



Dear Swimmers and Families,

As we near the end of the year, we want to express our gratitude for your continued dedication and support of the program, especially during this transitional phase. Below are some updates regarding our Holiday Period, January Timetable, and Squad Expectations.

Holiday Break and January Schedule

The last squad session of the year will take place on Saturday, December 21, 2024. We invite everyone to join us for this final session, which will feature fun relays and games starting at 8:30 AM, with all squads participating! Ripples facilities will be closed on December 20, 2024, for a staff safety training day, and no programs will be held this day.

We will resume activities for 2025 on January 6, featuring an exciting holiday schedule. Please be aware that there will be no Saturday sessions during this period.

For all sessions we encourage all swimmers to come prepared with swim gear and activewear, including closed toe running shoes. Given the longer duration of some sessions, we recommend bringing extra fluids, electrolytes, and small snacks.

If you plan to be away during this time, please submit a membership suspension request form, which can be found here - [Membership Suspension Request - Ripples NSW](#). All swimmers who do not suspend memberships during this period will continue to have access to Ripples during operational hours and sets will be provided for all levels shortly.

Public Holiday

Monday, January 27, is a Public Holiday, and no sessions will be held this day.

Exciting News – Australian Open Water

Congratulations to Jack Sammut and Taliesha Locker-Cole from our senior performance squad, who will compete at the Australian Open Water Championships in Busselton, WA, from January 23 to January 26. Coach Teone will be traveling on the afternoon of January 22 to support them, during this time other members of the team will be covering Teone.

601 High St, Penrith NSW 2750
Phone: 02 9833 3000
Email: ripples@penrith.city
www.ripplesnsw.com.au
ABN 43 794 422 563



Squad Expectations

As we step into 2025, we aim to start the year by fostering positive habits and routines for all swimmers. Below is a list of Squad Expectations that we ask swimmers and parents to review and become familiar with.

1. **Show Respect:** Always demonstrate respect for the coaching and fitness team. This includes refraining from talking while the coach is speaking, listening attentively, and avoiding arguments or backtalk when given instructions. There will be time for questions once instructions are completed.
2. **Bring a Water Bottle:** All swimmers are **REQUIRED** to bring a water bottle to the pool deck with their gear bag for every session (having the drink bottle in your bag isn't a good habit). Staying hydrated is essential for swimmers, as it helps maintain peak performance, regulates body temperature, and prevents fatigue. Swimming leads to fluid loss through sweat and respiration, which can negatively impact endurance, strength, and focus. Proper hydration ensures effective muscle function, reduces the risk of cramps, and aids in recovery after intense sessions. Additionally, consistent fluid intake before, during, and after training is vital for maximizing performance and avoiding dehydration-related issues.
3. **Be Punctual:** Arriving on time fosters good habits and shows respect for the program and coaching team. Getting to the session early allows swimmers to participate in warm-ups and minimises disruptions and decrease injuries. We understand that delays can happen; if you are running late, please notify us before the session begins. This can be done via email teone.fava@penrith.city or via the Ripples contact us page. If you arrive more than 10 minutes late without prior notification, you may have to wait for the next session.
4. **Come Prepared:** Ensure you have all necessary equipment—swimsuit, goggles, caps, gear bag, towels, shoes, and activewear—packed before each session (this is not the responsibility of parents or caregivers). Approach each session with a positive attitude and be ready to tackle any challenges set by your coaches.
5. **Use the Bathroom before and after training:** Please use the restroom before and after training sessions. Bathroom breaks during sessions can disrupt your training and that of others. Aim to minimize bathroom use during sessions and note that no bathroom breaks will be granted during main sets, as these are the focus of the training.

601 High St, Penrith NSW 2750
Phone: 02 9833 3000
Email: ripples@penrith.city
www.ripplesnsw.com.au
ABN 43 794 422 563



6. Keep Us Informed: If you are injured, please inform the coach so that appropriate modifications can be made to your training. Our goal is to support you, to limit the amount of time off if possible.

7. Communication: If you remove yourself from a session please inform the coach. Whether this is to go to the bathroom, to your parents, to grab something from your bag or any other reason please speak with the coach first.

If there are any questions relating to the above, we ask that you send through your questions and do not approach team members while on deck. We are also happy to support a meeting request at a time that suits the team and yourself. We wish everyone a Very Merry Christmas and hope everyone spends the time with loved ones or taking a well-deserved break.

Excited to see what 2025 holds for the Swimmers and families!

Kind Regards

Teone Fava
Coach
Aquatics and Leisure

601 High St, Penrith NSW 2750
Phone: 02 9833 3000
Email: ripples@penrith.city
www.ripplesnsw.com.au
ABN 43 794 422 563