



DECEMBER 2005

NUNA NEWS WEEKLY UPDATES

If you are not receiving the weekly updates from NSC then you are missing out. All club members are encouraged to subscribe to Nuna News by going to the home page of www.nunawadingswimmingclub.com and selecting Subscribe to Nuna News on the top left corner.

PB Challenge in 2006

Due to a number of changes in dates by Swimming Victoria the 3 PB Challenge meets will now be held on:

- Sunday 5th February 2006
- Sunday 26th March 2006
- Sunday 9th April 2006

We remind all parents that PB Challenge is constantly in need of volunteers. Whether it is time keeping, learning to be an official, marshalling the children or helping on the desk. Any offers of help are always warmly received.

It has been brought to our attention that some children are being dropped off at PB Challenge and being collected at the completion of the morning. Unfortunately this is not acceptable and a parent is required to be present with their child at PB Challenge.

We thank you for your support with these matters.

Carol Oliver

MORE SUPPORT FOR NUNA SWIMMERS

The professional support available to Nunawading swimmers will take another step forward on Monday 5th December, when Physiohealth (Vic) Pty Ltd begin working out of the consulting rooms at Aqualink Nunawading.

Physiohealth is a well established business where the principal physiotherapists, Justin McEvoy and David Morarty have been in practice together since 1992. Both have worked in the physiotherapy field for over 15 years and have gained vast experience and knowledge in this area of health care. Both have also worked with swimmers on recent Australian Swim Teams to many international swim meets.

Justin and David are supported by a team of experienced and professional physiotherapists and massage therapists, including myotherapist Katie Pettifer, who has recently returned from the 2005 World Championships in Montreal as a masseur with the Australian Swim Team.

Nunawading Swimming Club has come to an agreement with Physiohealth to provide swimmers enrolled in National Open and National Age Squads with a 25% discount off the standard fees and all other club members and their families with a 10% discount off the standard fees. In return the club will provide reception services to Physiohealth on an on-going basis, with all financial reward passed onto NSC swimmers and families. The service is based on a user-pays system.

Many of the top swimmers in all ages around Australia are having maintenance treatment on a regular basis to prevent injury and minimize disruption to training programs.

The Club is very excited that such high quality professionals will be working at Nunawading and we encourage all members to seek their advice if they have any injury concerns.

Justin and David will be at Nunawading on Monday 5th December 2005 from 5:00pm to 8:00pm for screenings of swimmers in the new consulting room.

Initial hours for Physiohealth from Monday 5th December will be

- Monday, Wednesday and Friday afternoons from 5:00-7:00pm and
- Tuesday and Thursday mornings from 11:00am to 1:00pm.

These hours will extend as the client base grows. Bookings can be made now on 9878 7055.

For more information please visit www.physiohealth.com.au or look out for a brochure with all details in your pigeon hole.

COMPETITION CORNER

A busy month it has been !

It was wonderful to see so many parents and swimmers attend the club breakfast. It was a great opportunity to have a short catch up before the Christmas season is upon us.

Nunawading swimmers were in full force when they competed against Carey and Bayside to retain the Carey Challenge Cup. Our younger swimmers set the pace with some great swims followed by our senior competitors who displayed their stamina by competing in a number of races in quick succession. The meet was completed with our 10 X 50 relay team rocketing to victory.

Our junior swimmers have shown us what a formidable force we are in junior swimming with a fabulous effort at the recent 7 – 10 Finals competition held at MSAC. We had a number of successful swimmers on the day and the opportunity for our juniors to compete in relays for the first time.

Lastly, I would like to take this opportunity to thank our coaches, Nick Veliades, Kate Lynch and Simone Savage for the recent trip to Warrnambool. It was a great for the children to have a fun packed swimming weekend. Thanks must also go to our team managers, Liz Chanter and John Locking, for the tremendous job they do.

Tracey Groenewald - Swim Chairperson

DIARY DATES

- Replies due **Thursday 8 December 2005** for NSC Christmas Party (see back of newsletter)
- The NSC Christmas Party will be held on **Friday 16 December 2005** from **6:00pm**.
- Entries close **Tuesday 20 December 2005 at 5:00pm** with Swimming Victoria for the 2006 Victorian Age, Open & 12/u Championships.
- **3-7 January** Victorian Open, SWD & 12/u Championships MSAC
- **9-13 January** Victorian Age Championships MSAC
- **Sunday, 22 January** Metro East Sprint Meet Aqualink Nunawading
- **30 Jan to 4 Feb** Commonwealth Games Trials

SOCIAL & FUNDRAISING REPORT

Ilias Varas - Social & Fundraising Chairperson

The Nunawading Swimming Club BIG Breakfast was a great success last month. Everyone enjoyed themselves and gave us all a chance to just relax over a bite to eat rather than rushing here, there and everywhere. Thank you to all who assisted in preparation, cooking and cleaning up. Our next one looks like being in February next year so until then, watch this space...

Well it's the home straight now and Christmas is just around the corner! So is our Christmas party on December 14th. Don't forget to send in your confirmations so we can finalise numbers for catering purposes. The Christmas party was a terrific success last year and we look forward to seeing you all there again! After all, who knows??? Santa might drop in again!!!

As you all know, each year we hold our annual Presentation Dinner during May. Next year promises to be BIGGER and BETTER than ever before. We would like to hold an auction of a few select, high quality items to raise much needed funds for the Club so if you or anyone you know can donate anything for the Club Auction on the night, please contact me on either 0414 335755 or email to iliasv@bigpond.com.

Finally, thanks to all who assisted our Social & Fundraising Committee this year. On behalf of our entire Committee, we wish you all a MERRY XMAS AND A HAPPY NEW YEAR! Have fun on the holidays and above all, BE SAFE!

SQUAD NEWS

WILSON SQUAD

Nicola Whitehorn

Congratulations to all 7-10 Finalists on a very impressive swim meet. We had many PB's and improving skills and technique. Great Swimming!

Monique	Nick G	Sarah	Kiran
Alex B	Mitch	Georgina	Mark
Naomi K	Josh N	Kim-Yin (Hanson)	
Christian	Josh M (Hanson)		

A Special Mention to:

Nicholas Groenewald

1st 8years 50m Freestyle 38.75
4th 8years 50m Backstroke 47.51
4th 8years 50m Butterfly 47.84
5th 8years 50m Breaststroke 57.60

Kiran Jasinghe

3rd 8years 50m Butterfly 47.46
6th 8years 50m Breaststroke 57.92
9th 8years 50m Freestyle 43.62

Monique Bordignon

5th 8years 50m Backstroke
7th 8years 50m Freestyle
8th 8years 50m Butterfly
10th 8years 50m Freestyle

Alexandra Baulch

7th 9years 50m Backstroke

Sarah Thompson

9th 9years 50m Backstroke

Naomi Keung

8th 10years 50m Breaststroke

Marc Vecchio

5th 9years 50m Backstroke
10th 9years 50m Butterfly

Attendance Competition Leaders

Up to week 7 Term 4, our current leaders are

Henry – 26 sessions, Naomi K – 23 sessions

Killian – 22 sessions,

Brad & Chris – 21 sessions,

Brandon, Kan Hao, Nick G & Sean – 20 sessions

With only a few weeks left of training the competition is very close. In the lead up to December comps you should be attending as many sessions as possible.

IMPORTANT: YOU SHOULD BE ATTENDING **3 OR MORE SESSIONS** A WEEK, **EVERY WEEK** to improve your swimming!

If you can make 4 sessions – try 4 sessions per week

Training Dates

Last Day Term 4: Wednesday 21st December 2005

ARMSTRONG SQUAD

Matt & Nick

Armstrong squad will finish training on Wednesday on 21st of December and will resume on Tuesday 31st of January 2006. We wish all Armstrong members a Happy Christmas and look forward to seeing you next year.

HANSON SQUAD

Liz, Susan & Nicola

Two special sessions will be held in December for all Hanson Squad swimmers. On Saturday 10th and Saturday 17th December all Hanson Squad swimmers from Nunawading, Syndal and Tintern are invited to train together in the 50 metre pool at Nunawading. All you need to do is turn up on the day and enter via the side door at Nunawading. Please arrive by 6:50am and the session will run from 7:00 to 8:00am.

DAVIS SQUAD

Kate Lynch

Welcome to new squad members **Dylan Matthews** from Canada, **Joel Gardner and Tyran Groves**. You are all doing a fantastic job with your sessions, keep up the good work.

Congratulations to all those swimmers that made the finals at the recent 7-10's swim meet. A special mention must go to **Rebecca Keating** for her win in the 9 year old 50m Backstroke and her 3rd places in the 9 year 50m Freestyle and the 50m Breaststroke.

Although it is almost the end of the year we haven't quite finished with swimming just yet. We have a couple of important competitions on the calendar coming up. Everyone should have entered the **December competitions on 10th, 11th, 17th and 18th** of December and for those of you who qualify for the 2006 Victorian State Championships. Therefore it is important that you stay focused on your skills that will help you achieve the best possible results in your racing

Please be advised that there will be a **parent and swimmer's meeting on Thursday the 8th of December at Nunawading for the duration of 15minutes at 7.30pm** to run through the holiday dates, timetables and upcoming dates and competitions that Davis squad need to be aware of.

Davis squad has been a fantastic introduction to being a full-time coach I would like to wish you and your family a very Merry Christmas and a Happy New Year.

WOODHOUSE SQUAD

Simone Savage

Once again a busy month in the pool training wise, and out of the pool for many of you who have just completed yr12 exams. The majority of you are doing an excellent job to committing to all 6 swim sessions and 2 gym. I encourage you all in the next 6 - 8 weeks to really go the extra mile in and out of the pool, and prepare to the best of your ability for states and December comps. Well done to all those who participated at the Warrnambool swim meet, a great weekend was had by all. A Big congratulations to Sam Asbury who won senior female of the meet. Well done Sam. Keep training hard and I'll see you on pool deck .

SQUAD NEWS

LAWSON SQUAD

Kate Lynch

It is the season to be jolly... however for all those swimming at the December comps and the 2006 Victorian State Championships this is the time to RACE. Get EXCITED you have done all the hard work (that doesn't mean that we won't be doing anymore, just in case your wondering) and these upcoming meets are your chance to convert the work into some fantastic swims.

Therefore, I would like to challenge you to do all the little things right in training... get to training 15 minutes prior to the start so that you can do your injury prevention program, work your skills as I know that you would dislike placing 11th at states because you breathed inside the flags, or on your 1st stroke. If you do these things right, you'll not only become tough, but you'll be tough to beat!!

Please be advised that there will be a **Parent and Swimmer's meeting on Monday the 5th of December at Syndal for the duration of 15minutes at 7.30pm** to run through the holiday dates, timetables and upcoming dates and competitions that Lawson squad need to be aware of.

Finally thank you to the entire squad, for a fantastic year full of great experiences and memories. I would like to wish you and your family a very Merry Christmas and a Happy New Year.

Until next time...Happy Swimming, Kate

BARCLAY SQUAD

Nick Veliades

Swim slowly... Well
Swim well ... Faster
Swim fast ... Easily

Let's get serious!!!

5 Weeks to go and most people are doing a fantastic job. The past month has been a good one with a few national times, one going to Jaclyn Lee -50m free (28.7sec) and one to Louie - 200m Breast (2min 51sec), well done.

Warrnambool was a very productive weekend for racing and racing hard, times weren't fantastic but a 50.31m pool might have something to do with that.

Over the next few weeks our major focus is preparing for state champs, part of the preparation being December comps. I know there are still a number of people in the middle of exams but please make sure you are at every session possible. As swimmers finish up school I would expect a full commitment to training and see this time as a great opportunity to put in the last few hard yards before state champs. There is a holiday timetable out so please check it out and make sure you are organized.

On a more social side please keep posted for our X-mass function as well as the club x-mass dinner.....

C U soOn!! bYe ByE!! nlcK

NATIONAL SQUADS

Grant Watson

The 2005 FINA World Cup was a successful meet for the Nunawading Swimming Club. Melissa Morgan raced in both the Skins on the Thursday night and World Cup on the weekend. Ranked 8th going into the 200 Backstroke final she narrowly missed 3rd place finishing 4th in a time of 2:10.40. Melissa the navigator did a good job navigating the Sydney traffic for myself and Andrew Dyson. It was great to see Dyso back in action after a serious elbow operation and weeks of rehabilitation. Andrew swam a credible 50.96 in the 100 Freestyle. With his confidence and an improved freestyle technique he will be ready to take on the best at the 2006 Commonwealth Games Trials in January.

After a successful World Cup in Durban South, Ashley Delaney finished 6th in the 100 Backstroke final in a time of 53.89. I know by the end of the Sydney World Cup Ashley was wrecked after all that travel and the high level of competition at both World Cups. Ash has learned a great deal and is a highly ranked prospect to secure a place in the Commonwealth Games Team for 2006.

We have a great team of athletes in the senior squad including Jason Cohen, Brooke Hanson, Layton Shannos, Hannah Tuohey, and Laura Denehy.

We welcome 3 new members to the National Age group program. They are; Michael Tan, Stefan Harris, and Laura-Ann Wong. Welcome and you are doing a great job. The rest of the squad are doing an awesome job and have stepped up to the workouts we are doing at the moment with great enthusiasm.

It's been great having Leigh Nugent (Nugget) supporting the club and keeping the direction we need to head on target. Thanks Nugget I really appreciate your guidance and the time you have put into designing the workouts.

And of course the new High Performance Coach Mr Jim Fowlie commences here at Nunawading on the 5th of December and we are so fortunate to have a coach of his renown driving our high performance program. Welcome Jim.

One last thing thanks to every swimmer in both National squads for the support you have given me.

Grant Watson
Assistant Coach

TEAM MANAGER'S REPORT

To All Parents of State Age Championship Swimmers

Swimming Victoria will once again be calling on Nunawading Swimming Club to supply timekeepers for at least 1 lane at State Championships for the entire duration of the meet (both heats and finals).

We would like to call on volunteers for this task so that you can nominate days/sessions which are most suitable for you. Each session will be divided in half, so that it reduces the amount of time you need to spend down on pool deck and will be easier to coordinate with your child's events. Thus, we will require 3 timekeepers for the first half of each session and another 3 for the second half of the session.

Damien Armfield and John Locking will coordinate the roster and will distribute a copy to all families with children swimming at states once all timeslots have been filled. With 60 timekeeping positions to be filled for each meet (12 per day for the 5 day meet) we should have no problems if at least one parent from each family is able to time keep for half a session.

Please email John and Damien with your requested session (jlocking@theage.com.au DamienArmfield@bigpond.com) as soon as possible.

Please indicate the following:

- The day/date you wish to time keep
- Heats or finals session
- 1st half or 2nd half of the session
- If you would specifically like to time keep with another parent, please speak to them and email your request together.

John Locking and Damien Armfield

**Support the
Nunawading Swimming Club
...at no cost to you!**

At Donation Home Loans, we will donate \$10 per month to the Nunawading Swimming Club for every \$100,000 borrowed through us, for the life of the loan. So as well as getting a great deal on your next home loan, commercial loan or investment loan, you'll be giving a great deal to the Nunawading Swimming Club! To take advantage of this unique opportunity and our FREE mortgage broking service, call us today on 1300 30 99 79 or visit

www.donationhomeloans.com.au

DECEMBER BIRTHDAYS

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

Kara	U'ren	2-Dec
Vanessa	Hentscel	3-Dec
Llewellyn	Little	3-Dec
Dean	Oliver	6-Dec
Michael	Ilett	8-Dec
Madeline	Theofanides	8-Dec
Michael	Tan	9-Dec
Rebekah	Keating	10-Dec
Edward	Whelan	11-Dec
Kien-Anh	Ngo	14-Dec
Alexander	Celik	15-Dec
Kimberly	McDonald	15-Dec
Rachel	McDonald	16-Dec
Georgina	Button	18-Dec
Layton	Shannos	18-Dec
Jan	Stone	25-Dec
Jack	Currie	29-Dec
Samantha	Asbury	30-Dec
Madeleine	Pryor	31-Dec

NSC SNIPPETS

- Do you have some snippet information? If so, send it to info@nunawadingswimmingclub.com with the subject line 'Snippets'.
- Lawson Squad swimmers and parents have their squad information meeting with Kate on Monday 5th December at 7:30pm at Syndal.
- Davis Squad swimmers and parents have their squad information meeting with Kate on Thursday 8th December at 7:30pm at Nunawading.
- Mitchell Pryor was nominated as last weeks Sports Star of the Year in the local Leader Newspaper.
- Kimberley Chanter won the 2005 Junior Sports Star of the Year for the Whitehorse Council. Well done Kimbo.
- Nunawading Swimming Club won 2005 Sports Club of the Year at the Whitehorse Council Sports Awards night.



NSC CHRISTMAS PARTY

WHERE: NSC CLUBROOMS

WHEN: FRIDAY 16th DECEMBER 2005

TIME: 6:00pm ONWARDS

The NSC Christmas Party is a family event where all swimmers, parents and immediate family members can come together and celebrate Christmas.

Meat will be provided.

B.Y.O. nibbles, drinks and glasses

In order to assist with catering could you please indicate on the reply slip below the number of adults / children attending and whether you will bring a salad or a desert to share.

RSVP: For catering purposes ALL families must reply by Thursday 8th December 2005 to the NSC Club Reception.

Any queries please contact
Jan Stone Phone: 9888 2374



Santa may drop
in!!



NSC CHRISTMAS PARTY REPLY FORM

Family Name _____

No. of Adults: _____ No: of Children: _____

We will bring a Salad: _____ or a Dessert _____ to share (please tick).

2005/2006 - COME ALONG TO THE FINAL 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.

Aqualink Nunawading 50m pool, Fraser Place, Forest Hill. Enter via clubroom gate.

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

DATES: Sunday 5th February 2006
Sunday 26th March 2006 (see Club Championship note below)
Sunday 9th April 2006 (Pancakes and Medal Presentations) ****PLEASE NOTE NEW DATE****

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:

Carol Oliver, Intra Club Officer: 0418 887 617

Grant Watson, Coaches Representative: 0418 378 328

NUNAWADING SWIMMING CLUB Inc. **CLUB CHAMPIONSHIP EVENTS**

800m & 1500m FREESTYLE

To be held on: Sunday 26th March, 2006

AQUALINK NUNAWADING
FRASER PLACE, FOREST HILL

at 7:30 am (warm-up 7:00am)

Closing Date: Monday 13th March 2006 at 5:00pm. No entries will be accepted on the day.

Entry Fees: \$2.00 per event

Entries to: The Meet Director c/- Nunawading Swimming Club Inc., Fraser Place, Forest Hill, 3131
or lodged at the club office. No phone or late entries will be accepted
Entries on Swimming Victoria Green Cards Only (Please complete the back of the cards as well)

PLEASE NOTE: A swimmer can only swim one event.
Qualifying time for the 1500m is 25 minutes
13/over 800m & 1500m events are age and open events and points will be awarded accordingly
Points for these events count for Club Championships

2005/2006 NSC Club Championships

Saturday 11th March, 2006

Pool - Tintern Girls Grammar School, Cnr Loma & Morinda Streets, East Ringwood.

- Closing Date:** Monday 20th February, 2006 at 5:00pm
- Entries to:** The Meet Director c/- Nunawading Swimming Club Inc., Fraser Place, Forest Hill, 3131
or lodged at the club office.
No phone or late entries will be accepted
Entries on Swimming Victoria Green Cards Only (Please complete the back of the cards as well)
- Entry Fees:** \$2 per event
- Age as at:** 11th March 2006 (Swimmers may swim in their OWN AGE GROUP and OPEN EVENTS)
- Rules:** Australian Swimming Inc. rules. This is a 'One Start Meet'. Starting 'Over the Top'
- Qualifying Times:** There are NO qualifying times. All swimmers should enter times for each event (even if they ask their coach to time them for younger swimmers)
- Conditions of Entry:** Current Nunawading Swimming Club Inc Members only (No visitors entries will be accepted).
- Start Times:** The Meet starts at 12.45p.m. (Warm-up 12.00 noon)
- Awards:** Medals will be presented to 1st, 2nd, 3rd placing's in each age group.
- Pool Admission Fees:** Free
- Programs:** \$ 3.00
- Points Scoring:** 9, 7, 6, 5, 4, 3, 2, and 1.
These Club Champion points will be awarded for each age group, male and female.

Nunawading Swimming Club Inc.
Club Championships - 2005/2006
 Saturday 11th March 2006

Warm-Up 12.00 Noon & Start 12.45 P.M.

MEN	EVENT	WOMEN
1	Open 200M Breaststroke	2
3	8 Yrs & Under 50M Freestyle	4
5	9/10 Yrs 50M Freestyle	6
7	11/12 Yrs 100M Freestyle	8
9	Open 100M Freestyle	10
11	13/14 Yrs 100M Breaststroke	12
13	15/16 Yrs 200M Individual Medley	14
15	10Yrs & Under 100M Freestyle	16
17	Open 400M Freestyle	18
19	13/14 Yrs 100M Backstroke	20
21	15/16 Yrs 100M Butterfly	22
23	Open 100M Backstroke	24
25	8 Yrs & Under 50M Breaststroke	26
27	9/10 Yrs 50M Butterfly	28
29	11/12 Yrs 200M Individual Medley	30
31	Open 100M Butterfly	32
33	13/14 Yrs 100M Butterfly	34
35	15/16 Yrs 100M Backstroke	36
37	Open 200M Individual Medley	38
39	8 Yrs & Under 25M Butterfly	40

41	9/10 Yrs 50M Backstroke	42
43	Open 100M Breaststroke	44
45	11/12 Yrs 100M Butterfly	46
47	Open 50M Freestyle	48
49	15/16 Yrs 100M Freestyle	50
51	13/14 Yrs 100M Freestyle	52
53	Open 200M Butterfly	54
55	8 Yrs & Under 50M Backstroke	56
57	9/10 Yrs 50M Breaststroke	58
59	11/12 Yrs 100M Backstroke	60
61	Open 200M Backstroke	62
63	15/16 Yrs 100M Breaststroke	64
65	13/14 Yrs 200M Individual Medley	66
67	Open 400M Individual Medley	68
69	11/12 Yrs 100M Breaststroke	70
71	10Yrs & Under 100M Individual Medley	72
73	Open 200M Freestyle	74
75	12Yrs & Under 400M Freestyle	75