



The Hills Swimming & Life Saving Club

CLUB NEWS: MAY - JULY 2024

What's been happening

Even though the Friday club nights aren't happening at the moment, plenty is....and not just in PARIS! It's been a busy few months for the committee, our swimmers and life savers.

We have had plenty to celebrate with 4 swimmers competing at the Olympic Trials (See below) and of course our AMAZING end of year awards night.

Life Saving update

This month, our dedicated Masters members Pam Stanley, Jenny Whiteley, Meryl Churchill, and Penny Rodgers, along with Open competitor Nick Rodgers, are competing at the Lifesaving World Championships (LWC) on the Gold Coast. The LWC 2024 is set to be an extraordinary event with over 6,000 competitors from around the world, showcasing the very best in lifesaving sports <https://www.lwc2024.com/>

Lifesaving sport is not only about competition; it fosters teamwork, strategic thinking, and the development of critical life-saving skills. Whether you're a seasoned competitor or new to the discipline, there's something rewarding about being part of this incredible sport.

More updates and results from the LWC can be found at liveheats.com



Swimmer of the Month

Natalie Cheung

Nat has had a great winter season, dedicating herself to her quality training sessions to make big technique improvements over the short course season.

Technique improvements are often two steps forward, one step back – Nat's attitude to this tough process has been great, asking to do extra, completing 1%ers such as regular suit ups, applying herself to implementing feedback and showing great consistency in her Freestyle times in training.



Shining a light on the volunteers



Lots to be grateful for across the last few months with a huge army of volunteers who helped to make our Short Course Carnival the success that it was.

Happy to help or looking to be part of the club volunteer army? Contact our committee.

THS&LSC SWIMMERS AT THE AUSTRALIAN OLYMPIC TRIALS





Coach's Corner (Coach Josh)

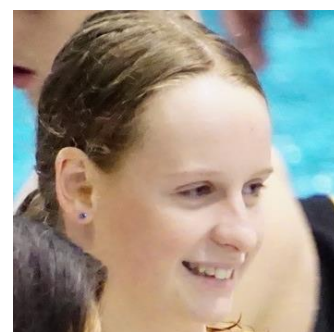
It's been an exciting winter for The Hills across the last few months, with an impressive 4 representatives at the Australian Olympic Trials, our SC Qualifying meet, and perhaps most notably, a huge NSW Metro SC Champs. Our Metro team nearly doubled our entries from 2023, an impressive achievement in itself, and backed up by performances in the pool – with a big PB rate and several first time Metro Finalists and Metro Medallists.



Leading into Metro Champs – our Gold Squad athletes participated in the first annual Home Gold Training Camp. The swimmers put in a huge week at Waves, spending 54hrs at the pool over 6 days. Utilising all the facilities at Waves, swimmers completed 2 swimming sessions per day; participated in Ballet, Boxing, Pilates, Gym and Aqua Aerobics classes; had presentations and workshops on sports psychology, nutrition, recovery and dive starts; coordinated and raced a SwimLeague competition. We heard from NSWIS Triathlete Tilly Offord about performance habits.

Swimmers were split into teams for the week, with points awarded for winning team challenges, as well as displaying performance habits and adhering to the team Values which they set at the start of the week. Congratulations to the winning team 'The Smurfs'! We're excited to see the results of the camp shine through in the long course season and we look forward to providing more great new opportunities for all of our squad swimmers over the next 12 months!

Meet a Swimmer – RUBY CARTER



- How long have you been swimming?
Since 4 years old but competitive since I was 8
- What do you love most / least about swimming?
Most is the close connections with squad mates. Least is that it's a big time commitment – oh - and open-water quality session on Saturday (Thanks Josh!)
- What is your favourite stroke?
Freestyle!!
- Which carnival have you enjoyed the most?
Pool Nationals - best team atmosphere
- What other sports do you do?
I used to play AFL but stopped to focus on swimming
- What other hobbies do you have?
Creative writing and reading books
- What is your favourite movie/TV program?
Gossip Girl
- If you were coach for a day you would...?
Make the sprinters do Distance/Open water Quality and watch them suffer whilst we do the sprint set.





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Uniform shop

Available from [Hills Uniform](#) - more stocks available soon



The Hills Club Shorts - UNISEX
\$43.83



Ladies Cut
Shorter Leg Length

The Hills Club Shorts - Ladies
\$43.83



The Hills Club Bike Shorts
\$42.50



The Hills Training Tee
\$41.15



The Hills Club Hoodie
from \$70.00



The Hills Deck Parka
from \$140.00



The Hills Club Polo
\$46.48



The Hills Reversible Bucket Hat
\$22.00

WHAT'S COMING UP

- World Life Saving Championships – 20th Aug – 8th Sep
- NSW Senior State Short Course 23rd – 25th August

- **Friday Night Club Nights are back 13th & 20th September INCLUDING “Come and Try” for new members**
- National Short Course Championship, Adelaide 26-29 September