



Avalon  
Bllgola  
Swimming  
Club

# The Tumble Turn Tribune

29 OCTOBER  
SEASON 2022/23



**President:** Richard Vander Reyden  
[www.avalonbilgolaswimming.asn.au](http://www.avalonbilgolaswimming.asn.au)

**Treasurer:**  
info@avalonbilgolaswimming.asn.au

**Secretary:**

Supported by



## WELCOME

- ✚ We hope all our new members have enjoyed the first couple of weeks. If you have any questions, please ask
- ✚ If you have any pics for the newsletter, please email them to us

JOHNSON BROS.  
MITRE 10

## EVENTS THIS WEEK

- Distance - 100m Freestyle
- Handicap - 15, 25, 50m Freestyle, Butterfly (33m)
- Relay - 2 x 50m Freestyle

ZUBI *at* Billy's

## WEATHER

Tide: High 1.83m at 11:40am  
Forecast: 23deg, Sunny

VIA Via Financial Group

SCRATCH AND DING KING  
Mobile car body repairs

Avalon Appliances

Northern Beaches Appliance Repairs,  
Service and Installation

boon building

Woolworths   
The fresh food people

## QUICK BITES

- Did you know Blake Property has been supporting the club for over 15 years! They came on board as a sponsor back in 2006
- 
- Welcome to Nicole Russell, who joined your committee on Wednesday evening. We also look forward to having Peta Sutherland join.
- 
- What a great first week for Swim club, sunny weather, and a good crowd. The water was “refreshing” but I do remember colder in the past.
- 
- Last week was good, started off windy but it dropped to give us a nice morning down at the pool
- 
- Don't forget that in the handicap races, you need to go off the time that the marshaller has given you. If you go off 'Go' when you are supposed to go off '3' seconds, your time will record as 3 seconds faster than it really was.....and you know what that means ..... you get handicapped off the faster time for 3 weeks

## CANTEEN

Thank you to The Lee's and Leslie's who did canteen last Saturday. There were plenty of baked goodies - thanks all.

And to the Elliott's & Margie who held the fort on the first week.

As our club membership is very cheap (what other club can you join for \$40 for the whole season??!), we do ask that everyone does one week of canteen please. You can pair up with someone else /another family or do it on your own...your choice of a BBQ, baked treats, pancakes or whatever you would like. We use the proceeds from the canteen to purchase all the trophies, medals and prizes for our end of season Presentation Night. There will be a roster sitting on the table at canteen so if you could please pop your name down for one day, that would be amazing. If you have any questions, please see our Canteen Queen Danielle.

We also sell our club hooded towels from the canteen. They are \$50 (small), \$55 (medium) and \$60 (large). They certainly keep you warm between races.

## WE NEED YOU

We need to fill some important positions, if you can help, let us know. Does not have to be every week!

We need a **Treasurer**, if you have some bookkeeping experience or are good with figures, this could be you! Or even just a member of the committee



We also need a **Secretary**, if you can take notes at our committee meetings and look after a bit of correspondence, you would be a great help 😊

We need help with **Starting**



and **Judging**.



Someone to help Bob & Bianca, who has been doing a great job for the past few of seasons.

- Starting is getting the swimmers in the water fairly. Counting out the handicaps, etc.
- If you have a keen eye, Judging is for you, especially for the fast and furious Adult's races.



## NEW MEMBERS

Welcome and we hope you enjoy your swims with us, some information for you below:

### Registration

- This can be done at the handicapping table, registration fee is \$40 and for this you receive a club cap, insurance and a summer of fun swimming
- Once you have completed your registration and paid you fee, we will add you to our mailing list, so you get weekly updates and reminders of what is happening
- You can complete registration down at the pool and pay cash/card; download a copy of the registration form, email it back to us and transfer payment to our bank account; or register via our online portal. <https://www.avalonbilgolaswimming.asn.au/online-registration/>

### Weekly Events

- Each week we have 4 events; a Distance event, a Handicap Freestyle event, and two other handicap events (Breaststroke, Backstroke, Butterfly, 2 x 50m Freestyle relay), these rotate each week, see our season program for what is on each week
- Distance event; 100m, 200m or 400m races
  - o There is a season pointscore for these events, you receive points for improving your time for that event
- 2 x 50m Freestyle Handicap Relay event; this is a team event, so best to swim with the same partner each time
  - o There is a season pointscore for this event, points are awarded for placings, 4 points for 1st, 3 for 2nd, 2 for 3rd and 1 point for other places
  - o First swim of the season is a Time Trial (unless you swum last season, see rule change above), you get 2 points for this swim
- Handicap events; Freestyle, Breaststroke, Backstroke and Butterfly, distances are 15, 25, 50m and 33m for butterfly
  - o There is a season pointscore for these events, points are awarded for places except for the 15m races (1 point for a swim)
  - o The pointscore has 5 groups; Group 1 - 15m swimmers, Group 2 - 25m and slower 50m swimmers, Group 3 - Intermediate 50m swimmers, Group 4 - Faster 50m swimmers, and Group 5 - Adults
  - o To do well in the pointscore; swim each week in all strokes and improve. It does not matter how fast you are! Just be consistent and participate.

### How to Enter Events

- Distance Events - fill out 1 stroke card with the distance you want to swim, put it into the Distance container on the handicapping desk
- Relay Events - fill out 1 relay card with your name and your partners name on it. If you need a partner, we can find you one. It is best to stay with the same partner throughout the season
- Handicap Events - fill out 1 handicap card with your name and circle the distance of each stroke you want to swim that week, put it into handicap container on the desk



Avalon Bilgola Swimming Club

DATE: \_\_\_\_\_ **HANDICAP EVENTS**

NAME: \_\_\_\_\_  
First Name Surname

AGE: \_\_\_\_\_

Freestyle:	15m	25m	50m
Breaststroke:	15m	25m	50m
Backstroke:	15m	25m	50m
Butterfly:	15m	25m	33m 50m

(See Program for Strokes) (Circle one Distance per Stroke)

Handicap Entry Card - to swim 50m F/S, 25m BRS and 50m BCK

Avalon Bilgola Swimming Club

DATE: \_\_\_\_\_ **RELAY EVENT** LANE: \_\_\_\_\_  
 RACE: \_\_\_\_\_

NAME: \_\_\_\_\_  
First Name Surname

NAME: \_\_\_\_\_  
First Name Surname

\_\_\_\_\_  
(Timekeeper)

Relay Entry Card

Avalon Bilgola Swimming Club

DATE: \_\_\_\_\_ LANE: \_\_\_\_\_  
 RACE: \_\_\_\_\_

NAME: \_\_\_\_\_  
First Name Surname

AGE: \_\_\_\_\_  
 FREESTYLE: 200

\_\_\_\_\_  
(Timekeeper)

Distance Entry Card - to swim 200m Freestyle

## SPONSORS

We have great sponsors who have supported the club for many years! This helps you by keeping the rego fee low, providing the Learn to Swim programs and T-Shirts for swimmers representing the club. If you are out and about, please support our great sponsors.



Via Financial Group

Via Financial Group provide wholistic financial advice solutions in a transparent, easy to understand way. You can depend on us to provide reassurance at every stage, so you can make confident & mindful financial decisions.

PLANNING || INVESTMENT || FINANCE || INSURANCE

Catch up with Ben for all your finance needs

Web: [viafg.com.au](http://viafg.com.au)



SCRATCH AND DING KING

Mobile car body repairs

If you need some minor fixes done on our car, Jamie King will come and see you and sort you out. Jamie was a past member of the club

Web: [www.scratchking.com.au](http://www.scratchking.com.au) Mob: 0452 203 502

## Avalon Appliances

Northern Beaches Appliance

Repairs, Service and Installation

If you need your white goods repaired, David is your man. David is also a past member of the club, he is normally down for an early swim and is looking to re-join this season.

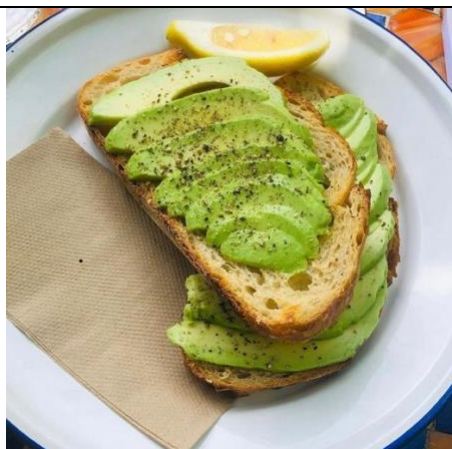
Web: [avalonappliances.com.au](http://avalonappliances.com.au) Mob: 0416 188 269



Now the sun has finally come out, grab your BBQ needs to Johnson Bros.

Web: [johnsonbros.com.au](http://johnsonbros.com.au)

ZUBI *at Billy's*



Get your hot chocolate and coffee after swimming, catch up with Nick and the crew for some great food and views. You maybe even lucky enough to get one of the coffee vouchers at swimming. Drawn after the second lot of handicap races.

Why not grab one of the great Zubi Coffee Cups!

Woolworths   
The fresh food people

Want a healthy snack at swimming? Woolworths Avalon provide us free fruit each Saturday morning. So head to the canteen and grab a healthy bite! To go along with that jumbo snake 😊

Thanks to the team at Woolworths Avalon

[ BLAKE ]

Andrew and Melinda have been awesome supporters of the club for 20 years! Being members themselves they know the value of community!

If you want to upgrade your home, why not see Andrew in Avalon, just near Anytime Fitness

Web: [www.blakeproperty.com.au](http://www.blakeproperty.com.au)

boon building

For your building needs have a chat to Chris.

Web: [www.boonbuilding.com.au](http://www.boonbuilding.com.au)

Please support our sponsors as they support your club! Let them know about us when you visit!