

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

June / July 2007

CONGRATULATIONS

Congratulations to long time swimming member and now staff member Alice Martin on her recent engagement to Andrew Lockrey. The proposal took place on the Yarra River in all the fog a couple of Friday nights ago! Apparently very romantic! And the wedding will be in about 12 months' time.

Congratulations to Ashley Delaney for his performance in the Mare Nostrum Series in Europe.

Congratulations also to Monique Bordignon, Liam Fisk, Nicholas Groenewald, Rebekah Keating and Emily Zukic on their recent performances at the Adelaide Swimming Exchange.

GOOD LUCK

Good luck to Llewellyn Little who will represent Australia at the Trans Tasman Series to be held from the 2nd to 7th July 2007 in Sydney, Gosford and Canberra.

Welcome to a new season . . .

Welcome back to the new swimming season. Nunawading Swimming Club swimmers achieved some terrific results in the 2006/07 season. Congratulations to all swimmers who won awards at the Presentation Dinner held in May and to all swimmers who did not receive awards, as you are just as important to the club's success.

Training has started back in earnest for all squads. Attendance in the older age groups has been a bit sporadic and I encourage all swimmers to make the commitment that your coach is requesting. A commitment to training hard throughout the winter will not only help your Short Course results, it will also assist you to gain the base you will need to be successful next summer.

The business arm of Nunawading Swimming Club, "Just Swimming" is also moving ahead in leaps and bounds. The business had its best year ever in 2006/07 with record enrolments and a very strong financial outcome.

On Saturday 16 June, Nunawading competed in a non-qualifying meet with Carey Aquatic at Tintern. There was a terrific atmosphere and quality racing with at least six Australian representatives competing. The meet was used to give the swimmers a racing hit out early in the season. At the debrief held on the following Monday, discussions surrounded more of these types of meets. Ideally, swim meets should run for a maximum three hours and be more family friendly and performance enhancing. The Club will be looking at introducing more of these types of competitions including ones for all club members, all ages and all abilities.

The Club held its AGM in May and there was a good attendance at the meeting. The new Board and Committees were elected at the meeting and can be found in this newsletter and on the website. Thank you to David McDonald who has done a great job as President for the past 2 years and congratulations to Malcolm Moore who has stepped into the position of President. Welcome also to Paul Streefkerk who is a wonderful addition to the Board.

The Board had its first meeting for the new season in mid June and there was robust discussion on a number of issues and a very exciting future in store for the Club.

Gary Barclay

NSC General Manager

Welcome to New Members for 2007/08

Welcome to all new swimmers who have joined Nunawading Swimming Club in the last few weeks.

New members approved at the June Board Meeting were:

Damien Armfield	Meghan Bell
Dean Bryant	Chantelle Chapman
Narelle Chapman	Ned Coleman
Cayman Deely	Margaret D'arcy-Evans
Natalie Derrick	Ashley Finlayson
Scott Gargoura	Benjamin Halford
Douglas Hancock	Sofia Hancock
Natasha Hodges	Amanda Isaac
Annabel Jaskiewicz	Grace Laidlaw
Kimberley Law	Samantha Law
James Li	Celia Lim
Rhiannon Markey	Emily McGowan
Stephanie Moore	Loic Panassie
Hasith Perera	Daniel Perry
Bradley Simpson	Brooke Simpson
Brendon Smith	Paul Streefkerk
Jesse Turland	Ian Venning
Sarah Venning	Jessica Vu
Halley Wang	Benjamin White
Lawrence Yeung	Emily Zukic

Please make all our new members feel welcome at swim meets and around the pool at training.

Relationship with Schools

The club has a long-term relationship with a number of local schools and utilise their terrific facilities. These include the 8 lane indoor 25m pool at Tintern Girls Grammar and the indoor 25m pool at Wesley College, Glen Waverley.

It is vital for our future at these schools that swimmers, coaches and parents are beyond reproach with their attitude towards school staff and the facilities.

- No glassware or ceramics should be taken into any pool.
- Please park in designated parking bays, eg. not on the grass or concrete at Wesley.
- Please speak nicely to any staff member who approaches you and
- Please ensure the Centres are spotlessly clean at the end of every training session.

Parents are also asked to take responsibility for the behaviour and whereabouts of siblings who may not be swimming, ensuring that they are not in areas that they should not be in and behaving appropriately.

Thankyou for your continued support as our relationships with all pools and owners is critical to the longevity and success of the Club and the opportunities available for all swimmers.

Swimming Australia Junior Excellence Program

Swimming Australia together with Swimming Victoria recently launched the "Australian Junior Excellence Program". The Australian Junior Excellence Program (JX) recognises rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence.

Under the Program, swimmers aged from 9 to 13 years who accomplish times set by Swimming Australia qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season.

For doing so, they qualifiers receive special recognition by way of:

- a distinctive JX cap (9 & 10 year-olds) or JX shirt (11 to 13 year-olds),
- a JX certificate of achievement signed by the National Youth Coach and the captain of the Australian Swim Team!
- a JX motivational poster featuring elite Australian swimmers,
- publication of their name on this website.

Australia is one of the top swimming nations in the world and by achieving the Green, Bronze, Silver or Gold JX standard, junior swimmers are on the pathway to international success.

More information on the JX program including the [2006/07 JX Qualifiers](#), [2006/07 JX Criteria and Time Standards](#) and a [JX Club Poster](#) can be found at <http://www.swimming.org.au/Club%20Swimming/JX.aspx>

Congratulations to all Nunawading swimmers who qualified for the JX awards.

Results from Ginninderra State & Country Qualifying Meet in Canberra on 23 & 24 June 2007

The following swimmers achieved top three placings at the meet.

Well done to all swimmers on their performances.

Jessica Batton

3rd 13yrs 100 Back 1:12.70

Mark Bustard

1st 12-14 400 Free 4:39.17

3rd 14yr 100 Brst 1:20.67

Dylan Cossari

1st 14yr 100 Brst 1:15.09

3rd 14yr 50 Brst 35.33

Jessica Forster

2nd 12yr 50 Brst 40.35

3rd 12yr 100 Brst 1:26.70

3rd 12yr 100 Fly 1:16.91

3rd 12yr 100 Free 1:09.26

Nikaylah Hanlen

2nd 13yr 100 Fly 1:12.62

2nd 13yr 50 Fly 32.10

3rd 13yr 50 Back 34.30

Arthur Lim

2nd 14yr 100 Brst 1:20.03

2nd 14yr 50 Brst 35.10

Edward Lim

1st 12yr 50 Brst 35.38

1st 12yr 100 Brst 1:17.37

1st 12yr 50 Free 28.01

1st 12yr 100 Free 1:02.34

3rd 12yr 50 Back 32.74

3rd 12yr 200 IM 2:34.09

Nerice Smith

1st 11yr 50 Brst 40.26

1st 11yr 100 Brst 1:25.05

Kasey Stephenson

1st 14yr 50 Brst 38.54

3rd 14yr 100 Brst 1:23.74

Jack Streefkerk

2nd 14yr 50 Free 27.76

2nd 14yr 50 Fly 30.64

2nd 14yr 100 Free 1:00.73

3rd 14yr 50 Back 32.52

3rd 14yr 100 Fly 1:09.56

Renata Terliatan

1st 14yr 50 Back 32.75

1st 14yr 50 Fly 29.91

1st 14yr 100 Fly 1:08.38

3rd 14yr 50 Free 29.54

Kilian Treminio

1st 12yr 50 Back 32.09

1st 12yr 50 Fly 31.19

2nd 12yr 100 Back 1:10.13

Suggestions for Making Waves

If you have any feedback or suggestions about your newsletter, please email

veronika.gouskova@gmail.com or

gary.barclay@nunawadingswimmingclub.com

July Birthdays

Happy Birthday to the following club members who have a birthday in July

Tracey Groenewald 1st July

Jack Laidler 3rd July

Brendon Smith 4th July

Adam Parslow 6th July

Nerice Smith 6th July

Phoebe Ingram 8th July

Caradoc Markey 10th July

Audrey Chan 16th July

Marina Mironova 19th July

Thomas Walton 19th July

Peter Sanderson 19th July

Kristen Moore 21st July

Sean Whitten 22nd July

Travis Mahoney 24th July

Megan Ryan 31st July

Results from School Sport Australia – Adelaide Exchange

Congratulations to the following swimmers who have recently returned from their trip to Adelaide.

It was a first national event for most! There were many PB's swum during this week, and it was a great experience for our younger swimmers.

Emily Zukic

3 rd	11yr 50 Brst	39.14
7 th	11yr 200 IM	2:55.30

Liam Fisk

4 th	11yr 200 IM	2:46.19
6 th	11yr 50 Back	36.42
8 th	11yr 50 Fly	36.13
9 th	11yr 50 Free	31.68
14 th	12&U 100 Fly	1:20.41
18 th	12&U 100 Free	1:10.01

Nicholas Groenewald

4 th	10yr 50 Back	36.54
6 th	10yr 50 Free	32.24
8 th	10yr 50 Fly	38.55
8 th	10yr 50 Brst	45.83
8 th	10yr 200 IM	3:00.36

Rebekah Keating

12 th	12yr 50 Back	35.73
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Monique Bordignon

7 th	10yr 200 IM	3:09.87
8 th	10yr 50 Brst	44.47
16 th	10yr 50 Free	35.42

Congratulations again to all swimmers!

Ringwood Swim Meet Results – 9 / 10 June 2007

Congratulations to all the swimmers who participated at the recent Ringwood Swim Meet. Below is a list of the place getters for girls and boys.

GIRLS

8 Year old

FS	2nd Madison Button
Bk	2nd Madison Button
Brst	3rd Madison Button

9 Year old

Fly	1st Georgia Langford
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10 year old

Bk	3rd Meghan Parry
Brst	2nd Monique Bordignon

11 Year old

Bk	3rd Matilda Rudd
Brst	2nd Emily Zukic
Fly	3rd Matilda Rudd

12 Year old

Fs	1st Jessica Beveridge
	2nd Irene Prescott
Bk	1st Irene Prescott
Fly	1st Irene Prescott
	2nd Jessica Beveridge

14 Year old

Fs	3rd Kimberly Law
Brst	3rd Kimberly Law

200 Brst - 3rd Emily Zukic

15 Year old

Bk	3rd Brooke Simpson
Brst	1st Brooke Simpson
Fly	3rd Brooke Simpson

200 Fs 2nd Brooke Simpson

BOYS

8 Year old

Fs	1st Brian Fogarty
Bk	3rd Brian Fogarty
Brst	2nd Brian Fogarty
	3rd Tom Walton
Fly	1st Brian Fogarty

9 Year old

Brst	3rd Lawrence Yeung
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12 Year old

Brst	3rd Daniel Aguir
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Congratulations again to all swimmers!

In the hot seat . . .

So we can all get to know each other a little better, we have introduced a profiles section to Making Waves.

Each edition a swimmer will be selected at random, be put in the hot seat and asked a series of probing questions designed to uncover their personality outside the pool.

To start us off this edition, we have **Shane Asbury**, the **Boys' Swimming Captain**.

Favourite food: *Chicken parma and vegies*

Favourite movie: *Remember the Titans*

Favourite subject at school: *PE*

Favourite TV show: *Supernatural*

Favourite stroke or event: *200 fly*

Beach or movie: *Beach*

Footy team: *Richmond (not doing too well!)*

Coach / Squad: *Nick Veliades / National Youth*

Role model: *Michael Phelps*

What can't you live without? *Chocolate*

What do you do outside swimming? *Play the drums in a jazz band, work, and year 12 . . .*

Nickname? *Don't have one.*

My dream is...*to go as fas as I can in swimming and be a teacher in PE and Maths.*

Swimming is . . . *dedication and commitment.*



Diary Dates

- Entries close for the Carey Short Course Qualifying Meet on **9th July 2007**
- Entries close for the Eltham Short Course Meet on **11th July 2007**
- Entries close for the Victorian Open Short Course Championships on **13th July 2007**
- Entries close for the Surrey Park Meet on **20th July 2007**

Sun 1 July	Trans Tasman Series	Sydney, Gosford, Canberra
Mon 2 July	School holidays	
Fri 13 July	Metro East Interclub #1	Aqualink Nunawading on day
Sat 14 July	Carey Short Course Qualifying Meet, Carey Sports Complex	
Fri 20 July	Telstra Grand Prix #2	AIS Pool, Canberra
Sun 22 July	Eltham 8th Annual Short Course Meet, MSAC	
Sun 22 July	PB Challenge - Series 2 week 1	How it Works, Aqualink Nunawading
Fri 27 July	Metro East Interclub #2, Aqualink Nunawading	
Sat 28,29 July	Victorian Open Short Course Champs, MSAC	
Fri 3 August	NSW Open Short Course Champs, Sydney	
Sun 5 August	Surrey Park Short Course Meet, MSAC	
Fri 10 August	Metro East Interclub #3, Aqualink Nunawading	
Sun 12 August	PB Challenge - Series 2 week 2	How it Works, Aqualink Nunawading
Fri 17 August	NSW Age Short Course Champs, Sydney	
Sat 18 August	Nunawading Short Course Meet, MSAC	
Fri 24 August	Metro East Interclub #4, Aqualink Nunawading	
Sun 26 August	PB Challenge - Series 2 week 3	How it Works, Aqualink Nunawading
Wed 29 August to 2nd Sept	2007 Telstra Australian Short Course, MSAC	

For further details, please refer to <http://www.nunawadingswimmingclub.com/competition/ventscalendar.htm>

Your Swimming Questions Answered

This section of Making Waves is your opportunity to get your swimming questions answered. Send in your questions or suggestions for articles to gary.barclay@nunawadingswimmingclub.com. This month's article is . . .

101 Tips for a Super Swimming Summer

By Wayne Goldsmith and Helen Morris

The full article can be viewed at http://www.swimclub.com.au/resources/articles/swimmers/swimming_tips.htm

1. Train regularly
2. Always carry a drink bottle filled with water
3. If training in the morning, pack your swim bag the night before
4. Eat less fat
5. Eat more fresh fruit
6. Stretch every day – even if you are having a day off
7. Practice kicking
8. Thank your coach after each training session
9. Make a friend with a younger swimmer in your club - they look up to you
10. Breathe every two or three strokes in butterfly at training instead of breathing on every stroke
11. Touch the wall with both hands simultaneously at the end of every fly and breast lap
12. Don't breathe inside the flags
13. Drink less soft drink
14. Carry spare parts for your goggles
15. Carry a spare set of goggles
16. Wear shoes and socks to and from every training session
17. Take responsibility to set your own alarm if going to morning training
18. Take responsibility for drying your own wet swim gear
19. Get to training early and start stretching by yourself
20. Get more sleep
21. Watch less TV
22. Streamline past the flags in all strokes
23. Learn one new skill every week
24. Ask your coach for advice every day
25. Start your homework before afternoon training

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OBSIDIAN FINANCE - LOOKING FOR A BETTER HOME LOAN

Nunawading Swimming Club is very pleased to announce a new sponsorship of the Club by Obsidian Finance.

By promoting the products and services of Obsidian Finance to friends and family, the Swimming Club will receive financial support for each Home Loan, Investment Loan, Personal Loan, Car Loan, Business Loan and Commercial Loan made and settled through Obsidian Finance. Call Peter Sonsie, Director; now on 9879 4391 if you would like assistance with any of the loans above or if you want to see if you are paying too much on your existing home loan.

LA PORCHETTA, BOX HILL

NSC has established a relationship with the very popular restaurant, La Porchetta in Station Street, Box Hill. 10% of anything spent at La Porchetta will be donated back to the club. Members need to produce the Nunawading entry to pool card or Just Swimming lesson cards to have their purchase recorded.

Junior Club Captains

Voting for the positions of Junior Club Captains will be held on Saturday 21 July 2007 around your training sessions. Look out for more details in Nuna News.

Board and Committee Members 2007/08

Congratulations to the following new [Office Bearers](http://www.nunawadingswimmingclub.com/membership/officebearer.htm) for the 2007/08 swimming season. These can also be found on the Club website at: <http://www.nunawadingswimmingclub.com/membership/officebearer.htm>.

Welcome also to Christine Lee, Jan Forster and Margaret D'arcy-Evans who have all joined the Social & Fundraising Committee since the AGM.

WANTED: The Club still requires a volunteer to be the Assistant Boys Team Manager. Any volunteers would be mentored into the position by the three current team managers. The ideal person would have children swimming in Club and District level competitions and heading towards or qualified for State Championships.

Please contact Paul Streefkerk on 0409 219 703 if you are interested in helping in this position.

Members of the Board

President	Malcolm Moore	0407 048 363
Vice President	Paul Streefkerk	0409 219 703
Vice President	David McDonald	0417 540 603
Treasurer	John D'arcy-Evans	0418 966 992
Secretary	Graeme Stephenson	

Members of the Swim Committee

Swim Chairperson	Paul Streefkerk	0409 219 703
Coach Representative	Nick Veliades	0414 683 572
Coach Representative	Dean Bryant	0402 831 383
Boys Team Manager	John Locking	0407 969 416
Girls Team Manager	Debra Chan	0402 889 721
Assist Boys Team Manager	Vacant	
Assist Girls Team Manager	Marina Mironova	0414 978 341
Metro East Delegate	John Bordignon	0417 587 722
Competitions Officer	Donna Harris	8790 4209
Intra Club Officer	Sally Theofanides	0425 808 506
Officials Representative	Ted Whelan	9842 1560
Awards Officer	Ian Venning	0402 241 115

Members of the Social & Fundraising Committee

S & F Chairperson	Debra Chan	0402 889 721
Social Coordinator	Anne Bustard	0409 030 084
Social Assistant	Margaret D'Arcy-Evans	
Social Assistant	Christine Lee	
Social Assistant	Jan Forster	
Fundraising Coordinator	Theresa Tan	0421 481 872
Fundraising Assistant	Donna Harris	8790 4209
Fundraising Assistant	Audrey Chan	0415 622 801

Non-Committee Positions working with General Manager

Property Officer	John Bustard	0414 443 469
Newsletter Coordinator	Veronika Gouskova	0422 303 284



NUNAWADING SWIMMING CLUB

INCORPORATED

President: Malcolm Moore

ABN 64 503 868 598

Fraser Place, Forest Hill, Victoria 3131

Telephone **03 9878 7055**

Website: www.nunawadingswimmingclub.com

Facsimile **03 9894 3832**

Email: info@nunawadingswimmingclub.com

Nunawading Short Course Meet WE NEED YOUR HELP

Nunawading Swimming Club will conduct its Annual [Nunawading Short Course Meet](#) on Saturday 18 August 2007.

The Swim Meet is the club's major annual fundraising event and Nunawading Swimming Club would like you or your business to support the meet by:

1. **sponsoring an event or events at \$25.00 each at the meet** (recommended for all NSC families),
2. **advertising in the event program** or;
3. **providing a voucher for a service or providing goods that can be used in our major raffle.**

This year's event will again be conducted at the Melbourne Sports & Aquatic Centre (MSAC). By conducting the event at MSAC, we anticipate increased entries and therefore increased opportunities for you to promote your business.

Please complete the attached sheet and return the sheet together with payment by cheque or credit card to the NSC Office marked "Attention: Gary Barclay by **Friday 20 July 2007**."

For more information on advertising in the program, providing a service or goods to be included in the major raffle or to sponsor an event, please email Gary Barclay at gary.barclay@nunawadingswimmingclub.com or phone on 9878 7055.

Thank you in anticipation of your support.

Regards

Gary Barclay

Gary Barclay on behalf of

Social & Fundraising Committee

2007 Nunawading Short Course Meet

1. Event Sponsor

I / we wish to sponsor the following event /s at \$25.00 per event at the [2007 Nunawading Short Course Meet](#).
([Click to see program of events](#)) Events will be allocated on a first in, with payment, basis.

PRIORITY ONE

Ev: _____ M / F Event Description _____ Sponsored by: _____

PRIORITY TWO

Ev: _____ M / F Event Description _____ Sponsored by: _____

PRIORITY THREE

Ev: _____ M / F Event Description _____ Sponsored by: _____

Amount: \$ _____

2. Program Advertising

The following business would like to advertise in the program of events for the 2007 Nunawading Short Course Meet.

Company Name: _____ Email: _____

Contact Person: _____ Contact Phone _____

Please place a number in the box for the number of each type of advertisement you would like to place in the program of Events. Listed below are our very reasonable advertising rates in the A4 program.

<input type="checkbox"/>	BUSINESS CARD	\$35	<input type="checkbox"/>	QUARTER PAGE	\$50
<input type="checkbox"/>	HALF PAGE	\$75	<input type="checkbox"/>	FULL PAGE	\$100

PLEASE INDICATE your preference and the number of advertisements and include your business card and / or copy of the Advertisement.

Amount: \$ _____

3. Raffle Assistance

I / my family / our company wish to donate the following goods or services for the major raffle at the 2007 Nunawading Short Course Meet.

Please return this form and the credit card details filled in or cheque attached, to the NSC Office or by post to: Nunawading Swimming Club, Attn: Gary Barclay, Fraser Place, Forest Hill, 3131

Family or Business Name: _____ Phone: _____

Contact Person: _____ Email: _____

Payment by Cheque or Credit Card (please mark below):

Credit Card Card Name: _____ Type: VISA / Bankcard

Card Number: _____ Expiry ____/____

Cheque Signature: _____ Total Amount: \$ _____