

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

April / May 2008

Goodbye to the Griffin Family

Following a work promotion, the Griffin family will be moving from Melbourne to live in Bunbury, Western Australia.

Owen and Mattie (Hanson) and Rebecca (Junior A) will be missed by all their friends at the Club.

We wish Danny, Catherine, Rebecca, Owen & Mattie all the best for their move to the west.

Congratulations

Congratulations to all Nunawading Swimmers who competed at the National Open Championships, Australian Age Championships, and All Junior Championships.

Don't Forget

Nunawading Presentation Dinner. **Saturday May 10th**. Box Hill Town Hall; 1022 Whitehorse Road, Box Hill. Arrive at 6:00pm for a 6:30pm start.

NEW SEASON ON THE HORIZON

With the summer season finally over it is time to plan for the season ahead and look at what worked and what didn't work in the previous season.

Each of the coaches will review their programming and results for the past 6 months and make the necessary changes to improve their coaching and squad environment.

One measure of improvement is to consider the times you swam at the same meet last year and compare them to the same meet this year. This should be done with all meets including Club level meets, State Championships and National Championships. If it is the first time you have swum at a certain meet, you have taken the next step in the sport and you now have a stepping stone for next season.

Too often I hear of swimmers or parents comparing times from one meet to the next and from times swum in training versus times swum in a race. To effectively compare times you need to compare swims in the same stage of preparation in the same conditions. E.g. times swum at 2007 Nationals should be compared with times swum in 2008 Nationals OR times swum in 2007 All Junior should be compared with times swum in the 2008 All Junior.

Each swimmer also needs to look at the commitment they made and more importantly the commitment they need to make in the new season to ensure the best results possible.

While the coaches will drive the squad program, each individual swimmer must take responsibility for their performance in training and competition. Take responsibility for your attendance, take responsibility for your training effort, take responsibility for making the changes you are asked to make by your coach, take responsibility for making cycles, take responsibility for working hard in gym or dry-land and take responsibility for communicating how you feel or how you are going with your coach.

Swimmers who take responsibility for the effort they put into training and performance are the ones who come out in front.

Gary Barclay
NSC General Manager

SQUAD NEWS

With all coaches finally enjoying a well-deserved break, the Squad News will appear again in the next edition of *Making Waves*.

Swim Committee Report April 2008

With a reasonable mix of new blood and experience, the Swim Committee launched the 2007/08 season with a lot of enthusiasm and a strong willingness to work for the betterment of the Nunawading Swimming Club. As a committee, the hard work of previous members, particularly Tracey Groenewald and Sharyn Pryor, was certainly appreciated as was their willingness to assist at any time they were asked (even when they weren't!)

In addition to the various meets we organised and were involved with there were a number of highlights this swimming year most of which I am sure the Coaches will detail, but it goes without saying that we wish to extend our congratulations to every swimmer who competed for and represented the club over the year. Every one of you, from those experiencing PB Challenge for the first time, to those experiencing Olympic Trials, should be proud of your individual and team successes. Enjoy them!

Can I take this opportunity to thank all who contributed to the committee – I believe we not only achieved a great deal but have also planned for future success and had a pretty good time whilst we have gone about it.

Finally to each and every club member, swimmer, supporter, parent and friend; thank you for your efforts and support. Nunawading is a great swimming club and will be the best in Australia if we continue to approach everything with the spirit of inclusiveness and cohesion that we so often displayed this season.

Paul Streefkerk
Swim Committee Chair

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 ...

Belinda Bennett



Nickname? *Bindy*

Coach / Squad: *Nick / National Youth*

Favourite stroke or event: *Freestyle, all distances, and 50 Breaststroke!!!*

Favourite food: *Chicken!*

Favourite subject at school: *Maths and PE*

Favourite TV show: *'Friends'*

Favourite movie: *Love Actually*

Beach or movie: *Beach*

Footy team: *Richmond TIGERS!!!*

What can't you live without? *Sleep, family, friends, and pets.*

What do you do outside swimming? *Tennis, Netball, Waterpolo, walk my dogs, go out with friends, and try new things all the time.*

Role model: *Libby Trickett (completely awesome in every aspect).*

My dream is to... *be happy and have a job doing something I love.*

Swimming is... *worth every bit!!!*

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.

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

101 Tips for a Super Swimming Summer

By Wayne Goldsmith and Helen Morris

http://www.swimclub.com.au/swimming_articles.htm

1. Train regularly
2. Always carry a drink bottle filled with water
3. If training in the morning, pack your swim bag the night before
4. Eat less fat
5. Eat more fresh fruit
6. Stretch every day – even if you are having a day off
7. Practice kicking
8. Thank your coach after each training session
9. Make a friend with a younger swimmer in your club - they look up to you
10. Breathe every two or three strokes in butterfly at training instead of breathing on every stroke
11. Touch the wall with both hands simultaneously at the end of every fly and breast lap
12. Don't breathe inside the flags
13. Drink less soft drink
14. Carry spare parts for your goggles
15. Carry a spare set of goggles
16. Wear shoes and socks to and from every training session
17. Take responsibility to set your own alarm if going to morning training
18. Take responsibility for drying your own wet swim gear
19. Get to training early and start stretching by yourself
20. Get more sleep
21. Watch less T.V.
22. Streamline past the flags in all strokes
23. Learn one new skill every week
24. Ask your coach for advice every day
25. Start your home work before afternoon training
26. Thank your parents for taking you to training
27. Don't pull on the lane ropes
28. Don't walk on the bottom of the pool when the coach isn't watching
29. Write your name on all your swim gear
30. Help put Club and squad gear away
31. Go to club nights and treat them seriously
32. Help your Club fund raise
33. Win Every Workout
34. Count your strokes without being told to
35. Shower after workouts and use conditioner for your hair

36. Turn your swim caps inside out after use and sprinkle them with baby powder to keep them in good condition
37. If you can, walk or ride your bike to training
38. Keep a log book
39. Get in the water the FIRST time the coach asks you to
40. Ask your coach for permission to lead the lane at least three times every week
41. Don't share drink bottles
42. Have something light to eat immediately after training when your body really needs it.
43. Do sit ups and push ups at home by yourself everyday - Start with doing 5, then do one extra every second day
44. Learn five motivational sayings that can help you get through tough times
45. Ask your coach to make it harder – not easier
46. Don't ask your coach if you can use fins in fly
47. Don't finish short of the wall – there are no Gold Medals for 48 metre swims
48. If you have a hero in the National Swim team, write to them and tell them
49. Set goals
50. Review goals
51. Set more goals
52. Never, ever quit

For the full article, please refer to

http://www.swimclub.com.au/resources/articles/swimmers/swimming_tips.pdf

The article continues providing tips to improve swimming performance, in and out of the water.



Obsidian Finance
Home Loans and Commercial Loans

LOOKING FOR A BETTER HOME LOAN

Obsidian Finance is a proud sponsor of the Nunawading Swimming Club.

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*.

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, call Peter Sonsie, Director; now on 9879 4391.

Club Records

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

April Long Course

Belinda Bennett
15/16 200m Freestyle
2.05.03 broke record by 1.02 sec

Belinda Bennett
15/16 400m Freestyle
4.21.58 broke record by 3.67 sec

Jaclyn Lee
15/16 100m Butterfly
1.04.61 broke record by 0.12 sec

Samantha Bennett
17/18 200m Backstroke
2.23.82 broke record by 6.13 sec

Samantha Bennett
17/18 100m Backstroke
1.06.97 broke record by 0.46 sec

Laura-Ann Wong
17/18 100m Breaststroke
1.15.77 broke record by 1.75 sec

Laura-Ann Wong
17/18 200m Breaststroke
2.41.72 broke record by 1.84 sec

Laura-Ann Wong
17/18 200m Breaststroke
2.41.12 broke record by 0.60 sec

James Argiro
15/16 100m Butterfly
57.68 Broke record by 0.57 sec

Shane Asbury
Open 1500m Freestyle
16:03.90 broke record by 11.03 sec

Shane Asbury
17/18 200m Butterfly
2.04.10 broke record by 1.78 sec
(also broke the 17/18 **Victorian Age** record by 0.33 sec for this event with his time)

Nicholas D'Arcy-Evans
17/18 100m Breaststroke
1.06.58 broke record by 0.13 sec

Nicholas D'Arcy-Evans
17/18 200m Breaststroke
2.23.75 broke record by 2.17 sec

April Short Course

Ashley Delaney
Open 100m Backstroke
52.24 broke record by 0.04 sec

Ashley Delaney
Open 100m Backstroke
51.31 broke record by 0.93 sec

Ashley Delaney
Open 100m Backstroke
50.71 broke record by 0.60 sec
AUSTRALIAN and COMMONWEALTH RECORD

Ashley Delaney
Open 100m Backstroke
50.65 broke record by 0.06 sec
AUSTRALIAN and COMMONWEALTH RECORD

Ashley Delaney
Open 50m Backstroke
24.30 broke record by 0.05 sec

Ashley Delaney
Open 50m Backstroke
23.68 broke record by 0.62 sec

Ashley Delaney
Open 50m Backstroke
23.57 broke record by 0.11 sec

Ashley Delaney
Open 200m Backstroke
1.50.49 broke record by 2.23 sec
AUSTRALIAN and COMMONWEALTH RECORD

Suggestions for *Making Waves*

If you have any feedback or suggestions about your newsletter, please email:
gary.barclay@nunawadingswimmingclub.com

Club Records Season Review

Since June last year, 200 Long Course and Short Course Pool Records have been ratified as being broken by 13 girls (total 108) and 12 boys (total 92). This is a phenomenal achievement by all those swimmers, and means that the club was averaging 4-5 club records being broken every week, all season. Just as impressive, was the amount of PB's swum by all swimmers over the past twelve months, with many swimmers improving their state and national rankings as well.

Hopefully next season, some of the club's 29 "really old" club records can be broken, most of which are in 12 and under events. There you go juniors - your challenge has been set. Well done to all.

Special Mention to **Ashley Delaney** who broke the Australian and Commonwealth 100m Backstroke Short Course Record and the Australian and Commonwealth 200m Backstroke record at the World Short Course Championships in Manchester. Ash's time of 50.71 in the 100m makes him the **6th fastest swimmer ever** in this event while in the 200m his time was **fourth fastest of all time** (unfortunately he finished 4th). Ashley's time in the 50m Backstroke (23.57) won him a bronze medal and was the **seventh fastest time ever** in that event, second fastest by an Australian.

Ian and Sarah Venning
Club Record Officers

Metro All Junior Finalist Results

Daniel Aguiar

6th- 13 years 50m Breaststroke

Madelaine Algie

7th- U8 50m Freestyle

8th- U8 50m Backstroke

Philippa Barclay

6th- U8 50m Breaststroke

9th- U8 50m Backstroke

10th- U8 50m Butterfly

Marcus Bordignon

10th- 14 years 50m Breaststroke

Jack Currie

BRONZE- 12 years 50m Backstroke

4th- 12 years 50m Breaststroke

9th- 12 years 50m Freestyle

Cayman Deely

BRONZE- U8 50m Breaststroke

8th- U8 50m Butterfly

Brian Fogarty

8th- 9 years 50m Butterfly

Jessie Forster

8th- 13 years 50m Freestyle

8th- 13 years 50m Butterfly

Kayla Glewis

8th- 9 years 50m Breaststroke

Rebecca Griffin

9th- 10 years 50m Breaststroke

Nikaylah Hanlen

GOLD- 13 years 50m Freestyle

BRONZE- 13 years 50m Backstroke

Zachary Hanlen

5th- U8 50m Butterfly

6th- U8 50m Breaststroke

10th- U8 50m Freestyle

10th- U8 50m Backstroke

Annie Huang

6th- 9 years 50m Backstroke

Scott Huang

SILVER- 12 years 50m Breaststroke

Rebekah Keating

GOLD-12 years 50m Backstroke

5th- 12 years 50m Freestyle

6th- 12 years 50m Breaststroke

Mitchell Keltie

SILVER- 11 years 50m Butterfly

BRONZE- 11 years 50m Breaststroke

6th- 11 years 50m Freestyle

Georgia Langford

6th- 10 years 50m Butterfly

Samantha Law

6th- 13 years 50m Freestyle

10th- 13 years 50m Butterfly

Christopher Lee

7th- 11 years 50m Breaststroke

Metro All Junior Finalist Results (cont.)

James Li

9th- 9 years 50m Freestyle
9th- 9 years 50m Backstroke

Edward Lim

GOLD- 13 years 50m Freestyle
BRONZE- 13 years 50m Breaststroke
5th- 13 years 50m Backstroke
9th- 13 years 50m Butterfly

Caradoc Markey

GOLD- 13 years 50m Breaststroke
4th- 13 years 50m Backstroke
4th- 13 years 50m Butterfly
6th- 13 years 50m Freestyle

Rhiannon Markey

6th- U8 50m Butterfly

Kimberly McDonald

SILVER- 14 years 50m Breaststroke
BRONZE- 14 years 50m Backstroke
7th- 14 years 50m Butterfly

Meg Parry

5th- 11 years 50m Backstroke
7th- 11 years 50m Freestyle

Mark Petrov

7th- 10 years 50m Breaststroke

Matilda Rudd

8th- 12 years 50m Butterfly

Joshua Sewell

9th- 10 years 50m Butterfly

Albert Shen

4th- U8 50m Backstroke
4th- U8 50m Butterfly
7th- U8 50m Breaststroke
9th- U8 50m Freestyle

Brad Simpson

4th- 14 years 50m Breaststroke

Mikayla Smith

GOLD- 9 years 50m Breaststroke
GOLD- 9 years 50m Butterfly
5th- 9 years 50m Backstroke
7th- 9 years 50m Freestyle

Nerice Smith

6th- 12 years 50m Butterfly
9th- 12 years 50m Freestyle

Renata Terliatan

SILVER- 14 years 50m Butterfly
4th- 14 years 50m Backstroke

Lucy Walton

4th- 11 years 50m Butterfly

Tom Walton

8th- 9 years 50m Freestyle
9th- 9 years 50m Breaststroke
9th- 9 years 50m Butterfly

Joel Watson

GOLD- 10 years 50m Butterfly
8th- 10 years 50m Backstroke
9th- 10 years 50m Breaststroke
10th- 10 years 50m Freestyle

Sean Whitten

5th- 13 years 50m Butterfly
7th- 13 years 50m Backstroke
7th- 13 years 50m Freestyle

Lawrence Yeung

8th- 10 years 50m Breaststroke

Emily Zukic

6th- 11 years 50m Backstroke

Nunawading Swimmers put in a big effort to take away 17 medals: seven GOLD, four SILVER, and six BRONZE.

Congratulations to the following swimmers who medalled: to Mikayla Smith, Edward Lim, Nikaylah Hanlen, Caradoc Markey, Rebekah Keating, Joel Watson, Mitchell Keltie, Kimberly McDonald, Renata Terliatan, Scott Huang, Jack Currie and Cayman Deely.

Special Mention to first time All Junior Medallists **Joel Watson** (last year Joel came 23rd in the event he won this year – what an improvement!), **Jack Currie** and **Caymen Deely**.

Special Mention also to **Edward Lim** who notched up his fifteenth and sixteenth All Junior medals, including his eleventh gold. There would not be too many swimmers in the state who could claim having that many All Junior medals, as well as owning over 20 state medals. Well done Eddie.

Sarah Venning
Records Office

Australian Age Championships Results

The Australian Age Championships were held in Brisbane this year between the 7th and the 14th of April. A team of 33 swimmers, 3 coaches, and 3 team managers headed to the championships, looking to improve on the Club's results from last year.

Belinda Bennett

GOLD-U18 4x100m Freestyle Relay

SILVER-U18 4x100m Medley Relay

SILVER- 15 years 400m Freestyle

(Improved ranking by 9)

BRONZE-U18 4x200m Freestyle Relay

BRONZE-15 years 200m Freestyle

(Improved ranking by 1)

4th-15 years 100m Freestyle

(Improved ranking by 3)

5th-15 years 50m Freestyle

Nadine Jones

GOLD-U18 4x100m Freestyle Relay

SILVER-U18 4x100m Medley Relay

BRONZE-U18 4x200m Freestyle Relay

4th-17/18 years 100m Butterfly

7th-17/18 years 100m Freestyle

13th-17/18 years 200m Individual Medley

(Improved ranking by 1)

20th- 17/18 years 50m Freestyle

Samantha Bennett

GOLD-U18 4x100m Freestyle Relay

SILVER-U18 4x100m Medley Relay

BRONZE-U18 4x200m Freestyle Relay

10th- 17/18 years 400m Individual Medley

12th- 17/18 years 200m Backstroke

12th- 17/18 200m Individual Medley

15th- 17/18 years 100m Backstroke

46th-17/18 years 50m Freestyle

Sharni Campbell

GOLD-U18 4x100m Freestyle Relay

8th -U16 4x100m Medley Relay

9th- 16 years 50m Freestyle

19th- 16 years 100m Freestyle

(Improved ranking by 3)

22nd- 16 years 100m Backstroke

23rd-16 years 100m Butterfly

(Improved ranking by 2)

Alex Venning

SILVER- U14 4x50m Medley Relay

SILVER- U14 4x50m Freestyle Relay

BRONZE- 14 years 200m Backstroke

5th- 14 years 100m Butterfly

6th-14 years 100m Backstroke

9th- 14 years 200m Butterfly

12th- 14 years 200m Individual Medley

14th- 14 years 50m Freestyle

James Margary

SILVER- U14 4x50m Medley Relay

SILVER- U14 4x50m Freestyle Relay

10th-14 years 100m Backstroke

17th- 14 years 100m Freestyle

18th- 14 years 200m Individual Medley

21st- 14 years 50m Freestyle

22nd- 14 years 200m Backstroke

23rd- 14 years 100m Butterfly

26th-14 years 200m Freestyle

Mark Bustard

SILVER- U14 4x50m Medley Relay

SILVER- U14 4x50m Freestyle Relay

12th- 14 years 200m Breaststroke

(Improved ranking by 7)

28th- 14 years 100m Freestyle

Nicholas D'Arcy-Evans

SILVER-U18 4x100m Medley Relay

BRONZE-17/18 years 100m Breaststroke

(Improved ranking by 5)

4th-17/18 years 200m Breaststroke

(Improved ranking by 2)

13th- 17/18 years 200m Individual Medley

(Improved ranking by 3)

Llewellyn Little

SILVER-15 years 400m Individual Medley

4th-15 years 200m Butterfly

4th -U16 4x100m Medley Relay

9th- U16 4x100m Freestyle Relay

FINAL-U15 400m Individual Medley

16th- 15 years 200m Freestyle

21st- 15 years 100m Butterfly

42nd- 15 years 50m Freestyle

Shane Asbury

SILVER-17-18 years 400m Individual Medley

5th-U18 4x100m Freestyle Relay

6th - 17/18 years 200m Butterfly

(Improved ranking by 8)

8th- U18 4x200m Freestyle Relay

8th-U18 4x100m Medley Relay

11th-U18 years 1500m Freestyle

(Improved ranking by 3)

25th- 17/18 100m Freestyle

28th- 17/18 years 200m Freestyle

Travis Mahoney

SILVER-U18 4x100m Medley Relay

5th-U18 4x100m Freestyle Relay

8th- U18 4x200m Freestyle Relay

10th-17/18 years 200m Backstroke

(Improved ranking by 1)

10th-17/18 years 200m Individual Medley

(Improved ranking by 1)

12th- 17-18 years 100m Backstroke

(Improved ranking by 4)

Australian Age Championships Results (cont.)

Mitchell Pryor

SILVER-U18 4x100m Medley Relay

5th-U18 4x100m Freestyle Relay

8th- U18 4x200m Freestyle Relay

19th-17/18 50m Freestyle

20th- 17/18 100m Freestyle

36th- 17/18 years 200m Freestyle

Jack Laidler

SILVER-U18 4x100m Medley Relay

7th-7/18 years 100m Breaststroke

9th-17/18 years 200m Breaststroke

(Improved ranking by 2)

15th- 17/18 years 200m Individual Medley

28th- 17-18 years 100m Backstroke

(Improved ranking by 2)

Caradoc Markey

SILVER- U14 4x50m Medley Relay

8th-13 years 200m Breaststroke

(Improved ranking by 1)

17th- 13 years 100m Breaststroke

Laura-Ann Wong

SILVER-U18 4x100m Medley Relay

8th-17/18 years 200m Breaststroke

(Improved ranking by 2)

10th-17/18 years 100m Breaststroke

(Improved ranking by 6)

16th-17/18 years 200m Individual Medley

(Improved ranking by 14)

20th-17/18 years 200m Backstroke

(Improved ranking by 3)

Edward Lim

SILVER- U14 4x50m Freestyle Relay

25th- 13 years 50m Freestyle

27th- 13 years 100m Breaststroke

(Improved ranking by 2)

27th- 13 years 200m Breaststroke

(Improved ranking by 4)

36th- 13 years 100m Freestyle

13 years 200m Individual Medley

James Argiro

BRONZE-15 years 100m Butterfly

(Improved ranking by 1)

4th-U16 4x100m Medley Relay

5th-15 years 200m Butterfly

9th- U16 4x100m Freestyle Relay

16th- 15 years 100m Backstroke

32nd- 15 years 200m Backstroke

36th-15 years 100m Freestyle

Jaclyn Lee

BRONZE-U18 4x200m Freestyle Relay

6th- U16 4x100m Freestyle Relay

8th-U16 4x100m Medley Relay

8th- 15 years 50m Freestyle

(Improved ranking by 13)

10th-15 years 100m Butterfly

(Improved ranking by 4)

14th- 15 years 100m Freestyle

(Improved ranking by 4)

17th- 15 years 100m Backstroke

(Improved ranking by 7)

23rd-15 years 200m Freestyle

(Improved ranking by 3)

Dylan Cossari

4th- U16 4x100m Medley Relay

9th- 15 years 200m Breaststroke

(Improved ranking by 5)

15th- 15 years 100m Breaststroke

(Improved ranking by 8)

Jack Day

4th-U16 4x100m Medley Relay

9th- U16 4x100m Freestyle Relay

17th- 16 years 100m Backstroke

(Improved ranking by 6)

25th- 16 years 100m Breaststroke

(Improved ranking by 7)

Sam Sheppard

5th- U18 4x100m Freestyle Relay

8th- U18 4x200m Freestyle Relay

8th-U18 4x100m Medley Relay

16th- 17/18 years 200m Backstroke

16th- 17/18 years 200m Butterfly

15th- U18 1500m Freestyle

Roxanne Perring

6th- U16 4x100m Freestyle Relay

8th-U16 4x100m Medley Relay

10th-15 years 200m Butterfly

11th- 15 years 100m Butterfly

28th- 15 years 200m Backstroke

31st- 15 years 100m Backstroke

Jessica Batton

6th- U16 4x100m Freestyle

10th-14 years 200m Backstroke

(Improved ranking by 12)

10th- U14 4x50m Medley Relay

19th-14 years 100m Backstroke

19th- U14 Freestyle Relay

Nikaylah Hanlen

6th- U16 4x100m Freestyle

10th- U14 4x50m Medley Relay

11th- 13 years 100m Butterfly

(Improved ranking by 4)

19th- U14 Freestyle Relay

Australian Age Championships Results (cont.)

Rowan Sonsie

8th-17/18 years 100m Breaststroke
(Improved ranking by 1)
8th -U18 4x100m Medley Relay
8th-17/18 years 200m Breaststroke
9th-17/18 years 200m Individual Medley

Jack Streefkerk

8th - U18 4x100m Medley Relay
9th- U16 4x100m Freestyle Relay
26th- 15 years 50m Freestyle
(Improved ranking by 13)
37th- 15 years 100m Freestyle
(Improved ranking by 13)

Rachel McDonald

8th -U16 4x100m Medley Relay
13th- 16 years 100m Breaststroke
(Improved ranking by 8)
16 years 200m Breaststroke

Kimberly McDonald

10th- U14 4x50m Medley Relay
12th- 14 years 200m Breaststroke
(Improved ranking by 5)
14th- 14 years 100m Breaststroke
(Improved ranking by 12)
19th- U14 Freestyle Relay

Emily Zukic

10th- U14 4x50m Medley Relay
19th- U14 Freestyle Relay
22nd- 13 years 200m Breaststroke
33rd- 13 years 100m Breaststroke

Daniel Aguiar

20th- 13 years 200m Breaststroke

Phillip O'Brien

22nd- 13 years 200m Breaststroke
(Improved ranking by 3)

Samuel T Chan

22nd-17/18 years 100m Breaststroke

Samuel M Chan

42nd- 16 years 50m Freestyle
(Improved ranking by 1)

Nunawading Swimmers in State Relays

3rd U18 Medley Relay- **Jack Laidler**
4th U14 Medley Relay- **Alex Venning**
4th U14 Freestyle Relay- **James Margary and Alex Venning**
4th U18 Medley Relay- **Nadine Jones**
4th U18 Freestyle Relay- **Mitchell Pryor**
4th U18 Freestyle Relay- **Nadine Jones and Belinda Bennett**

Overall the club had a terrific Championships with six swimmers (**James Argiro, Shane Asbury, Belinda Bennett, Nicholas D'Arcy-Evans, Llewellyn Little and Alex Venning**) gaining individual medals; the club's best ever result. On the relay front fourteen of the clubs fifteen relays finished in the top ten, with six teams (**U14 boys 4x50m freestyle & medley relay, U18 boys 4x100m medley relay, U18 girls 4x100m freestyle & medley relay & 4x200m Freestyle relay**) medalling. All up (including relays) 29 of the 33 strong team contributed to the clubs points score of 960, which ranked the club 4th on the overall points score list, the clubs highest ever finish. Well done to everyone involved, with a special mention to **Shane Asbury, Rowan Sonsie, Sam Chan and Nadine Jones** who competed at their last ever age nationals, achieving some of their best ever results.

Australian Age Open Water Championships Results

Belinda Bennett and **Sam Sheppard** also swam at the Australian Age Open Water Championships. After producing very successful results at the Age Championships, both swimmers backed up their good form with sensational swims in the open water event.

Belinda Bennett

GOLD-15 years 10 KM

Sam Sheppard

SILVER-17/18 years 5KM
BRONZE-17/18 years 10KM

Diary Dates

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

April / May Birthdays

Happy Birthday to the following club members who had a birthday in *April*:

*April 2nd Jessica Batton
April 2nd David Joseph
April 3rd Rex Hopkins
April 4th Louisa Bartl
April 4th Emily Zukic
April 6th Alexandra Baulch
April 6th Douglas Hancock
April 7th Duana McLeod
April 7th Mark Petrov
April 8th Edmund Coleman
April 9th Stefania Basso
April 9th Benjamin Halford
April 9th Sharyn Pryor
April 10th Narelle Chapman
April 11th Ashley Delaney
April 11th Bradley Simpson
April 12th Anna Roberts
April 13th Bradley Cameron
April 14th Samantha Lilly
April 17th Briana Mirabile
April 17th Thibault Panassie
April 17th Hasith Perera
April 17th Laura-Ann Wong
April 18th Louise Martin
April 19th Samuel Klepac
April 21st Zachary Hanlen
April 26th Kasey Stephenson
April 28th Renata Terliatan
April 30th Jennie Wang*

April / May Birthdays

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

*May 1st David McDonald
May 2nd Nicholas D'arcy-Evans
May 9th Veronika Gouskova
May 13th Shannon Connelly
May 14th Matthew Armfield
May 14th Malcom Moore
May 15th Jaclyn Lee
May 16th Nikaylah Hanlen
May 16th Cayman Deely
May 17th Natalie Derrick
May 19th Alex Venning
May 22nd Madelaine Algie
May 23rd Rebecca Connolly
May 23rd Nicholas Lindsay
May 24th Mark Thompson
May 25th Anne Bustard
May 25th Isabella Keltie
May 26th Hugh Ingram
May 26th Cameron Lyon
May 27th Mark Bustard
May 27th Naomi Keung
May 28th Joseph Purdy
May 29th Jessica Beveridge*



Nunawading Swimmers who competed at the 2008 Olympic Trials in Sydney.