



OCTOBER 2006

SHORT COURSE SEASON COMES TO AN END

Gary Barclay

With the swimming of the Victorian Short Course Championships and NSW Short Course Championships, the winter season has come to a close.

Back in 2003, the Board of NSC set goals to improve the results of the club at a Victorian and Australian Championship level.

Three years down the track, and after a number of significant changes to our coaching team, we can review the results and the improvement by Nunawading Swimming Club swimmers in our Age program.

2005 VIC AGE SHORT COURSE CHAMPS					2006 VIC AGE SHORT COURSE CHAMPS				
Combine Team Score					Combine Team Score				
Place	Team		Points		Place	Team		Points	
1	Carey Aquatic	CAA	2,611	14%	1	Nunawading	NUN	3,212	16%
2	Nunawading	NUN	2,427	13%	2	Carey Aquatic	CAA	2,570	13%
3	Melbourne Vicentre	MEV	1,139	6%	3	Haileybury Waterlions	HWL	1,349	7%
4	Klim Swim Trojans	KST	1,105	6%	4	Bayside	BSIDE	1,224	6%
5	Haileybury Waterlions	HWL	1,091	6%	5	Klim Swim Trojans	KST	1,208	6%

Point Score - Overall

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Point Score - Overall

Point Score - Females					2006 Female Team Scores				
2005 Female Team Scores									
Place	Team		Points		Place	Team		Points	
1	Carey Aquatic	CAA	1,430	15%	1	Nunawading	NUN	1,443	15%
2	Nunawading	NUN	1,047	11%	2	Haileybury Waterlions	HWL	1,020	10%
3	Melbourne Vicentre	MEV	873	9%	3	Carey Aquatic	CAA	970	10%

Our girls have improved dramatically with NSC scoring 15% of all available points, up from 11% of all available points in 2005. This is an improvement of 37.8% on 2005 results, which were again a lot better than the 2003 and 2004 results.

SHORT COURSE SEASON COMES TO AN END CONT'D**Gary Barclay****Point Score - Males****2005 Male Team Scores**

Place	Team		Points	
1	Nunawading	NUN	1,380	14%
2	Carey Aquatic	CAA	1,181	12%
3	Klim Swim Trojans	KST	667	7%

2006 Male Team Scores

Place	Team		Point	
1	Nunawading	NUN	1,769	18%
2	Carey Aquatic	CAA		17%
3	Bayside	BSID	706	7%

Our boys have also improved again this season scoring 18% of all available points, up from 14% of all available points in 2005. This is an improvement of 28% on 2005 results.

While point score measures the depth of the club's swimmers improvement, medal count will provide us with an indication of performance at the top end of age group.

Medal Count - Overall

2003 Vic Age SC Medal Count – Combined				
Team	Gold	Silver	Bronze	Total
Klim Swim Trojans	25	13	7	45
Nunawading	14	12	6	32
Warrnambool	14	10	16	40

2004 Vic Age SC Medal Count - Combined				
Team	Gold	Silver	Bronze	Total
Carey Aquatic	31	22	20	73
Nunawading	24	18	17	59
Klim Swim Trojans	19	12	15	46

2005 Vic Age SC Medal Count - Combined				
Team	Gold	Silver	Bronze	Total
Carey Aquatic	38	35	15	88
Nunawading	21	28	22	71
Klim Swim Trojans	18	12	14	44

2006 Vic Age SC Medal Count - Combined				
Team	Gold	Silver	Bronze	Total
Carey Aquatic	43	21	21	85
Nunawading	32	39	29	100
Klim Swim Trojans	20	10	10	40

To assess the improvement of our male and female swimmers at a high State level we can also look at the medal count for men and women.

Medal Count - Men-The boys have won the following medals over the past 4 years. In 2003 they won 18 medals, in 2004 they won 46 medals, in 2005 they won 43 medals and in 2006 they won 50 medals.

Medal Count - Women-The girls have won the following medals over the past 4 years. In 2003 they won 14 medals, in 2004 they won 13 medals, in 2005 they won 28 medals and in 2006 they won 50 medals.

It's a draw – 50 medals each. Well down to all swimmers, especially to the girls who have improved dramatically in the last two years from 13 medals to 50 medals.

WELL DONE TO ALL SWIMMERS AND COACHES ON AN OUTSTANDING IMPROVEMENT IN PERFORMANCE IN THE PAST THREE YEARS. GO NUNA!!!!

Medal Count Summary

The medal count from 2003 to 2006 can be found down the left hand column.

The number of medals NSC swimmers have won each year at the Victorian Age Championships (including 11 & 12 year events) are 32 (2003), 59 (2004), 71 (2005) and 100 (2006).

The 100 medals won this year represent 18.5% of the 540 medals available at the Championship.

This result is outstanding and a testament to the new breed of swimmers and coaches that the Club is developing.

While our goal is always to improve, if we can maintain the current results of the younger age group swimmers and continue to assist our current group of 13 to 18 year swimmers to improve, we will continue to be successful.

Congratulations to all swimmers who competed at the Victorian Age Short Course Championships.

Team Managers Report Liz Chanter, John Locking & Debra Chan

2007 VICTORIAN LONG COURSE STATE AGE CHAMPIONSHIPS

Relay Selection

Relay teams for the 2007 State Age Championships, in January, will be selected using times achieved from October 2006 onwards.

Swimmers are strongly encouraged to compete in the Nunawading Sprint Meet on the 8th October as there are limited opportunities for swimmers to race 50 meter events, after the 8th October.

Relay selection will be based on times achieved at Nunawadings' Sprint Meet.

Submitted times achieved at other meets will also be considered. These times must be submitted by Tuesday 12th December on the relay consideration form (attached to the newsletter).

Squad News

National Open/Youth Mr.Fowlie

Performance Highlights

Victoria State Team to NSW State Championships – Sydney

Congratulations to Nick Darcy-Evans, Sam Sheppard, Rowan Sonsie and Becky Locking for their selection and participation in the Victorian State Team last month!

Victoria Age Short Course Championships - MSAC

Nunawading Premier Champions of Victoria! –

Nunawading – 3212 pts (32 gold /39 silver /29 bronze – 100 medals)

Carey – 2570 pts (43gold /21 silver /21 bronze – 85 medals)

Haileybury – 1349 pts

Congratulations to Everyone – Remember Everyone Scores, Everyone Counts!

Medal winners on Day 2 and 3

Belinda Parslow – 1 Silver and 1 Bronze

Sam Sheppard – 2 Gold, 2 Silver and 1 Bronze

Rowan Sonsie – 1 Gold, 2 Silver and 2 Bronze

Matt Armfield – 1 Silver and 1 Bronze

Nadine Jones – 4 Gold

Jack Laidler – 1 Silver

Laura Ann Wong – 1 Silver

Becky Locking – 1 Gold and 2 Bronze

My apologies for missing these medals from Day 1 in last months report

Becky Locking – Gold

Mitch Prior – Bronze

Total – 23 Medals (day 2 and 3) 41 Medals in total

New South Wales Age Championships – Sydney

Personal Best Times – 80% (over entry times)

Heat Winners – 12%

Improved Rankings – 73% entire team

Congratulations to the following Medal winners and Finalists (Top 10):

Sam Sheppard – 2 Bronze and 5 Finals

Laura Ann Wong – 1 Bronze and 3 Finals

Rowan Sonsie – 1 Bronze and 4 Finals

Becky Locking – 3 Finals

Mitch Prior – 2 Finals

Daniel Lee – 2 Finals

Matt Armfield – 4 Finals

My apologies if I've missed any swims, but I had 232 pages of results to sift through....

AIS Camp and ACT Dual Meet – Canberra

Congratulations to all the swimmers who attended this camp! The reports back from the coaches and managers were fantastic. I hope you had a great experience and your eyes were opened to all sorts of possibilities for training and competition.

The dual meet was fantastic, with Nunawading taking the lead with three races to go and winning by 31 points! Great Job EVERYONE!

Australian University Games – Adelaide

Congratulations to Belinda Parslow! Winning 3 Gold, 1 Silver and 2 Bronze medals.... In addition Belinda was

one of three swimmers in the meet announced to the Green and Gold Team!

South East Asian Games

Congratulations also to Daniel Lee for his fantastic Performances at the South East Asian Games last month!

Training

59 days to World Long Course Trials and Australian Open Championships – Brisbane!

Welcome back to those who had a short break over the school holidays.

Final School Term - We are entering a critical training period of the year. We have added two long course training sessions on Tuesday and Thursday afternoons at the Police Academy. It is very important swimmers watch their attendance and training volume carefully to ensure they are getting the work done. In particular, the final school term is on us and it is vital that swimmers manage their school and swimming without dropping either. In addition, social demands and year end activities are also pressures on swimmers, please be careful with what you choose to do. The final school term is always a challenge, but it is a short term! Work hard and enjoy it!

Stretching and Dry land training – In critically evaluating the performances at the NSW State Championships, one glaring mistake was made by most of our boys.... STRETCHING – The swimmers who struggled at that meet were the swimmers who also had dropped their stretching program! Fitness and Strength

Squad News Cont'd

National Open/Youth Continued...

were not the issues or problems.... The lack of muscle elasticity was terribly obvious! All swimmers know the stretching routines we have and they must do it regularly in order to enhance performance and prevent injuries. Swimmers should be actively stretching and doing warm up exercises for 15 – 20 minutes before training and slow static stretching for 15 – 20 minutes after training.... This can be a challenge because of our schedule, but we must do it! If we can not maintain flexibility and muscle suppleness, we will need to look at reducing or dropping the weight program....

Injuries – In returning to training a few swimmers are experiencing some shoulder soreness. This is primarily from lack of use during the holidays or 'unusual' use (i.e.... hours of cricket, surfing, etc...) to adjust to the work load it can take about 10 days, but you can help speed the adjustment up. "ICE before and after swim sessions".

To make icing easy – buy two bags of frozen peas and a small foam esky. Freeze the peas at home, ice on the way to the pool in the car, leave the peas in the cooler in the car, ice on the way home, put the peas back in the freezer and the esky on the counter so you don't forget tomorrow.....

Staying healthy – With Spring right around the corner, ALLERGIES are coming! Swimmers are often chronic allergy sufferers, primarily because their eyes, ears, nose and throat is constantly being flushed with water while swimming. Primary immune protectors (saliva, tears, ear wax, etc...) are therefore over flushed and become dried out. These organs then become over sensitive to stimulation resulting in hyper active responses to the environment. So, don't be surprised if you develop allergies while swimming, it's quite common. So, what to do..... Antihistamines – are commonly used and highly recommended. Local food produce is also

recommended – Local Fruit, vegetables, Yogurt and Milk. This information is for discussion only and is not a recommendation. Please discuss the best course of action to take with your family physician.

Sunshine – With longer days coming, we will be spending more time out doors in the afternoon. Swimmers need to bring and USE sunscreen in the afternoons!

Up coming activities

Nuna Sprint Meet – October 8 – everyone enter! – Entry deadline

Nuna Long Course Meet – October 21 – everyone enter!

Victoria Distance Competition – October 28 – 29 – Optional

Challenge Cup – November 14 – Selection Meet! You will be notified.

World Championships – March 2007 – Volunteer Applications are now being accepted. Check out the World Championship web site:

<http://www.melbourne2007.com.au/>

HANSON Liz, Belinda & Nicola

Welcome back to term 4, with lots of swim meets suitable for Hanson swimmers. It will be great to be a part of Nunawadings Sprint meet on Sunday the 8th, with lot of Nunawading club members participating. These meets are a great opportunity to watch older swimmers and see how they race.

What's Good For You?

Don't miss our TV Star – Brooke Hanson- Monday nights 7:30 Channel 9!
Way to Go Brooke!

The 7-10 Encouragement Meet is a terrific opportunity for younger swimmers to experience racing. Those swimmers who finish in the top 10 in each event (not race), have the opportunity to compete at **MSAC (Melbourne Sports and Aquatic Centre)** in the State finals .

A reminder that you all need to compete in a minimum of two competitions per term to remain in Hanson.

It is great to see those swimmers, who are attending the Saturday skills sessions, consistently practicing those skills in their regular sessions. All October sessions will include lots of diving practice. Liz and Belinda

JUNIOR B Belinda Vickers

My Name is Belinda Vickers I am the new coach for the Junior B squad. Thanks to Nicola and her fantastic Job she did I am enjoying being involved in coaching this fantastic squad. After the well needed Holidays everyone has seem to come back nice and refreshed and ready for some upcoming competitions and training. I look forward to getting to know you all and building up a great friendship over time. Also remember there is a new training timetable this term which includes a one hour session on Saturday morning. Hope to see you there.

JUNIOR A Nicola Whitehorn

After a couple of weeks break and with a great long course season ahead of us, we now need to complete some solid weeks of training to strive for our goals, including long course state qualifying times. It has been fantastic to see you all at training over the first few weeks lets aim to keep up our strong training attendance and our focused attitude. As we kick-start the season with the Nunawading Sprint Meet, it has been great to see you all back in the water and I look forward to the season ahead. See you at the pool, Nicola

STATE DEVELOPMENT Grant Watson

Welcome back, I trust that you all enjoyed your break. I know I did!

For the first few days of this term I have been in Ballarat with 3 groups- the 2008 Victorian target squad, a squad from Tasmania and a squad from South Australia. At this camp I was asked to be the head female coach which I found to be a great experience.

We were lucky enough to have Roger Fitzgerald, a Australian team Physiotherapist attend the camp, his knowledge of the sport was of great use to me as I learnt some fantastic new exercises that I am planning on implementing into State Development squads program.

The exercises that Roger show me concentrated on balance and strength which greatly improved each swimmer in both areas of swimming technique and stroke efficiency, which was the main focus for the camp.

Our aim for the next few months is to achieve state qualifying times if you haven't already. Also please remember to enter the upcoming MLC meet, entries close the 27th October. Grant.

Squad News Cont'd

STATE JUNIOR Kate Lynch

I am often asked (and I have asked myself!) why would a child choose swimming? Or why I now coach the sport? So I thought I'd shed some light on my answer to those questions and hopefully my passion and determination to create success at every level will rub off on the members of State Junior and beyond.

My love of swimming and coaching stems from my direct interaction with what I believe to be the best true sport on the face of the earth. Swimming is not a game it is a sport that never ends. It has physical nature which test both the mind and body. You can compete against yourself as well as the competitors, you can be part of a team as well as an individual and finally it is a sport that develops the "whole person".

No other sport better exemplifies a "sport" than swimming, period!

Swimming is like, a religion. You either see or you don't see what the excitement is. We get in our respective lanes; swim

countless kilometers at or above threshold pace, and finish hours later at the exact spot we started at. The water is never comfortable, our skin is always shriveled up and/or dry, our hair (if there is any) seems to never be in a natural state, and we somehow find the strength to come back, session after session day after day. And Parents -Unless you are a highly knowledgeable swimming fan, sitting through an entire swim meet in a humid chlorine ridden facility is not the most desirable place to be.

However Swimming is a "life" sport. Unlike any other sport, swimming can both literally and figuratively save your life. I have swum, competed, and coached nearly all levels of swimming, and the common denominator is the desire of excellence. One can see the mental and emotional progress, as well as physical progress of an aging swimmer. Swimmers know more about their personal limits, fears, and possibilities than any person their own age. For this reason alone, every swimmer knows that one only gets out of what one puts in.

A man named Bill Sweetenham said that "only perfect practices makes perfect". In swimming, however I believe that the statement "only perfect practice through pain barriers makes perfect." Being able to routinely and consistently exceed what was previous thought to be one's limits is what will help an athlete to get to their best whatever that may be. When you have completed the hardest sessions, and have enjoyed a well deserved shower, it is ourselves that have to look into the mirror and judge whether or not we have given all that we could have at the moment. Every person is entitled to be judged by their greatest moment, so why not make every stroke in every lap, of every set of every practice, great?

The only way you are assured to be a winner is if you can somehow endure pain, suffering, and sacrifice to overcome your fears in accomplishing what only you believe is possible.

Enjoy your swimming, break your personal barriers and you'll achieve success no matter what you do!

NATIONAL AGE/ STATE YOUTH

Welcome back to all swimmers. From now on we prepare for the Victorian State Championships (12 Weeks away / 90 Days) and of course the Australian Age Nationals (7 Months away).

"Bite off as much as you can, and chew like hell!"

The past few months have been an incredible journey with the lifting of the group's standard of swimming (both National Age and State Youth). Our rate of improvement was better than any other club or squad in Victoria, and Australia for that matter. This is shown in improved rankings from before to after the short course season. After the Victorian & NSW Age Short course events 100% of swimmers improved their personal rankings for the season. Most swimmers improved rankings in 80-90% of their individual events not just 1 swim. As a squad these results are AMAZING!!!!

In saying that, not every one is the best in Australia for their age group, (YET) so we still have plenty of improving to do.

The NSW trip turned out a far better experience than I had imagined with swimmers reaching new and much higher levels in their training and racing abilities as well as their discipline in look after and controlling

In order to carry on our outstanding rate of improvement we need to maintain and/or improve our discipline levels in a number of areas –

- If training starts at 5am ALL swimmers are to be at the pool at 4.45am (**THERE IS NO SUCH THING AS EARLEY. YOU ARE EITHER ON TIME OR LATE!!**).
- All swimmers must be ready for hard work every session and work hard at all times! A negative voice can discourage others! As can a positive voice encourage others!
- All swimmers must attend their required sessions every week. If you know you are going to miss a session speak to me about making it up elsewhere!
- Please see me about which events you need to swim at upcoming competitions. All swimmers must swim their best events 3-4 times before States. Secondary events must be swum 1-2 times each.
- Please ensure you have all the equipment you are expected to have, ie; fins, correct paddles,

Up and Coming Events and Meets:

Date	Meet	Venue
8 th Oct	Nuna Sprint Meet	Nuna
21 st Oct	Nuna Long Course Meet	MSAC
11 th Nov	Challenge Cup	Carey
12 th Nov	MLC Meet	MSAC
3 rd Dec	Echuca TBC	Echuca
3 rd Jan	Victorian State opens	MSAC
10 th Jan	Victorian State Age	MSAC

"ONLY THE FIT ARE FEARLESS"

If you have any concerns please speak to me before they become major problems, I am always available AFTER sessions and you all have my phone number (hours to call are between 4:30am -8:00am and 4:00pm – 7:30pm week days) and email address.....

Thanks,
Nick Veliades

SWIM COMMITTEE REPORT

TRACEY GROENEWALD

Hi swimmers and parents,

I hope you have all had the chance to have a well earned rest and are ready for the long course season.

Many swimmers and parents would be aware that we had a number of swimmers attend the recent NSW Age Short course Championships. Their coaching team for these three days were Jim Fowlie and Kate Lynch (and Nick who wasn't coaching Nuna but occasionally couldn't help himself) and they did a terrific job with many of our swimmers receiving PB's and some great performances to receive medals at such a high caliber meet. Congratulations on the results and thank you to our amazing coaching team.

The swimmers then progressed to a training camp at the AIS in Canberra. The swimmers enjoyed some "killer" sessions from Nick Veliades and Kate Lynch and enjoyed the incredible experience of living, EATING and swimming at the AIS. On their final day they competed once again and then enjoyed a very noisy bus trip home.

A huge thank you must go to Nick Veliades who organised the trip for these lucky athletes, an experience they will never forget. Also, our team managers for the trip were John Locking and Debra Chan. They were there every step of the way with our swimmers and coaches and these trips would not be possible without them volunteering their time to look after our children. Thanks is not enough.

We have our Sprint Meet this weekend and then our new Long course Meet at MSAC later in October. A reminder that we need all Nunawading parents prepared to lend a hand at these meets. Whether it be timekeeping, catering, or selling programs, we need your help to make these meets a success.

Look forward to seeing you on pool deck.

Regards, Tracey Groenewald.

Swim Chairperson.



UPCOMING DIARY DATES

State Date	End Date	Event	Venue	Entries-Closed
Saturday, 21 October 2006		Nunawading Longcourse Meet	MSAC	Closed
Sunday, 22 October 2006		North/East 7 – 10 Meet	Ringwood	14-Oct
Saturday, 28 October 2006	29-Oct	Long Course Distance Competition	MSAC	16-Oct
		Mother's & Daughter's Information session 8:15am-9:30am .	TBC	
Sunday, 29 October 2006		PB Challenge Term 4 #1	Aqualink Nunawading	On day
Friday, 3 November 2006	6-Nov	Speedo AIS International	AIS Pool, Bruce	16-Oct
Saturday, 11 November 2006		Nunawading Junior Development Clinic	Aqualink Nunawading	N/A
		Challenge Cup	Carey Aquatic, Bulleen	N/A
Sunday, 12 November 2006		MLC Aquatic Long Course Meet	MSAC	27-Oct
Sunday, 19 November 2006		7-10 Encouragement Meet	MSAC	6-Nov
Sunday, 26 November 2006		PB Challenge Term 4 # 2	Aqualink Nunawading	On day

OCTOBER BIRTHDAYS

Happy Birthday to the following club members who enjoy their birthday in October.

Anthony	Day	1-Oct
Rashmika	Gunasekera	3-Oct
Tayla	Yates	6-Oct
Mikayla	Smith	6-Oct
Nicholas	Henley	8-Oct
Joel	Gardner	10-Oct
Shane	Asbury	11-Oct
Meghan	Parry	11-Oct
Stephanie	Groenewald	12-Oct
Lucy	Walton	12-Oct
Liz	Chanter	14-Oct
Ashley	Frenken	14-Oct
Dylan	Matthews	16-Oct
Julie	Reddaway	17-Oct
Cade	De Rooy	23-Oct
Roxanne	Perring	25-Oct
Brandon	Perring	28-Oct
Nicholas	Stragalinos	29-Oct
John	Sutherland	31-Oct