

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

October 2007

VIC vs. QLD Dual Meet

Congratulations to the following seven Nunawading swimmers who have been selected to represent Victoria in a dual meet against Queensland at Carey on Saturday 27 October 2007.

James Argiro
Belinda Bennett
Tim Gousskov
James Margary
Roxanne Perring
Nerice Smith
Alex Venning

Congratulations to coaches **Nick Veliades** and **Dean Bryant** who have been selected as coaches of the Victorian team to compete against Queensland on Saturday 27 October at Carey.

CONGRATULATIONS

Well done to **Llewellyn Little** who broke the Victorian record in the 14 years 200m Butterfly at the 2008 Queensland Short Course Championships. Llewellyn also broke the Queensland Age All-comers record in the same race.

Congratulations to **Caradoc Markey** on achieving his first National Age Qualifying time last weekend in the 200m breaststroke.

AWESOME NEW STARTING BLOCKS

Aqualink Nunawading now has "awesome new starting blocks" according to many of the swimmers who tried them out at their first training session after the September / October break.

The blocks have been installed at the pool to assist all Nunawading swimmers to improve in this area of their racing.

President Malcolm Moore said "The new starting blocks are another step towards ensuring a high performance culture at Nunawading. The Board approved the purchase of the blocks from Swiss Timing and had them imported last month. The purchase and installation of these top quality blocks has been possible due to the great work of our swim schools and every swimming teacher who works for the organisation."

Senior Coach Nick Veliades said "These new blocks now allow our swimmers to practice on starting blocks equivalent to the best in any swim centre in Australia. I have no doubt that the quality of starts by Nunawading swimmers will improve further as a result of the blocks being installed."

SWIM MEET ENTRIES – ENTER EARLY

All swimmers are reminded to enter all swimming competitions well before the closing date over the next 6 months. A majority of swim meets held over the winter closed their entries early and we anticipate this will happen again this summer. Our suggestion is to enter swim meets 3 weeks prior to entries closing date to ensure your entries are accepted.

GREAT RESULTS AT VICTORIAN SHORT COURSE

Congratulations to all swimmers who competed at the Victorian Short Course Championships in September. The meet was an outstanding success for the Club with a majority of swimmers swimming PBs and Nunawading also finished the short course season as the overall winning club for the Open, Age and SWD Combined Point Score, claiming the 2007 Winter Short Course Trophy.

The top 10 clubs from 2006 and 2007 can be found together with the percentage of total points available over the page.

Continued on page two.

Continued from page one.

2006 VIC AGE SHORT COURSE CHAMPS			
Combined Team Score			
Place	Team	Points	
1	Nunawading	3,212	16%
2	Carey Aquatic	2,570	13%
3	Haileybury Waterlions	1,349	7%
4	Bayside	1,224	6%
5	Klim Swim Trojans	1,208	6%
6	Werribee Swimming Club	899	5%
7	Melbourne Vicentre	828	4%
8	Traralgon	721	4%
9	Ivanhoe Neons	648	3%
10	Surrey Park	641	3%

2007 VIC AGE SHORT COURSE CHAMPS			
Combined Team Score			
Place	Team	Points	
1	Nunawading	3,380	18%
2	Melbourne Vicentre	1,658	9%
3	Carey Aquatic	1,295	7%
4	Haileybury Waterlions	1,107	6%
5	Werribee	907	5%
6	Just Add Water	878	5%
7	Surrey Park	862	4%
8	Klim Swim Trojans	860	4%
9	Casey TigerSharks	809	4%
10	Bayside	738	4%

The table below shows the medal tally at the end of the Championships.

2006 Vic Age SC Medal Count				
Combined Medal Count				
Team	Gold	Silver	Bronze	Total
Carey Aquatic	43	21	21	85
Nunawading	32	39	29	100
Klim Swim Trojans	20	10	10	40
Haileybury Waterlions	13	16	12	41
Werribee Swimming Club	10	6	7	23
Melbourne Vicentre	10	5	15	30
Geelong City Aquatic	7	5	1	13
Just Add Water	7	2	0	9
Ivanhoe Neons	6	11	10	27
Bayside	6	7	10	23

2007 Vic Age SC Medal Count				
Combined Medal Count				
Team	Gold	Silver	Bronze	Total
Nunawading	33	41	34	108
Melbourne Vicentre	19	16	15	50
Just Add Water	19	11	5	35
Carey Aquatic	18	14	7	39
Klim Swim Trojans	15	9	6	30
Surrey Park	11	9	9	29
Bayside	11	7	4	22
Moonee Valley Aquatics	11	2	3	16
Haileybury Waterlions	9	7	10	26
Traralgon	6	6	6	18

Gary Barclay

NSC General Manager

SQUAD NEWS

National Youth

Nick Veliades

Welcome back to all and congratulations to swimmers for such a successful short course season. I trust everyone enjoyed their break and a number of sleep-inns over the past two weeks.

All training requirements, technique changes and race practice/competitions are now part of our lead up to Age Nationals in Brisbane. Last year at Age Nationals, all current swimmers in the National Youth squad were top 16 in Australia, with the majority of swimmers in the top 10. The club also finished a fantastic 6th overall on the point score. This year the bar has been raised yet again, my expectations being 90% of National Youth Squad swimmers finishing in the top 10 in at least one event, and overall for the club to be in the top five.

The next few weeks are challenging for all year 11 and 12 students with exams. I ask that all swimmers please communicate effectively with me on your school commitments, and to please read the article from National Youth Coach Leigh Nugent in this edition of Making Waves.

National Open

Amanda Isaac

The Open Squad has finished the short course season successfully. All athletes achieved their personal goals at Australian Short Course Championships. This was a very pleasing result, especially as all athletes maintained at least a 90% attendance over more than three months. All showed dedication and persistence to achieve.

Our major focus is the 2008 National Championships in March. The group will continue to race well throughout the season. I am looking forward to raising the standard again. I will be challenging each swimmer to aim high as they set their new goals.

Congratulations to Prue Watt for winning two silver medals and four Bronze medals at Australian Short Course Championships. Congratulations to Chelsea Carpenter who competed for Australia at the World University Championships in Bangkok. Chelsea's best result was 20th in the 200m Individual Medley.

State Youth / Uni & State Development

The first report from the new coaches Celia and Melissa will be included in the November edition of Making Waves.

National Age

Dean Bryant

Congratulations to everyone for their performances at State Short Course. We now have well over ten swimmers under National Qualifying times. The next step is to transfer these times to long course. State Long Course Champs are only 12 weeks away and there's no time to waste. I encourage all swimmers to reflect on their performances last year, and then aim to be well under these times this year.

Having said that, attendance at training has been a bit average recently, it's time to pick this up. I also encourage all swimmers to come to Friday dry land training this term with Simon Moule. This is a key part of your ongoing development, and will put you in good stead when January rolls around.

State Junior

Dean Bryant

Well done to all at State Short Course. There were some fantastic PBs and performances during the three days of racing and I was very pleased with swimmers' ability to keep racing even when fatigued and in testing circumstances. Your positive attitude and support for each other produced outstanding results, with many placings in the top 10.

But, there's no rest for the wicked. State Long Course Champs are only 12 weeks away, and it's time to get cracking. Attendance at training has been average recently, and this needs to improve if you want to meet your goals. Let's get focussed and do all that we can to have a sensational long course season.

Junior A Squad

Nicola Whitehorn

CONGRATULATIONS to the follow Junior A squad swimmers on their amazing performances at the recent Victorian Short Course Championships - Alexandra Baulch, Chantelle Chapman, Natalie Deely, David Joseph, Georgia Langford, Joshua Mackinnon, Meg Parry, Madeline Theofanides, Lucy Walton and Samantha White

This was the first state level meet for these swimmers, but nerves couldn't hold them back. As each swimmer competed in their individual events, their PB's tumbled every time they hit the water, with Junior A Squad swimmers performing a fantastic 100% PB percentage! Wow.

I hope everyone enjoyed the holiday break and is now ready for some serious training in the lead up to the Victorian Long Course Championships in January 2008. We now have set the challenge to improve on these results.

SQUAD NEWS

Hanson and Junior B

I have thoroughly enjoyed the time I have spent coaching Hanson and I wish to congratulate all swimmers on their fantastic progress throughout the year. I encourage all Hanson swimmers to keep training hard and wish them all the best with their swimming. I will be seeing you all around the pool soon.

To Junior B families, I am looking forward to meeting and getting to know all swimmers and parents. Parents please come and introduce your self and feel free to ask any questions regarding my aims for junior B throughout the term. Remember all Junior B swimmers need to be attending 3 sessions!!

Stephanie McDonald

A word from Australian National Youth Coach, Leigh Nugent

In the following article, Leigh Nugent addresses his senior swimmers, and gives some timely advice about balancing schoolwork and training commitments. This is an important read for those of you who are about to commence the busy study period. Good Luck!

YEAR 11 AND 12 SWIMMERS AND PARENTS

The State and National Short Course Championships are now behind us and the preparations for the long course season are under way. Many swimmers will have used this transition period (which coincides with the third term holidays) for a short break and others will have made the change without interruption.

What ever has been your approach it is important to return to a full-blown training routine as soon as possible.

The fourth term of school can be full of interruptions with exams being the priority (and rightly so) for the year 10, 11 and 12 students as well as those at university or other institutions of advanced education. Planning for, and throughout this period is essential if we are to get the best out of ourselves in the exam room as well as in the swimming pool.

It is advisable to secure your exam timetable as early as possible so you can get together with your coach and between you plan the most suitable routine for you. The easy way out is to take the weeks leading into the exams and the weeks of the exams off training, but this is an unsatisfactory option for the swimmer who wants to achieve in the summer months beyond December.

It is possible to maintain appropriate levels of training, which allow for the heavy study periods. Time off is often required at specific times when examinations are on. It helps to set up a week by week planner with all of your known commitments included to help you get the best out of your time during this busy and sometimes stressful period. By going through this process you can make objective decisions about what you can and can't do which will assist you greatly with your personal management when the pressure is really on.

Without planning as suggested our daily life at this time of year can become overwhelming, almost to appoint where we can't cope and we compromise the successful completion of many and some times all of our tasks which may result in unnecessary failure.

Communication with your coach when developing your plan is vital so that he or she not only has input but has a thorough understanding of your commitments as well as having some insight to aspects of your life outside of swimming. This approach is important in maintaining a healthy swimmer-coach relationship, but more important is the day-to-day communication which takes place during this period after the development of the plan. Aspects will change and these changes will need to be communicated to and discussed with the coach whenever they occur.

The purpose for developing the plan is to attempt to get the best performances out of ourselves academically but at the same time maintain our swimming training at a level which will underpin our fitness when full preparations recommence following the completion of our scholastic commitments.

LEIGH NUGENT

Australian National Youth Coach

Diary Dates

Sun 21 Oct	PB Challenge - Series 3 week 1 How it Works, Aqualink Nunawading
Sat 27, 28 Oct	Victorian Long Course Distance Comp, MSAC, 12 Oct
Sat 27 Oct	Victoria vs. QLD Duel Meet Carey Sports Complex
Sun 28 Oct	PB Challenge - Series 3 week 2 How it Works, Aqualink Nunawading
Sun 28 Oct	North / East 7-10 Meet Aqualink Nunawading
Fri 2,3 Nov	Telstra FINA World Cup info pack Sydney
Sat 3 Nov	Melbourne Vicentre Classic Meet MSAC, 18 Oct
Fri 3, 4 Nov	Telopea Summer Meet AIS Pool Canberra, 19 Oct
Sun 11 Nov	MLC Long Course Meet MSAC, Entries closed
Sun 18 Nov	Metro 7-10 Finals MSAC
Sun 25 Nov	Nunawading Long Course Meet MSAC, 8 Nov
Sat 1, 2 Dec	December Competition MSAC
Sun 2 Dec	PB Challenge - Series 3 week 3 How it Works, Aqualink Nunawading
Sat 8,9 Dec	December Competition MSAC
Sat 8,10 Dec	2008 Aust Open Water Swim Champs, Sydney International Regatta Centre
Fri 14 Dec	NSC Christmas Breakup Party NSC Clubrooms
Sat 15 Dec	Challenge Cup Carey Sports Complex
Sat 15-21 Dec	QLD State Champs Chandler
Sat 22 Dec	School Holidays

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

Victorian Age Short Course Championships - Results

The club had 94 swimmers competing at the Victorian Age Short Course Championships this year.

Of those, 50 swimmers finished in the top ten and 34 swimmers won a total of 33 gold, 40 silver and 36 bronze medals.

Below is a listing of all the swimmers who scored points by finishing in the top ten. Congratulations!

Belinda Bennett

15 years 50m Freestyle 1st
15 years 200m Individual Medley 1st
15 years 200m Freestyle 1st
15 years 200m Backstroke 1st
15 years 100m Backstroke 1st
15 years 100m Individual Medley 1st
15 years 100m Freestyle 1st
15 & O 400m Freestyle 3rd
15 years 100m Butterfly 3rd
15 years 100m Breaststroke 8th

Nadine Jones

17 years 100m Individual Medley 1st
17 years 100m Butterfly 1st
17 years 200m Individual Medley 1st
17 years 100m Backstroke 1st
17 years 100m Freestyle 1st
17 years 50m Freestyle 1st
17 years 200m Freestyle 1st
17 years 100m Breaststroke 3rd

Roxanne Perring

14 years 100m Butterfly 1st
14 years 200m Butterfly 1st
14 years 200m Backstroke 1st
14 years 100m Backstroke 1st
14 years 200m Individual Medley 1st
14 years 100m Individual Medley 1st
14 years 100m Freestyle 5th

Kilian Treminio (First time State Champion!)

12 years 100m Individual Medley 1st
12 years 200m Backstroke 1st
12 years 100m Butterfly 1st
12 years 100m Backstroke 2nd
12 years 200m Individual Medley 3rd
12 years 50m Freestyle 5th
12 years 200m Freestyle 10th
12 years 100m Freestyle 10th

Victorian Age Short Course Championships - Results

Samantha Bennett

16 years 200m Individual Medley 1st
16 years 200m Freestyle 1st
16 years 100m Backstroke 2nd
16 years 100m Freestyle 2nd
16 years 200m Backstroke 2nd
16 years 100m Individual Medley 2nd
16 years 200m Butterfly 2nd
16 years 100m Butterfly 4th
16 years 100m Breaststroke 5th
15 & O 400m Freestyle 5th
16 years 50m Freestyle 7th

Jack Laidler

17 years 100m Butterfly 1st
17 years 200m Breaststroke 1st
17 years 100m Individual Medley 2nd
17 years 100m Breaststroke 2nd
17 years 200m Butterfly 2nd
17 years 200m Individual Medley 4th
17 years 100m Backstroke 6th

Samuel Chan

18 years 100m Breaststroke 1st
18 years 200m Breaststroke 1st
18 years 200m Individual Medley 3rd
18 years 100m Individual Medley 3rd
18 years 50m Freestyle 5th
18 years 100m Freestyle 8th

Sam Sheppard

16 years 200m Butterfly 1st
16 years 100m Butterfly 1st
15 & O 400m Freestyle 3rd
16 years 200m Individual Medley 4th
16 years 200m Backstroke 4th
16 years 200m Freestyle 5th
16 years 100m Freestyle 6th
16 years 100m Backstroke 8th
16 years 100m Breaststroke 10th

Liam Fisk (First time State Champion!)

11/u 200m Breaststroke 1st
11/u 100m Individual Medley 2nd
11/u 200m Individual Medley 2nd
11/u 100m Butterfly 2nd
11/u 200m Freestyle 2nd
11/u 100m Backstroke 3rd
11/u 200m Backstroke 3rd
11/u 100m Breaststroke 3rd
11/u 100m Freestyle 3rd
11/u 50m Freestyle 5th

Victorian Age Short Course Championships - Results

Sharni Campbell (First time State Champion!)

16 years 50m Freestyle 1st
16 years 200m Freestyle 3rd
16 years 100m Freestyle 3rd
16 years 100m Individual Medley 5th
16 years 100m Butterfly 5th
16 years 100m Backstroke 5th
16 years 200m Individual Medley 5th

Laura-Ann Wong

17 years 100m Individual Medley 2nd
17 years 50m Freestyle 2nd
17 years 200m Backstroke 2nd
17 years 200m Breaststroke 2nd
17 years 200m Individual Medley 2nd
17 years 100m Breaststroke 3rd
17 years 200m Freestyle 4th
17 years 100m Freestyle 4th
17 years 100m Backstroke 5th

James Margary

13 years 50m Freestyle 2nd
13 years 100m Individual Medley 2nd
13 years 100m Freestyle 2nd
13 years 200m Breaststroke 3rd
13 years 100m Backstroke 3rd
13 years 200m Freestyle 3rd
13 years 100m Butterfly 5th
13 years 100m Breaststroke 5th
13 years 200m Backstroke 5th
13 years 200m Individual Medley 5th
13 years 200m Butterfly 6th

Tim Gousov

12 years 100m Breaststroke 2nd
12 years 100m Breaststroke 2nd
12 years 200m Individual Medley 2nd
12 years 100m Individual Medley 4th
12 years 100m Freestyle 4th
12 years 50m Freestyle 4th
12 years 200m Butterfly 5th
12 years 200m Backstroke 6th
12 years 100m Backstroke 6th
12 years 100m Butterfly 7th
12 years 200m Freestyle 7th

Mitchell Pryor

16 years 200m Freestyle 2nd
16 years 100m Freestyle 2nd
16 years 50m Freestyle 2nd
16 years 100m Butterfly 6th
16 years 100m Individual Medley 7th
15 & O 400m Freestyle 8th
16 years 200m Individual Medley 8th

Victorian Age Short Course Championships - Results

Jaclyn Lee

15 years 100m Butterfly 2nd
15 years 200m Freestyle 2nd
15 years 100m Backstroke 3rd
15 years 50m Freestyle 3rd
15 years 100m Freestyle 4th
15 years 200m Backstroke 4th
11/u 200m Freestyle 7th

Emily Zukic (First time State Medallist!)

11/u 200m Individual Medley 2nd
11/u 100m Breaststroke 2nd
11/u 200m Breaststroke 3rd
11/u 100m Individual Medley 3rd
11/u 200m Backstroke 5th
11/u 100m Backstroke 5th
11/u 200m Freestyle 6th
11/u 100m Butterfly 8th
11/u 100m Freestyle 9th

Shane Asbury

15 & O 400m Freestyle 2nd
17 years 200m Butterfly 2nd
17 years 200m Individual Medley 3rd
17 years 100m Individual Medley 3rd
17 years 100m Butterfly 5th
17 years 200m Freestyle 5th
17 years 50m Freestyle 8th
17 years 100m Freestyle 9th
17 years 100m Backstroke 10th
17 years 50m Freestyle 10th

Alex Venning

14 years 100m Butterfly 2nd
14 years 100m Individual Medley 2nd
14 years 100m Backstroke 3rd
14 years 100m Freestyle 4th
14 years 200m Backstroke 4th
14 years 200m Individual Medley 4th
14 years 200m Butterfly 5th
14 years 50m Freestyle 7th

James Argiro

15 years 200m Butterfly 2nd
15 years 100m Butterfly 2nd
15 years 200m Individual Medley 8th
15 years 200m Freestyle 8th
15 years 50m Freestyle 8th
15 years 100m Individual Medley 9th

Victorian Age Short Course Championships - Results

Travis Mahoney

17 years 200m Backstroke 2nd
17 years 100m Backstroke 3rd
17 years 100m Individual Medley 5th
17 years 100m Breaststroke 6th
17 years 200m Individual Medley 6th
17 years 100m Freestyle 7th
17 years 100m Butterfly 10th
17 years 200m Freestyle 10th

Rebekah Keating (First time State Medallist!)

11/u 200m Backstroke 2nd
11/u 100m Backstroke 3rd
11/u 50m Freestyle 5th
11/u 100m Freestyle 6th
11/u 100m Individual Medley 7th
11/u 200m Individual Medley 7th

Llewellyn Little

14 years 200m Butterfly 2nd
14 years 200m Breaststroke 3rd
14 years 100m Butterfly 9th

Rachel McDonald

15 years 200m Breaststroke 2nd
15 years 100m Breaststroke 5th
15 years 100m Individual Medley 9th
15 years 200m Individual Medley 10th

Nicholas Groenewald (First time State Medallist!)

11/u 200m Breaststroke 3rd
11/u 100m Butterfly 3rd
11/u 100m Backstroke 4th
11/u 100m Individual Medley 4th
11/u 200m Backstroke 5th
11/u 200m Individual Medley 5th
11/u 100m Freestyle 10th
11/u 100m Breaststroke 10th

Nicholas D'Arcy-Evans

(First Time State Medallist, Finally!)

17 years 100m Breaststroke 3rd
17 years 100m Breaststroke 3rd
17 years 200m Individual Medley 5th
17 years 100m Individual Medley 7th
17 years 200m Freestyle 8th
17 years 50m Freestyle 9th
17 years 100m Freestyle 10th

Nerice Smith (First Time State Medallist!)

12 years 100m Breaststroke 3rd
12 years 200m Breaststroke 3rd
12 years 200m Individual Medley 6th
12 years 100m Individual Medley 6th

Victorian Age Short Course Championships - Results

Phillip O'Brien (First time State Medallist!)

12 years 100m Breaststroke 3rd
12 years 200m Breaststroke 5th

Mitchell Keltie (First time State Medallist!)

11/u 200m Butterfly 3rd
11/u 100m Butterfly 6th
11/u 100m Individual Medley 6th
11/u 200m Individual Medley 9th
11/u 100m Backstroke 10th

Jack Day

15 years 100m Breaststroke 4th
15 years 200m Breaststroke 4th
15 years 200m Individual Medley 5th
15 years 100m Individual Medley 6th
15 years 200m Freestyle 10th
15 years 100m Freestyle 10th

Jessica Batton

13 years 200m Butterfly 4th
13 years 100m Freestyle 5th
13 years 200m Freestyle 6th
13 years 200m Backstroke 6th
U14 400m Freestyle 9th
13 years 200m Individual Medley 10th

Caradoc Markey

13 years 100m Breaststroke 4th
13 years 200m Breaststroke 5th
13 years 100m Individual Medley 7th

Jack Streefkerk

14 years 50m Freestyle 4th
14 years 100m Butterfly 6th
14 years 200m Butterfly 8th

Kimberly McDonald

13 years 200m Butterfly 4th
13 years 100m Butterfly 7th
13 years 200m Breaststroke 8th
13 years 200m Individual Medley 9th

Dylan Cossari

14 years 200m Breaststroke 4th
14 years 100m Breaststroke 7th

Tyran Groves

12 years 200m Butterfly 4th

Alex Harriss

14 years 50m Freestyle 9th
14 years 200m Individual Medley 10th
14 years 200m Freestyle 10th

Victorian Age Short Course Championships - Results

Edward Lim

13 years 100m Individual Medley 5th
13 years 50m Freestyle 6th
13 years 100m Breaststroke 7th
13 years 100m Backstroke 8th
13 years 200m Breaststroke 9th

Renata Terliatan

14 years 100m Butterfly 5th
14 years 100m Backstroke 9th

Stephanie Groenewald

13 years 100m Butterfly 6th
13 years 100m Individual Medley 6th
13 years 200m Backstroke 9th
13 years 100m Backstroke 9th

Jack Currie

11/u 100m Backstroke 6th
11/u 200m Individual Medley 7th
11/u 200m Freestyle 7th

Scott Huang

12 years 200m Breaststroke 7th
12 years 100m Breaststroke 9th

Mark Bustard

14 years 200m Breaststroke 7th

Brooke Simpson

15 years 200m Breaststroke 8th
15 years 100m Individual Medley 10th

Nikaylah Hanlen

13 years 100m Butterfly 8th

Evelyn Boldt

11/u years 200m Backstroke 9th

Kristen Moore

17 years 200m Breaststroke 9th

Jessica Forster

13 years 200m Butterfly 9th

Jessica Beverage

12 years 100m Backstroke 9th

Marcus Bordignon

13 years 200m Butterfly 10th

Daniel Aguiar

13 years 200m Breaststroke 10th

Samuel Michael Chan

16 years 50m Freestyle 10th

In the hot seat . . .

In each edition of Making Waves, 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.

This month, we would like you to meet Ms Chatterbox, **Monique Bordignon**.

Favourite food: *Risotto*

Favourite movie: *High School Musical*

Favourite subject at school: *Dance*

Favourite TV show: *Home and Away*

Favourite stroke or event: *200m breast*

Beach or movie: *Beach*

Footy team: *Collingwood*

Coach / Squad: *Dean Bryant / State Junior*

Role model: *Libby Lenton and Brooke Hanson*

What can't you live without? *Music. I have lots of CDs!*

What do you do outside swimming? *Tennis, singing lessons, playing with my pet rabbit cottontail.*

Nickname? *Micky*

My dream is to . . . *become a great swimmer and be a good role model for others that are starting up.*

Swimming is . . . *the best sport, because it's handy and good exercise and you can do it for competition or for fitness.*



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.

Team Managers' Update

Congratulations to the following swimmers for their achievements in the Aggregate Metro East Comp. Places were awarded based on the highest number of points awarded throughout the series.

GIRLS

10 yrs: 2nd Monique Bordignon, 3rd Madeline Theofanides.

9 yrs: 1st Georgia Langford, 2nd Rebecca Griffin

8 yrs: 1st Mikayla Smith, 2nd Kayla Glewis

7 yrs & under: 2nd Phillipa Barclay, 3rd Rhiannon Markey

BOYS

10 yrs: 3rd Josh Sewell

9 yrs: 2nd Joel Watson, 3rd Lawrence Yeung

8 yrs: 1st Brian Fogarty, 2nd Cayman Deely, 3rd Tom Walton

7yrs & under: 2nd Ronan Keating.

Marina and Deb,
Team Managers

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, the featured article extract is all about training your mind to help you swim faster.

Swimming in the Zone

From Coach Shev Gul, California Swimming Clinics – London

Success in any area of performance involves using your mind as well as your body. Preparing your physical skills takes care of the Outer Game. Preparing your mental skills is the essence of the Inner Game (T. Gallwey).

The Inner Game has to do with your mental approach. This includes your belief, attitude, confidence in yourself and your team, your concentration, and coping with pressure.

When your Outer Game and Inner Game are working together, actions flow with a kind of effortless excellence called performing or playing in The Zone. When in The Zone, you experience the following:

- Performance comes without effort and without having to think about it.
- A feeling of confidence and an absence of anxiety and self-doubt.
- No fear of failure or self-consciousness about achieving your goals.

Physical practice is what builds the skills of your Outer Game and puts them into `muscle memory` so you do not have to think about them during the game. Similarly, certain mental exercises can help you to improve your Inner Game.

Action on the Outside, Relaxed on the Inside:

Visualising Success and Mental Rehearsal - Visualisation is used by athletes and sports coaches to help improve performance. It is our ability to practice a process or activity in our minds.

Anchoring your Inner Resources: Anchors or triggers can help you quickly get in touch with your inner resources when you need them. It is a natural process of association which help you recall positive experiences.

Focusing on Feedback instead of Setback:

Good athletes learn from their setbacks, but do not get obsessed about them.

Always occupy your mind with positive thoughts:

Occupy your mind frequently with your past and recent successes and successful personal achievements. If we do not occupy our mind with (positive thoughts) our mind will have a tendency to drift and gravitate toward negative thoughts.

For the full article, and some easy to follow steps to help you put these ideas into practice, please visit

<http://swimming.about.com/od/sportpsychology/a/swiminthezone.htm>

Swim Committee Report August 2007

The Swim Committee would like to take this opportunity to congratulate the entire club on a fantastic showing at the Victorian Age Short Course Championships.

We were represented by 94 swimmers in all and what a great job you all did! Well done.

It was particularly pleasing to see the good spirit and sportsmanship shown by our swimmers and our supporters in the stands in ways such as congratulating other swimmers on their performances and supporting our swimmers. We are proudly Victoria's Number 1 Swimming Club and must remember to always accept our victories and defeats equally with good grace.

The first of the Club get-togethers on a Saturday morning was held on 13 October. This was a great opportunity to get to know swimmers and families from around the club over a couple of pancakes.

Don't forget to get your entries in for the Nunawading Long Course meet, there are great prizes on offer and we would hate any of our swimmers to miss out on a place in the meet.

Finally, there is never a shortage of jobs around the club, for every interest and every skill! If you would like to contribute to the club, perhaps in the social area, or doing your bit on a timekeeping roster, or helping manage some of our teams, please see someone on the Swim Committee and they will point you in the right direction.

Paul Streefkerk
Swim Committee Chair

Club Records

The following is a list of club records broken in September 2007. Congratulations to all swimmers.

September Short Course

Monique Bordignon
9/10 200m Breaststroke
3.19.12 broke record by 4.37 Sec

Emily Zukic
11/12 200m Breaststroke
2.51.52 broke record by 3.78 Sec

Emily Zukic
11/12 100m Breaststroke
1.22.05 broke record by 0.32 Sec

Nerice Smith
11/12 100m Breaststroke
1.21.07 Broke record by 0.98 Sec

Emily Zukic
11/12 100m Breaststroke
1.19.66 broke record by 1.41 Sec

Emily Zukic
11/12 50m Breaststroke
37.50 broke record by 0.54 sec

Roxanne Perring
13/14 200m Backstroke
2.21.49 Broke record by 0.60 Sec

Roxanne Perring
13/14 100m Backstroke
1.05.99 Broke record by 0.23 sec

Roxanne Perring
13/14 200m Individual Medley
2.24.92 Broke record by 0.96 sec

Roxanne Perring
13/14 100m Butterfly
1.04.86 Broke record by 0.41

Samantha Bennett
15/16 400m Freestyle
4.26.32 broke record by 5.06 sec

Belinda Bennett
15/16 400m Freestyle
4.25.98 broke record by 0.34 sec

Nadine Jones
OPEN 100m Butterfly
1.01.20 Broke record by 0.68 Sec

Club Records

Nadine Jones
OPEN 50m Freestyle
26.13 Broke record by 0.04 Sec

Nicholas Groenewald
9/10 100m Butterfly
1.18.27 Broke record by 0.64 sec

Nicholas Groenewald
9/10 200m Individual Medley
2.45.64 Broke record by 0.32 sec

Alex Venning
13/14 100m Butterfly
59.78 Broke record by 0.27 Sec

Alex Venning
13/14 100m Butterfly
59.72 Broke record by 0.06 Sec

Llewellyn Little
13/14 200m Butterfly
2.06.99 Broke old record by 2.68 sec

Sam Sheppard
15/16 200m Butterfly
2.06.19 Broke record by 1.81 Sec

Sam Sheppard
15/16 200m Butterfly
2.05.38 Broke record by 0.81 Sec

Sam Sheppard
15/16 1500m Freestyle
15.36.37 Broke record by 28.11 Sec

Mitchell Pryor
15/16 years 200m Freestyle
2.54.17 Broke record by 0.76 sec

September-Long Course

Mikayla Smith
U8 100m Butterfly
1.38.00 broke record by 30.02 sec

Mikayla Smith
U8 200m Individual Medley
3.20.22 Broke record by 9.48 sec

Mikayla Smith
U8 100m Freestyle
1.24.79 broke record by 0.21 sec

Club Records

(Cont.)

Mikayla Smith
U8 100m Breaststroke
1.43.67 broke record by 6.33 sec

Mikayla Smith
U8 50m Breaststroke
48.96 broke record by 1.17 sec

Mikayla Smith
U8 200m Breaststroke
3.46.44 Broke record by 19.96 sec

Congratulations to Llewellyn Little who broke his own Victorian State Record in the 14 years 200m Butterfly by 2.68 Seconds (time was 2:06.99) at the Queensland Short Course Championships, as part of the 2008 Victorian Development Squad.

A special Mention also to Emily Zukic who broke the Victorian U11 200m Breaststroke Record at Victorian Age Short Course, but unfortunately finished 3rd so she will not be formally recognized for her efforts. Well done anyway Emily.

A big well done to Mikayla Smith who broke 4 Karen Barclay records (held since 1976 and 1977- more than twenty years before Mikayla was born) and has notched up over 20 club records as an eight year old.

Apologies to all swimmers (45 of you) who are yet to receive club record certificates. Unfortunately, due to the unprecedented number of records broken this season we have run out of certificates. You will be issued with your certificates as soon as the new batch has been printed.

If any swimmer knows they have broken a club record and it has not been recorded on the website by the end of the month of which it was swum; or if you have claimed club records last season (May 06-April 07) - or earlier- but it does not appear on the website, could you please e-mail Ian Venning (Ian.Venning@nab.com.au) and let him know.

Records swam in previous seasons will need to be accompanied with evidence, and if a swimmer is swimming interstate or at an obscure meet could they also notify Ian, otherwise the record will not be recognized. Thanks.

Sarah Venning
NSC Records Officer

October Birthdays

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

Chelsea Carpenter – 2nd October

Sophie Crawshaw – 3rd October

Benjamin White – 3rd October

Nadine Jones – 7th October

Mikayla Smith – 7th October

Nicholas Henley – 9th October

Lawrence Yeung – 11th October

Shane Asbury – 12th October

Meghan Parry – 12th October

Stephanie Groenewald – 13th October

Lucy Walton – 13th October

Grace Laidlaw – 14th October

Annika Lamb – 14th October

Annie Huang – 18th October

Chloe Lim – 26th October

Roxanne Perring – 26th October



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

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Please note that Funky Trunks and Funkita bathers are also available from Syndal Swim Centre.



2007 No.3 - COME ALONG TO THE NEXT PB CHALLENGE SERIES OF THE SEASON

An Invitation to NUNA PB CHALLENGE

Come along to the Nuna PB Challenge and have fun, meet new friends, learn how to start and finish.

You can swim your choice of up to four events, 25 metres, 50 metres or more.

Aqualink Nunawading 50m pool, Fraser Place, Forest Hill.

Age groups: 8/U, 9, 10, 11, 12, 13/OVER.

DATES:

Sunday 21st October 2007

Strokes for Week 1 - 50 Free, 50 Back, 50 Breast all compulsory
Choice 100/200 or 400 metres

Sunday 28th October 2007

Strokes for Week 2 – 25 or 50 Fly, 50 Back, 50 Breast all compulsory
Choice 100/200 or 400 metres.

Sunday 2nd December 2007 (Fun Relays, Sausage Sizzle and Medal Presentations)

Strokes for Week 3 – 50 Free, 50 Back, 50 or 25 Fly all compulsory,
Choice 100/200 or 400 metres

TIME: 7.30am warm-up
8.00am start
10.00am finish

COST: \$2.00 per person (adults and children) or \$5.00 per family

ENQUIRIES:

Sally Theofanides, Intra Club Officer: 0425 808 506

As Aqualink Nunawading is open to the general public on these Sunday mornings, parents are required to sign their children in at the PB Challenge desk and remain at Aqualink Nunawading during the PB Challenge. If siblings are swimming they are to pay normal entry at reception.