

Volunteers

Thank you to our tireless volunteers from last season. Some things you need to be accredited for eg. starter, referee but **on the spot training** is all you need to **time keep**. If you haven't stepped up to time a race, please think about doing it each week.

Metro South West

The Cumberland zone is finished now and we become part of Metro South West on 8 May, 2008. The following Clubs will make up this zone:

Atlantis, Auburn, Bankstown Sports , Blacktown , Camden , Campbelltown, Holsworthy, Inswim, Liverpool, Macarthur Indoor, Macquarie Fields, McCredie Park Aquatics, Merrylands, Mt. Annan, Mt. Pritchard (Mounties), Myswim, Narellan All Stars, Nepean, Parramatta City, Penrith, Penrith RSL, Picton, Prairiewood ASC, Revesby Workers, Ripples, Swimfit Macarthur, Toongabbie, Warragamba, Wenden, Wentworthville - possibly Wizards.

From the old Cumberland area we have lost these clubs:

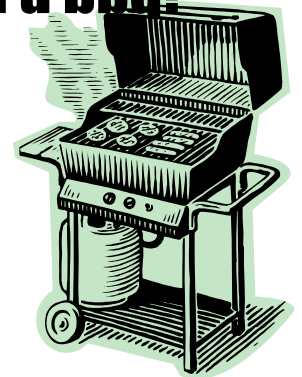
Windsor, Swimwest, Riverstone ASC, Riverstone Dolphins and Hawkesbury.

Our First big carnival in the new area will be the Winter Short Course meet at SOPAC on Sunday 25 May. Let's have a big roll up for this.

Do you know how to cook a sausage on a bbq?

Then we need you!

Please help raise much needed funds for our swimmers by helping out each week at the bbq under the awning. We all enjoyed the gourmet bbq sandwiches each week last season but we need your help to continue to be able to provide for this season.



If you are able to assist with the bbq, please see one of the committee members to discuss it. The selling doesn't have to remain well after club night finishes – it could be up to you!

Revamping Inswim's Website



We would like to update the website with a fresh image reflecting Inswim's commitment to promoting our swimmers and their achievements as well as including relevant information with regard to carnivals and club news. If you have the expertise in setting up a website, the committee would love your input. Please let us know!

Upcoming Carnivals and Closing Dates

Welcome back to short course meets. In winter most carnivals are held in a 25m pool. Entry times should be adjusted accordingly using the approved NSW swimming constants. This is quite easy – the times are shown on the carnival window and you simply take the time shown for the event and your child's age away from your long course time. If there are any problems with this please just ask at club night or any time I am around the pool. Entries for the Metro South West meet have been held open until tonight for anyone who would like to enter. All entries should be made on multi entry cards available from Linda Schraven our property officer. If you would like some help filling out cards just see me or any of our wise parents who have been around for a while. A selection of carnivals are shown on the club window of the pool office. Instructions on how to fill out cards are also there. All entries should be placed in the blue box by the INSWIM closing date shown. This date differs to the dates typed in the program so that I have sufficient time to send off all entries by the closing date. Post entry carnivals mean that the entries are accepted at the carnival.

Upcoming meets are as follows:

Meet name	Date of meet	Venue	INSWIM closing date
***Metro South West ***	25 May	SOPAC	9 May
Meet name	Date of meet	Venue	INSWIM closing date
Griffith Swimming Club	1 June	Griffith	16 May
Kiama Swim Club	8 June	Kiama Leisure Centre	16 May
Titans Swim Club	7/8 June	Toukley Aquatic Centre	23 May
Campbelltown Swim Club	8 June	Campbelltown	16 May
Bayside Swim Club	9 June	Des Renford Aquatic Centre	23 May
Gosford Stingrays	15 June	Peninsula Leisure Centre	23 May
**** Windsor Swim Club	15 June	Hawkesbury oasis	31 May
Mcredie Park 9yrs/under	21 June	Guilford	Post entry
Mingara	22 June	Mingara Lifestyle Centre	30 May
SCAT winter meet	22 June	Kiama Leisure Centre	30 May

*** Club targeted meet