

HARLEQUINS AQUATIC CLUB



“In water we fly...”

Newsletter

February 2020

Firstly, a BIG welcome to all our new swimmers and families. We would like to invite you to please feel free to contact any committee member for advice or with regards to any queries you may have.

Things are hotting up as we near and prepare for our end of season National Championships in March and April.

We kick off with our Level 1 gala in East London on 14 March 2020. Affiliation forms and entry forms are already available on all our media groups. This gala is a lovely and enjoyable Open Day of Club Swimming.

Level 2 will also be held in East London between 27 and 29 March 2020. To date Harlequins have 25 swimmers who have qualified to participate in this gala. Well done to all! Entries for the Level 2 gala will be out soon, so please keep an eye out for that.

Level 3 qualifiers will be travelling to Oudtshoorn mid-March (16 – 19 March 2020). Seventeen Harlequins swimmers have qualified for Level 3 thus far. We would like to take this opportunity to remind you to start making travel arrangements, as we would love to have as many swimmers possible to participate.

Our Junior and Senior National qualifiers, at this stage, are 4 strong with many just splits away from qualification. Good luck and best wishes to those who are SO close in the next qualifying galas.

Well done to all who have already qualified for the respective galas! Train hard and get ready to represent our club Harlequins to the best of your ability.

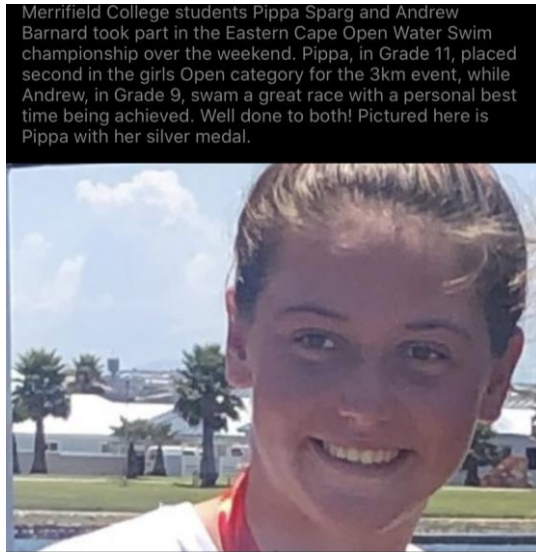
An Interregional team was selected to compete in Cape Town in January 2020 and 22 of our Harlequins swimmers made the cut. The team is selected from swimmers who competed at the BCA Championship and made themselves available for selection, provided they achieved times fast enough to qualify. It is one of only two galas recognized by schools as a Provincial representation in swimming, so don't pass up the opportunity for selection next year. Our Harlequin's swimmers competed and achieved good results for so soon after Christmas. Our individual medal winners were Sarah-Jane Mouton, Riley Cook, Chad Scott, Ethan Warren, Izzy Stanyon, Bryce Buret, Josi Arnold, Lesedi Thunzi, Tumi Macdonell and Nick Flanagan. Relay medals were also achieved by Lilly Collins, Tessa Nel, Erin Horsley, Jorja Lindstrom, Liam Hansen, Kyle Hoffman, Pippa Sparg, Samantha Mouton and Dylan Pieters. Well done all, you flew our flag high!



Our Swell week took place early January 2020 during the holidays and was well supported. Twenty swimmers managed to complete the challenge. Ten Elite swimmers trained five days in a row and ten Prime Elite swimmers trained twice a day for five consecutive days. Well done to all who completed the task for your commitment to the sport. We hope you are enjoying your T-shirts and goodies.



With regards to Open Water Swimming, Pippa Sparg has competed in 3, three kilometer swims over the last season, the last being the Eastern Cape Championship where she took silver in the woman 17/18 category. Well done Pippa! We wish you all the best for the selection to the Provincial team to compete at the SA Nationals later in February 2020.



Looking ahead, there will be two prize giving's in May/June 2020, one Provincial and one Harlequins. If your child has been a registered swimmer over the past season, please make an effort to attend, as we celebrate their achievements together.

Later in the year, Harlequins will once again be hosting our own gala, which is our only fundraiser for the year and we encourage you to support and help in any way you can.

Good luck and best wishes to all for the upcoming school galas and let's get some hard training done and end the season on a high!



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