

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

March 2006

## THANK YOU

To the following people for their help with time keeping at the Metro East all junior Championships.

Tony Scarinci, Rob Vander End  
Mark Yates John Bordignon  
Kym Saunders, Anne Bustard  
Christine Hanlen, Judd Murray,  
Andrew Beveridge  
Carolyn Poetrodjojo  
Neomal Jasinghe, Adrian Keltie  
Robert Sissins, John Stragalinos

## NEW MEMBERS

NSC would like to welcome the following new members to the Club. We wish you a long and rewarding swimming career.

Evelyn Boldt, Ben Saunders  
Belinda Bennett, Kate Laidlaw  
Samantha Bennett  
Matthew Saitlik, Tayla Yates  
Shannon Connelly, Liam Fisk  
Timothy Benedict, Tara Lane,

## CONGRATULATIONS

A huge congratulations to **DANIEL LEE** who has been selected on the Sri Lanka Swim Team to compete at the 2006 Commonwealth Games in Melbourne.

Congratulations also to Jason Cohen who finished 3<sup>rd</sup> in the 100m Butterfly at the World Cup in Brazil in 52.50.

## HERE COME THE COMMONWEALTH GAMES

No doubt the upcoming highlight for all concerned in the sporting world is the Melbourne 2006 Commonwealth Games. What a fantastic opportunity for this fine city of ours to showcase the best athletes in the Commonwealth. Much to our fortune Nunawading will be proudly represented by 2 athlete's at the Games as well as having many other past and present members involved in varying capacities.

The club has organised two social nights at the club rooms to celebrate this auspicious occasion. The first on Thursday 18<sup>th</sup> March and the second on Saturday 20<sup>th</sup> March. Both nights start at 7pm and will cater for a bbq dinner in front of a plasma screen. So if you are a member who unfortunately doesn't have tickets to the swimming be sure to come and soak up the Games atmosphere and cheer both Brooke Hanson and Daniel Lee on as they represent their countries

In other club news we finished our best ever placing in the club's history, at the recent Australian Championships. Nunawading finished in 7<sup>th</sup> position with 416 points, a massive improvement on last years 13<sup>th</sup> placing.

Congratulations to all swimmers and coaches on a great team effort.

The clubs over all performance at the recent Victorian State Sprints Championships was also note worthy again finishing first on the unofficial club point score with 954 points, another fantastic effort by all concerned.

# Nunawading Medallists for 2006 Victorian Sprint Championships

Congratulations to the following swimmers who finished in the top ten at the recent Victorian Sprint Championships, a fantastic effort by all;

## Men 11 & Under 50 LC Meter Freestyle

1	Margary, James	30.03
3	Lim, Edward	30.43

## Men 12 Year Olds 50 LC Meter Backstroke

2	Venning, Alex	32.41
---	---------------	-------

## Men 14 Year Olds 50 LC Meter Butterfly

1	Pryor, Mitchell	27.90
---	-----------------	-------

## Women 15 Year Olds 50 LC Meter Freestyle

3	Campbell, Renee	28.07
---	-----------------	-------

## Women 16 Year Olds 50 LC Meter Backstroke

3	Jones, Nadine	31.93
---	---------------	-------

## Men 11 & Under 50 LC Meter Backstroke

1	Margary, James	33.96
3	Lim, Edward	36.00

## Men 12 Year Olds 50 LC Meter Breaststroke

3	Venning, Alex	37.79
---	---------------	-------

## Women 13 Year Olds 50 LC Meter Butterfly

3	Lee, Jaclyn	30.82
---	-------------	-------

## Men 14 Year Olds 50 LC Meter Freestyle

1	Pryor, Mitchell	25.53
2	Chan, Samuel Michael	26.47

## Men 16 Year Olds 50 LC Meter Breaststroke

3	Sonsie, Rowan	32.12
---	---------------	-------

## Women 17-18 50 LC Meter Butterfly

1	Woff, Katelyn	29.29
---	---------------	-------

## Men 17-18 50 LC Meter Butterfly

2	Armfield, Matt	26.12
---	----------------	-------

## Men 11 & Under 50 LC Meter Breaststroke

1	Lim, Edward	38.21
3	Margary, James	39.16

## Men 12 Year Olds 50 LC Meter Butterfly

1	Venning, Alex	30.10
---	---------------	-------

## Women 13 Year Olds 50 LC Meter Freestyle

1	Bennett, Belinda	28.38
2	Lee, Jaclyn	28.79

## Women 14 Year Olds 50 LC Meter Backstroke

2	Campbell, Sharni	31.65
---	------------------	-------

## Women 16 Year Olds 50 LC Meter Butterfly

2	Jones, Nadine	29.05
---	---------------	-------

## Women 17-18 50 LC Meter Freestyle

2	Parslow, Belinda	27.50
---	------------------	-------

## Men 11 & Under 50 LC Meter Butterfly

1	Margary, James	31.75
---	----------------	-------

## Men 12 Year Olds 50 LC Meter Freestyle

2	Venning, Alex	28.00
---	---------------	-------

## Women 13 Year Olds 50 LC Meter Backstroke

1	Bennett, Belinda	33.04
3	Lee, Jaclyn	33.17

## Women 16 Year Olds 50 LC Meter Freestyle

1	Jones, Nadine	26.81
---	---------------	-------

## Men 16 Year Olds 50 LC Meter Freestyle

3	Sonsie, Rowan	25.35
---	---------------	-------

## Men 17-18 50 LC Meter Backstroke

1	Armfield, Matt	28.20
---	----------------	-------

## TEAM MANAGER'S REPORT

Liz Chanter & John Locking

### Thank you

With State Championships behind us, it is time to thank Damien Armfield for all his assistance, who, along with John Locking, was responsible for organizing timekeepers over the ten days of competition. A great job Damien and John! Many Thanks.

Many thanks to all parents who filled timekeeping slots and a special mention to those who stepped in at the last minute. Once again Nunawading was very well represented at all heats and final sessions. It is great to see our swimmers, and their sport, getting great support from parents.

### Club Captains

There is to be a change in the selection process for Club captains for Season 2006-2007.

We are planning to have Captains nominated and voted for, in time to announce at presentation night in May. This allows the captains to be in place for the beginning of the season.

Open Male and Female Captains are to be voted on by the committee and Junior Male and Female Captain by the swimmers.

Please see the attached flyer for dates for nominations and voting.

### Victorian Champs

Congratulations to all our swimmers on the great results achieved at States. Our Tally on P.B.s and heat winners (which most of you were doing a great job filling in) gave us the following results

Heat Winners; week 1 - 43, week 2 - 23 Total 63

P.B.s; week 1 - 95, week 2 - 74 Total 169

Liz and John

## **SQUAD NEWS**

### **HANSON SQUAD Liz, Susan & Nicola**

Great to see so many Hanson swimmers competing at the All Junior competition on Sunday. There were some terrific swims from all of you.

It has been great to hear how well of you are doing at your school competitions as well. Good luck for all your school races, District and regional id you make it that far!

All club members should have entered for the Club Championships on the 11<sup>th</sup> of March also. It is a great day at Tintern and lots of fun racing with your friends. Don't forget the P.B. Challenges as well. This is the busiest term for competitions for our squad.

### **WILSON SQUAD Nicola Whitehorn**

Last month we had an exciting start to the year with the Commonwealth Games Swimming Trials. With records broken and amazing swimming we are now inspired and looking forward to the Commonwealth Games. I encourage all swimmers to watch and learn (especially the streamlining), while glued to the TV screen for those of us without tickets to the Games.

Congratulations to all swimmers involved in their School Swimming Competitions. Good luck to swimmers representing their school in district and zone competitions in the next few weeks. We now need to focus on our upcoming swim meets including All Junior's and Club Champs.

Dates to Remember:

All Junior Competition	Sunday 26 <sup>th</sup> Feb
District Championships	Sunday 5 <sup>th</sup> March
NSC Club Championships	Saturday 11 <sup>th</sup> March
PB Challenge	Sunday 26 <sup>th</sup> March
PB Challenge	Sunday 9 <sup>th</sup> March
All Junior Semi-finals	Saturday 22 <sup>nd</sup> April
All Junior Finals	Sunday 23 <sup>rd</sup> April

Equipment required for each training session:

Drink bottle 750ml to 1Litre full of water

Spare pair of goggles

Bathers and towel

Cap and goggles (caps are compulsory at Syndal)

Fins, kickboard, pull buoy, equipment bag

Additional drink bottle containing a sports drink – if you wish

Please make sure you have all your equipment before you leave!!

Equipment required for Dryland session on Thursday:

Please bring: T-shirt, shorts, Appropriate Shoes (No thongs, scuffs, bare feet or school shoes), towel and drink bottle.

Enjoy your swimming!

Nicola

### **DAVIS SQUAD**

**Kate Lynch**

Hello to all of Davis squad it is a short but exciting first term with the state sprints, school swimming and the all junior competition. It was fantastic to see so many of you competing at the 2006 State Sprint Championships, there were some fantastic swims.

A special mention must go to Killian Tremino for his efforts in making the 11 and under 50m backstroke final and then finishing 7<sup>th</sup>.

Congratulations to all of you have made it through to the All Junior semi finals. It's also great to hear how well many of you are doing in your school swimming competitions. Keep up the good work.

Just a reminder, as we experienced recently there are times that we may need to improvise with regards to training especially if the pool is unusable for whatever reason. In the event of that happening we will be doing an alternative activity. So please bring your runners to every session. (Have a read under Lawson Squad heading below as this applies to you also.)

Until next time...

Happy Swimming

Kate

### **LAWSON SQUAD**

**Kate Lynch**

#### **BE PREPARED**

Kate: Do you have three sets of goggles and caps?  
So that you do not stop if there is a mishap.

Squad: Yes, we have three sets of goggles and caps  
And NO we won't miss a lap!

Kate: Do you have all the right tools?  
For training properly in the pool.

Squad: Yes, we have all the right tools.  
Even those silly snorkels that make us drool!  
Yes, we have three sets of goggles and caps  
And NO we won't miss a lap!

Kate: Did you bring your runners today?  
For in the pool we cannot stay

Squad: Yes, we brought our runners today  
Can we go outside and play?  
Because we have all the right tools  
For training properly in the pool  
(Even those silly snorkels that make us drool)  
We also have three sets of goggles and caps  
And No we haven't missed a lap  
Geez we're a great squad, we deserve a clap!!

### **ARMSTRONG SQUAD**

**Matt Jeffers**

No report provided.

## WOODHOUSE SQUAD

Grant Watson

What a fantastic opportunity it is to coach Woodhouse Squad again. I must take the opportunity to thank Simone on the excellent work she has put in while coaching Woodhouse Squad.

To the Woodhouse swimmers thank you for accepting me as your new coach. I am sure we will move onwards and upwards. Many of you I have know for quite a while and others have moved into the group from previous squads I have coached. I have always found Woodhouse Squad swimmers a dedicated group who are eager to learn and apply themselves in training with a rare enthusiasm. You are a very social group who mix very well together in and out of the pool.

I look forward to our time together and hope to bring my coaching knowledge to your program so it remains interesting and challenging for us both. Continue to strive to be the best you can be.

If you have any questions or need advice please be upfront and see me. Grant

## BARCLAY SQUAD (Rip It Up) Nick Veliades

Swim slowly..... Well  
Swim well ..... Faster  
Swim fast ..... Easley

Welcome back to every one in Barclay Squad and a special big **HELLO** to our new members

- Alex Venning
- Alex Celik
- Bindy Bennett
- Sam Bennett
- Roxy Perring

Who have all fallen into place within the squad as if they where always there.....nice work peoples..... But the job is only ½ done.

With 14 out of 20 squad members going to nationals on the 18<sup>th</sup> of April the group has done an outstanding job over the past few months.

*I challenge you to find a squad anywhere in Australia with more members going to nationals!!! !!!!*

The task that lies ahead is probably the toughest yet for all those involved in the Nationals Campaign. There are a number of swimmers who have qualifying times that are ranked top 10 in Australia so looking good to make finals at nationals. BUT!!! Lets not get complacent and relax thinking what we have done is enough because there will always be 10 other swimmers (if not more) around Australia all training to beat **U** in Sydney.....

**C U soOn!!**  
nlcK

## MARCH BIRTHDAYS

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

Aimee	Saitlik	1-Mar
Gary	Barclay	1-Mar
Lauren	Speirs	3-Mar
Ilias	Boutsiavaras	4-Mar
Elisha	Morrow	4-Mar
Sarah	Thompson	6-Mar
Alysha	Eibl	7-Mar
Amanda	Ting	8-Mar
Aurelius	Simon	9-Mar
Alex	Xie	10-Mar
Tyran	Groves	11-Mar
Peta	Stragalinos	12-Mar
Kimberley	Walker	12-Mar
Lydia	Badoer	13-Mar
Rebecca	Stone	14-Mar
Henry	Poetrodjojo	15-Mar
Mitchell	Pryor	16-Mar
Brad	Mitchell	16-Mar
Brooke	Hanson	18-Mar
James	Margary	18-Mar
Joshua	Nothnagel	18-Mar
Julie	Oliver	20-Mar
Mitchell	Harriss	20-Mar
Linda	Buckley	21-Mar
Stephanie	Trinh	22-Mar
Duncan	Mclean	24-Mar
Katelyn	Woff	24-Mar
Jordan	Turner	26-Mar
Patrick	Buckley	29-Mar
Cindy	Liu	31-Mar

## DIARY DATES

Sunday, 5 March	<u>District East Championships</u>	Monash Aq & Rec
Saturday, 11 March	<u>NSC Club Championships</u>	Tintern
Wednesday, 15 March	<u>Commonwealth Games</u>	Melbourne
Sunday, 26 March	<u>PB Challenge, Term1, #2 and Club Championships 800/1500</u>	Aqualink Nunawading

## **SWIM COMMITTEE REPORT**

### **Thank You**

I would like to take this opportunity to thank Carol Oliver, our intraclub officer, who will be leaving us at the end of the season. Carol has been running P.B. Challenge for the past season and also the distance certificate mornings with help of Claire Mc Mahon and Debra Meese. They have done a tremendous job and I thank them, for all the time and effort that have put in for our junior swimmers.

### **Welcome**

On that note I would like to welcome Sally Theofanides who has kindly volunteered to take on this challenge. We look forward to seeing Sally on pool deck over the coming weeks in the intraclub role which she will take charge of in the new season.

### **DESPERATELY NEEDED !!**

Lynette Kirby our awards and records officer will be leaving us at the end of this season. Lynette stayed on this season even though her son was no longer swimming and has supplied all our trophies, medals and records. On that note, we are in need of a new awards / records officer. We are hoping that someone will come forward A.S.A.P. so that they can be helped / trained by Lynette before she finishes up at the end of the season.

**Please contact Tracey Groenewald on 0407523381 or speak to me on pool deck if you are interested in fulfilling this role.**

### **NEWLY CREATED POSITIONS ON THE SWIM COMMITTEE**

We are seeking the services of an Assistant Girls Team Manager and an Assistant Boys Team Manager. These are newly created positions which will start in May. They will primarily be responsible for assisting the male and female team managers. They will be available to assist the female and male swimming members at competitions and be present at all district and state level meets. If you would like more information please feel free to speak to Tracey Groenewald, John Locking or Liz Chanter.

### **UNIFORM BYLAW CHANGES**

There have been some changes in the uniform bylaws. The swim committee have made these changes to ensure that all swimmers are wearing the correct attire to heats and finals sessions. It has also been decided that there will no Uniform changes until the Year 2010 when the uniform will then be reviewed. Please note that there will only be two Nunawading Club Shirts worn by all swimmers, the red club shirt and the navy club shirt ( this will remain the same as our current state t-shirt ). Also navy club shorts or club tracksuit pants are required to be worn together with these tops.

**For those who do not currently own the Navy club t-shirt , there will be an order form for these going out early in the new season.**

### **TIMEKEEPING**

Once again our fabulous Club Championships are nearly upon us and our kind social assistants will be asking for your efforts to timekeep. Please make their job easier by volunteering your time as this is an integral part of running the meet. If you have a young swimmer, consider sharing a time slot with another parent and thus enabling one parent to supervise the swimmers and then swap after an hour or two.

I look forward to seeing you on pool deck. Please give serious consideration to the positions that are shortly due to become vacant on our committee as we would love to have new faces on board. Please feel free to contact me on 0407 523381 if interested.

Tracey Groenewald.  
Swim Committee Chairperson.

## Social & Fundraising Committee Report

Ilias Varas

Last weekend we had the unfortunate experience of having the pool close for a while and not everybody had a chance to experience our Club breakfast again. For those who made it, it was yet another great Club breakfast serving up tasty bacon and egg sandwiches and sausages. Some of those appetites were just extraordinary! The funds raised of course go towards many constant improvements around the Club.

Speaking of fundraising, a major health fund in Australia is having their family and staff 'Day Out' at Albert Park Lake this weekend on Sunday 5<sup>th</sup> March. The Nunawading Swimming Club has been given the opportunity of conducting a food stall there to raise some funds for the Club. We require assistants to help us on the day. We realise that it is the same day as the District Championships and therefore would welcome any assistance from anyone who won't be attending the meet.

Finally as you may have read in the weekly Nuna News, the Social & Fundraising Committee of Nunawading Swimming Club is planning some fun and exciting social nights around the Commonwealth Games. Please note these important **Diary Dates**:

**When: Thursday 16th March 2006 - from 6:00pm to 9:30pm – BBQ 6-7pm**

**Where: NSC Clubrooms**

**Who: All current and former members of NSC**

**Why: To watch the first night of finals on the big screen featuring Brooke Hanson in the 200m Individual Medley**

**When: Saturday 18th March 2006 from 6:00pm to 9:30pm – BBQ 6-7pm**

**Where: NSC Clubrooms**

**Who: All current and former members of NSC**

**Why: To watch the third night of finals on the big screen featuring Brooke Hanson in the 200m Breaststroke**

Please assist us where you can. 'Many hands make light work'. There is much to be done and for now, a BIG "thanks" to those who have assisted in ANY way. It is ALWAYS appreciated. Good luck to those competing and let's all get behind Brooke in her quest for a medal at the Commonwealth Games. GO BROOKE!!!

Kindest Regards,  
Ilias Varas



**Box Hill Central, Bakers Delight**, is a proud supporter of Nunawading Swimming Club.

Please drop in and show your appreciation for a company supporting our club.

## **Communication to Club Members**

---

Nunawading Swimming Club has two major forms of communication to Club members.

The first is a **weekly email service** to all members who have subscribed through the website [www.nunawadingswimmingclub.com](http://www.nunawadingswimmingclub.com) and clicked on Subscribe to Nuna News. It is vital that EVERY family receives these emails as they contain very important information for ALL swimmers.

The second method is the **monthly newsletter 'Making Waves'**. The newsletter is distributed at the beginning of every month in each swimmers pigeon hole and also via the NSC website at [www.nunawadingswimmingclub.com/news/makingwaves](http://www.nunawadingswimmingclub.com/news/makingwaves).

Any notices for club members are usually put in your pigeon hole, so please check and empty your pigeon hole weekly.

### **Communication to Squad Members**

Squad coaches will also liaise and meet with squad members and parents as a group on a regular basis. Please discuss any queries you have in regards to training and competitions directly with your squad coach.

### **NSC Website**

There are many new features on the NSC website that are relevant for all families.

Calendar of meets including programs for each swim meet can be found at [www.nunawadingswimmingclub.com/competition/eventscalendar](http://www.nunawadingswimmingclub.com/competition/eventscalendar).

Results from meets conducted by NSC can be found at [www.nunawadingswimmingclub.com/competition/results](http://www.nunawadingswimmingclub.com/competition/results).

Australian and Victorian rankings can be found at [www.nunawadingswimmingclub.com/competition/swimming\\_rankings](http://www.nunawadingswimmingclub.com/competition/swimming_rankings).

Information on all NSC squads and coaches can be found at [www.nunawadingswimmingclub.com/squads](http://www.nunawadingswimmingclub.com/squads).

There are many new features on the NSC website that are relevant for all families.

Follow the main navigation across the top of the website and then select from the choices down the left hand side.

For example:

“**COMPETITION**” then “**EVENTS CALENDAR**” - Calendar of meets including programs

“**COMPETITION**” then “**RESULTS**” - Results from meets conducted by NSC

“**COMPETITION**” then “**SWIMMING RANKINGS**”. Australian and Victorian rankings

“**SQUADS**”. Information on all NSC squads including “**COACH PROFILES**”

The club is aiming to provide you with a variety of options in accessing relevant information, if you have access to the internet, this may be a viable option to you and your family. We hope this helps, if you have any feedback please let us know.



## **NUNAWADING SWIMMING CLUB**

### **INCORPORATED**

ABN 64 503 868 598

Fraser Place, Forest Hill, Victoria 3131

Telephone **03 9878 7055**

Website: [www.nunawadingswimmingclub.com](http://www.nunawadingswimmingclub.com) Facsimile **03**

**9894 3832**

Email: [info@nunawadingswimmingclub.com](mailto:info@nunawadingswimmingclub.com)

---

# Nominations for Club Captains

TWO SETS OF CLUB CAPTAINS WILL BE ELECTED FOR SEASON 2006-2007

- 1. Aged 15 years and under (Male and Female)**
- 2. Open Age (16 years and over Male and Female)**

Individuals can nominate themselves or be nominated by others.  
Once all nominations have been submitted the Swim Committee will decide on the final applicants.  
You must be a Registered and Financial Member to nominate or to be nominated.

**Nominations can be sent to the Club,  
placed in the box at reception,  
Or email Liz at [liz.chanter@nunawadingswimmingclub.com](mailto:liz.chanter@nunawadingswimmingclub.com).  
Or John at [jlocking@theage.com.au](mailto:jlocking@theage.com.au).  
with a Profile and Photo of themselves.**

Profile should

- Include personal details
- Say why you would be a great club captain
- Mention what you would like to work on as club captain
- Be no more than 300 words, 1 page max.

**NOMINATIONS CLOSE - Tues MARCH 14**

**ELECTION OF CAPTAINS - Saturday APRIL 8th .**

**PRESENTATION OF CAPTAINS Presentation Evening.**



Nunawading Swimming Club Presents...

**2005/2006**

**PRESENTATION DINNER**

**SATURDAY 13th MAY 2006**



6:00pm for 6:30pm start

**BOX HILL TOWN HALL**

1022 Whitehorse Road, Box Hill



***"All swimmers and parents encouraged to attend"***

**BOOKINGS ARE  
ESSENTIAL!**

*Names will be marked off  
at the door.*

*First 300 persons only*

Cost: \$15 .00 per child 12yrs & under  
\$20.00 per child 13yrs & over  
\$20.00 per adult

**Includes 3 course meal**

**\*\* BYO Nibbles and Drinks \*\***

**RSVP**

Please return reply slip and payment by Friday 21st April 2006  
to NSC Presentation Dinner, NSC, Fraser Place, Forest Hill, Vic 3131  
or hand it at Nunawading Reception Desk

**2006 PRESENTATION DINNER REPLY SLIP**

**Saturday 13th May 2006**

Name(s): \_\_\_\_\_

**PAYMENT INFORMATION:**

Date \_\_ / \_\_ / \_\_

No of Children 12yrs & under \_\_\_\_\_ x \$15.00 per person

No of Children 13yrs/o & Adults \_\_\_\_\_ x \$20.00 per person Total \$\_\_\_\_\_

Payment CREDIT CARD Card Name \_\_\_\_\_

CHEQUE Card No. \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry \_\_ / \_\_

SIGNATURE : \_\_\_\_\_