



The Hills Swimming & Life Saving Club

CLUB NEWS: OCTOBER 2024

What's been happening

Goodbye short-course season and hello long course.

It's been a busy few weeks with Zhi Hao Phang competing at the National Short Course Championship in Adelaide, with committee member Chris Hand officiating.

Well done and thank you for representing the club in Adelaide. GREAT EFFORT!

After a relaxing 2-week break over the school holidays, Week 1 of our Friday Night program kicked-off last Friday – fantastic to see **Kelvin Lee** and **Rebecca Hogan** kicking off the night with an 800m race, and thanks to everyone who turned up to race or volunteer

2024-2025 Uniform

For all **returning members**, please collect your new cap from our Uniform Co-ordinator (Donna Thomas) on Friday 18th or our **Special Fridays** on 25/10 or 29/11.

For all **new members**, please see Donna regarding your new uniform, which will include a cap and shirt. Reach out to Donna if needed at: Thomas.berwinplace@gmail.com.

See also page 3 for further details about uniform.



Coach's Swimmer of the Month

Jonathan Hopkins

Jonny has had a breakthrough winter season this year, refining his technique with great consistency in training that saw him to drop a huge 4 seconds in 12 months in the 50m Butterfly to finish in the Top 10 at the NSW Junior State SC Championships, his first finals performance at State. Jonny's attention to detail with drill work in training, together with great shoulder control has quickly made him one of the smoothest swimmers across all squad groups. Jonny takes great pride in hearing how much better his technique is than older brother, NSW Sharks Squad swimmer Will (Will doesn't like hearing it quite as much) - showing such technical maturity at just 12 years old, we're sure to see Jonny follow in Will's footsteps in years to come.



2024-2025 Registrations are now open

If you've not yet registered for the new season – head to the registration Tab on our website [Registrations – thehills.org.au](https://www.thehills.org.au)

Please remember that in order to swim in any of the upcoming carnivals and Friday night events, you will need a **current** Registration at SWIM CENTRAL.

Life Saving update

We're excited to announce that Sunday morning lifesaving training has returned! Sessions take place every Sunday at 7:30 AM. Whether you're a seasoned lifesaver or new to the sport, everyone is welcome to join in and give it a try. It's a great opportunity to improve your skills, get fit, and be part of a supportive community dedicated to water safety.

One of the key events we will focus on during training is the 100m Manikin Carry with fins. In this event, participants swim 50m with fins, then dive to retrieve a manikin from the pool floor. The manikin simulates an unconscious person in the water. After retrieving it, participants carry the manikin 50m back to the finish line, using a combination of strength and technique. This event builds endurance, strength, and the ability to respond to real-life rescue scenarios. If you want to challenge yourself or learn vital lifesaving skills, now's the perfect time to jump in. We look forward to seeing you on Sunday mornings!

SWIMWEST SUMMER FUN CARNIVAL

Always one of the highlights of the swimming calendar is the SWIMWEST Summer Fun Carnival. This year, it is being held on Sunday 1st December 2024. With Mixed Noodle and kickboard races for the U6s, lots of events for our junior swimmers and the obligatory **Mixed "Golden Budgie" Free Relay** for Open coaches / parents it promises to be an amazing day out. Further details are here: [Upcoming Carnivals – swimwest](#)

This is an event that we would encourage as many as possible to attend, and will be a massive club day out.



Coach's Corner (Coach Josh)

The end of September brought with it the conclusion of the short course season with The Hills launching their 2024/25 long course campaign at the ACU Blacktown Qualifying Meet. 36 swimmers from The Hills tested their early season legs and had the opportunity to practice new race executions and techniques that they've been working hard on over Winter. The Hills dominated the event, with many events featuring a blanket finish of Hills Swimmers, with some great PBs and good training swims without any rest before the meet – our swimmers look set for a big 24/25 season !

The Mt Annan Qualifying meet is our next target event, and the Metro North West Area Championships held over a mammoth two weekends at the start of November. Championship racing also starts with the Junior Metropolitan Championships, Senior State Age Championships and State Open Water Championships all held over the next two months. Best of luck to all of our swimmers at Mt Annan and MNW, as they look to establish new LC PBs and chase qualifying times for these championships, as well as looking ahead to next year's National events.

WHAT'S COMING UP

- Mt Annan Qualifying Meet – 20 October
- **Special Friday – 25 October**
- **XXX NO FRIDAY CLUB NIGHT 1 NOVEMBER XXX**
- Metro North-West Summer Champs – 2-3 Nov
- Nepean Open Water – 3 November
- *Life Saving Season Launch – 10 November*
- *Engadine Life Saving Carnival – 17 November*
- NSW Junior Metrops - 23-24 November
- **Special Friday – 29 November**
- SWIMWEST Summer Fun Carnival – 1 December
- NSW Senior State Age – 6-12 December
- NSW Open Water – 14-15 December
- **Special Friday / Christmas Party – 20 December**
- First Friday night back – 10 January

Full details of our Friday Night Program on Page 3

Meet a Swimmer

– Cameron Everton

- How long have you been swimming?

I have been swimming for 23 years, since I was 1 years, and competitively since leaving high-school at 18.

- What is your favourite stroke?
- My favourite stroke is butterfly
- What do you love most / least about swimming?

What I love most is the difficulty that training can be but how rewarding it can feel. What I hate is how long you might have to wait at carnivals between events

- Which carnival have you enjoyed the most?

The carnival I have enjoyed the most was the 2023 Metro Champs where I achieved a PB in all events I entered.

- What other sports do you do?

I play football (soccer) during the winter

- What other hobbies do you have?

I like to play video games and go to themed trivia nights with my brother

- What is your favourite movie/TV program?

Favourite movie is a hard choice to pick from, so I'll say all the Lord of The Rings, and the Original Star Wars trilogy

- If you were coach for a day you would...?

Hmmm... not too sure there are so many cruel sets too choose from for just one day





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UNIFORM SHOP

The same as last year, for all uniform orders, the portal is now open and will remain open until 1 November. Please use the QR code to access the portal or go to: [Hills Uniform](#)

Portal NOW OPEN For the 2024-2025 season



**Ladies Cut
Shorter Leg Length**



SOLD OUT

SOLD OUT



The Hills Deck Parka
from \$140.00



The Hills Club Polo
\$46.48



The Hills Reversible Bucket Hat
\$22.00

FRIDAY NIGHT PROGRAM



Hills Race Program 2024/2025

PROGRAM 1	PROGRAM 2	PROGRAM 3	PROGRAM 4
Freestyle 800	Freestyle/IM 200	Freestyle 1500	Any Stroke – choose 1 only 200
Breaststroke 25, 50, 100	Butterfly 25, 50, 100	Backstroke 25, 50, 100	Freestyle 25, 50, 100
Freestyle 25, 50, 100	Breaststroke 25, 50, 100	Butterfly 25, 50, 100	Backstroke 25, 50, 100
Backstroke 25, 50, 100	Freestyle 25, 50, 100	Breaststroke 25, 50, 100	Butterfly 25, 50, 100
Butterfly 25, 50, 100	Backstroke 25, 50, 100	Freestyle 25, 50, 100	Breaststroke 25, 50, 100
Individual Medley 400	Any Stroke – Choose 1 only 200	Freestyle 400	Freestyle/IM 200

2024		2025	
DATE	PROGRAM	DATE	PROGRAM
13 September	All 25s and 50s	17 January	PROGRAM 2
20 September	All 25s and 50s	24 January	PROGRAM 3
11 October	PROGRAM 1	31 January	PROGRAM 4
18 October	PROGRAM 2	7 February	PROGRAM 1
25 October	PROGRAM 3	14 February	PROGRAM 2
1 November	No Club – MNW Area	21 February	PROGRAM 3
8 November	PROGRAM 4	28 February	PROGRAM 4
15 November	PROGRAM 1	2 March (Sun)	Hills LC Meet
22 November	PROGRAM 2	7 March	Club Championships
29 November	PROGRAM 3	14 March	TBA
6 December	PROGRAM 4	21 March	
13 December	PROGRAM 1	28 March	
20 December	PARTY NIGHT		

ENTRY GUIDELINES

- Each swimmer may only swim 3 events per from the program
- Only ONE distance of 25, 50 or 100 can be swum in each stroke.
- Swimmers choosing 200m events can only swim either freestyle OR the IM in single night.
- Swimmers may only choose one 200 form stroke in a night.
- For 25m to 200m events there are no qualifying times for events swum on the Friday night program. However, it is strongly recommended that swimmers follow the progression times indicated below before entering next distance.
- For 800 and 1500m events a swimmer must have previously swum the 400 within the recommended time in any season.
- Referees will also recommend that younger swimmers who have yet to demonstrate correct technique in certain events remain at a distance suitable to them.
- Once a swimmer has achieved a 25m Progression Guideline, they should immediately move to the 50m distance for that stroke and not swim that 25m event again.
- When rostered for timekeeping, it is for the duration of the night except for distance events held last. Where swimmers must provide their own time keeper.
- Programs are subject to change without notice.

PROGRESSION GUIDELINES

	25m to 50m	50m to 100m	100m to 200m	200m to 400m	400m to 800m	400m to 1500m
Freestyle	25.00 sec	52.00 sec	1:40.00	3:10.00	6:30	6:30.00
Butterfly	30.00 sec	55.00 sec	1:50.00			
Backstroke	30.00 sec	58.00 sec	1:55.00			
Breaststroke	32.00 sec	1:02.00	2:02.00			
Individual Medley			Meet 3 out of 4 respective 50m times.	3:40.00		