



Cook+Phillip Swimming Club

Issue 1 | April 2005

Dive in to our first issue

This edition is full of news of exciting family friendly developments at the club.

We have a new race calendar, a great new uniform, the best sausage sizzle in Sydney, lots of awards for the swimmers every race night, a central location with easy parking plus lots of great new membership benefits.

Race nights

We continue our short course race nights for Stingray, Tadpoles, Sharks, Barracudas and Junior Squad every second Friday night (outside school holidays) from 6.30pm to 8.00pm.

The Race nights are non competitive with each swimmer "racing the clock" to achieve their personal best and win a prize. The swimmer with the most personal bests on the night will be awarded a trophy and proclaimed "swimmer of the meet".

Great fun racing experience in all strokes over 25, 50, 100 and 200 metres as age appropriate. Plus we race in medleys and fun relays!

It's a chance for young and old to enjoy the social side of swimming and the great food from the clubs BBQ.

Up coming Friday race nights at 6:30pm are 29 April, 13 May, 27 May, 10 June and 24 June. See the club noticeboard at the bottom of the stairs for the full race night schedule.

Some 50 metre long course events start in October. Look out for the Club Championships coming up on 4 September and 27 November.

Word from the Head Coach

Head Coach at Cook and Phillip Park Stephen Garner says *"The club provides an opportunity for swimmers to gauge their progress in a social and fun environment"*.

"Swimmers are regularly identified as high achievers in their scholastic endeavours. A broad range of skill is acquired along the way: athleticism, discipline, focus, forward thinking, appreciation of hard work and the rewards it brings"

New membership benefits

Soon all member swimmers will get their great new kit with our clubs new swimsuit, jacket, racing t-shirt, cap and bag. Our swimmers of the meet, club captains and club championship winners will soon have their achievements "colour" embroidered on their jackets.

Membership costs are \$40 per season with a \$4.00 "Race Night" fee for all swimmers payable at the door with \$2.00 going to the club. Discounts for families. Swimmers who want to trial a race night are welcome to try out the first race night without paying a membership fee.

Great value with the club hosting over 20 meets a year including two club championships and more coming up.

More Information

Contact our site on www.cpswimclub.info or telephone the pool on 02 9326 0444. Please take the time to complete our questionnaire below.

QUESTIONNAIRE

Please take the time to complete our questionnaire by answering the questions. Either save the document and email it back to us or just send us an email in reply.

How did you hear about the club?

What do you and/or your family want out of a swimming club?

What swimming events and races are your family likely to be interested in?

What do you think is the best way to advertise and market the club?

Do you think the membership costs are reasonable?

Please provide any other information here that you think might assist the club.