



## THE TUMBLE TURN TRIBUNE

*President: Richard Vander Reyden  
Secretary: David Hawkins*

*Treasurer: Sandy Tarrant  
[www.avalonbilgolaswimming.asn.au](http://www.avalonbilgolaswimming.asn.au)*

### **SWIM MEET NO 15**

Saturday 10 January 2015  
Season 2014/2015

Bilgola Ocean swim is NEXT Saturday (31/1) morning; parking will be at a premium. We suggest you get down to the beach early or walk from Newport. Bilgola Surf Club is also running a shuttle from Porters Reserve for the swim.

Congratulations to Mia Deathridge, Olivia Lisle & Zara McCauley for winning the lane rope race last week. It was a huge event last week and we will be continuing with it this week so make sure you stick around until the end to take part in the fun!

Congratulations to Melinda Bailey (two in a row) for winning the women's Open 200m F/S Championship and to Brendan Witt for winning the men's Open 400m F/S Championship!

Good luck to everyone swimming at the WASA event at Collaroy pool on Saturday afternoon. Should be a good meet and look forward to seeing you there!

Please see the last page of this newsletter for information on rules for WASA meets and school swimming carnivals.

### **This Week's Events**

**Distance-** 100m Choice  
**Handicap-** 15m/25m/50m  
Back/Free/Fly in that order

### **Next weeks Events**

**Distance-** 200m/400m Choice  
**Handicap-** 15m/25m/50m  
Back/Free/Fly in that order

Remember younger swimmers, if you're swimming in the 15m races as soon as you break 16 seconds you move up to 25m. For those already swimming 25m as soon as you break 32 seconds then you move up to 50m.

### **Weather**

Partly cloudy & 28 degrees (I've heard that before, bet it's a scorcher!) So again lots of hats and sunscreen. Sunscreen at the handicapping tables!

### **Water temperature & Tides**

22.2 degrees, bit colder than last week but warm enough to swim!!  
High Tide (1.84) at 12:04am. The tide will be coming up so watch for the waves breaking over the pool!

### **Canteen - Last Week**

HUGE thank you to the Meeks & Anderson families for last week's canteen!

### **Canteen - This Week**

This week the Daddo & Webster families are rostered on! Big Thanks!

### **Canteen next week**

The Davenport and Law families are rostered on!! Thank you!

**There are still a few places available list will be at the canteen.**

## **A Message from Bob Kellick**

This is a story of 2 young ladies.

You are never too young to start to help out in the running of our swimming club. One of the reasons for our success is the way (sometimes with a little push) we have parents and younger people helping out with bringing down all the bits and pieces we use every week to make the day run smoothly.

Helping us set up the operation, canteen, recording table, entry form table and then taking it all down and moving it all up to our storage area under the surf club when the races are finished...for which the committee is very grateful.

I once was a marshal at a WASA swim meet and let me tell you it would be one of the most difficult jobs on the pool deck...let me tell you now, these 2 young ladies Jessica Gudmunson and Jessica Deathridge keep on coming back week after week to do the marshaling job at Bilgola Pool.

When our adults are called away or they even volunteer at the start of the day, they are always there to help out.

Girls you can be proud of what you do, how you do it and your parents can be proud of you as well. Although, can you imagine meal time in both households "Last call for dinner Emily or last call for dinner Beau" the mind boggles.

Thank you to you both.

## **New Club Swimming Cossies**

The new cossies have arrived!! See Sandy at the rego table for more info and to purchase your new cossies. [And a reminder to those who collected cossies before Christmas that payment is required, thanks.](#)

**Point Score Details** - just in case you are not aware, Richard posts the Point score details on the website. And I'm not sure but I think he takes bribes.

[www.avalonbilgolaswimming.asn.au](http://www.avalonbilgolaswimming.asn.au)

Check out our Facebook for pictures and updates about the club. If you could give us a like 👍 that would be greatly appreciated!

<http://www.facebook.com/avalonbilgolaswimming>

## **2015 AGE CHAMPIONSHIPS**

Entries for the age championships opened **LAST WEEK**. Make sure you get your entries in ASAP, as you can't enter on the day. Entries close on Feb 7<sup>th</sup> with the age championships on Feb 14<sup>th</sup>!

## **WASA STUFF**

WASA Handicap Meet is on **TODAY** at 4.30pm at Collaroy pool. Look forward to seeing everyone there!

Invitation from Narrabeen ASC to join their Rock Pool Relay on Friday night 6 February at 6pm at Narrabeen pool – see Richard or Annabelle and put your name down as this is a lot of fun.

On the 21st February is the WASA Jenny Oates Championship meet at Warringah Aquatic Centre, entries close with us on the 7th February (same day as our Club Age Championships), if you are interested in this meet see Annabelle or Richard.

All members, including adults can swim at these meets.

## **Bumbalino award**

Last week the \$10 voucher went to Bronnie Loudon, well done! Who will it be this week will it be you? Good Luck

### **Did you know?**

Bilgola Plateau and Bilgola beach are now two different suburbs. This means there are now 9 locations with the 2107 postcode.

### **Sponsor's Week – Week Fifteen**

New Sponsor - Bumbalino Beach Café

After years of offering to help, Anthony has come up with the very popular Weekly Award Prize of a \$10 Bumbalino voucher – do the maths, that is \$240 for the season, which for a little operation is a very kind gesture.

Please support Anthony as he works hard, has a growing family, and on the odd occasion, he makes a good sambo, coffee and paddle pop.

### **Sponsor Update 2015**

**Andrew Blake Real Estate** – did you know that Andrew was rated the No 1 agent previously? Give him a call and find out why, or go and look at 26 Bilga Avenue Bilgola today and say hello to him.

**Newport Arms Hotel** – there is a FREE EVENT this Sunday on Australia Day Eve, music from 5pm, outdoor dance floor, and fireworks at midnight – Go & Enjoy!

**Silicon Beach Computers** – with the Tin Lids going back to school you might need to give Prasad a call to make sure the hardware is ready to do those projects in 2015.

**Winning Appliances** – rest easy swimmers, the Appliances Online Blimp has been returned from a quick trip to Perth, Aaron & Emma took all the kids at 4,000 feet and managed to offload a few fridges on the way, check out Appliances Online for a deal this weekend

**Yellow Brick Road Mona Vale** - the backside is about to fall out of the Aussie Dollar, and John Cross says that rates will drop next month, so make an appointment to lock in the new rate early before the stampede.

**DMC Swim** - Big Don has a space age new board on the drawing board, his products are cutting edge design, so give Don and Fiona a call and see if he can make you faster in the pool.

**Wild Nature Australia** - We might see Justine and Rick now that Byron Bay Summer is over; have a chat and check out their range of NATURAL products.

**G Brothers Mercedes Benz** – there is no greater proof of a product than when our President buys one; have a look, it is an amazingly beautiful car and you might look as good as Richard and Nicole too.

**Waratah Pharmacy Mona Vale** –

Cameron & Rebecca Davies have been seen doing the Young Lovers walk along Newport lately, so whatever they are selling, get some!

**Scratch & Ding King** - Jamie King has seen a huge increase in business these holidays as all the Range Rovers from the east wreck havoc on our beaches, give him a call and he will 'Fix The Ding'

**Chill Bar Avalon** - the Baguette Barometer is on high in Av lately with a lot of pretenders trying to cash in on The Big Chill Baguette, but they are kidding themselves, go and check it out!

**Vision Personal Training** - Steve at Vision is giving each of our seniors in the March Fitness Program 3 x \$20 vouchers for nothing – nice work lads

**Officeworks Mona Vale** - they now have a 'Meet & Greet' person when you enter which makes finding stuff a lot easier.

**Johnson Bros Hardware** - OK I stuffed up and have left the boys at JBH off the last few Newsletters (sorry), but to make up for that they will have two Sponsors of the Week in a row – check out their Australia Day bargains, why go to Belrose when you can shop at Mona Vale or Avalon with nice people!!!!

**Besides, there are about 3,000 Johnson in Avalon to feed, so they need your support!**

**Here are our sponsors and their contact details – please support them as they support your Club!**

Houses & Apartments

Andrew Blake Real Estate  
20 Avalon Parade Avalon Beach  
[www.andrewblake.com.au](http://www.andrewblake.com.au)  
9973 4444

Beer Wine & Functions

Newport Arms Hotel  
Kalinya Road Newport Beach  
[www.newportarms.com.au](http://www.newportarms.com.au)  
9997 4900

Motor Vehicles

G Brothers Mercedes Benz & Volvo  
Bassett Street Mona Vale  
[www.mbgbrothers.com.au](http://www.mbgbrothers.com.au)  
9999 5111

Chemist

Waratah Pharmacy Mona Vale  
11 Waratah Street Mona Vale  
9997 5337

Body Lotions & Products

Wild Nature Australia  
[www.wildnature.com.au](http://www.wildnature.com.au)  
6680 7220

Computers

Silicon Beach Computers  
2313/4 Daydream Street Warriewood  
9997 8277

Home Appliances

Winning Appliances  
[www.winningappliances.com.au](http://www.winningappliances.com.au)  
9694 0000

Home Loans & Financial Advice

Yellow Brick Road Mona Vale  
[John.cross@ybr.com.au](mailto:John.cross@ybr.com.au)  
8411 2456

Ice Creams & Food – Avalon

Chill Bar  
74 Old Barrenjoey Road Avalon Beach  
9918 4445

Car Repairs

Scratch & Ding King  
[Jamie@scratchking.com.au](mailto:Jamie@scratchking.com.au)  
0452 203 502

Restaurant & Café

Bumbalino At Bilgola Kiosk  
9973 1988

Swim Gear

DMC Swim  
[www.dmcswim.com](http://www.dmcswim.com)  
0415 464 123

Fitness

Vision Personal Training Mona Vale  
9 Waratah Street Mona Vale  
[www.visionpt.com.au](http://www.visionpt.com.au)  
Steve Grant 0404 002 370

Office Supplies

Officeworks Mona Vale  
47-51 Barrenjoey Rd, Mona Vale  
9998 4300



## **WASA Meets & School Swimming** **Carnivals Information**

This is information for parents of swimmers who are participating in their first swimming carnival at school or at WASA for the first time.

We ask that you read it and let your children know what will be expected of them at these carnivals.

When your child arrives at the pool, they will be directed to their designated area. The carnival announcer will start to call the events, so it is important that your child listens for their event and follows the instruction on where to marshal. When your child is called to the marshaling area they should respond clearly when the marshal calls their name and stand or sit in the sequence advised by the marshal.

They will then be advised to proceed to stand behind their nominated lane, it is at this time swimmers should have their goggles on, cap on and be ready to swim. They will be called to stand on their blocks at which stage they are in the hands of the starter.

Listen carefully to the starter's instructions and only start when you hear the buzzer sound (indoor pool) or the starter calls go(outdoor pool). If a swimmer starts before those signals they could be disqualified. If it is a handicap event, they would have received their handicap when in the marshaling area and they wait for that number to be called and then they start.

When the race is finished, they stay in their lane until the whistle has been blown indicating all swimmers have finished and it is clear to leave the pool. When leaving the pool (at The Aquatic Centre) do not climb over the end of the pool but go to the closest steps or ladder and leave that way.

(There is sensitive timing equipment at each end of the Aquatic Centre and climbing over it could damage this)

If swimming in a breaststroke or butterfly race you must finish the race with both hands touching the wall at the same time.

If swimming in a relay the first swimmer starts when the starter gives the signal, if they are swimming in another position they must wait until the swimmer in the water has touched the wall before they can dive into the pool.

When the swimmer has finished their swim in the relay they must check that the swimmers in the lanes beside them have finished as well so then they can leave their lane and leave the pool by going to the closest steps or ladder. Do not climb out over the end at The Aquatic Centre.

If the children can follow these guidelines they should have an enjoyable time at their carnival and prepare themselves for future carnivals.