

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

February / March 2008

## Thankyou

On behalf of NSC, I would like to thank **Veronika Gouskova** for the many hours that she has donated to the club to put together the Making Waves newsletter over the past 12 months. Samantha Asbury will be taking over as editor from April 2008.

## Congratulations

At the recent ASCTAV meet two swimmers from our National Open Squad swam extremely well. Belinda Parslow broke her 400m freestyle PB by 4 seconds from State Championships. She also swam within 0.2 of her 200 freestyle PB following the 400.

This was a fantastic effort and the best effort for the entire day. Laura-Ann Wong achieved her first National qualifying time in 200 IM with a 1.5 second PB.

Both athletes backed up well and swam fast throughout the entire day.

## Swimming Victoria Calendar Released

Swimming Victoria has released the events calendar for the 2008/09 season and has made a number of changes which families should be aware of. The coaches at NSC are very positive about the changes as they provide a timetable that will assist swimmers to swim fast and enable families to spend some time together, hopefully retaining more swimmers in the sport at the elite State level.

The Victorian Age Short Course Championships will be held over three days of the 5th to 7th September 2008. This will enable coaches to taper swimmers for one weekend instead of two and will save country swimmers a lot of time and money by attending Melbourne just once for the meet.

The Victorian Open Water Championships will be held on the 18th and 19th October 2008 and the Victorian Long Distance Competition will be held three weeks later on the 8th & 9th November 2008. As most open water swimmers also compete in the Long Distance Competition, the space between these two events is much better than the one-week break provided in 2007.

The 2008 Victorian 11/u & 12 years Championships will be held on Saturday 20th & Sunday 21st December 2007. While the program is yet to be finalised, the move of the junior events prior to Christmas will allow swimmers and families who are not involved in 13/u events the opportunity to spend time together as a family over Christmas and New Year and allow families to have a break from swimming or family holiday at this time of the year. This move will retain more children in the sport.

The 2008 Victorian Age Championships will be held over five days from 3rd to 7th January 2008. By holding the meet a bit earlier in January, swimmers not competing at Australian Age Championships will have the opportunity to have a good 10 to 14 day break in January and those who are competing will have a slightly shorter break and be back in the water and get a couple of good weeks training under their belt before they go back to school. This will help tremendously with their preparation for Nationals.

The 2008 Victorian Open & SWD Championships will be held as a three-day meet from the 16th to 18th January 2008. With the Queensland Championships in mid December and the NSW Championships in mid February, the placement of the Victorian Open Championships will enable Open swimmers to compete at the three State Championships on the east coast with a 4 week break between each one.

Gary Barclay  
NSC General Manager

## SQUAD NEWS

### National Open

Amanda Isaac

With a successful Victorian Championships behind us, it is exciting looking ahead to performing on the National stage. Victorian Championships is an important part of our preparation for Olympic Trials and Age Nationals.

As we approach Nationals it is important to reassess your goals. This is a positive experience as you are directing yourself to achieve the best possible result. This will give your training a specific focus.

You have many choices in front of you. With only one month to Open Nationals and two months to Age Nationals, it is vital to your preparation that you make the choices that will improve you. To speak more specifically, arrive to training with a purpose (to achieve goals), choose to train the way you need to race.

*"Skill to do comes from doing"*

Amanda Isaac

### National Youth

Nick Veliades

The National Youth squad is progressing well through our journey to The Australian Age National Championships. The past two weeks have seen some unique racing opportunities. The first was the ASCTAV classic meet racing heats and finals at MSAC. The second being the AIS Invitational Meet at the AIS which also provided heats and finals opportunities and some quality opposition.

The AIS meet produced numerous pb's from most swimmers which is great to see especially considering our phase of training and swimmers general fatigue. A few stand outs for the weekend Roxanne Perring 1.04.7 100m Fly and 2.19.07 200m Fly, Bindy Bennett 4.25 400m Free, Trav Mahony 2.10 200Bk, James Arguiro 2.08 200m Fly.

With only six weeks till Nationals it's important we get as much work in as possible now, as in four weeks we start to back off in preparation to race FAST.

Keep up the good work everyone.

## SQUAD NEWS

### National Age

Dean Bryant

Age champs are just around the corner! Don't wait! Act now, to ensure you get the best possible outcome in Brisbane.

One of the most important aspects to your training at the moment is to REST when you get the opportunity. The body is a finely tuned machine, but it has very definite limits. As a coach, my job is to push your limits, but not exceed them. Exceeding them too much will lead to sickness and injury. Therefore it is important when you are not at one of your scheduled training sessions, that you eat, drink, rest and relax wherever possible. If you are participating in extra activities that I don't know about, there is a very real risk that you will end up in an over-trained state which will dramatically affect performance.

Best of luck in the final weeks of training.

### State Junior

Dean Bryant

Well the swimming year is in its final stages with only the remaining two months left to go. After that all swimmers will get the opportunity to take a well-earned break from swimming for a few weeks.

In the meantime we have a couple of exciting opportunities to record personal best times, namely All Juniors, Club Champs, District Champs and your school comps. As the majority of your swims will be 100's and 50's during this phase, it is important that you have your dives and finishes mastered, and that you are doing a great job of your turns.

In recent years I have noticed a drop in focus at this time of year; however I strongly urge you to continue to push the limits and improve on your areas of weakness. If you can finish the year off strongly it will allow you to go into the main preparation phase of the year (Short Course Season) full of enthusiasm and excitement for the year to come and potentially set you up for an excellent year.

In the meantime enjoy the upcoming comps, races and training. It truly is a fun time of year.

Best of luck.

## **State Youth / Uni**

**Celia Glewis**

It's hard to believe that Victorian Championships were only just over a month ago.

My highlights for the Champs was seeing nearly all swimmers improve in times as well as ranking. Some highlights: Ebony Chan who was ranked 38<sup>th</sup> going into the 100m breaststroke and finished 23rd, a huge jump. Also Harriet Wilson improved her ranking by a huge amount in the 200m IM and made a 4th placing at State Sprints several weeks ago. Well done to all swimmers. Congratulations to Brooke Simpson and Stefania Basso who both made two finals each in their respective events.

All the best to those swimmers who are very close to achieving a national time over the next few weeks of competition. I also enjoyed watching you all swim well at the District Championships and look forward to seeing some great swimming at Club Championships.

All the best to Samantha Asbury who is going to compete at the Telstra trials with Amanda and the Open squad.

Welcome to the swimmers from National Age who have also joined us I hope you are starting to settle into the group.

Finally I would like to thank you all for the support you have provided me as coach this season. I will watch your progress in the future with a lot of interest.

## **State Development**

**Melissa Klamt**

Congratulations to Sam Lilly on swimming in two finals at State Championships, an excellent effort! Also, well done to all those swimmers who competed at State sprints, I was impressed with the amount of personal bests swum after the holiday break. Now that we are back into training, there are three target meets everyone in the squad needs to be competing at: All Juniors, District and Club Championships. To make sure we race at our best, we need to be attending every session to get the full benefit out of our training – yes, this includes mornings!

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## **LA PORCHETTA, BOX HILL**

NSC has established a relationship with the very popular restaurant, La Porchetta in Station Street, Box Hill. 10% of anything spent at La Porchetta will be donated back to the club. Members need to produce the Nunawading entry to pool card or Just Swimming lesson cards to have their purchase recorded.

## **Hanson**

**Kirsty Woodham**

Well done to all Hanson swimmers for a great start to the year. It has been fantastic to see everyone training hard right from the start of the year and this hard work has shown in the great results at the all junior meet. Though some swimmers were disappointed in not making finals, remember, if you swum a PB (as most of you did) you are improving and that's what counts!!! It has also been great to see all the experienced Hanson swimmers helping the new members of the squad at training. Remember, you were in this position once too!

As you all know by now, my short time as Hanson coach has come to an end, as I move on to a new challenge as Junior A coach. I want to thank everybody for your support and hard work during my time in the position. I wouldn't have enjoyed it nearly as much without all of you!

I know that with Celia Glewis taking over as coach I will continue to see great improvement and results from you all. I wish Celia and all Hanson swimmers the best of luck and I look forward to coaching you all in Junior A one day!

## **Junior A**

**Gary Barclay**

Like all squads, swimmers in Junior A have been training hard since the end of January.

Congratulations to Madeline Theofanides and Lucy Walton on their promotion to State Junior Squad at the beginning of the term.

The squad has continued to focus on all aspects of training and racing. There has been an increase in the volume of butterfly completed in each session and skills including streamlining, starts, turns and finishes have been a focus. It is important that all swimmers continue to try each day to improve their technique, particularly when they are provided feedback by their coach. A coach cannot change your stroke, only you (the swimmer) can make these changes.

There are many areas in which swimmers in this squad need to improve and consistency in training is the key. Congratulations to Stephanie Moore and Natalie Deely who has been the stand outs in regards to improvement this term. There are many other swimmers who have tried very hard and will be rewarded with results at swim meets and progress to State Junior or State Development Squad in the next few months.

The results at the All Junior Eliminations by the Junior A squad swimmers was very good with many swimmers swimming PB's in their events and finishing in the top 10 swimmers in their event and a place in the semi-finals to be held on the 5th & 6th of April 2008.

## SQUAD NEWS

### Junior B

Stephanie McDonald

To all parents and swimmers, welcome to 2008. Term 1 is only a short term, however it is a busy term with three major swim meets. All swimmers have been training well and I hope they continue to train well as they work towards All Juniors, Metro East Annual Championships and the NSC championships. Hopefully we will see a large number of Junior B swimmers qualify for All Junior semi finals to be held in April. Please remember that it is important for swimmers to bring a **drink bottle** to each session, however it is particularly important during these warmer months and especially at Syndal pool.

I'm looking forward to a fantastic term.

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### Swim Committee Report February 2008

The Swim Committee has met twice so far in February with very positive and forward looking results.

We first set aside four hours on Saturday 2<sup>nd</sup> February to look at a couple of bigger picture issues. We had a very honest review of both our Long and Short course meets and have made decisions in a number of areas we felt we could improve. Notably, for 2009 (and beyond if well received) we will implement the following:

- o basically the same program at both meets;
- o splitting the day into 13&U events before lunch and 14&O events after lunch;
- o restricting the number of entries;
- o introducing qualifying times (fairly generous ones); and
- o developing a way to spice up the meet with some prizes that are open to anyone not just the best swimmers in an event – stay tuned.

In order to ensure our younger and developing swimmers have appropriate competition opportunities we are also looking at a series of Invitational Challenge Meets with other clubs in the area towards the end of the year.

We also looked at our Club Championships, how we can involve Club Captains effectively and developing a pool of supporters who can act as Team Managers for specific trips and events rather than throughout the entire year.

Our usual meeting on Tuesday 5<sup>th</sup> February was largely taken up with planning for the various trips coming up (Warrnambool, AIS, Olympic Trials and Age Nationals) as well as our involvement in the asctaVIC Classic on 16<sup>th</sup> February.

Thankyou to everyone who assisted with District Championships on 2<sup>nd</sup> March!

In the coming weeks we will have a range of club gear available – keep an eye on the Nuna News and the website for supporters' Tee Shirts and Polos, Club Towels and Club bags. We are finalizing arrangements for these as this goes to print and we look forward to seeing lots of NSC gear at the upcoming meets.

Best of luck to all our swimmers competing in the next month or two, particularly at

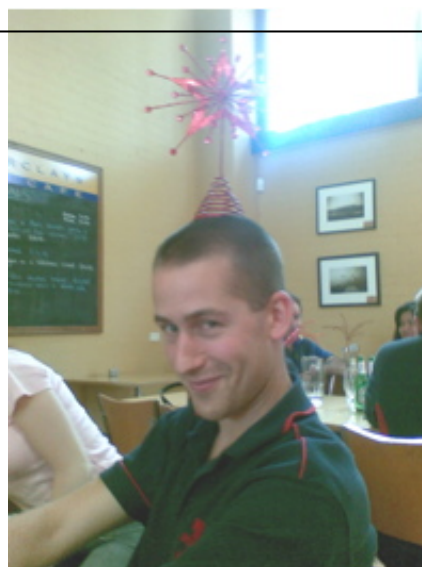
- o All Junior Semis and Finals in April;
- o our Open Team competing at the 2008 Australian Championships – the Olympic Trials; and
- o our Age Nationals Team competing in Brisbane and Kawana Waters in April.

Enjoy the competitions and compete with pride.

Paul Streefkerk  
Swim Committee Chair

### Mel's Photo Corner

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Christmas shenanigans.

## Your Swimming Questions Answered

This section of Making Waves is your opportunity to get your swimming questions answered. Send in your questions or suggestions for articles to [gary.barclay@nunawadingswimmingclub.com](mailto:gary.barclay@nunawadingswimmingclub.com).

### Speed vs. Effort

by Wayne Goldsmith

[http://www.swimclub.com.au/swimming\\_articles.htm](http://www.swimclub.com.au/swimming_articles.htm)

Swimming is a simple sport. Jump in at one end and get to the other end before anyone else. In the most basic analysis, it's a game of speed. Speed is the most crucial element in the sport. It's fundamental. The swimmer who swims fastest, wins the race.

But is it really that simple? We know from biomechanical analysis of champions at major swimming competitions that the fastest swimmer doesn't always win. Sometimes the fastest swimmer (ie the person with the highest swimming speed) loses the race because of inferior skills, turns, starts and finishes.

We know sometimes the fastest swimmer doesn't win because they weren't mentally focussed in on the task. In the end however, skills, fitness, mental attitude, flexibility and all the other elements of the sport come down to one question ...how fast can you swim?

What is swimming speed? Technically it is the velocity that your body moves through the water. If you ask a little kid to swim as fast as they can, they throw their arms and legs as fast as possible with lots of effort, but without much speed. They grit their teeth, tighten their arms, hold their breath and generally fight the water. They make lots of splash, but not much dash!

There is a difference between effort and speed. Great swimmers often report that when they experience REAL SPEED, it seems to come with little EFFORT. The great South African breaststroke swimmer Penny Heyns recently broke the world records for 100 and 200 metres. She commented: "When I touched the wall I thought, maybe a 2:30, and this felt too easy for that," Heyns said. "I really don't know what happened."

Australia's own Grant Hackett interviewed after his amazing world record effort over 200 metres freestyle said: "I certainly hadn't prepared to break the world record - I was having pillow fights with Ky Hurst and the rest of the team before the race"

And it goes on... "The swim itself just happened, just like Gennadi (coach) said it would, without really forcing it" were Michael Klim's comments after his world record 100 butterfly swim.

When it all comes together, and swimmers feel real speed, it seems to come with little effort. On other occasions, swimmers have reported feeling heavy, slow and sluggish, busting their guts and giving 100% effort, but have swum slow times.

What is the difference between EFFORT and SPEED? Speed and relaxation appear to be somehow linked. It seems weird, but in many sports where excellence is measured in terms of how fast an athlete can move, the champions consistently say that their best performances have come when they were at their most relaxed.

When at his peak, multiple Olympic Gold Medallist sprinter Carl Lewis was an unbeatable athlete who understood speed as much as anyone. When asked about Lewis' success, his coach remarked, "the faster you want to go, the more relaxed you have to be".

For the full article, please refer to [http://www.swimclub.com.au/resources/articles/swimmers/speed\\_effort.htm](http://www.swimclub.com.au/resources/articles/swimmers/speed_effort.htm)

The article continues and makes suggestions on how to stay relaxed in the water.

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## OBSIDIAN FINANCE - LOOKING FOR A BETTER HOME LOAN

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

By promoting the products and services of Obsidian Finance to friends and family, the Swimming Club will receive financial support for each Home Loan, Investment Loan, Personal Loan, Car Loan, Business Loan and Commercial Loan made and settled through Obsidian Finance. Call Peter Sonsie, Director; now on 9879 4391 if you would like assistance with any of the loans above or if you want to see if you are paying too much on your existing home loan.

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### Suggestions for Making Waves

If you have any feedback or suggestions about your newsletter, please email

[gary.barclay@nunawadingswimmingclub.com](mailto:gary.barclay@nunawadingswimmingclub.com)

## In the hot seat . . .

In each edition of Making Waves, a swimmer will be selected at random, be put in the hot seat and asked a series of probing questions designed to uncover their personality outside the pool.

This month, we would like you to meet the **Margary** boys, **Thomas and James**.

### Thomas Margary



Tommo with Randall Bal USA swim team 2007

Favourite food: *pasta*

Favourite movie: *The Family Guy Movie*

Favourite subject at school: *theatre*

Favourite TV show: *Family Guy*

Favourite stroke or event: *50m Free*

Beach or movie: *beach*

Footy team: *Richmond*

Coach / Squad: *State Junior / Dean*

Role model: *Grant Hackett*

What can't you live without? *sport*

What do you do outside swimming? *sometimes I go running...*

Nickname? *Tommo*

My dream is to... go to the Olympics.

Swimming is...enjoyable!

### James Margary

Favourite food: *steak*

Favourite movie: *Eurotrip*

Favourite subject at school: *sport*

Favourite TV show: *Family Guy*

Favourite stroke or event: *200m IM;*

Beach or movie: *beach*

Footy team: *Essendon*

Coach / Squad: *National Age/ Dean*

Role model: *Andrew Lauterstein*

What can't you live without? *the holiday house*

What do you do outside swimming? *hang out with friends, go surfing, surf lifesaving*

Nickname? *Jimmy*

My dream is to...go the 2012 Olympics.

Swimming is ... fun.



James wins gold at 2008 Vic Champs - 100m back

## Diary Dates

Sat 15 March	NSC Championships Aqualink Nunawading
Fri 21 March	Easter & School Holidays
Sat 22-29 March	2008 Australian Championships Sydney
Sat 5 April	Metro All Junior Semi Finals MSAC
Sun 6 April	Metro All Junior Finals MSAC
Wed 9-13 April	Australian Age Championships Brisbane
Wed 9-13 April	FINA World Short Course Champs Manchester UK
Mon 14,15 April	Australian Age Open Water Champs, QLD
Sat 10 May	NSC Presentation Dinner Box Hill Town Hall
Tues 13 May	NSC Annual General Meeting NSC Clubrooms
Sun 18 May	PB Challenge
Sun 1 June	PB Challenge
Sun 15 June	PB Challenge

## February / March Birthdays

Happy Birthday to the following club members who have a birthday in February:

*Samantha Bennett – 28<sup>th</sup> February*  
*Jason Cohen – 24<sup>th</sup> February*  
*Dylan Cossari – 10<sup>th</sup> February*  
*Raymond Davis – 22<sup>nd</sup> February*  
*Liam Fisk – 11<sup>th</sup> February*  
*Rebecca Griffin – 8<sup>th</sup> February*  
*Joshua Klepac – 10<sup>th</sup> February*

## February / March Birthdays

February birthdays continued:

*Kate Laidlaw – 19<sup>th</sup> February*  
*Samantha Law – 9<sup>th</sup> February*  
*Phillip O'Brien – 4<sup>th</sup> February*  
*Jack Streefkerk – 6<sup>th</sup> February*  
*Elynn Tan – 9<sup>th</sup> February*  
*Tara Vecchio – 15<sup>th</sup> February*  
*Sarah Venning – 10<sup>th</sup> February*  
*Harriet Wilson – 21<sup>st</sup> February*  
*Richard Wilson – 21<sup>st</sup> February*  
*Calvin Zukic – 27<sup>th</sup> February*

Happy Birthday to the following club members who have a birthday in March:

*Meghan Bell – 15<sup>th</sup> March*  
*Monique Bordignon – 17<sup>th</sup> March*  
*Rod Clarke – 2<sup>nd</sup> March*  
*Ashley Finlayson – 13<sup>th</sup> March*  
*Dylan Giannakopoulos – 3<sup>rd</sup> March*  
*Tyran Groves – 11<sup>th</sup> March*  
*Brooke Hanson – 18<sup>th</sup> March*  
*Ashley Keeton – 4<sup>th</sup> March*  
*Georgia Langford – 29<sup>th</sup> March*  
*Denzel Lin – 23<sup>rd</sup> March*  
*Eric Lin – 23<sup>rd</sup> March*  
*Cindy Liu – 31<sup>st</sup> March*  
*James Margary – 18<sup>th</sup> March*  
*Joshua Nothnagel – 18<sup>th</sup> March*  
*Henry Poetrodjojo – 15<sup>th</sup> March*  
*Mitchell Pryor – 16<sup>th</sup> March*  
*Lauren Speirs – 3<sup>rd</sup> March*  
*Graeme Stephenson – 24<sup>th</sup> March*  
*Stephanie Trinh – 22<sup>nd</sup> March*  
*Ian Venning – 11<sup>th</sup> March*  
*Halley Wang – 5<sup>th</sup> March*  
*Sarah Whitten – 22<sup>nd</sup> March*



## Club Records

Congratulations to the following swimmers who broke club records in February 2008. Thanks again to Ian & Sarah Venning for coordinating the Club Records.

Sharni Campbell  
15/16 50m Backstroke  
31.03 Broke record by 0.10 sec

Roxanne Perring  
15/16 100m Butterfly  
1.04.73 Broke records by 0.14 Sec

Belinda Bennett  
15/16 400m Freestyle  
4. 25.25 Broke record by 0.73 Sec

Nadine Jones  
17-18 100m Butterfly  
1.02.70 broke record by 0.09 sec

Laura-Ann Wong  
17/18 100m Breaststroke  
1.17.52 Broke record by 0.05 Sec

Laura-Ann Wong  
17/18 200m Breaststroke  
2.43.89 Broke record by 2.55 sec

Laura-Ann Wong  
17/18 200m Breaststroke  
2.43.56 Broke record by 0.33 sec

Nicholas Groenewald  
9/10 50m Backstroke  
34.46 Broke record by 0.41 sec

Jack Laidler  
17-18 50m Breaststroke  
30.29 broke record by 0.22 sec

Shane Asbury  
17/18 400m Individual Medley 4.39.51  
Broke record by 0.45 sec

Shane Asbury  
17/18 1500m Freestyle  
16.14.93 Broke record by 1.26 sec

Shane Asbury  
Open 1500m Freestyle  
16.14.93 Broke record by 1.26 sec

Ashley Delaney  
Open 200m Backstroke  
1.19.24 broke record by 0.07 sec

## Congratulations

**Congratulations to Kirsty Woodham who has been named as the new coach for Junior A Squad.**

Kirsty, who was identified last year as one of the best teachers in the Just Swimming Swim Schools has been working with Hanson Squad since late last year and has also been doing her mentor coaching with a number of our experienced coaches.

It is important at this level that swimmers receive plenty of feedback on their stroke technique, feedback on the starts and turns and positive reinforcement throughout each session.

Kirsty has the technique knowledge and communication skills to make a huge impact on the swimmers in Junior A squad over the next few seasons and we look forward to watching Kirsty and her swimmers develop quickly in this squad.

Kirsty has completed her Bronze Licence course and is currently completing the necessary tasks so that she has her Bronze Licence. These will be completed in the next 4 to 6 weeks.

Gary Barclay and Kirsty will work together through to the end of the season and Kirsty will takeover the squad for the 2008/09 season.

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## Change of Roles

With the appointment of Kirsty to the position of Junior A squad coach, **Celia Glewis has decided to take up the opportunity to coach Hanson Squad in the 2008/09 season.**

Celia will finish up coaching State Youth / Uni Squad at the end of the current season to take on her new role. This decision will enable Celia to spend more time with her 3 young children and continue to contribute to Nunawading Swimming Club. Celia will also be involved as a fill-in coach for all squads and will work in the upper end of the swim school, developing our young swimmers.

The Club would like to thank Celia for all her hard work over the past season with State Youth/Uni Squad.

## **Medallists & Finalists from Victorian Sprint Championships**

### **Belinda Bennett**

Gold- 15 years 50m Freestyle  
Gold- 15 years 50m Backstroke  
Silver- 15 years 50m Butterfly  
7<sup>th</sup>- 15 years 50m Breaststroke

### **James Margary**

Gold- 13 years 50m Freestyle  
Gold-13 years 50m Backstroke  
Gold-13 years 50m Butterfly  
Bronze- 13y ears 50m Breaststroke

### **Samantha Bennett**

4<sup>th</sup> 16 years 50m Backstroke  
5<sup>th</sup> 16 years 50m Butterfly  
6<sup>th</sup> 16 years 50m Freestyle  
8<sup>th</sup> 16 years 50m Breaststroke

### **Liam Fisk**

Gold-U11 50m Breaststroke  
Silver-U11 50m Freestyle  
SilverU11 50m Butterfly  
Bronze- U11 50m Backstroke

### **Sharni Campbell**

Gold-16 years 50m Freestyle  
Silver-16 years 50m Backstroke  
4<sup>th</sup>-16 years 50m Butterfly

### **Mitchell Pryor**

Gold-16 years 50m Butterfly  
Gold-16 years 50m Freestyle

### **Alex Venning**

Silver-14 years 50m Butterfly  
4<sup>th</sup>-14 years 50m Freestyle  
4<sup>th</sup>-14 years 50m Backstroke  
8<sup>th</sup>-14 years 50m Breaststroke

### **Emily Zukic**

Gold-U11 50m Breaststroke  
5<sup>th</sup>-U11 50m Freestyle  
10<sup>th</sup>-U11 50m Backstroke

### **Shane Asbury**

5<sup>th</sup> 17-18 years 50m Butterfly  
8<sup>th</sup> 17-18 years 50m Freestyle  
9<sup>th</sup> 17-18 years 50m Breaststroke  
9<sup>th</sup> 17-18 years 50m Backstroke

### **Phillip O'Brien**

10<sup>th</sup> 13 years 50m Breaststroke

### **Prue Watt**

7<sup>th</sup> Over 19 50m Breaststroke  
10<sup>th</sup> Over 19 50m Butterfly

### **Jaclyn Lee**

Silver-15 years 50m Freestyle  
Silver-15 years 50m Backstroke  
5<sup>th</sup>- 15 years 50m Butterfly

### **Jack Laidler**

Gold- 17-18 years 50m Breaststroke  
Silver-17-18 years 50m Butterfly  
Silver-17-18 years 50m Backstroke  
10<sup>th</sup>- 17-18 years 50m Freestyle

### **James Argiro**

Gold-15 years 50m Butterfly  
4<sup>th</sup>-15 year 50m Backstroke

### **Jack Streefkerk**

9<sup>th</sup> 15 years 50m Freestyle

### **Llewellyn Little**

9<sup>th</sup> 15 years 50m Butterfly  
10<sup>th</sup> 15 years 50m Freestyle

### **Nicholas Groenewald**

Silver-U11 50m Backstroke  
Bronze-U11 50m Butterfly  
5<sup>th</sup>-U11 50m Breaststroke  
6<sup>th</sup>-U11 50m Freestyle

### **Roxanne Perring**

4<sup>th</sup> 15 years 50m Butterfly

### **Laura-Ann Wong**

Bronze- 17-18 years 50m Butterfly  
Bronze-17-18 years 50m Backstroke  
6<sup>th</sup>-17-18 years 50m Freestyle

### **Chelsea Carpenter**

Gold-Over 19 50m Breaststroke  
Silver over 19 50m Freestyle  
Silver-over 9 50m Backstroke  
Bronze-over 19 50m Butterfly

### **Travis Mahoney**

Bronze-17-18 years 50m Backstroke  
6<sup>th</sup> 17-18 years 50m Freestyle  
9<sup>th</sup> 17-18 years 50m Breaststroke

### **Belinda Parslow**

Gold-Over 19 50m Freestyle  
Silver-Over 19 50m Butterfly  
4<sup>th</sup>- Over 19 50m Backstroke  
4<sup>th</sup>- Over 19 50m Breaststroke

### **Rachel McDonald**

5<sup>th</sup> 16 years 50m Breaststroke

### **Dylan Cossari**

7<sup>th</sup> 14 years 50m Breaststroke

### **Mark Bustard**

8<sup>th</sup> 14 years 50m Freestyle

### **Nerice Smith**

4<sup>th</sup> 12 years 50m Breaststroke  
9<sup>th</sup>- 12 years 100m Butterfly

### **Nicholas D'Arcy-Evans**

Silver-17-18 years 50m Breaststroke  
8<sup>th</sup>-17-18 years 50m Backstroke

### **Jessica Batton**

Bronze-13 years 50m Freestyle  
4<sup>th</sup> 13 years 50m Backstroke  
6<sup>th</sup> 13 years 50m Butterfly

### **Samantha Law**

9<sup>th</sup> 13 years 50m Freestyle

### **Sam T Chan**

Bronze 17-18 years 50m Breaststroke

### **Nikaylah Hanlen**

Silver-13 years 50m Butterfly  
7<sup>th</sup>- 13 years 50m Freestyle

### **Tyran Groves**

8<sup>th</sup> 12 years 50m Butterfly  
10<sup>th</sup> 12 years 50m Backstroke

## Medallists & Finalists from Victorian Sprint Championships

### Matt Armfield

Bronze-Over 19 50m Butterfly  
4<sup>th</sup> Over 19 50m Backstroke  
6<sup>th</sup> Over 19 50m Freestyle

### Edward Lim

4<sup>th</sup> 13 years 50m Freestyle  
5<sup>th</sup> 13 years 50m Breaststroke

### Michael McEwin

Bronze-Over 19 50m Breaststroke  
8<sup>th</sup> - Over 19 50m Freestyle

### Caradoc Markey

4<sup>th</sup> 13 years 50m Breaststroke  
8<sup>th</sup> 13 years 50m Breaststroke  
9<sup>th</sup> 13 years 50m Butterfly

### Renata Terliatan

5<sup>th</sup> 14 years 50m Butterfly  
7<sup>th</sup> 14 years 50m Backstroke

### Mitchell Keltie

7<sup>th</sup> U11 50m Breaststroke  
9<sup>th</sup> U11 50m Butterfly

### Harriett Wilson

4<sup>th</sup> 13 years 50m Breaststroke

### Adam Parslow

7<sup>th</sup> Over 19 50m Breaststroke  
8<sup>th</sup> Over 19 50m Butterfly

### Kimberly McDonald

6<sup>th</sup> 14 years 50m Breaststroke

### Scott Huang

5<sup>th</sup> 12 years 50m Breaststroke

### Brooke Simpson

7<sup>th</sup> 16 years 50m Breaststroke  
10<sup>th</sup> 16 years 50m Backstroke

### Kilian Treminio

7<sup>th</sup> 13 years 50m Backstroke

**Special Mention to Jack, Nick and Sam** who managed a Nunawading trifecta in the 17/18 Boys 50m Breaststroke.

Well done to **Monique Bordignon** who broke the meet record in the 50m Breaststroke (9/10 age group) at the Waterlions Australia Day Meet.

Sarah Venning  
Records Office

Well done to the following people who are ranked in the top 25 nationally in the latest ranking lists (as at 11 February 2008)

### 13 & Under

James Margary	Edward Lim
Caradoc Markey	Daniel Aguiar
Tim Gousov	Kimberly McDonald
Jessica Batton	Emily Zukic
Nikaylah Hanlen	

### 14 years

Jack Streefkerk	Mark Bustard
Alex Venning	Dylan Cossari
Llewellyn Little	Renata Terliatan
Kimberly McDonald	

### 15 years

Llewellyn Little	James Argiro
Belinda Bennett	Jaclyn Lee
Roxanne Perring	Rachel McDonald

### 16 years

Mitchell Pryor	Sam Sheppard
Jack Day	Sharni Campbell
Samantha Bennett	Stefania Basso
Rachel McDonald	Brooke Simpson

### 17-18 years

Shane Asbury	Travis Mahoney
Jack Laidler	Rowan Sonsie
Sam Chan	Nicholas D'Arcy- Evans
Nadine Jones	Laura-Ann Wong

### Open

Chelsea Carpenter	Nadine Jones
Roxanne Perring	Samantha Bennett
Ashley Delaney	Sam Sheppard
Shane Asbury	Adam Parslow
Matt Armfield	Jack Laidler
Nicholas D'Arcy-Evans	Rowan Sonsie

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## 2007/08 PRESENTATION DINNER

This year's Presentation Dinner promises to be the biggest and best dinner yet.

All NSC families are encouraged to attend. Tables will be allocated for swimmers to sit in squads and for all parents are also welcome.

Please return Presentation Dinner Reply Form with payment to the NSC Reception ASAP as we are limited to 300 persons only and will more than likely be oversubscribed this year.