

Making

Waves



Official Club
Newsletter

May/June 2006

CONGRATULATIONS

Congratulations to **Brooke Hanson** and **Jarred Clarke** who after almost a decade announced their engagement.

Congratulations to **James Margary** and **Edward Lim** whom were named Captain and Vice Captain (respectively) of the Victorian Primary Schools Swimming team.

GOOD LUCK

Good luck to all the Nunawading swimmers competing in the School Sport Australia Swimming Championships at Sydney International Aquatic Centre in June.

THANK YOU

A huge thank you must go to Darren Fisk for donating a digital camera to the Club. We have no doubt that it will be well utilised in the near future.

From one season to the next.

Before we take to deep a plunge into the 2006/2007 swimming season lets take a brief moment to reflect on the fantastic performances of our young guns at Nunawading

Firstly, congratulations to all swimmers who competed at the 2006 Australian Age Swimming Championships in Sydney. A Special mention to Jack Laidler who was on fire with a record haul of 3 gold. Also to Kimberley Chanter on her gold and bronze medal performances. Both swimmers managed to defended their Australian Championship titles. And at his Australian Age debut Lwellyn Little won his first silver national medal. I think all concerned had some great swims and a fantastic time. With Nunawading finishing in 11th place at the meet, everyone will be back in the pool to see if Nunawading can make it to the top ten next year

Secondly, congratulations to all swimmers who competed at the All Junior meet over the weekend. Both Nicola and Gary enjoyed the final week of preparation and were impressed with the way everyone raced. A special mention to Nicholas Groenewald on winning 4 gold medals

Finally, we are off to a fantastic start to the new season with many laps to be swum, a few early mornings, a little bit of hard work and goals to be reached. Good Luck have fun and Happy swimming.

2006 All Junior Medallists and Finalists

Congratulations to the following swimmers who made finals at the Victorian All Junior Competition.

Girls 9 Year Olds 50m Freestyle

8 Lewis, Amber 9 Nunawading

Girls 9 Year Olds 50m Backstroke

6 Lewis, Amber 9 Nunawading

Girls 10 Year Olds 50m Freestyle

7 Keating, Rebekah 10 Nunawading

Girls 10 Year Olds 50m Backstroke

4 Keating, Rebekah 10 Nunawading

Girls 10 Year Olds 50m Breaststroke

4 Smith, Nerice 10 Nunawading

Girls 11 Year Olds 50m Breaststroke

9 Forster, Jessica 11 Nunawading

Girls 11 Year Olds 50m Butterfly

3 Forster, Jessica 11 Nunawading

Girls 12 Year Olds 50m Backstroke

6 Groenewald, Stephanie 12 Nunawading

Girls 12 Year Olds 50m Breaststroke

6 Stephenson, Kasey 12 Nunawading

Girls 12 Year Olds 50m Butterfly

7 Groenewald, Stephanie 12 Nunawading

Girls 13 Year Olds 50m Butterfly

1 Perring, Roxanne 13 Nunawading

6 Murray, Sian 13 Nunawading

Girls 14 Year Olds 50m Freestyle

1 Tan, Michelle 14 Nunawading

Girls 14 Year Olds 50m Backstroke

4 Tan, Michelle 14 Nunawading

Girls 14 Year Olds 50m Butterfly

7 Tan, Michelle 14 Nunawading

Boys 8 & Under 50m Freestyle

1 Groenewald, Nicholas 8 Nunawading

Boys 8 & Under 50m Backstroke

1 Groenewald, Nicholas 8 Nunawading

Boys 9 Year Olds 50m Freestyle

3 Keltie, Mitchell 9 Nunawading

Boys 9 Year Olds 50m Backstroke

7 Keltie, Mitchell 9 Nunawading

Boys 8 & Under 50m Breaststroke

1 Groenewald, Nicholas 8 Nunawading

Boys 8 & Under 50m Butterfly

1 Groenewald, Nicholas 8 Nunawading

Boys 9 Year Olds 50m Breaststroke

10 Keltie, Mitchell 9 Nunawading

Boys 9 Year Olds 50m Butterfly

2 Keltie, Mitchell 9 Nunawading

Boys 10 Year Olds 50m Freestyle

9 Margary, Thomas 10 Nunawading

Boys 10 Year Olds 50m Breaststroke

2 Huang, Scott 10 Nunawading

Boys 10 Year Olds 50m Butterfly

7 Huang, Scott 10 Nunawading

Boys 11 Year Olds 50m Freestyle

2 Saunders, Ben 11 Nunawading

4 Gousskov, Tim 11 Nunawading

7 Tremino, Kilian 11 Nunawading

8 Markey, Caradoc 11 Nunawading

Boys 11 Year Olds 50m Backstroke

2 Tremino, Kilian 11 Nunawading

8 Gousskov, Tim 11 Nunawading

Boys 11 Year Olds 50m Breaststroke

1 Gousskov, Tim 11 Nunawading 40.64 41.03

2 Markey, Caradoc 11 Nunawading

7 Tremino, Kilian 11 Nunawading

Boys 11 Year Olds 50m Butterfly

1 Lim, Edward 11 Nunawading

2 Saunders, Ben 11 Nunawading

3 Gousskov, Tim 11 Nunawading

Boys 12 Year Olds 50m Backstroke

10 Bordignon, Marcus 12 Nunawading

Boys 12 Year Olds 50m Breaststroke

10 Bustard, Mark 12 Nunawading

Boys 14 Year Olds 50m Freestyle

4 Day, Jack 14 Nunawading

Boys 14 Year Olds 50m Backstroke

2 Day, Jack 14 Nunawading

Boys 14 Year Olds 50m Breaststroke

6 Day, Jack 14 Nunawading

Boys 14 Year Olds 50m Butterfly

5 Day, Jack 14 Nunawading

SQUAD NEWS

HANSON SQUAD

Liz, Belinda & Nicola

Welcome to all the new squad swimmers in Hanson. We are looking forward to watching you work hard, meeting new friends and learning lots of new skills. A reminder about the skills session on Saturday morning from 8.00 AM -9.00 AM.

It has been terrific seeing Hanson swimmers competing at P.B. Challenge on a Sunday morning. P.B. Challenge no 3 is on the 4th June. It would be great to see lots of you there.

Lauren, Maddy and Shannon all competed at the District Encouragement Meet last Sunday and swam some great races, with lots of P.B.s, and great skill. They came home with a few ribbons as well. Well done.

Liz, Belinda and Nicola

JUNIOR B SQUAD

Nicola Whitehorn

Welcome to all our new squad members. We have many new faces in Junior B and it has been great to see you all at training. I hope you have enjoyed your first few weeks.

IMPORTANT: YOU SHOULD BE ATTENDING 3 OR MORE SESSIONS

A WEEK, **EVERY WEEK** to improve you're swimming!

A minimum of 3 sessions per week is required for Junior B Squad.

Interclub is the first round of competitions of the season starting on Friday 30th June. It is compulsory for all Junior B Squad members to participate in Interclub competitions. Otherwise, you need to see myself ASAP with reasons why you cannot attend. It will be great night of competition, with a new format, and I can't wait to see you all compete.

At Interclub:

☺ See Nicola before and after each event – no excuses

☺ Please wear Nuna T-shirt and cap

☺ Sit together as a club – cheer loudly for fellow squad members

☺ Parents, please help with timekeeping

No Training for Junior B Squad on Interclub Friday nights (30th June, 14th July, 4th August, 18th August and 1st September).

Remember to check your Pigeonholes every Monday for Important Information. Additional Information is available on the Nunawading website. Everyone should subscribe to Nuna News ASAP.

All Junior B Squad members need to have Short Fins. If you have long fins, you will need to cut them. A Snorkel for Junior B members is Optional, although highly recommended.

Important Dates:

Junior B Training break June 17th 2006 – 2nd July 2006

No training for Junior B on the Queen's Birthday holiday Monday 12th June 2006

First day of Training for Term 3 is Monday 3rd July 2006

Next Squad Meeting: 5th June 2006

☺

Happy Swimming!

Nicola

JUNIOR A SQUAD

Kate Lynch

For those of you who have returned under my tutelage as coach welcome back. For those of you who are new to Junior A squad Welcome!! I hope that you are all enjoying the training and are both making new friends and learning a thing or two.

I would like to congratulate all those swimmers and their parents who are coming to Monday morning sessions. I know from personal experience that being in bed can sometimes seem like a better place to be. I also know as a child sometimes it is the parent that does not wish to get up. So for those of you who haven't quite ventured out at unthinkable o'clock yet here are a few things that I know have helped other parents cope with the 5am starts (well 5.30am at until the next squad!)

- Supermarkets have no queues at this time why not do the grocery shopping?
- Mcdonald's on the corner of Blackburn road and Doncaster Road have great Mccafe style coffee at this time and again no queues. Ask for Linda she makes a great latte!
- Learn how to sleep in a car or pool side. (just kidding)

We have a very exciting season ahead of us I can't wait to see what the parents do on Monday mornings. See you then.

Kate

STATE JUNIOR SQUAD

Kate Lynch

Good Swimmers versus Great Swimmers

A good swimmer holds their breath for one stroke off the turn, a great swimmer holds their breath for two strokes.

A good swimmer sometimes does 4 kicks instead of 6 off the walls, a great swimmer sometimes does 8 instead of 6.

A good swimmer will say "but that's hard", a great swimmer will say "that's hard but I'll work on it".

You are already great people, now please work on your skills (starts turns and finishes) and you could all be great swimmers!

P.S Good Luck to Tim Gousov, Edward Lim and James Margary at the School Sports National Championships in June.

Until next time...Happy swimming

Kate.

STATE DEVELOPMENT SQUAD

Grant Watson

No report provided.

AGE NATIONAL SQUAD (Rip It Up) Nick Veliades
National Age Squad

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

Welcome back all..... I hope every one enjoyed their holidays I know I enjoyed a few sleep in's.

Firstly well done to all who competed at nationals and All Juniors (Gary had some good feed back on all involved at MSAC). This year Age Nationals was a very steep learning curve for many swimmers with this being their first Nationals and a daunting experience. I hope all saw it as a positive experience and will learn from it and use this knowledge for their preparation towards next years State championships and Age Nationals.

Highlights for the EX Barclay squads swimmers were every where, although there was one stand out.....

Bindy Bennett – Finals in 100free 59.9 4th, 50free 27.8 5th, 200free 2.10 9th 200IM 2.25 5th. And iv'e missed one???

Louie Little – Finals 200BR 2:42 9th, 200Fly 2.19 **SILVER MEDAL.**

Alex Venning – Finals 200 Bk, 2.23 7th, 100fly 1.03, 8th **VITORIAN RECORD**

Other highlights were the boys 14u free and medley relays both making finals – Alex Harriss, Alex Venning, Louie little and Sam Chan. As well as Tom French and Robbie Medica swimming in finals in the 16u 4 * 100free relay.

And now for what lies ahead!!!!

Our next major focus is Victorian State Short Course and the NSW age Short Course meets so please keep these free and be aware of what we need to do in ofder to prepare for these meets. If your not sure please come and talk to me!!!!

C U soon All.....

nlcK

STATE YOUTH/UNI

Nick Veliades

Well this is the first ever news letter for a new squad, State Youth Squad. Welcome to all new members and to those not in state youth squad your missing out!!! We currently have a core group of about 10-12 swimmers at sessions which has been very beneficial for my self and all swimmers in the group. The improvements made in the last 4 weeks have been outstanding from everyone involved and yes those attending more sessions are jumping ahead of the rest.

Through the first few weeks we had a large emphasis on skills and technique, now the focus is turning to being able to maintain those skill levels at slightly higher intensities for longer durations.

Over the next few months we will start our winter season competitions. Some of the meets you need to look out for are:

- Melbourne Vic Centre 17th June
- Victorian Open Championships 22nd July
- Carey Short Course 5th August
- Nunawading Short Course 12th August

Please speak to me about which events to enter at each meet as you need to practice some events more than others and I need to see you race some events to help with race planning etc.

If you have any concerns over training or competitions please speak up and see me, (I cant help if I don't know there is a problem). I do hope every one has enjoyed themselves as much as I have over the past 4 weeks.

C u Round

nlcK

Team Managers Report

Congratulations to our National Age Team on a very successful Age Competition. No doubt you will all be training hard and looking forward to next years Nationals in Perth.

The organization for our Friday night Interclub competition is well under way.

A reminder to check your pigeon holes next week for notification of which team you will be in.

There has been a major change to the Relay component for Interclub for this season.

Aggregate swimmers can turn up to swim on the night but **relay members must have submitted their names already.**

Your Team Managers for season 2006-2007 are as follows:-

Boys Team Manager -John Locking – 0407 969 416

Girls Team Manager -Liz Chanter – 0425 872 282

Assistant Team Manager -Debra Chan – 0402 889 721

NATIONAL YOUTH

Mr. Fowlie

We have recently finished the parent swimmer meeting reviews with the National Open and Youth Groups. The meetings were very productive for all swimmers, parents and myself.

I would like to thank everyone for their time and effort in making these meetings.

Winter training has begun in earnest, with attendance and training volume significantly better for virtually every swimmer. During the winter health maintenance is very important. There are a number of things swimmers can do to stay healthy, specifically starting with hygiene, rest and diet. Specific to hygiene, swimmers should take care while at school to keep away from other students who have a cold or the flu. Washing hands frequently, is a significant factor in fending of germs and viruses. In addition, the training schedule has been modified to provide a better balance of rest during the study week.

Swimmers, must be sure to take advantage of the extra afternoons off, keep their studies up and get more rest. Finally, diet is essential to good health.... Try Super **FAST FOOD**, to stay healthy, Yes FAST FOOD, the fastest food is..... **FRUIT AND VEGGIES**..... they are ready to eat, come prewrapped and they are full of vitamins, minerals and anti-toxins.

With June coming, the shortest days of the year will be on us, so please make sure you get outside and get sunshine..... check with your family Doctor, if you are concerned, but Vitamin D is absorbed from sunlight and we need vitamin D to stay healthy.

Finally, with the school break coming up in late June, if you can plan some good time for outdoor activities, you will be much healthier for it. For those going away on holidays, have a safe trip and make sure you enjoy Australia
Mr. Fowlie

MAY/ JUNE BIRTHDAYS

Happy Birthday to the following club members who enjoy their birthday in May and June.

MAY

Mary	Pendergast	11-May
Shannon	Connelly	13-May
Brenton	Cavallo	13-May
Matthew	Armfield	14-May
Malcolm	Moore	14-May
Jaelyn	Lee	15-May
Nikaylah	Hanlen	16-May
Teaghann	Hanlen	16-May
Thomas	French	17-May
Alex	Venning	19-May
Annie	Banks	19-May
Rebecca	Connolly	23-May
John	Stragalinos	25-May
Anne	Bustard	25-May
Cameron	Lyon	26-May
Mark	Bustard	27-May
Naomi	Keung	27-May
Christian	Mcmahon	27-May
Joseph	Purdy	28-May
Jessica	Beveridge	29-May
Renee'	Campbell	30-May

JUNE

Nick	Veliades
Christopher	Petropoulos
Paul	Harrington
Andrew	Dyson
Nicholas	Groenewald
Scott	Huang
Samuel	Nothnagel
Callum	Alpass
Lara	Alpass
Sonia	Poetrodjojo
Kathryn	Lee
Jared	Clarke
Thomas	Harkin
Mitchell	Keltie
Mihir	Bhatt
Kate	Lynch
Phillip	Clark
Samuel	Pendergast
Matthew	Saitlik
Irene	Prescott
Samuel	Chan
Max	Duke
Amber	Lewis
Edward	Lim
Samantha	White
Adam	Campli
Belinda	Bennett

Diary Dates

8	Nunawading Junior Development Clinic 6.00pm-7.30pm	Aqualink Nunawading
10	<u>Ringwood Swim Meet</u>	Ringwood
17	<u>Melbourne Vicentre Short Course Meet</u>	MSAC
25	<u>Metro West Long Course Meet</u>	MSAC

Members of the Swim Committee for 2006/2007

Swim Chairperson	Tracey Groenewald
Head Coach's Representative	Kate Lynch
Coach's Representative	Nick Veliades
Boys Team Manager	John Locking
Girls Team Manager	Liz Chanter
Assist. Team Manager	Debra Chan
Metro East Delegate	John Stragalinos
Competitions Officer	Sharyn Pryor
Intraclub Officer	Sally Theofanides
Officials Representative	Ted Whelan
Awards Officer	Audrey Chan

SCORE YOURSELF SOME CROCS AND SUPPORT THE CLUB YOU LOVE!