

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

February / March 2007

## GOOD LUCK

We wish the following swimmers the best of wishes and good luck in their future endeavors as they have decided to finish their swimming careers;

**Callum England, Renee Campbell and Kimberly Chanter.**

**Good Luck** to all the swimmers attending the Australian Age Championships in Perth in April.

**Good Luck** to all those swimmers competing in the upcoming All Junior Competition.

## THANK YOU

Thank you to all the parents, swimmers and friends who have helped time keep at both State and District competitions recently without your help these meets would not be possible.

Thank you to **Sharyn Pryor, Tracey Groenewald, Audrey Chan and John Locking** for their roles in organising the NSC club Championships.

## CONGRATULATIONS

Congratulations to **Sam Sheppard** winning Silver at Junior Pan Pacs.

Congratulations to **Jack Laidler** winning Bronze at Australian Youth Olympic Festival

## Coach Grant Watson Decides To Move On

Nunawading Swimming Club coach Grant Watson has decided to finish up coaching with the Club to take up an opportunity 'too good to refuse' from another Victorian Swimming Club.

Grant has been the backbone behind Nunawading's success over the past 12 years and has coached many of the current club swimmers at various stages throughout their swimming career.

Grant, who handed in his resignation last Friday, has spent the first three days this week meeting with swimmers he coaches to inform them of his decision.

Grant has been an integral member of the coaching team during his time at Nunawading and has also played a major role in the coaching of the Caulfield Grammar School Swim Team.

Grant's ability to coach at all levels; from pre-squad to National Open swimmers, is a credit to his coaching ability and adaptability.

On behalf of the NSC Board, Committees, staff and club members, I would like to thank Grant for the dedication he has shown to NSC and it's swimmers over a long period of time.

Grant will finish up on Friday 30 March 2007.

We wish you well Grant in your new job and look forward to catching up with you on pool deck in the future, and also at the end of season NSC Presentation Night.

If you would like to send a message of thanks to Grant, please email it to [grant.watson@nunawadingswimmingclub.com](mailto:grant.watson@nunawadingswimmingclub.com) up until 30<sup>th</sup> March 2007.

Gary Barclay  
NSC General Manager



## 2007 Victorian Sprint Medallists and Finalists

Congratulations to the following swimmers who won medals and made finals at the Victorian Sprint Championships recently.

### Female 11 & Under 50 LC Meter Freestyle

10<sup>th</sup> Keating, Rebekah

### Female 11 & Under 50 LC Meter Breaststroke

4<sup>th</sup> Smith, Nerice

### Female 12 Year Olds 50 LC Meter Freestyle

6<sup>th</sup> Batton, Jessica

### Female 12 Year Olds 50 LC Meter Backstroke

10<sup>th</sup> Batton, Jessica

### Female 12 Year Olds 50 LC Meter Breaststroke

2<sup>nd</sup> Wilson, Harriet

### Female 12 Year Olds 50 LC Meter Butterfly

8<sup>th</sup> Hanlen, Nikaylah

### Female 13 Year Olds 50 LC Meter Breaststroke

10<sup>th</sup> McDonald, Kimberly

### Female 13 Year Olds 50 LC Meter Butterfly

6<sup>th</sup> Terliatan, Renata

### Female 14 Year Olds 50 LC Meter Freestyle

1<sup>st</sup> Bennett, Belinda

2<sup>nd</sup> Lee, Jaclyn

### Female 14 Year Olds 50 LC Meter Backstroke

1<sup>st</sup> Bennett, Belinda

2<sup>nd</sup> Lee, Jaclyn

### Female 14 Year Olds 50 LC Meter Breaststroke

7<sup>th</sup> Bennett, Belinda

### Female 14 Year Olds 50 LC Meter Butterfly

1<sup>st</sup> Lee, Jaclyn

2<sup>nd</sup> Bennett, Belinda

### Female 15 Year Olds 50 LC Meter Freestyle

6<sup>th</sup> Bennett, Samantha

7<sup>th</sup> Campbell, Sharni

### Female 15 Year Olds 50 LC Meter Backstroke

4<sup>th</sup> Bennett, Samantha

6<sup>th</sup> Campbell, Sharni

### Female 15 Year Olds 50 LC Meter Breaststroke

6<sup>th</sup> McDonald, Rachel

### Female 15 Year Olds 50 LC Meter Butterfly

6<sup>th</sup> Campbell, Sharni

7<sup>th</sup> Bennett, Samantha

### Female 16 Year Olds 50 LC Meter Freestyle

8<sup>th</sup> Campbell, Renee

9<sup>th</sup> Wong, Laura-Ann

### Female 16 Year Olds 50 LC Meter Backstroke

3<sup>rd</sup> Wong, Laura-Ann

### Female 16 Year Olds 50 LC Meter Breaststroke

4<sup>th</sup> Wong, Laura-Ann

### Female 16 Year Olds 50 LC Meter Butterfly

7<sup>th</sup> Wong, Laura-Ann

### Female 17-18 50 LC Meter Freestyle

2<sup>nd</sup> Jones, Nadine

10<sup>th</sup> Chanter, Kimberley

### Female 17-18 50 LC Meter Backstroke

5<sup>th</sup> Jones, Nadine

### Female 17-18 50 LC Meter Breaststroke

1<sup>st</sup> Chanter, Kimberley

4<sup>th</sup> Jones, Nadine

### Female 17-18 50 LC Meter Butterfly

2<sup>nd</sup> Jones, Nadine

10<sup>th</sup> Chanter, Kimberley

### Female 19 & Over 50 LC Meter Freestyle

1<sup>st</sup> Parslow, Belinda

3<sup>rd</sup> Carpenter, Chelsea

6<sup>th</sup> Asbury, Samantha

### Female 19 & Over 50 LC Meter Backstroke

2<sup>nd</sup> Carpenter, Chelsea

3<sup>rd</sup> Asbury, Samantha

### Female 19 & Over 50 LC Meter Breaststroke

2<sup>nd</sup> Carpenter, Chelsea

### Female 19 & Over 50 LC Meter Butterfly

1<sup>st</sup> Parslow, Belinda

2<sup>nd</sup> Carpenter, Chelsea

3<sup>rd</sup> Asbury, Samantha

### Male 11 & Under 50 LC Meter Backstroke

7 Fisk, Liam

### Male 11 & Under 50 LC Meter Breaststroke

4 Huang, Scott

### Male 12 Year Olds 50 LC Meter Freestyle

1 Margary, James

3 Lim, Edward

5 Treminio, Kilian

7 Gousskov, Timothy

### Male 12 Year Olds 50 LC Meter Backstroke

1 Margary, James

3 Treminio, Kilian

7 Markey, Caradoc

10 Gousskov, Timothy

### Male 12 Year Olds 50 LC Meter Breaststroke

2 Margary, James 12 Nunawading

3 Lim, Edward 12 Nunawading

6 Markey, Caradoc 12 Nunawading

7 Gousskov, Timothy 12 Nunawading

10 Aguiar, Daniel

### Male 12 Year Olds 50 LC Meter Butterfly

1 Margary, James

5 Treminio, Kilian

8 Gousskov, Timothy

### Male 13 Year Olds 50 LC Meter Freestyle

2 Venning, Alex

### Male 13 Year Olds 50 LC Meter Backstroke

1 Venning, Alex

### Male 13 Year Olds 50 LC Meter Breaststroke

3 Venning, Alex

### Male 13 Year Olds 50 LC Meter Butterfly

1 Venning, Alex

10 Panassie, Thibault

## 2007 Victorian Sprint Medallists and Finalists cont'd...

### **Male 14 Year Olds 50 LC Meter Breaststroke**

6 Little, Llewellyn

### **Male 14 Year Olds 50 LC Meter Butterfly**

7 Little, Llewellyn

### **Male 15 Year Olds 50 LC Meter Freestyle**

1 Pryor, Mitchell

### **Male 15 Year Olds 50 LC Meter Backstroke**

9 Day, Jack

### **Male 15 Year Olds 50 LC Meter Breaststroke**

4 Day, Jack

### **Male 15 Year Olds 50 LC Meter Butterfly**

1 Pryor, Mitchell

### **Male 16 Year Olds 50 LC Meter Freestyle**

8 Mahoney, Travis

9 Laidler, Jack

### **Male 16 Year Olds 50 LC Meter Backstroke**

1 Mahoney, Travis

2 Laidler, Jack

7 Harris, Stefan

### **Male 16 Year Olds 50 LC Meter Breaststroke**

1 Laidler, Jack

8 Mahoney, Travis

### **Male 16 Year Olds 50 LC Meter Butterfly**

8 Laidler, Jack

### **Male 17-18 50 LC Meter Freestyle**

3 Armfield, Matthew

### **Male 17-18 50 LC Meter Backstroke**

1 Armfield, Matthew

3 Burunov, Yuriv

6 Scott, Adrian

### **Male 17-18 50 LC Meter Breaststroke**

3 Chan, Samuel

4 Sonsie, Rowan

### **Male 17-18 50 LC Meter Butterfly**

2 Armfield, Matthew

6 Asbury, Shane

7 Burunov, Yuriv

### **Male 19 & Over 50 LC Meter Freestyle**

6 Parslow, Adam

### **Male 19 & Over 50 LC Meter Butterfly**

7 Parslow, Adam

### **SQUAD NEWS**

#### **HANSON SQUAD**

**Stephanie, Adrian & Dean**

Congratulations on a terrific start to the year. I am pleased to see all members of Hanson training hard, please keep up the good work!!!

There are just a few things that I would like each swimmer and their family to keep in mind, throughout the remainder of this term and into next term!

Please remember to bring the following to each session:

- A drink bottle
- Kick board
- Pull bouy
- Flippers
- Spare goggles

And swimmers please:

- Carry out each drill correctly
- Put in maximum effort at each session
- Listen and watch the coach
- Encourage and support one another – we are all part of Hanson
- Have fun

#### **SATURDAY SESSIONS**

Every 2-3 weeks Hanson squad members are going to be given the opportunity to join a junior B session in the 50m pool. I will let all swimmers know throughout the week on which Saturday this will happen. I encourage as many swimmers as possible to attend these sessions.

#### **SKILLS SESSION**

The skills session is conducted each Saturday morning at 8am-9am. The session is run in the 50m pool at Aqualink Nunawading and is available to all Hanson members who are doing 2 or more sessions a week. So far only about 2-5 dedicated swimmers take part in this session each week. I would like to see an increase in squad members participating in the skills session.

Cheers,

Stephanie, Adrian & Dean

## JUNIOR B SQUAD

**Belinda Vickers**

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. **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.

Club Championships and the All Junior competitions are the 2 main focuses for the rest of the season, as well as school swimming for those of you who are competing in that.

These will be great competitions, that will allow you to pay off your hard work, and I can't wait to see you all compete. At competitions:

- ☉ See Belinda 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 Saturday 10<sup>th</sup> of March or Monday 12<sup>th</sup> of March.

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.

Happy Swimming!  
Belinda.

## JUNIOR A SQUAD

**Nicola Whitehorn**

Firstly, I would like to congratulate all the Junior A swimmers that represented Nunawading at the Victorian Championships in January and February on your fantastic achievements. It was great to see so many of you competing at this level and performing at your best. A special mention to Naomi Keung, Phillip O'Brein & Daniel Aguiar for their outstanding performance in her first state finals both individually and as part of a medley relay team. Naomi swam her 100m Breaststroke heat in a 4second PB to make the final and then smashed her heat time by almost 2seconds in the final and the boys Phillip and Daniel swam great PB's as well. Wow!

Congratulations to the following members of the Nunawading State Team (apologies for the lateness) –  
Georgina Button

Nicholas Groenwald

Tyran Groves

Amber Lewis

Naomi Keung

Phillip O'Brien

Katelyn Van Der End

Daniel Aguiar

To all the Junior A swimmers that have moved on this year, Best Wishes on your future swimming success!

Welcome to all the new Junior A squad members, it's great to see you all again. I am very pleased with seeing you all training hard and am looking forward to watching you compete in the upcoming swim meets.

## JUNIOR A SQUAD cont'd

Upcoming Swim Meets:

- All Junior Selection Trials on the 25<sup>th</sup> March
- PB Challenge 1 Sunday 22<sup>nd</sup> April- All Junior A swimmers must swim a 200m IM time trial
- All Junior Semi Finals/Final 28<sup>th</sup> April
- All Junior Finalists 29<sup>th</sup> April

Happy Swimming!  
Nicola

## STATE JUNIOR SQUAD

**Dean Bryant**

Well it's been a tough month for the State Junior Squad. We have participated in the State Sprint Championships, Vicentre LC Meet, Metro South Championships, Metro East Championships and coming up we have the Nunawading Championships and the All Junior Qualifying Meet. Add school swimming to that and you get some very tired swimmers! The good news is the kids have handled themselves extremely well and I am very proud of the way each athlete has shown the ability to get back on the block and have a red-hot-go when totally exhausted. This mental toughness will stand you in good stead when you stand up on the block at States or Nationals on day 4 or 5 when you are totally spent. You will be able to think back to these times and say 'Hey, I've been here before. I know this feeling. I know I can get out there and swim faster than I ever have before. And there isn't anybody out there that's going to get in my way!

Remember that if you want to have the best chance of improving your best times, then you must ensure that you challenge yourself during every training session. The best way to do that is to set the goal of being better than anyone else in your squad at every thing you do. For example, if Joe/Jane Bloggs is better at kicking than you, then your goal could be (without rubbing it in their face) to beat them on every kick set in training. The same thing applies to starts, turns, finishes etc.

Go forth and be your best, ALWAYS!!!

DB

## STATE DEVELOPMENT SQUAD

**Grant Watson**

No report provided.

## ARMSTRONG SQUAD Mel Klamt & Belinda Vickers

Well done to Nick, who competed at the metro east swim meet on the weekend. Also, a quick reminder that we **START** training at **7.30pm** so please be ready to hop straight into the water at 7.30!

Mel & Belinda.

## NATIONAL AGE SQUAD

Kate Lynch

I felt that in light of recent events the following article was relevant;

WINNING TODAY- Wayne Goldsmith  
(Source: [www.swimclub.com.au](http://www.swimclub.com.au))

Everyone wants to swim faster, this is only natural. Everyone stands behind the blocks wanting to do so. Some hope. Some pray. Some cross their fingers. Some rub their lucky swim cap. I hope I don't stuff up.

Some, not many, enjoy the quiet confidence of knowing that swimming fast is possible because of the time and effort spent preparing for race day. Everyone wants to SWIM FAST. How many want to SWIM FAST EVERY WORKOUT just as badly?

National Youth Coach Bill Sweetenham often says to swimmers, "Winning tomorrow starts by winning today. To swim fast in *tomorrow's* race, first swim fast *today's* training session. Will you be a better swimmer tomorrow because of what you did in training today?"

I think that some people in our squad really need to think about the above article, others are already doing it and if you ask yourself honestly you know who you are.

I would also like to congratulate the following swimmers

James Margary on achieving several individual national times, he will now compete at the Australian Age Championships in Perth.

Jack Streefkerk on being selected to represent Nunawading in the boys 14/under relays at the Australian Age Championships

To Stephanie Groenewald, Edward Lim & Thibault Pannasie on outstanding Pb's that got them all within 0.30 or less of a second of National Age qualifying times- I don't think I have been more proud as a coach to witness the way these 3 swimmers handled themselves at the ASTCA meet. Until next time Happy Swimming...

Kate

### New Swimmer Incentive Scheme Announced

The Board of NSC of announced the new Swimmer Incentive Scheme for season 2007/08.

Swimmers will receive a reduction in their fees of the following amount / percentage based on their results during the 2006/07 season. The Short Course Championship results will be applied to the 2007 Australian Short Course Championships.

Swimmer Incentive Scheme applies to pool events only for individual swims as follows:

	Aust Ch	Aust SC	Age Ch
<b>Gold</b>	VIS	100%	100%
<b>Silver</b>	VIS	75%	80%
<b>Bronze</b>	VIS	50%	60%
<b>Final</b>	75%	25%	40%
<b>Top 16</b>	25%	N/A	N/A

## STATE YOUTH/UNI

Dean Bryant

Firstly a big congratulation to those swimmers who have achieved National and Open National Qualifying times in the past few months. These results are a testament to your hard work and dedication, and I hope you continue to move forward over the following months in readiness for New Zealand Opens and Age Nationals.

For those not quite at the National level, now is the time to set yourself up for a big short course season in preparation for the all important long course season. The areas you should really focus on are technique, skills (Starts, turns and finishes), strength and enjoyment. Anybody who is looking to take a holiday at the end of this season should be looking at the 14<sup>th</sup> of April through to the 6<sup>th</sup> of May.

The training over the coming months is set to be challenging and I encourage you to ensure you recover as best you can through good nutrition/hydration, stretching, rest and massage. Any niggling injuries or tightness should be addressed by your physio to ensure appropriate corrective measures are in place.

Remember, without a challenge there is no improvement.

DB

## Obsidian Finance

Home Loans and Commercial Loans

### LOOKING FOR A NEW OR BETTER HOME LOAN?

Nunawading Swimming Club is very pleased to announce a new sponsorship of the Club by Obsidian Finance.

[Read More >>](#)

## NATIONAL YOUTH & OPEN

Nick Veliades & Amanda Isaac

**"ONLY THE FIT ARE FEARLESS"**

And now for the home straight!!!

With 5 weeks to go till The Australian Age Championships the team has been finalized and is set to travel to Perth.

Over the past few weeks the workload for the group has been extremely heavy with just over 200km being swam for the month of February. The improvements in individual and in group training performance over this time have been fantastic. Last week we moved into our next phase of training with more intensity throughout the week. Through this phase it is important that swimmers stretch and stay flexible. Many swimmers tighten up and become stiff and sore throughout this phase and increase their risk of injury with the increase of intensity.

Over the next few weeks all swimmers competing at Age Nationals need to think about their participation in school sports and high risk sports. Getting injured in the later stage of the season makes it almost impossible to recover from (depending on the injury) and return to full training before departing for Perth.

With only 5 weeks to go to Nationals lets not sit back and be contempt with where we are as a group but lets keep pushing through and find those extra 10% 's to improve on for Nationals.

Thanks  
Nick & Amanda

## February & March BIRTHDAYS

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

Raymond	Davis	22-Feb
Rod	Clarke	2-Mar
Lynn	Fowlie	13-Feb
Debra	Chan	21-Feb
Graeme	Stephenson	24-Mar
Ilias	Boutsiavaras	4-Mar
Jason	Cohen	24-Feb
Rebecca	Stone	14-Mar
Samantha	Bennett	28-Feb
Mitchell	Pryor	16-Mar
Peta	Stragalinos	12-Mar
Dylan	Cossari	10-Feb
Giorgia	Boutsiavaras	28-Feb
Dylan	Giannakopoulos	3-Mar
Harriet	Wilson	21-Feb

Richard	Wilson	21-Feb
Henry	Poetrodjojo	15-Mar
James	Margary	18-Mar
Timothy	Gousov	8-Feb
Aimee	Saitlik	1-Mar
Elisha	Morrow	4-Mar
Tyran	Groves	11-Mar
Joshua	Nothnagel	18-Mar
Liam	Fisk	11-Feb
Cindy	Liu	31-Mar
Kate	Laidlaw	19-Feb
Monique	Bordignon	17-Mar
Denzel	Lin	23-Mar
Eric	Lin	23-Mar

## Diary Dates

Date	Meet	Venue	Entries
Fri 9 March	<u>2006/2007 NSC Club Championships - 1</u>		
Sat 17 March	<u>PB Challenge - Series 4 week 3 How it works</u> 12.00pm warm up, 12.30pm start, 2:30pm finish	Nunawading	
Sat 17 March - 1 April	<u>12th FINA World Swimming Championships</u>		
Sun 18 March	<u>2006/2007 NSC Club Championships - 2</u>	Nunawading	24 Feb
Sun 25 March	<u>All Juniors</u>	Nunawading	
Wed 11-15 April	<u>2007 AUSTRALIAN AGE CHAMPIONSHIPS</u> Wednesday 11 to Sunday 15 April 2007 Challenge Stadium, Perth, WA <u>Qualifying Times</u>	Perth	16 March
Mon 16 - 17 April	2007 Australian Age Open Water Championships Monday, 16 April to Tuesday, 17 April 2007	Perth	16 March
Sun 22 April	<u>PB Challenge - Series 1 week 1</u>	Nunawading	
Sat 28 April	Metro All Junior Semi Finals & Finals	MSAC	
Sat 5 May	NSC Presentation Dinner	Box Hill Town Hall	