

# PRESTON RESERVOIR SWIMMING CLUB NEWSLETTER



February 2018

## OUR COACHES

Nicole Lucchesi (Acting Head Coach)

Pailene Lim

Molly Cooper

Michael Natalizio

Michael McHugh

## Our Committee

Clare Fatouris-Harris

Emmanuel Natalizi

Penny De Luca

Penny Janezic

Cathy Caruso

Justine Slattery

Clare Reddrop

Welcome back to all swimmers and families we hope you enjoy our first newsletter of the year and look forward to another great year in the pool. If you have any feedback re: ways to improve the club please talk to any of the committee or coaching staff.

## PRSC PRESENTATION NIGHT 2017 & 90<sup>TH</sup> BIRTHDAY CELEBRATIONS

The club celebrated its 90<sup>th</sup> Birthday with a birthday cake and party at the PRSC Presentation night in November. Robin Scott (MP) opened the presentation night celebrations and commended the club on its longevity and community spirit. The club also said thank you and farewell to our Head Coach Catia Pierroti. It was a great opportunity to acknowledge all our swimmers' achievements and celebrate another successful year at the club. If the number of people on the dance floor is

any indication it was a very successful evening!



## IMPORTANT DATES 2018

Term 1 Training:

Monday 5<sup>th</sup> February –  
Thursday 29<sup>th</sup> March

Term 1 Fees Due Monday 12<sup>th</sup>  
February

## REMINDERS

Bring a water bottle to every  
session

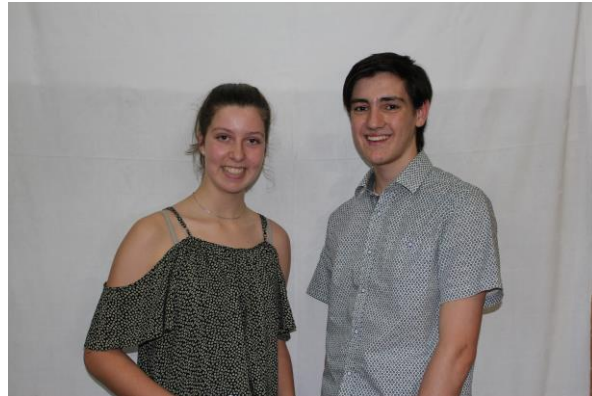
Arrive 10 mins early for warm  
up

Swim caps compulsory

No makeup sessions or  
*credits for missed sessions*

## 2018 PRSC CLUB CAPTAINS

### LILY DEADY & SOLOMON BRITTON



Congratulations to Solomon and Lily who will take on the position of Club Captains for 2018. Both Lily and Solomon are longstanding Senior Squad members and will be supporting swimmers and coaches over the course of the year in a variety of roles.

## PRSC WILLIAMSTOWN OPEN WATER EVENT DEC 2017

On the 17 of December 2017 a few swimmers from the swim club participated in the Open Water Swim of 1.2km. First we picked up an open water swim bag with a coloured cap and T-Shirt. We also received a band that goes around your ankle and it is used as a tracker for swimmers. The weather on the day was good and the water wasn't too cold. There were many people there and there were almost 50 girls in my event group. Swimming the open water challenge was a little tiring by the end. At one point, it smelt like petrol I think from one of the lifesaving boats. It was very different swimming in the ocean compared to swimming in the pool. In the ocean swim some people were a little rough and crashing into me. I came 29<sup>th</sup> in my group and was



happy with that result, it was a great day.

**Isabella Walsh**

## SLSC BRONZE MEDALLIONS

On The 17<sup>th</sup> of December, I started a week long Bronze medallion qualification camp with the Point Lonsdale Surf Life Saving Club. I completed my cadet training with the club 2 years ago. The first day started with the usual formalities, including introductions and rules. We later went to Ocean Grove pool to complete a swim to determine our level of capability in water and to pass the first aspect of the

course. Everyday started with an early wake up of 6:30 Am to go for a 6km run to our clubs beach base for a morning swim then breakfast. After a filling meal, we were back on the beach to compete a variety of different elements such as board rescues, tube rescues (using a rescue foam tub), patient assessment courses, CPR and first aid.

## FEEDBACK

Your feedback is important to us. Let us know what is working well for you and what we could improve via the club gmail account:

[prestonreservoirswimmingclub@gmail.com](mailto:prestonreservoirswimmingclub@gmail.com)

Followed by lunch then another beach session or theory sessions in the clubrooms. By 5:30pm we would all be bussed to our YMCA campsite where we took a much needed break, a shower and some dry clothes and then headed to dinner. Dinner was then followed by free time, more theory and other fun activities. This tiring cycle continued until the last day Saturday the 23<sup>rd</sup> December when we all completed our final written and physical assessments.



We had to complete a total of 16 hours of patrol time to receive the qualification. This was a great experience and I have gained many new and important skills including First Aid Training and learning how to assess the beach conditions (i.e. the strength of the Rip). I have gained many new friends through the training and look forward to the patrol shifts. We have a Team Leader who is more experienced who supervises us during the patrol. While we are on patrol we are on the lookout for people who might be in trouble in the water or caught in the rip.



**Joseph Walsh (PRSC Senior Squad)**

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### *Dates to Remember*

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**Metro North Encouragement Meet – Sunday 25<sup>th</sup> February. All swimmers welcome Entries due: 5pm Friday 16<sup>th</sup> February**

**Metro North Proficiency Meet – Sunday 18<sup>th</sup> March. Swimmers registered as Competitive with Swimming Victoria. Entries due TBC**

**PRSC Family Fun Day- Sunday 25<sup>th</sup> March 4 – 6 pm. This is a great chance to catch up with other swimmers and**

**their families. Further details to be announced shortly.**

**PRSC Intra club Event – Friday 22<sup>nd</sup> June. All swimmers are encouraged to participate in this friendly club competition**

**PRSC Swim-A-Thon – Friday 14<sup>th</sup> September. A fun way to get involved and raise some funds for our club all swimmers and families welcome**

**Presentation night 2018 – Saturday 17<sup>th</sup> November.**

## **PRSC MERCHANDISE**