

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

April 2006

## CONGRATULATIONS

Congratulations to **Brooke Hanson** on her silver medal performance in the 200 IM at the Commonwealth Games.

Congratulations to **DANIEL LEE** who has been selected on the Sri Lanka Swim Team to compete at the 2006 World Short Course Championships in Shanghai, China.

## GOOD LUCK

Good luck to both Daniel and Brooke at the 2006 World Short Course Championships in Shanghai, China.

## NSC PRESENTATION DINNER Saturday 13<sup>th</sup> May 2006

On Saturday 13<sup>th</sup> May 2006, NSC will be holding its annual Presentation Dinner at Box Hill Town Hall. Details can be found in the flyer on the last page of Making Waves or on the NSC website under the Events Calendar. Last year we had 280 persons attend the night and it was a great celebration. We are expecting at least 300 persons this year and for this reason must advise it will be a first in first served basis for the night. Please return the reply slip together with payment to the NSC reception area as early as possible to ensure your seat on the night.

## MAKING HISTORY

The 2006 Australian Age Championships will be one of the most highly contested meets on the Age group calendar this year; it is a meet that gives the who's who of 13-18 year old swimmers from around the country a chance to compete head to head. From this meet we have seen most of Australia's successful swimmers emerge. With names like Ian Thorpe, Leisel Jones and even our very own Brooke Hanson and Ashley Delaney being amongst the names to remember at previous Australian Age Championships, it is without a doubt an important stepping stone to the "big time" in Australia's swimming world.

This year for the first time in the club's 46 year history Nunawading are taking our largest team ever of 32 swimmers to compete at the 2006 Australian Age Championships in Sydney later this month. With a team that is 10 swimmers stronger than last year, Nunawading is really showing its depth whilst aiming to provide the clubs best young talent with their own stepping stone for the future.

This year's team boasts both rookies and seasoned competitors. Luckily for the rookies they don't have to look far to get some good advice on performing well at the Championships. The team has 2 swimmers who will be defending their respective titles at the Championships this year. Both Jack Laidler 15, and Kimberley Chanter 16, won a gold and silver in their Breaststroke events at last years Championships and will be looking to do it all again this year. Sam Sheppard finished up with a Bronze last year in the 200m Backstroke and will be looking to move up on the podium this year.

Others to watch out for are rookies; Llewellyn Little in anything 200m or above and Alex Venning in the Backstroke events, keeping in mind that he is only 12 years of age and will be competing in the same age group next year. Nunawading should also fair well in the relay's this year with both the 16 and under and 18 and under age groups opting to swim 4x100's, there aren't too many teams that would be able to fill those spots and be competitive.

Good Luck to all, have fun and you'll swim fast.

## 2006 All Junior Semi-Finalists

Congratulations to the following 67 swimmers who have qualified for the Victorian All Junior Semi-Finals to be held on the 22<sup>nd</sup> and 23<sup>rd</sup> April 2006.

### Girls 8 & Under

Speirs, Lauren	8 NUN
Smith, Mikayla	7 NUN
Button, Madison	7 NUN
Connelly, Shannon	8 NUN
Vecchio, Tara	8 Un

### Girls 9 Year Olds

Lewis, Amber	9 NUN
Bordignon, Monique	9 NUN
Theofanides, Madeline	9 NUN
White, Samantha	9 NUN

### Girls 10 Year Olds

Keating, Rebekah	10 NUN
Beveridge, Jessica	10 NUN
Smith, Nerice	10 NUN
Van Der End, Katelyn	10 NUN
Keung, Naomi	10 NUN
Rudd, Matilda	10 NUN
Baulch, Alexandra	10 NUN
Thornton, Emily	10 NUN

### Boys 8 & Under

Groenewald, Nicholas	8 NUN
Jasinghe, Kiran	8 NUN
Saitlik, Matthew	8 NUN

### Boys 9 Year Olds

Keltie, Mitchell	9 NUN
Day, Fraser	9 NUN
Lin, Denzel	9 NUN
Lin, Eric	9 NUN
Henley, Nicholas	9 NUN

### Boys 10 Year Olds 50 LC Meter Freestyle

Huang, Scott	10 NUN
Margary, Thomas	10 NUN
Fisk, Liam	10 NUN
Brown, Luke	10 NUN
Petropoulos, Christopher	10 NUN
McMahon, Christian	10 NUN
Lyon, Cameron	10 NUN
Harkin, Thomas	10 NUN
Chu, Vincent	10 NUN
Joseph, David	10 NUN

### Girls 11 Year Olds

Forster, Jessica	11 NUN
Prescott, Irene	11 NUN
Hanlen, Nikaylah	11 NUN
Fletcher, Kate	11 NUN
Hanlen, Nikaylah	11 NUN

### Girls 12 Year Olds

Groenewald, Stephanie	12 NUN
Stephenson, Kasey	12 NUN
McDonald, Kimberly	12 NUN

### Girls 13 Year Olds

Perring, Roxanne	13 NUN
Chan, Ebony	13 NUN
Murray, Sian	13 NUN

### Girls 14 Year Olds

Tan, Michelle	14 NUN
Stragalinos, Peta	14 NUN

### Boys 11 Year Olds

Saunders, Ben	11 NUN
Gousskov, Tim	11 NUN
Markey, Caradoc	11 NUN
Tremino, Kilian	11 NUN
Whitten, Sean	11 NUN
Perring, Brandon	11 NUN
Purdy, Joseph	11 NUN
Bhatt, Mihir	11 NUN
Lim, Edward	11 NUN
Groves, Tyran	11 NUN

### Boys 12 Year Olds

Bustard, Mark	12 NUN
Bordignon, Marcus	12 NUN
Jasinghe, Ryan	12 NUN
Oirbans, Ryan	12 NUN
McMahon, James	12 NUN

### Boys 13 Year Olds

Panassie, Thibault	13 NUN
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### Boys 14 Year Olds

Day, Jack	14 NUN
Celik, Alexander	14 NUN
Loke, Daniel	14 NUN

## **SQUAD NEWS**

### **HANSON SQUAD**

**Liz, Susan & Nicola**

What an eventful last two weeks of term 1, with Syndal having to close its doors!! It gave us a great opportunity to have the Syndal Hanson swimmers train at Nunawading. Hope you all enjoyed training together.

**All Junior and Finals Semi's** - April 22<sup>nd</sup> and 23<sup>rd</sup>. Good Luck to all those swimmers competing at the All Junior at MSAC later this month. It is a fantastic experience to compete at this venue, so have fun and race well!

We also had many of you competing at the All Junior heats, District Championships and our Club Championships. The following swimmers have all competed with some great races at these meets –Luke Brown, Shannon Connelly, Rebecca Connolly, Jack Currie, Fraser Day, David Joseph, Denzil Lin, Cindy Liu, Joshua Mackinnon, Sonia Poetrodjojo, Mathew Saitlik, Callum Sissens, Mikayla Smith, Lauren Spiers, Maddy Theofanides, Samantha White and Elisha Morrow. You are all learning from your races and finding out why it is so important to **practise the correct technique** at training **all the time**.

### **WILSON SQUAD**

**Nicola Whitehorn**

It was a busy end to Term 1 with All Junior's, District East and Club Champs so close together. Many Swimmers competed in all 3 meets, 3 weekends in a row, with great success Well Done!

Congratulations to all swimmers qualifying for the ALL JUNIOR Semi-Finals on the 22<sup>nd</sup> April.

Alex B	Matilda	Brandon	Mitch
Cameron	Monique	Chris	Naomi
Emily	Nick G	Joseph	Liam
Thomas H	Katelyn	Thomas M	Kiran
Vincent			

Syndal is now open and looking better than ever before! Training is now at Syndal on Wednesday and Friday as normal.

Equipment required for each training session:

- Drink bottle 750ml to 1Litre full of water
- Spare pair of goggles (Very important!)
- Bathing 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.

Happy Easter!  
Nicola

## **DAVIS SQUAD**

**Kate Lynch**

The upcoming All Junior competition is an important meet for all concerned. It will give you a very good indication of how you are progressing within the sport. It is also a fantastic opportunity to race the best swimmers in your respective age groups in Victoria.

Things you need to remember for a major swim meet;

- Bring plenty of food and fluids.
- Make sure you have a spare pair of goggles and caps.
- Have warm clothes.
- Wear shoes where ever you go- you never know what you might step on.
- Be aware of when your events are.
- Have Fun

You have done all the work you need to swim fast and do some great pb's, so have fun and you'll swim fast.

Happy Easter.

Kate

## **LAWSON SQUAD**

**Kate Lynch**

We are almost there... to the end of another swimming season (yes, there is an end!) What a fantastic season it has been, we have had some great performances both in and out of the pool!

I would like to congratulate you on a year well done, however before we say hello to the 200/2007 season lets get into the last meet of the swimming year and get the best possible performances for ourselves.

For most of you there is just All Juniors and school swimming left on the calendar, all which are splashes and dashes- or in normal terms Sprints. This means everything counts, the start, the middle and the finish- there is very little room for error. Fear not if you have practised these properly in training they will be automatic and all you need to do is have fun and you'll swim fast.

Happy Easter

Kate

## **WOODHOUSE SQUAD**

**Grant Watson**

As I mentioned in last month's newsletter Woodhouse are a great group to train and continue to exhibit these qualities. On Thursday evening March 30<sup>th</sup> 2006 was no exception. 25 swimmers absolutely going for it in a max heart rate set was very stimulating. The only problem I have with Woodhouse squad is that they love to talk and I can't be heard – so yes I need to yell and most times end up stuffing my syllables up and start laughing. The main thing you guys need to do is identify your strengths and areas where you can improve, especially by focusing on technique, skills and efficiency.

Start now doing your goal setting for next season and for future years.

Have a happy and safe Easter.

Grant

## BARCLAY SQUAD (Rip It Up) Nick Veliades

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

Well guys this is the last news letter I write before the team heads of to Sydney for age nationals.....

First I'd like to say congratulations to all swimmers competing at Age Nationals. 33 swimmers makes this is the biggest team the club has ever taken to Nationals. Hopefully we can make this the most successful team as well!! With only 3 weeks to go please make sure you look after your selves (cutting back on football, netball etc), we need to stay injury free as well as healthy. Good luck to all in Sydney and to those competing at all juniors!

LETS SMASH IT!!! **C u under the bridge!!** nlcK

### Diary Dates

19-23 April	<u>2006 Fisher &amp; Paykel Australian Age Championships</u>	Sydney
21 April	All Schools Relay Competition	MSAC
22 April	<u>Metro All Junior Semi-Finals</u>	MSAC
23 April	<u>Metro All Junior Finals</u>	MSAC
24-26 April	2006 Australian Open Water Championships	Sydney
13 May	NSC Presentation Dinner	Box Hill

## MARCH BIRTHDAYS

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

Kim-Yin	Ngo	2-Apr
David	Joseph	2-Apr
Rex	Hopkins	3-Apr
Murray	Beech	6-Apr
Alexandra	Baulch	6-Apr
Duana	Mcleod	7-Apr
Sharyn	Pryor	9-Apr
Stefania	Basso	9-Apr
Jake	Beveridge	10-Apr
Ashley	Delaney	11-Apr
Yasmin	Ludowyke	12-Apr
Bradley	Cameron	13-Apr
Laura-Ann	Wong	17-Apr
Thibault	Panassie	17-Apr
Louise	Martin	18-Apr
Jodie	Finn	20-Apr
Sean	Hibbins	22-Apr
Maegan	Matthews	22-Apr
Kasey	Stephenson	26-Apr
Chin	Tan	28-Apr
Luke	Brown	28-Apr

## Team Managers Report

### Club Captains

Thank you and congratulations to the successful nominees for Club Captain for season 2006-2007, as follows –  
Open Female - Kimberley Chanter, Bec Locking, Laura Ann Wong  
Junior Female - Renee Campbell, Stephanie Groenewald  
Junior Male - Stefan Harris, Edward Lim, Mitchell Pryor

Voting for Junior Male and Female Captains is on Saturday 1<sup>st</sup> April.

The committee is voting for the Open Female Club Captain.

It is disappointing that we received no nominations for our Open Male Club Captain.

### District Championships

Congratulations to all those who competed at District Championships. Our 11 relay teams achieved some fantastic results. Congratulations also to Stephanie Groenewald who won the David Cook Trophy.

### Age Nationals

Thirty-one swimmers are heading off to Age Nationals on the 18<sup>th</sup> of April for 5 busy days of competition at the Sydney Aquatic Centre. Good Luck to all participants.

Liz Chanter and John Locking

Hi everyone,

What a busy month we have had with the Commonwealth Games, All Junior Elimination Meet, District Championships and our Age National swimmers preparing for Sydney.

Our Club Championships displayed a fabulous afternoons swimming at Tintern. It was wonderful to see so many people supporting their club. The meet went off without any hitches, even though our number of entries had increased substantially. Thanks to our ever efficient competitions officer, Sharyn Pryor.

A day such as Club Championships can not go by without thanking all the great people who give up their time voluntarily to help us. Special thanks goes to Officials - Ray Davis, Ted Whelan, David McDonald, Marshalls - Graeme Stephenson, and Malcolm Moore, Chief Time-Keeper – John Bordignon. Our Nuna catering department kept us well fed and well watered and thank you also to Audrey Chan, Debra Chan ( Chan Can Cook 1 & 2 ) and also to Anne Bustard. Once again Gary Barclay did an outstanding job commentating throughout the day.

Last but not least I would like to say what a fantastic job our timekeepers did on the day. We had all lanes filled, smiling faces and your participation makes the meet possible. You do not go unnoticed and we thank you for kindly donating your time.

Lastly, on behalf of the swim committee, I would like to wish each and every swimmer every success in both the Age National Championships and All Juniors.

Regards,

Tracey Groenewald.  
Swim Committee Chairperson.

## The Long and the short of it- the cutting of the long fins explained.

Upon arriving at Nunawading Swimming Club, one of the first things I did on the pool deck was cut the Open National and Age National swimmers' training fins into a 'V' shape. In addition I recommended to all the club's coaches to cut the fins of their swimmers also. (The coaches actually received 'exacto knives' for Christmas presents).

**Question:** Why cut or shorten perfectly good fins?

**Answer:** Power is the product of force and frequency in swimming stroke cycles. Optimum power with minimum resistance produces maximum speed.

In addition, long fins are not designed for swimming. Long fins are actually designed for leisurely snorkelling along shorelines and reefs. The long fins allow the 'snorkler' to move easily over long distances. The long fins have never been designed for pool use.

Specific pool use Fins, such as Hydro-fins, Speedo 'V' fins and Zoomers are all short fins. The short fins are great for swimming because they add approximately 10% speed to the swimmer with out interfering with the coordination between arms and legs.

The main culprit with short fins is the cost. Hydro-fins can cost over \$100! So, the best recommendation is to buy a pair of inexpensive fins with soft foot molding and get your coach to cut a 'V' in them.

Good luck.

Jim Fowlie  
High Performance Coach  
Nunawading Swimming Club Inc

I just wanted to congratulate and thank you all for assisting with our Nuna social functions over the past 2 weeks, beginning with the Club Championships and ending on Saturday night 18<sup>th</sup> March. Everybody had a lot of fun and we also managed to raise nearly \$1,000.00 over the 3 functions.

A BIG "THANK YOU" goes out to Martin Harkin who really 'thought outside the square' as far as catering is concerned, and who whipped up so many delicious dishes, including the most fantastic Chocolate Mousse on Saturday night. Unfortunately, MOST of us only managed to lick a fingertip off the bowl after the kids got to it! ☺ Marty, we'll have to plan a little better next time... ☺

Of course none of this would be possible without the fantastic work Brooke Hanson has done to even get to the Commonwealth Games. Congratulations Brooke on your achievements! We are all SO PROUD of you! Congratulations also goes to ALL the coaches who have nurtured and mentored her along the way.

Thank you also to all parents who assisted with the Club Breakfast on the 1<sup>st</sup> April. Marty again had a few surprises up his sleeve for you all. It was a fantastic morning.

Till then keep smiling! ☺  
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.

### Easter Timetable

#### Fri 14<sup>th</sup> April (Good Friday)

No training for all squads (last day off before Age Nationals)

#### Sat 15<sup>th</sup> April

**AM**

Normal AM Training for all squads except Davis & Lawson  
**Davis and Lawson** 8:00am to 10:00am

**PM**

**National Age** 4:00-6:00pm

#### Sun 16<sup>th</sup> April

**AM**

**National Age, Open & Barclay** 8:00 to 10:00am

#### Mon 17<sup>th</sup> April

**AM**

**National Age, Open & Barclay** 6:00 to 8:00am

**PM**

**Barclay Squad** 3:00-4:00pm

**11 to 14yrs All Jnr** 4:00-5:30pm

**8 to 10yrs All Jnr** 5:30-7:00pm







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 : \_\_\_\_\_