

PRESTON RESERVOIR SWIMMING CLUB NEWSLETTER



September 2018

COACHES

Nicole Lucchesi

Pailene Lim

Molly Cooper

Michael Natalizio

Michael McHugh

COMMITTEE

Clare Harris-Fatouros

Emmanuel Natalizio

Penny De Luca

Penny Janezic

Justine Slattery

Clare Reddrop

Rob Deady

PRESIDENT'S REPORT

Dear Families,

It has been a busy few months at the Club with competitions, our AGM and staffing changes. We welcomed Rob Deady to our committee and said good-bye and thank you to Cathy Caruso. New committee members are always welcome or support and assistance for one off events.

Michael N who has taken on the role of Competitions Co-ordinator since the start of 2018. Michael has organised all of the competitions this year and has done this in a very professional and efficient manner and we thank him for all his hard work. Thank you also to the rest of our coaching team who have shown great resilience over the last few months with a number of changes to the leadership of the Club. It has been a challenging time for the Coaches and Committee with the appointment and then departure of two head coaches. The Committee are working hard to move forward and try to keep our values and goals as a Club clear so that we can continue to grow and serve the local community. At present we are looking at developing a Junior program at Reservoir Leisure Centre so we can offer a transition from their Learn to Swim to our Club swimming for interested children. Reservoir Leisure Centre have a new Management team who are very committed to working with the Club so we are hopeful this will be a very positive partnership. Please contact me at any time with ideas for the Club or feedback.

Kind Regards

Clare Harris-Fatouros

CHILD SAFE & SWIMMING VICTORIA CODE OF CONDUCT

The Preston Reservoir Swimming Club is committed to ensuring that all of our swimmers, coaches, committee members and families enjoy the sport and feel safe participating in swimming. The committee have recently reviewed our club practices to comply with the Child Safe Standards that came into effect in January 2017. As part of this review we have adopted the Swimming Victoria Commitment



Statement and Code of Conduct – this replaces the previous PRSC Code of Conduct

We would like to ensure that all members of the club read this Code of Conduct. The coaches will take time to remind swimmers of the code at the start of each swimming term. A link to the Code of Conduct can be found on the PRSC website and on the Swimming Victoria Safe Sport page below:

<https://vic.swimming.org.au/page.php?id=261>



In addition, the PRSC coaching staff and committee members will be completing the **Play by the Rules:** Online Training Modules in Child Protection and Discrimination & Harassment. Play by the Rules online training courses are free and suitable for coaches, committee members, and interested parents.

<https://www.playbytherules.net.au/>

Justine Slattery PRSC Committee

COMPETITIONS REPORT

Term 3 has been an especially busy one for competitions with Preston Reservoir participating in the Winter Interclub and Metro North Aggregates relay competitions. Relay competitions are always enjoyed by the swimmers who participate in them as they swim as part of a team.

Winter Interclub was held over three consecutive Sunday mornings in the first three weeks of term at MSAC. Preston Reservoir entered two senior teams, Team Neptune and Team Saturn. Some of the highlights over the three weeks included Yarra Plenty Swimming Clubs' loud chant before the start of events and Solomon coming from behind in a butterfly relay to just beat St Leonards by 0.01 seconds! At the end of the three weeks, Team Neptune finished 4th in Senior C Grade and Team Saturn finished 3rd in Senior E Grade. All our swimmers put in a massive effort and were



rewarded through many PB's, showing their hard work in training had paid off.

Aggregates was another relay competition held over three Saturday evenings in Term 3 at Watermarc where we faced off against the top clubs from Metro North in A grade. This competition was a great challenge as we were up against the best swimmers across all age groups from DVE, ESS Dolphins and EC Waves. Overall, it was good to see our own swimmers improve through each round of competition and although not many races were won, I hope our swimmers got some exposure to the higher levels of swimming and gives them a point to where they can aim for with more training and

practice. After all, we did better than Northcote who failed to organise a team and were no-shows for all three rounds!



I hope everyone enjoyed these relay competitions as much as I did and a massive thanks to all our volunteers assisting with official timing on pool deck as well as those who helped record our swimmers times from the stands.

Keep an eye and ear out for the upcoming competitions, remembering to check our website, your emails or ask the coaches for details if keen to compete!

Michael Natalizio -PRSC Coach & Competitions Coordinator

PRSC SWIM- A-THON

WHEN

Fri September 14th

7-9 pm

(ARRIVE 6.45 FOR 7 – 8 PM
SWIM FOLLOWED BY
FOOD & DRINK 8-9 PM.
PLEASE BRING A PLATE)

WHERE

La Trobe
University Pool

GET COOL IN THE POOL
AND RAISE SOME FUNDS
FOR OUR SWIMMING
CLUB.



IT'S EASY TO GET INVOLVED

All swimmers &
family members
are invited to
participate

Collect sponsors
(see form on back)

Swim as many laps
as you can in 1
hour

Have fun with
your friends

TO REGISTER EMAIL:

[prestonreservoirs
wimmingclub@gmail.com](mailto:prestonreservoirs
wimmingclub@gmail.com)