle
2. Girls "B" 50m Hcp Crawl heats
3. Girls "A" 50m Hcp Crawl heats
4. Boys "B" 50m Hcp Crawl heats
5. Boys "A" 50m Hcp Crawl heats
6. Novice 25m Freestyle
7. Final of Event 2
8. Final of Event 3
9. Final of Event 4
10. Final of Event 5
11. Time Trial 50m Freestyle
12. Girls & Boys "B" 50m Hcp Back heats
13. Girls "A" 50 Hcp Back heats
14. Boys "A" 50 Hcp Back heats
15. Final of Event 12
16. Final of Event 13
17. Final of Event 14
18. 200m Crawl Scratch
19. Parent/Swimmer 2x25m F/style Relay heats

FRIDAY 17TH OCTOBER 2008

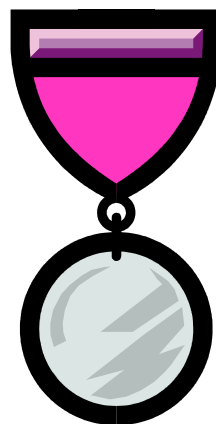
SPECIAL MEDAL PROGRAM - WEEK 2

1. Time Trial 50m Freestyle
2. Girls "B" 50m Hcp Crawl heats
3. Girls "A" 50m Hcp Crawl heats
4. Boys "B" 50m Hcp Crawl heats
5. Boys "A" 50m Hcp Crawl heats
6. Novice 25m Freestyle
7. Final of Event 2
8. Final of Event 3
9. Final of Event 4
10. Final of Event 5
11. Time Trial 50m Freestyle
12. Girls & Boys "B" 50m Hcp Breast/Fly heats
13. Girls "A" 50 Hcp Breast/Fly heats
14. Boys "A" 50 Hcp Breast/Fly heats
15. Final of Event 12
16. Final of Event 13
17. Final of Event 14
18. 200 m Backstroke Scratch

FRIDAY 24TH OCTOBER 2008

SPECIAL MEDAL PROGRAM - WEEK 3

1. Time Trial 50m Freestyle
2. Girls "B" 25m Hcp Crawl heats
3. Girls "A" 25m Hcp Crawl heats
4. Boys "B" 25m Hcp Crawl heats
5. Boys "A" 25m Hcp Crawl heats
6. Novice 25m Freestyle
7. Final of Event 2
8. Final of Event 3
9. Final of Event 4
10. Final of Event 5
11. Time Trial 50m Freestyle
12. Girls & Boys "B" 50m Hcp Back heats
13. Girls "A" 50 Hcp Back heats
14. Boys "A" 50 Hcp Back heats
15. Final of Event 12
16. Final of Event 13
17. Final of Event 14
18. Final Parent/Swimmer 2x25m F/style Relay
19. Breast/ Fly 100m Scratch



PRESTON SWIMMING CLUB 2008 - 2009

Special Medal Meet

Week 1 - Friday 10 October

Week 2 - Friday 17 October

Week 3 - Friday 24 October

FRIDAY 7 NOVEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 1

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Back 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Breast Hcp 50M Aggregate
- 7 Boys Breast Hcp 50M Aggregate
- 8 Time Trial 100M Freestyle

FRIDAY 14 NOVEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 2

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch B/Fly 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Freestyle Hcp 50/100M Aggregate
- 7 Boys Freestyle Hcp 50/100M Aggregate
- 8 Time Trial 100M Freestyle
- 9 Girls Hcp Medley 4x25M Special Aggregate
- 10 Boys Hcp Medley 4x25M Special Aggregate
- 11 Scratch Freestyle 200M

FRIDAY 21 NOVEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 3

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Breast 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Freestyle Hcp 50/100M Aggregate
- 7 Boys Freestyle 50/100M Aggregate
- 8 Time Trial 100M Freestyle
- 9 Girls Hcp Medley 4x25M Special Aggregate
- 10 Boys Hcp Medley 4x25M Special Aggregate
- 11 Scratch Freestyle 400M

WEDNESDAY 26 NOVEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 4

- 1 Girls Breast/Fly Hcp 50M Aggregate
- 2 Boys Breast/Fly Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Crawl 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Back Hcp 50/100M Aggregate
- 7 Boys Back Hcp 50/100M Aggregate
- 8 Girls Hcp Medley 4x25M Special Aggregate
- 9 Boys Hcp Medley 4x25M Special Aggregate
- 10 Time Trial 100M Freestyle
- 11 Scratch Freestyle 200M

FRIDAY 28 NOVEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 5

- 1 Girls Breast/Back Hcp 50M Aggregate
- 2 Boys Breast/Back Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch B/Fly 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Freestyle Hcp 50/100M Aggregate
- 7 Boys Freestyle Hcp 50/100M Aggregate
- 8 Girls Hcp Medley 4x25M Special Aggregate
- 9 Boys Hcp Medley 4x25M Special Aggregate
- 10 Time Trial 100M Freestyle
- 11 Scratch Freestyle 200M

FRIDAY 5 DECEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 6

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Breast 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Back Hcp 50/100M Aggregate
- 7 Boys Back Hcp 50/100M Aggregate
- 8 Novice 25M Freestyle
- 9 Girls Hcp Medley 4x25M Special Aggregate
- 10 Boys Hcp Medley 4x25M Special Aggregate
- 11 Time Trial 100M Freestyle
- 12 Scratch Freestyle 400M

FRIDAY 12 DECEMBER 2008

AGGREGATE NO 1 PROGRAM

WEEK 7

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Back 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Butterfly Hcp 50/100M Aggregate
- 7 Boys Butterfly Hcp 50/100M Aggregate
- 8 Girls Hcp Medley 4x25M Special Aggregate
- 9 Boys Hcp Medley 4x25M Special Aggregate
- 10 Time Trial 100M Freestyle
- 11 Scratch Freestyle 200M

FRIDAY 19 DECEMBER 2008

AGGREGATE NO 2 PROGRAM

WEEK 1

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Back 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Freestyle Hcp 50/100M Aggregate
- 7 Boys Freestyle Hcp 50/100M Aggregate
- 8 Novice 25M Freestyle
- 9 Time Trial 100M Freestyle
- 10 Scratch Medley 200M
- 11 Parent Swim 50M Freestyle

FRIDAY 6 FEBRUARY 2009

AGGREGATE NO 2 PROGRAM

WEEK 2

- 1 Girls Crawl Hcp 100M Aggregate
- 2 Boys Crawl Hcp 100M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Back 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls B/Fly Hcp 50/100M Aggregate
- 7 Boys B/Fly Hcp 50/100M Aggregate
- 8 Novice 25M Freestyle
- 9 Time Trial 100M Freestyle
- 10 Scratch Freestyle 200M
- 11 Parent Swim 50M Freestyle

FRIDAY 13 FEBRUARY 2009

AGGREGATE NO 2 PROGRAM

WEEK 3

- 1 Girls Crawl Hcp 50M Aggregate
- 2 Boys Crawl Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Breast 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Freestyle Hcp 50/100M Aggregate
- 7 Boys Freestyle Hcp 50/100M Aggregate
- 8 Novice 25M Freestyle
- 9 Time Trial 100M Freestyle
- 10 Scratch Freestyle 400M
- 11 Parent Swim 50M Freestyle

FRIDAY 20 FEBRUARY 2009

AGGREGATE NO 2 PROGRAM

WEEK 4

- 1 Girls Breast/Fly Hcp 50M Aggregate
- 2 Boys Breast/Fly Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch Crawl 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Back Hcp 50/100M Aggregate
- 7 Boys Back Hcp 50/100M Aggregate
- 8 Novice 25M Freestyle
- 9 Time Trial 100M Freestyle
- 10 Scratch Freestyle 400M
- 11 Parent Swim 50M Freestyle

FRIDAY 27 FEBRUARY 2009

AGGREGATE NO 2 PROGRAM

WEEK 5

- 1 Girls Breast/Bck Hcp 50M Aggregate
- 2 Boys Breast/Bck Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Graded Scratch B/Fly 50/100M Aggregate
- 5 Time Trial 50 Freestyle
- 6 Girls Freestyle Hcp 50/100M Aggregate
- 7 Boys Freestyle Hcp 50/100M Aggregate
- 8 Novice 25M Freestyle
- 9 Time Trial 100M Freestyle
- 10 Scratch Freestyle 200M
- 11 Parent Swim 50M Freestyle

FRIDAY 13 MARCH 2009

CLUB CHAMPIONSHIPS CRAWL

WEEK 1

- 1 Girls Freestyle Hcp 50M Aggregate
- 2 Boys Freestyle Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Time Trial 50 Freestyle
- 5 8/Under Girls Crawl 50M (C)
- 6 8/Under Boys Crawl 50M (C)
- 7 10/Under Girls Crawl 50M (C)
- 8 10/Under Boys Crawl 50M (C)
- 9 Improvers Freestyle Hcp 50M
- 10 12/Under Girls Crawl 100M (C)
- 11 12/Under Boys Crawl 100M (C)
- 12 14/Under Girls Crawl 100M (C)
- 13 14/Under Boys Crawl 100M (C)
- 14 Final Improvers Freestyle Hcp 50M
- 15 Time Trial 100M Freestyle
- 16 16/Under Girls Crawl 100M (C)
- 17 16/Under Boys Crawl 100M (C)
- 18 Senior Girls Crawl 100M (C)
- 19 Senior Boys Crawl 100m (C)
- 20 Novice Freestyle 25M
- 21 Girls Back Hcp 50M Aggregate
- 22 Boys 12/Under Medley 200M (C)
- 23 Boys Over 12 Medley 200M (C)
- 24 Parent Swim 50M Freestyle

FRIDAY 20 MARCH 2009

CLUB CHAMPIONSHIPS BACKSTROKE

WEEK 2

- 1 Girls Freestyle Hcp 50M Aggregate
- 2 Boys Freestyle Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Time Trial 50 Freestyle
- 5 8/Under Girls Back 50M (C)
- 6 8/Under Boys Back 50M (C)
- 7 10/Under Girls Back 50M (C)
- 8 10/Under Boys Back 50M (C)
- 9 Improvers Freestyle Hcp 50M
- 10 12/Under Girls Back 100M (C)
- 11 12/Under Boys Back 100M (C)
- 12 14/Under Girls Back 100M (C)
- 13 14/Under Boys Back 100M (C)
- 14 Final Improvers Freestyle Hcp 50M
- 15 Time Trial 100M Freestyle
- 16 16/Under Girls Back 100M (C)
- 17 16/Under Boys Back 100M (C)
- 18 Senior Girls Back 100M (C)
- 19 Senior Boys Back 100m (C)
- 20 Novice Freestyle 25M
- 21 Boys B/Fly Hcp 50M Aggregate
- 22 Girls 12/Und Medley 200M (C)
- 23 Girls Over 12 Medley 200M (C)
- 24 Parent Swim 50M Freestyle

FRIDAY 27 MARCH 2009

CLUB CHAMPIONSHIPS BREASTSTROKE

WEEK 3

- 1 Girls Freestyle Hcp 50M Aggregate
- 2 Boys Freestyle Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Time Trial 50M Freestyle
- 5 8/Under Girls Breast 50M (C)
- 6 8/Under Boys Breast 50M (C)
- 7 10/Under Girls Breast 50M (C)
- 8 10/Under Boys Breast 50M (C)
- 9 Improvers Freestyle Hcp 50M
- 10 12/Under Girls Breast 100M (C)
- 11 12/Under Boys Breast 100M (C)
- 12 14/Under Girls Breast 100M (C)
- 13 14/Under Boys Breast 100M (C)
- 14 Final Improvers Freestyle Hcp 50M
- 15 Time Trial 100M Freestyle
- 16 16/Under Girls Breast 100M (C)
- 17 16/Under Boys Breast 100M (C)
- 18 Senior Girls Breast 100M (C)
- 19 Senior Boys Breast 100m (C)
- 20 Novice Freestyle 25M
- 21 Girls B/Fly Hcp 50M Aggregate
- 22 Boy 12/Under Freestyle 200M (C)
- 23 Boys Over 12 Freestyle 200M (C)
- 24 Parent Swim 50M Freestyle

FRIDAY 3 APRIL 2009

CLUB CHAMPIONSHIPS BUTTERFLY

WEEK 4

- 1 Girls Freestyle Hcp 50M Aggregate
- 2 Boys Freestyle Hcp 50M Aggregate
- 3 Novice 25M Freestyle
- 4 Time Trial 50 Freestyle
- 5 8/Under Girls B/Fly 50M (C)
- 6 8/Under Boys B/Fly 50M (C)
- 7 10/Under Girls B/Fly 50M (C)
- 8 10/Under Boys B/Fly 50M (C)
- 9 Improvers Freestyle Hcp 50M
- 10 12/Under Girls B/Fly 50M (C)
- 11 12/Under Boys B/Fly 50M (C)
- 12 14/Under Girls B/Fly 100M (C)
- 13 14/Under Boys B/Fly 100M (C)
- 14 Final Improvers Freestyle Hcp 50M
- 15 Time Trial 100M Freestyle
- 16 16/Under Girls B/Fly 100M (C)
- 17 16/Under Boys B/Fly 100M (C)
- 18 Senior Girls B/Fly 100M (C)
- 19 Senior Boys B/Fly 100M (C)
- 20 Novice 25M Freestyle
- 21 Boys Backstroke Hcp 50m Aggregate
- 22 Girls 12/Under Freestyle 200M (C)
- 23 Girls Over 12 Freestyle 200M (C)
- 24 Parent Swim 50M Freestyle