



The Hills Swimming & Life Saving Club

CLUB NEWS: NOVEMBER 25

What's been happening?

Our swimmers and lifesavers have been extremely busy across the last few months. We have had athletes representing the club at major tournaments, we've held our come and try nights and we've kicked off the season in style with some great Friday night sessions, including the very special Friday night, where club captain Harper Adams, hung up her racing goggles for the last time, retiring from her swimming career.

Meet a Swimmer – Callum Thomas – 21 years old and has been a member of *The Hills* for over 10 years...Callum currently trains in Newcastle with the NSW Futures Squad.

How long have you been swimming?

I did learn to swim as a young kid at Waves and have kept at it since then. I started racing in 2013 when I joined The Hills.

What do you love most / least about swimming?

I love the people you meet through the sport (other swimmers / coaches / families). I love the competitive nature of the sport and how I can use that to push myself to be better.

What is your favourite stroke? Anything but Butterfly

Which carnival have you enjoyed the most? Australian Trials

have been so special, they're unique in that they are so public. I am also a massive fan of the Cole Classic for a bit of fun, and of course FRIDAY CLUB NIGHTS growing up.

What other sports do you do? I used to play football (soccer), and a bit of triathlon, but don't do them currently.

What other hobbies do you have? I'm getting very into my golf at the moment, still not very good though. Just enjoying it as a way to get out with mates.

What is your favourite movie/TV program? My favourite movie

would have to be Cars1 or the Shawshank Redemption.

If you were coach for a day you would...? Write a session with an 800IM and a lot of underwater work!



What's coming up

As we approach the end of 2025, we thought we'd share some dates with you:

19th December – Last Friday night of 2025 – Christmas party

9th January – Friday night club swimming recommences

17th January – CHRD Qualifying Meet, SOPAC

23rd January – No Friday night club swimming

22nd – 25th January – Australian Open Water championships in Bunbury, WA

7th February – Speedo Sprint Heats, SOPAC

13th – 15th, February NSW Metro Snr Championships, SOPAC

22nd February – Enfield Life Saving Club Carnival

1st March – The Hills Long Course Carnival, WAVES
– More details later in this newsletter



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Coach's Corner (Coach Josh) – August to October

As quickly as it started, short course season has finished and we are already into a big summer!

The end of the winter season featured some great club and representative events - The Hills once again put on their annual short course qualifying meet at SOPAC, providing an excellent preparation for our senior swimmers for NSW Senior State Age SC Champs, a final opportunity for our junior swimmers to qualify for NSW Youth State Age SC Champs, and a fun way to round out the season for our big contingent of Club swimmers.

Leading the way for The Hills in the short course championships was Elodie Sebire. At the NSW Senior State SC Championships, Elodie broke or established 8 Australian Multi-Class Records – **including an Australian Open record!**

Well done to the following swimmers who swam PBs in all of their events:

- *Jonathan Hopkins*
- *Lily Murray*
- *Lawson Sebire*
- *Sebastian Viloria*
- *Eli Williams*

The following Australian records are now held by Elodie:

S18 Open 50m Freestyle - 39.31

S18 14yr 50m Freestyle – 39.31

S18 14yr 100m Freestyle – 1.31.88

S18 14yr 50m Backstroke – 47.06

S18 14yr 100m Backstroke – 1.46.56

SB18 14yr 50m Breaststroke – 57.33

SB18 14yr 100m Breaststroke – 2.04.81

S18 14yr 50m Butterfly – 51.17

Congratulations Elodie and Coach Kim on these incredible achievements!

One of our newest members, Joel Edwards was The Hills lone competitor at the Australian SC Championships, competing in the 50m and 100m Breaststroke. Joel continued a very consistent SC season, despite a difficult preparation and finished with a PB in the 50m Breaststroke on the national stage, swimming a blistering 29.65!

The Long Course season has begun with our first target meet at Blacktown, with 27 swimmers competing to update their long course times and get some 50m experience ahead of our area championships in November.



Swimmer of the Month - Elodie Sebire

No surprises after reading her impressive list of records established in August that Elodie Sebire is our swimmer of the month!

Elodie has shown great development over the last several months, displaying an excellent aptitude for hard work in her training. Elodie has made big strides in her technique development, particularly her freestyle and breaststroke, with great persistence shown as she works with her coaches to find the best technique fit for her. Elodie has also been improving her dives, getting more comfortable executing block starts ahead of the long course season, further adding to her skillset and preparation for the Australian Championships in April.

Congratulations Elodie!



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QUARTERLY RECORDS UPDATE

We are loving seeing the records continuing to tumble.....The following are the **club records**, both Long Course (LC) and Short Course (SC), that have been achieved from June to 1st November 2025, including some fantastic new multi-class(MC) records:

Daniel Carter	Metropolitan SC Champs 18/07/25	17-29 Years Male	200m Free	01:51:57
	Metropolitan SC Champs 18/07/25	17-29 Years Male	400m Free	03:56:41
Sarah Edenborough	Metropolitan SC Champs 18/07/25	14 Years Female	50m Butterfly	00:29:06
Maisie Langley	Metropolitan SC Champs 18/07/25	15 Years Female	1,500m Free	18:11:36
Elodie Sebire	State Age SC 22/08/25	14 Years Female MC	50m Free	00:39:31
	State Age SC 22/08/25	14 Years Female MC	100m Free	01:31:88
	State Age SC 22/08/25	14 Years Female MC	50m Back	00:47:06
	State Age SC 22/08/25	14 Years Female MC	100m Back	01:46:56
	State Age SC 22/08/25	14 Years Female MC	50m Breast	00:57:33
	State Age SC 22/08/25	14 Years Female MC	100m Breast	02:04:81
	State Age SC 22/08/25	14 Years Female MC	50m Butterfly	00:51:17
	Home LC 24/10/25	15 Years Female MC	50m Free	00:40:49
	Home LC 24/10/25	15 Years Female MC	100m Back	01:55:63
	Home LC 24/10/25	15 Years Female MC	100m Breast	02:07:98
	SMNW LC Champs 01/11/25	15 Years Female MC	50m Free	00:40.20
	SMNW LC Champs 01/11/25	15 Years Female MC	100m Free	01:33:97
	SMNW LC Champs 01/11/25	15 Years Female MC	50m Back	00:45:24
	SMNW LC Champs 01/11/25	15 Years Female MC	100m Back	01:46:95
	SMNW LC Champs 01/11/25	15 Years Female MC	50m Breast	01:01:20
	SMNW LC Champs 01/11/25	15 Years Female MC	100m Breast	02:05:07
	SMNW LC Champs 01/11/25	15 Years Female MC	50m Butterfly	00:51:26
Callum Thomas	New Zealand SC Champs 22/09/25	17-29 Years Male	400m IM	04:20:44
	New Zealand SC Champs 23/09/25	17-29 Years Male	200m Back	01:58:88
	New Zealand SC Champs 23/09/25	17-29 Years Male	200m Back	01:58:30
	New Zealand SC Champs 25/09/25	17-29 Years Male	200m IM	02:02:84
	New Zealand SC Champs 25/09/25	17-29 Years Male	200m IM	02:01:81





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WANT TO BE INVOLVED?

For swim meets and club nights to run effectively, we rely on people volunteering their time and skills. In swimming, all the amazing volunteers out on pool deck are called Technical Officials or TO's for short. These TO's, along with other volunteers, are the backbone of swimming competitions everywhere!

Becoming a technical official is rewarding and an excellent way to contribute to the sport, spend time with your children, create great friendships and gain professional development.

New Technical Officials are always welcome and there are a variety of different roles that Technical Officials play at swim meets such as Timekeeper, Judge of Stroke, Referee or Starter. For club nights to be official, there has to be one referee and one starter. The starter can be under the training/guidance of the referee and does not have to be fully qualified.

To become an official your journey starts with a few courses and requirements:

1. A current Working with Children Certificate.
2. Community Officiating Essential Skills. (COES) This is found at - <https://www.ausport.gov.au/officiating/education/essential-skills>
3. Swimming NSW Online Training Courses. You can take your pick here where you want to begin. You can do timekeeping, become a starter, or even learn all about Meet Manager. The link here is <https://totraining.swimming.org.au/>

If you are interested in becoming a technical official, or have any questions, please come down and see Chris Hand on a Friday night. Chris is always very keen to help out and develop new officials.

One specific role that we are really keen to fill at the moment is the role of External Race Secretary.

The external race secretary's role is a perfect way for someone to be involved with the club remotely. All the tasks are done via computer and posted to the club's communications avenues. The main job is to keep Hills swimmers informed of external meets information and be the go between with meets and club members.

The main parts of the role are:

- *Linking external meets on swim central.*
- *Sharing meet details*
- *Co-ordinating external meet timekeeping rosters*

Please reach out to Chris Hand if you're interested in finding out more about this role.

Congratulations goes to **Mathew Kaufmann**, who has recently qualified to be a starter. Mathew has been carrying out this role on Friday nights recently and doing a fantastic job...**welcome to the team Mathew.**





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The Hills Long Course Carnival

Sunday 1st March 2026

Once again, we will be hosting our signature event, *The Hills Long Course Carnival* on Sunday 1st March.

This is our main event of the year, and is always a massive event, with swimmers attending from all over Sydney.

As it is also one of the last events where swimmers can achieve an Australian Age Championship qualifying time, we usually see some great swims, so make sure you get this one into the calendar.

We will let you know separately when this goes out on Swim Central.

Uniform update

Our uniform co-ordinator Donna will be at the pool this Friday 12th December, so if you are a new member who hasn't yet collected your polo-shirt and cap, or are a returning member, who hasn't yet collected your cap, please see Donna between 6 and 7:30.

If your club member has outgrown your Hills polo-top, please return it to Donna to purchase a new one at ½ price.

For any uniform that you would like to pay, please log onto the supplier portal where you can see what uniform is available and order uniform direct from them at any time.

The link to the club page is as follows:

[The Hills Swimming and Lifesaving Club – Miklin & Co](#)

For any questions around uniform that is ordered direct from Miklin, please contact info@miklin.com.au.

Pool Lifesaving Update

It's been a big start to the lifesaving season for Hills Swimming & Lifesaving Club, with exciting developments both at home and abroad.

In early October, Nick Hodgers (competitor) and Ethan Garland (coach) travelled to Auckland as part of the NSW Touring Team for the New Zealand Pool Lifesaving Championships. This was an incredible opportunity to experience international-level racing, test skills against high-calibre competitors, and bring fresh insights back to our Hills athletes. Both represented the club proudly, contributing to a strong NSW performance across the event.

Back on home soil, we kicked off our domestic season with the first carnival at Granville, which was very well attended and full of great energy. Athletes across all age groups showed impressive early-season form, and it was wonderful to see new faces getting involved in pool lifesaving for the first time.

We're now taking a short break over Christmas before ramping back up for a busy stretch of carnivals through February and March. Coaches are already shaping training around these key events, and we're looking forward to seeing strong momentum carry into the new year.

Fun Fact

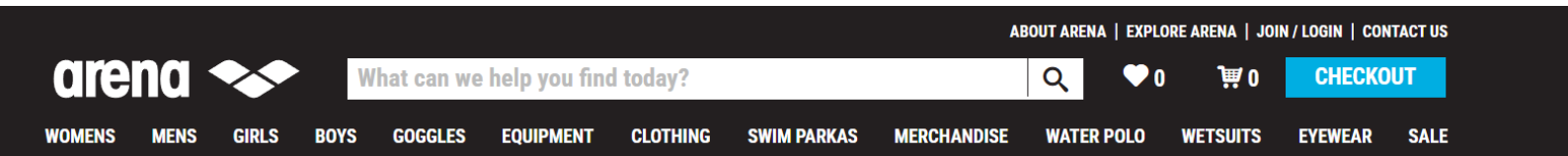
Did you know? In elite pool lifesaving, the manikin used for carry events weighs up to 60 kg when fully filled with water — making it heavier than many athletes who race with it!





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Arena Club Direct Program



As noted previously, we are now part of the Arena Club Direct Program, where club members can get savings of 30-40% on their swimwear and accessories ordered from Arena.

To access this discount, please follow these simple steps:

- 1. New Members:** Register on the Hills Swimming Club via the link: [The Hills Login Page](#)
- 2. Existing Arena Account Holders:** Go to "My Dashboard" on the Arena website and update your club affiliation to The Hills Swimming Club

