

RESPECT RESPONSIBILITY HIGH EXPECTATIONS INTEGRITY

# Benalla P-12 College Newsletter

Principal-Barbara O'Brien



#### Dear families,

#### **College Production - Suessical**

A huge congratulations to Mel Pentreath and the cast of Suessical for their fabulous performances last Wednesday and Thursday. This is the start of many more productions for Benalla P-12 College students. A sincere thankyou to Mel for her commitment and dedication to enable our students to shine. She spent many hours preparing the students, making costumes and organising all aspects of the production. Also to Shane Smith who did many hours of work preparing the sets and props which were sensational. Thank you to the members of the Production Committee and many other helpers who supported this production. We are very proud of our students.



Whole College Assembly, Tuesday 18<sup>th</sup> October
Last Tuesday we held a special Whole College Assembly to farewell our Year 12 students and wish them well for their exams. Our Foundation students walked our Year 12 students into the hall to farewell them and wish them well for the future. I would like to wish our Year 12 students the very best for their exams and congratulate them on the commitment they have shown towards their studies this vear.

### **Congratulations 2017 College Captains**

I would also like to take this opportunity to sincerely thank and congratulate our 2017 College Captains Emily Neilson and Freyr Hubbard and our Vice Captains Maisy Lister and Zac Cooke. They have been outstanding leaders and ambassadors for our College. They have undertaken their roles with enthusiasm, finesse and a keen desire to make a positive contribution to our College. I wish them every success with their exams and future studies. We will miss their involvement in the College.

#### College Captains and Vice Captains for 2018

I am very pleased to announce the appointment of Cameron Holmes and Alex Robinson to the position of College Captains and Jess Stocker and Samantha Desailly to the position of Vice Captains for 2018. I wish them a very successful year in their leadership roles.

### Year 5/6 Concert

There is great excitement in the Years 5/6 Hub as this Thursday 26<sup>th</sup> October they will be showcasing their musical talents at their concert titled 'Celebrate Where We Are" commencing at 7:00pm at BPACC. I am looking forward to a great evening of entertainment.

### **Student Enrolments for 2018**

We are currently planning for 2018. This involves allocating staff to grades and subjects. If you know of any families considering enrolling their child/children in our college next year please inform them that we are now taking enrolments in all year levels.

Best wishes for the week ahead.

Barbara O'Brien College Principal.





Email: Benalla.p12@edumail.vic.gov.au Web: www.benallap-12college.vic.edu.au

**Avon St Campus** (Prep-Yr 4) Ph: (03) 5762 1646 Fax: (03) 5762 2740 **Attendance Hotline** 5762 1646

Waller St Campus (Prep-Yr 4) Ph: (03) 5762 2600 Fax: (03) 5762 3863 **Attendance Hotline** 5762 2600

**Faithfull St Campus** (Yr 5-9)Ph: (03) 5761 2777 Fax: (03) 5762 4076 **Attendance Hotline** 5761 2747

**Barkly St Campus** (Yr 10-12) Ph: (03) 5761 2888 Fax: (03) 5762 5276 **Attendance Hotline** 5761 2810



## Term 4 Dates: 9th October-22nd December

October 23	* 3/4 Avon & Waller Swimming Program– Benalla YMCA 11.45am-2.45pm (Mon-Thurs)				
October 25	* Year 8 3 day Music Camp-Lake Nilhacootie				
October 26	<ul> <li>* Hume Cricket-Barr Reserve Wangaratta</li> <li>* 5/6 concert- Our Lucky Country-BPACC 7.00pm</li> </ul>				
October 27	<ul> <li>* Avon &amp; Waller St Kinder Transition Commences &amp; welcome morning tea</li> <li>* Years 5-9 ATSI Student meeting-Faithfull Campus library</li> </ul>				
October 30	<ul> <li>Year 3/4 Avon &amp; Waller Swimming program-Benalla YMCA 12.45-2.45pm (Mon-Fri)</li> <li>Year 7-12 State Athletics</li> <li>Hume Basketball-Intermediate Girls-Shepparton Sports Stadium</li> <li>Future Makers Parents Information Night 5.00-6.00pm</li> </ul>				
November 1	<ul> <li>Year 10 three day Melbourne Discovery Camp</li> <li>Waller Street SAKG Spring Harvest Festival</li> <li>VCE Exams Commence</li> </ul>				
November 2	* Dairy Day for Primary HOL (Hands on Learning)				



### AVON STREET CAMPUS SCHOLASTIC BOOK CLUB

Orders & LOOP orders are due in by Monday 30th October by 9.00am.

Avon St parents please note LOOP (Linked online ordering & payment platform) orders are now available for you to order and pay online for your child's Book Club order using your credit card.

3 easy steps can be found on the back page of the Book Club catalogue.

If paying by cheque, please make payable to Scholastic Book Club.

Please note that late orders cannot be accepted.

For more information contact Scholastic Book Club

For more information contact Scholastic Book Club
1800 021 233

## 2018 Prep Transition Starts... 27 October

Avon Street Campus (Years Foundation (Prep)-4 5762 1646

Waller Street Campus (Years Foundation (Prep)-4 5762 2600

### Avon & Waller Street Campus

### Transition Dates and Times

- 9-10am Friday 27th October
- 9-11am Friday 3rd November
- 9-11am Friday 10th November
- 9-11am Friday 17th November
- 9-11am Friday 24th November
- 9-12am Friday 12th December



# We are now taking 2018 PREP ENROLMENTS!

Do you or a friend have a younger child due to start school next year? Please contact our Avon or Waller Street Campus office to collect an Enrolment Form or book a School Tour.

Avon St Campus: 5762 1646 Waller St Campus: 5762 2600







## Avon St Chook News!!

At Avon Street we have great news! We have a hen sitting on four eggs. The hen has to sit on the eggs for 21 days until they hatch. We will put them in a cage with their mum and give them food and water every day. When they get bigger we will put them in a bigger cage.



Congratulations Ella, Damon, Hayley, Beau, Mikayla & Amani who were this weeks Avon Street students of the week!



Congratulations Paige, Braden, Liam & Ella



We went to Melbourne on a bus. We went in a black tunnel. We saw the animals and dinosaur bones. We loved the escalators. The stairs moved! It was so exciting! By the Preps.

Yesterday we went on a great big bus to the Melbourne Museum. The first room we went to was the dinosaur walk. There was real skeletons! The horse was called Phar lap. The forest gallery was fantastic, I liked the skyscrapers. It was an interesting day. Emily













Pogtry Slam

The 3/4 hub at Waller Street was full of proud poets last Tuesday afternoon. Students worked extremely hard on a number of different poems throughout Term 3 and were given the opportunity to share their work with their peers the second day back in Term 4. Students offered each other positive feedback and really enjoyed listening to what their friends had written. Well done Year 3/4s!







WALLER ST CAMPUS

### SCHOLASTIC BOOK CLUB LOOP ORDERS

Scholastic Book Club Issue 7 Catalogues have been distributed to all students.

Students and parents are reminded that all book club orders must be submitted online through Scholastic Book Club Loop Orders by Friday 27th October 2017.

# Term 3 Ray White Award Winner Congratulations Hailey who was this terms Ray White

Congratulations Hailey who was this terms Ray White awards winner. Hailey received a \$25.00 voucher to spend at a local business.





Back: Christina, Annie (on behalf of P/1 Hammond), Seth (on behalf of P/1 Challis), Jackson

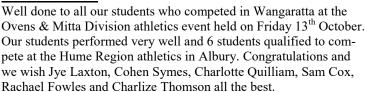
Front: Justin, Cienna (on behalf of 3/4 Gough), Seth, Oscar

Back: Jakayla, Cooper, Jai, Elizabeth, Seth, Eloise Front: Marcus, Thomas, Emily, Hamish, Ryan & Manni

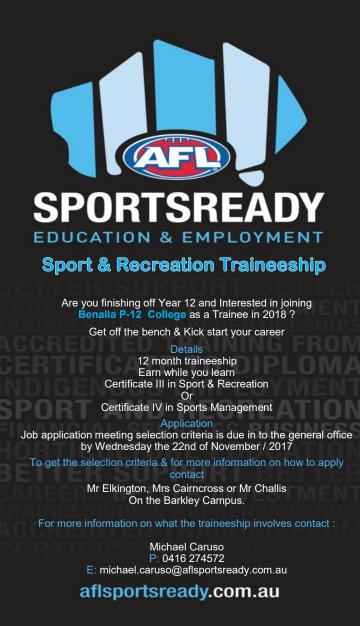




# Ovens & Mitta Division Athletics











### Community Learning Project

As part of attending the Alpine School for Student Leadership, Cooper Nichols, Ebony Massey, Daniel Evans, Sienna Fox, Zoe Lefebvre -Thivillier and Edward Mentiplay-Smith organised a Community Learning Project at the 5/6 Hub.

For our project, we chose to run safety workshops targeting the problems and hazards we see in our town, and how to deal with them. We had a mix of student presenters and guest speakers from the community. We had the SES come in, as well as the police. To our great joy, the day went very well.

The Year 5/6 students who attended our workshops actively participated and enjoyed the content presented by us. The variety of activities helped them engage into our presentations, which was fantastic.

We chose the Years 5 and 6 as they are at the age where you begin to take more responsibilities, and are given more trust. They did not let us down. They took part in physical activities, group discussions and games, all with great enthusiasm. So, in the end, the day was a big success.

A massive thanks to Graham Milner and Mark Kennedy, our guest presenters, and also Mrs. Vashishta for helping us organise the event.

Sienna Fox, Year 9









# Year 8 Feature Articles

By Clare Still and Sienna Herbert

Last term all of the year 8s had to write a feature article that we would eventually post on a blog. Over the term we read many articles to inspire us and to give us an idea of what it should look like. Near the middle of the term, we had to come up with an idea of something we were passionate about to write about for our feature article. When we had our ideas, we were given multiple planning sheets that we had to fill in, and in the end we had the basic structure of our article ready. After we finished planning, we started drafting and it got reviewed by our peers and english teachers. We fixed any mistakes and added things based on the comments we were given. After we reviewed and fixed the articles, they were done and we published them on the blog, where other people could see them and comment on them.

One of the things I found challenging was finding a topic that I could write a whole article about and be able to write from both points of view. Some of the things that other people found challenging was getting all of the information needed and working off all of the feedback that they were given.

One thing that I really enjoyed while writing my feature article was learning more about the topic that I choose, I also enjoyed being able to read other people's and see what they wrote and what they enjoyed about their topic.

Go check them out!

http://mrstvogel.global2.vic.edu.au







"On Thursday the 12<sup>th</sup> of October, the Athletics Regional Competition was held in Albury. Benalla P-12 College had 11 students across Year 7-12 representing our school in a number of events. We all did extremely well in both track and field, and represented our school with pride. The weather was bipolar, as it couldn't decide if it was hot in the sun or cold because of the wind, but everyone still had a very good day. We all supported each other and showed lots of respect for ourselves, the spectators and other competitors. We were gracious in both success and defeat, demonstrating our school value "Integrity"."

Congratulations to Jamie Dunn and Emily Neilson for being invited to attend the State Championships for their respective events on Monday the 23<sup>rd</sup> of October. A big thank you to the Sports Coordinators, Michael Thomas and Angelica Pahina for supporting our students in

their athletic achievements and all the work that they do.

### **Results:**

Shantelle Paton Mckenzie: 2<sup>nd</sup> Hurdles, 3<sup>rd</sup> High Jump, 3<sup>rd</sup> Long Jump Emily Neilson: 3<sup>rd</sup> Long Jump, 2<sup>nd</sup> Javelin, 2<sup>nd</sup> High Jump, 2<sup>nd</sup> Triple Jump Alexandra Robinson: 3<sup>rd</sup> Long Jump, 2<sup>nd</sup> Triple Jump, 3<sup>rd</sup> Javelin Aden Macdonald: 2<sup>nd</sup> 800m Meagan Webster: 4<sup>rd</sup> Long Jump, 3<sup>rd</sup> Triple Jump

Jamie Dunn: 1<sup>st</sup> Shot Put
Matthew Gillespie: 4<sup>th</sup> 1500m
Liam Margat: 2<sup>nd</sup> Javelin
Rhys Wylie: 5<sup>th</sup> Shot Put
Mitch Young: 2<sup>nd</sup> Triple Jump













### 90% attendance

- Half a day missed every week! Nearly four whole we of lessons missed in school year! Half a school year missed over five year







# Year 8 Survival Camp

Students from the year 8 Outdoors class braved the elements and took on the Strathbogie Ranges for their overnight Survival Camp on Thursday the 21<sup>st</sup> of September.

Students were only allowed to take minimal clothing, food and equipment, with them having to make their own shelter to sleep under. On arrival students gathered essential firewood to last throughout the afternoon and evening. They then split into their tarp groups and the great task was underway to create the best, and most protective, shelter. Each group approached their shelter differently and it was brilliant to see some creative and genius ideas arise.

Thankfully the weather was nice to us, with no rain, wind or even frost on Friday morning. With bleary eyes and hungry stomachs, the students warmed themselves up by the fire, whilst the staff members cooked up a big breakfast on Friday for all to enjoy and celebrate surviving the night.

Students learnt the importance of making sure you are prepared and organised when in the outdoors. Their survival tips are to ensure you have the correct equipment and clothing, as well as knowing how to make a fire and shelter with limited resources.















Week 1-5/6 students of the week (Cameron, Taylor, James, Ashton, Riley, Finn, Katie and Harley)



ICAS award winners (Flynn, Tom, Sarah, Kieran, James and Imogen) and longest finger knitting award (Ella Willet).



# Ways to Take Action!



Eagle Eye Look at the picture. Use the beginning letter.



# Lips the Fish

Get your mouth ready. Say the first sound.



# Stretchy Snake

Slooooowly stretch each letter sound together.



# Chunky Monkey

Break the word into chunks you know.

m at © fl at © spl at ter



# Tryin' Lion

Try to re-read the sentence. Think about what would make sense.



# Skippy Frog

Skip the tricky word. Read to the end. Go back & try it again.



# Flippy Dolphin

Flip the vowel sound.
Try long & short sounds.

Growing Firstles



### Benalla Music Students Received High Praise at Shepparton Young Instrumentalists Award

Early in the most recent holidays four instrumental music students from Years 7 and 8 performed at the Shepparton Young Instrumentalist Awards playing beautifully prepared pieces and achieving excellent results. Congratulations to Georgia Nichols, Piano, Zoe Thompson, Saxophone: 3rd place, Jessica Patterson, Clarinet Solo 3rd place and Woodwind Duo 1st place and Cheyane Vaughan, Clarinet Solo 2nd place and Woodwind Duo 1st place.

### Band Plays in Open Garden

Pictured below our Stage Band performing throughout the day for the Birchwood Open Garden. The garden looked amazing and visitors came throughout the day enjoying the beautiful garden and the talents of our students.

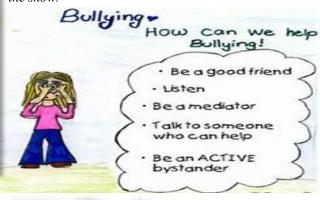
Thanks to everyone making a great effort to be there on the last day of our holidays.





On Friday, the ever popular College Stage Band stepped out to entertain over lunch the Northern Victoria Probus Club Conference held in Benalla. The band was warmly received and presented themselves and played at the highest level.

Special thanks to all the students for their excellent performance and to David Roe and Rolf Koren for leading the show.





# Fantastic Season for Netballers

fax resume:

Violet Town U/17 Netball team capped off a great season by winning the Grand Final in the Kyabram and District League. The side was undefeated for the year and had a resounding win 50 -24 against Nagambie. Congratulations to Benalla P-12 College students Kate O'Donoghue, Macey Matthews, Georgie Ubergang, Sam Desailly, Sarah Green, Maddie Chibnall and team mates Chelsea Walsh and Ruby Boyd on an outstanding season.



### **Years 10-12 Barkly Street Campus News**

### Year 12 Last day celebration

On Wednesday October 25<sup>th</sup> our Year 12 students finish their formal classes at Benalla P-12 College. This is a day of great excitement and celebration. On Wednesday November 1<sup>st</sup>, the Year 12 students commence their VCAA exams and undertake the 3 hour 15 minute English exam. We wish all the student the very best with their exams.

#### SunSmart

I would like to congratulate the students at the Barkly Campus for the manner in which they have embraced being SunSmart this term. Students are wearing their bucket hats and staying in the shade to protect themselves. Thank you for meeting our SunSmart requirement.

Paul Challis Assistant Principal Barkly Campus



### **BARKLY STREET CAREERS AND PATHWAYS**

#### **GOOD LUCK TO OUR YEAR 12'S!**

This term we have been working with Year 12's closely and helping them prepare for life next year and beyond, We have students who have applied for University, students who have secured apprenticeships or full time work and students who are going onto vocational education and training. We wish them all the best and are here to support them as they transition to life beyond school.

Students applying for University courses have been busy applying for internal and external scholarships. They now focus on preparing for their exams and we wish all our students the very best.

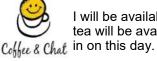
### Results day - Friday December the 15th

VCE study scores, ATAR and VTAC Scaled Study Scores will be available to students via internet services. All current VCE students will receive a statement of VCE study scores from the VCAA. However, only students who have applied for courses through VTAC this year and have paid their VTAC processing fees will be sent an ATAR statement in the mail.

How to access your results online

The VCE results and ATAR Service will be available from 7am, 15 December. To view your results online, log on to results and atar.vic.edu.au using your VCE student number and Results Service PIN. The default Results Service PIN is the first four digits of your birthdate, however you are strongly encouraged to change this prior to the release of results). Results will be available online from mid-December.

Note: The Results Service PIN is separate from your VTAC PIN.



I will be available all day to help students, celebrate your successes and look at plan B's if necessary. Morning tea will be available to all Year 12 students in the careers room from 10.30am. Parents are also welcome to come in on this day.

### Changing your course preferences

It's easy to add or remove courses on your preference list. During specified periods you will be able to add, remove or re-order your course preferences in your course application.

You may also want to change your preferences if you have changed your mind about which course you most want to study, if a new course has become available and you would like to add it to your preference list, or if a course you had applied for has been cancelled and you want to replace it in your preference list.

There is no cost involved in changing your preferences. As long as you pay your course application processing fee, you can change your preferences as much as you like within the specified periods.

Change of preference is closed during each selection period (just before each offer round) but is open at all other times.



A reminder that Year 12 students achievement portfolios are available to take home.

### <u>University extension programs – available to current Year 11 students</u>



**Deakin Accelerate:** Deakin Accelerate is a distinctive VCE extension studies program. If you're a high achieving VCE student, you'll complete two first-year university units alongside your Year 12 studies. Accelerate gives you a head start into your future university studies and a potential boost to your ATAR.



**RMIT Extension:** RMIT Extension gives you a head start at university by completing two undergraduate courses during the final year of your VCE. Equip yourself with the skills and knowledge to transform your future. All courses count toward the completion of your VCE towards your future studies at RMIT and boost your ATAR!



LATROBE VCE PLUS: As a VCE Plus student, you'll be able to: increase your ATAR, get university credit for the subjects you study, experience life at university, access La Trobe's services and resources, receive an early conditional offer for entry into selected La Trobe degrees, save on university fees and add value to your resume.





Avon Campus: 0428 014 133

Monday 23/10	Tuesday 24/10	Wednesday 25/10	Thursday 26/10	Friday 27/9
Activity:	Activity:	Activity:	Activity:	Activity:
Fruit salad game	Beading and 40/40	Cars and colouring	Dress ups and cubbies	Painting
Afternoon Tea:	Afternoon Tea:	Afternoon Tea:	Afternoon Tea:	Afternoon Tea:
Fruit, popcorn	Fruit, jelly, custard,	Fruit, raison toast	Fruit, biscuits, spreads,	Fruit, nachos, Milk &
Milk & Juice	Milk & Juice	Milk & Juice	Milk & Juice	Juice
Monday 30/10	Tuesday 31/10	Wednesday 01/11	Thursday 02/11	Friday 03/11
Activity:	Activity:	Activity:	Activity:	Activity:
x-box and drawing	Ham beads and tv	Ball Tiggy	Ipads and colouring	Blocks and play doh
Afternoon Tea:	Afternoon Tea:	Afternoon tea:	Afternoon tea:	Afternoon tea:
Fruit, pancakes	Fruit, sandwiches,	Fruit, cereal, milk and	Fruit, yogurt, milk and	Fruit, kabana, dip
Milk & Juice	Milk & Juice	juice	juice	milk and juice

Waller Campus: 0407 715 660

Monday 23/10	Tuesday 24/10	Wednesday 25/10	Thursday 26/10	Friday 27/9
Activity Basketball & drawing. Afternoon Tea Fruit, fresh sandwiches bread milk and juice.	Activity Sandpit & Lego  Afternoon Tea Fruit, nachos, milk & juice.	Activity Cricket & Hama beads. Afternoon Tea Fruit, Biscuits &spreads, milk & juice.	Activity cubbies & Skipping. Afternoon Tea Fruit, jelly & custard, milk & juice.	Activity Totem Tennis & dress ups Afternoon Tea Fruit, toast, milk & juice.
Monday 30/10	Tuesday 31/10	Wednesday 01/11	Thursday 02/11	Friday 03/11
Activity Cricket & Trouble Afternoon Tea Fruit, cereal, milk & juice.	Activity Chalk drawing & kinetic sand Afternoon Tea Fruit, biscuits & spreads, milk & juice.	Activity Preparation for wraps. Afternoon Tea Fruit, cheese & kabana, milk & juice	Activity Outside sit ball & Duplo Afternoon Tea Fruit, salad wraps, milk & juice.	Activity Playground & cubbies Afternoon Tea Fruit, toasted sand- wiches, milk & juice

<u>Sun Protection Policy</u> – According to our current Sun Protection Policy, children attending After School Care and Vacation care are required to wear bucket hats during term 4, through to end of April school holidays. Blue bucket hats are provided by the service and each child is allocated a numbered hat for themselves to wear, which remains at the service and are washed regularly.

<u>Cancellations for Care</u> – Just a reminder that if your child is not attending a booked in session, then this needs to be advised to the carers by 3pm for ASC and the day prior for Vac Care. Non cancellations will be charged at full rate.

<u>Jobs for Families and Child Care Package – July 2018 –</u> From July 2018 the Australian Government are changing the way Child Care Benefit and Child Care Rebate is paid to families. The new model called the Child Care Subsidy will make the child care system more flexible, more accessible and targeted to those who need it most. Families earning \$65,710 or less will receive a subsidy of 85% of the actual fee charged (up to 85% of an hourly fee cap). For family incomes above \$65,710, the subsidy tapers down to 20% when family income reaches \$340,000. For families with incomes of \$350,000 or more, the subsidy is zero %. Family eligibility for the Child Care Subsidy will be determines be a three step activity test, which will align the hours of subsidised care with combined hours of work, training, study or other recognised activity undertaken, providing between 36 hour to 100 hours of subsidy per F/N, depending on eligibility.

<u>Student Free Day</u> – Wednesday 29<sup>th</sup> November 2017. All Day Care will be provided on this day. Please book with the carers.

Enquiries please email: <u>hanrahan.anne.e@edumail.vic.gov.au</u> or phone Anne on Fridays at Waller 5762 2600





Hello cricket enthusiast,

On behalf of the Wangaratta & District Cricket Association, I would like to invite you to the 2017/18 Melbourne Stars Girls Cricket League season.

For those thinking of coming for the first time, the WDCA have under 16 teams that play on a Tuesday night against other teams within our Association.

On Tuesday 17<sup>th</sup> October, there will be a Muster Night, with North East Region 6 coaches in attendance to kick start your cricket season. So, if you are interested, get your friends together and come down to Wareena Park from 5pm and join in on the fun!

The 2017/18 Melbourne Stars Girls Cricket League season will begin with the Muster Night on Tuesday 17<sup>th</sup> October with season matches beginning on Tuesday 23<sup>rd</sup> October and going through to Tuesday 12<sup>th</sup> December.

Cost for the season will be approximately \$35 which includes a playing top and the cost of the season. (The cost will be determined by the club you play with.)

WDCA Girls cricket is also a pathway to the North-East Knights regional teams, which play representative cricket in the Victorian carnival each season in Melbourne.

If you have any enquires please feel free to contact Andrea Belci on 0429 917 218.

### BENALLA LAWN TENNIS CLUB 92nd ANNUAL TOURNAMENT

Saturday 4, Sunday 5 and Tuesday 7 November 2017

### \$1500 PRIZE MONEY AND TROPHIES

Open Winners \$350, Runner-Up \$150

#### SATURDAY - SINGLES

- DOUBLES

ALL PLAYERS MUST SUBMIT AN ENTRY FORM—SEE OVERLEAF

Tickets. Sweeps will be held throughout

- 24 excellent grass courts
- Light lunch available
- Morning and afternoon teas
- Bar facility to operate daily
- Motels, Parks listed on page 2
- Camping & amenities available on site Trivia Night Sunday 5th, 7.00pm

Entries close 1 November 2017,

Benalla 3671



### Benalla Bushrangers Cricket Club Junior Training



Under 14 Training -Tues at 4.30! at the Gardens Oval. Under 12 training - Wed at 4.30 at the Gardens Oval. Under 16 training -Thurs at 5pm at the Gardens Oval.

Seniors Tuesday & Thursday at the Gardens.

We have Junior sides in the U16, U14 & U12 age groups in the Wangaratta & District Cricket Association, as well as a girls team in the WDCA - Stars Female Competition. We also co-ordinate the Milo & T20 Blast.

BBCC's priority is the growth of junior cricket in the Benalla & District and providing a pathway for all junior cricketers. We have a number of Nationally accredited junior coaches and are an all-inclusive club catering for all levels of ability and gender.

We play our junior cricket locally at the Benalla Gardens, the Showgrounds & hardwicket cricket at both Arundel street ovals.

If you wish to be involved, and cant make the registration night, please contact the Club via Facebook or simply contact our club secretary Mark Saunders on

#### 0448 130 992

Look forward to welcoming you and your family. GO Bushies ......

### Benalla Swimming Club -Come and Try!!!



Swimming is a great way to keep fit and have fun. Swim training can also have many benefits for your performance in other sports as a form of cross training. Benalla Swimming Club invites interested kids to give Swim squad sessions a try. The Club provides a tailored coaching program designed to improve your swimming technique and overall fitness in a positive and fun environment.

Our Come and Try sessions have been designed for potential swimmers to "try out" squad swimming. These Come and Try sessions will be held on:

Mon October 16<sup>th</sup> 4:30pm - 5:30pm Mon October 23<sup>rd</sup> 4:30pm - 5:30pm Mon October 30<sup>th</sup> 4:30pm - 5:30pm

The sessions will be held at the Benalla Aquatic Centre, in the 25m pool and swimmers can choose to attend both of these sessions if they like. The YMCA are providing free entry to the pool, and there is no club charge either. Just mention at the counter that you are here for the Come and Try sessions.

Further information on joining the club and squad training times will be provided at these sessions. For further information, please contact Richard Mailer on 0429177044, or visit our website at <a href="http://benalla.swimming.org.au/">http://benalla.swimming.org.au/</a>