



Website: www.nunawadingswimmingclub.com

June 2008

TEACHING INDEPENDENCE & INTERDEPENDENCE

One of the great aspects of belonging to Nunawading Swimming Club is the opportunity for the club to provide training and competition experiences to assist all swimmers to become both independent and interdependent.

Independence is very important in society today and there are many ways that swimmers can learn to become independent. Swimmers should take responsibility for packing their own swimming bags, ensuring their bathers, cap and goggles are in and ensuring they have a towel. Swimmers aged 8 years and over should be involved in writing their own entry cards (with support from their parents) and taking responsibility for communicating with their coach.

Our club swimmers will attend a number of meets throughout the year aimed at different squad levels. One of the purposes of these meets is to assist club swimmers to become more independent, to learn to travel and compete with their coach in support and cared for by Team Managers. Many of these experiences will be remembered for life by the swimmers and will help them to grow into well-rounded adults.

At the recent Australian Age Championships, the swimmers coped extremely well with living together and competing at a high level. At this level, some parents experience separation anxiety and still feel as though they need to provide food and advice to their children. It is vital that swimmers experience independence throughout the season so that both the child and the parent know how to respond at larger more important meets, especially when the swimmer is travelling as part of a team. Once swimmers are selected on State or National teams, parents are not able to be there 24 hours in support of their child, so it is important that these experiences occur throughout the season and are reinforced at National level meets so that the swimmer becomes an independent athlete.

Interdependence is at another level altogether. To be interdependent a swimmer must first be independent. Swimmers will then have the opportunity to share the load of expectation at training and at meets with each other and their coach. Relays are a classic example of a team of swimmers working interdependently. Coaches and swimmers who work together with the swimmer choosing to complete each training and competition requirement with enthusiasm is another example. A third example is swimmers training together on a daily basis and working both against and with each other so that they all improve.

One of our goals this season is to assist our swimmers to become more independent in relation to their swimming training and competition and for parents to realize how important it is to let go at times and allow your child to gain the experiences they need if they wish to take the next step in swimming and in life.

Gary Barclay
NSC General Manager

SQUAD NEWS

National Open

Amanda Isaac

Congratulations to all National Squad swimmers for their performances at National Championships. At the Olympic Trials in March and at the Age Nationals in April, the squad achieved its best results for the season. The positive outcomes are related to each athlete's commitment to their sport. Matt Armfield, Adam Parslow and Belinda Parslow were just a few amongst the group that achieved lifetime bests.

It is a great feeling to achieve your best. It is worth making choices for. This current group of athletes has shown their ability to set goals and apply themselves to do the things they need to do. This builds great belief in one's self, and creates confidence from within. These qualities will be used throughout life and it is pleasing to know that we have athletes who can do that.

The season ahead looks exciting. Be inspired by your achievements and be daring when you make the appropriate changes. To improve you must change something.

National Youth

Nick Veliades

The new season is now well on the way with all swimmers back into routine after a well needed (and deserved) holiday from the pool. As the winter season is upon us there are a few things we need to look at in order to maintain a healthy lifestyle and training routine.

- Keep your bodies warm
- Eat healthy (lots of fruit and veg)
- Vitamin supplements (if needed)
- Good sleep patterns
- Flexibility and strength for injury prevention
- Strong mental focus & awareness of your commitments (in & out of the pool)
- A good understanding of what you are trying to achieve

Finally good luck to every one over this snow season.

See you at the pool.

SQUAD NEWS

National Age

Dean Bryant

Well, the new season is underway and National Age is alive and kicking with new and old faces. Well done to those who have made the transition from either National Age to National Youth or from State Junior to National Age. And to those not far off progressing, keep your eyes on the ball and focus on the tasks ahead and the world (or pool) is your oyster!

We also welcome to the squad Jordan Cleyne, who has moved from his previous club to be with his school mates "The Southwood Boys" (Eddie and Sean) in National Age. I'm sure everyone will make Jordan most welcome both at training and around the club.

Short Course season is probably the most important portion of the year, as it is during this time that athletes have the opportunity to work on technique, skills and endurance in preparation for the higher intensity training that will occur down the track. A solid short course season sets up the year, and I encourage all athletes to be consistent in attendance and make the most of the technical focus.

State Junior

Dean Bryant

To kick things off, I would just like to offer a great big WELCOME to all the new athletes in State Junior for this season. Already you have shown tremendous improvement and I am sure this will continue throughout the year. For those who have been in the group for a while, it has been great to see you stepping up as leaders and setting the standard for others to follow.

This year looks to be promising, filled with laughs, hard work and fast swimming performances. I would like to take this opportunity to remind all swimmers that attendance is one of the most important aspects towards performance. History shows that the most committed athletes achieve the best results!

PB Challenges. While I haven't asked swimmers to participate in these meets, I do believe that you can learn a great deal by trying out new races (like 200m fly, 400m free, and 400m IM) and the PB challenge meets provide an ideal environment to give them a go. Think about it.

SQUAD NEWS

State Youth / Uni

Melissa Klamt

During the first few weeks of Season 08/09, we need to be focusing on our technique and skills. If we can get our technique and skills (streamlining and not breathing on the first stroke!) down, they will be set up for the rest of the season.

During training we should be focusing on our goals for the week. Please make sure you take some time to fill out your goal sheets and get them back to me, so I know where you want to be with your swimming this time, next year.

Reminders:

- Exams are coming up, please make an effort to train regularly and timetable your time so you are getting enough sleep to make it through the day.
- Get your entries in for all swim meets at least 3 weeks before the actual closing date, I don't want anyone missing out!
- The current underwater fly kick record (with fins) is held by Sam Asbury at 56 metres!

State Development

Kirsty Woodham

A coach change is never easy, but to the testament of the State Development Squad, they have adapted quickly and easily in my first few weeks. It has been great to get to know all the swimmers in the group, and good to see everyone training hard. I look forward to seeing everyone progress throughout the season with, I'm sure, good results to come as we head towards our first few swim meets, including a weekend trip to Warrnambool.

Please ensure that you are attending all required training sessions every week. Without this commitment, you can't expect to get the results you are hoping for!

Hanson

Celia Glewis

Well things in Hanson squad are fascinating. With all swimmers progressing very rapidly, it sure is exciting to be a part of. Some swimmers have already begun to progress into Junior B. Congratulations to you all. For those who are still with me it is a really good chance to build on what we have learnt last Term and strengthen your swimming a bit more.

SQUAD NEWS

Hanson (cont.)

Celia Glewis

I am really enjoying watching how fast you are picking up all strokes, especially butterfly.

So far most Hanson squad swimmers have competed in their first P.B challenge. Congratulations you all swam so well. A special mention to Aiden, Nikki, Adelynn and Victoria who swam their first 100m race.

A reminder that if you want to swim Interclub you will need to be a club member (please see the Swimming Victoria web site for all details). Interclub is another small stepping stone for you to experience. Usually this is the second stage to learn about competitions, a little bit more of a jump from P. B challenge but not much different. In March there is a competition called District Championships. To be eligible for this swimmers should be looking to compete at Interclub. Please see me if you have not received a flyer.

Also our Lilydale encouragement meet is coming up on Sunday July the 13th. More details will be handed out soon.

Looking forward to seeing more new faces in Term three.

Junior A

Kirsty Woodham

My role as Junior A coach started with the final few weeks of preparations for the all junior finals. The benefits of a hard first term of training with Gary clearly showed for all that swum in the finals with some great times and lots of PB's.

After a 3 week break (for some anyway) it was fantastic to see everyone return to training eager to build on this hard work. It was especially pleasing to see the swimmers who have just come up from junior B fitting right into the squad and making cycles. Well done!

The first month of training has been hard, but as I warned you all, it's going to get harder! With the aim of this season to qualify as many of you as possible for Short Course State Champs in September, the hard work you put in now is what will get you there. Remember, it's what you do in training that counts, not worrying about what everyone else is doing!!!!

SQUAD NEWS

Junior B Stephanie McDonald

Welcome to the new season!! Congratulations to all the swimmers on a successful 2007/2008 season and all the best for the current season.

A very big congratulations goes to all Junior B swimmers who won awards at our recent presentation dinner and also to last term's PB challenge medal winners.

Thankyou to all the swimmers who participated in our squad activity 'let's go bowling' and a big thankyou to Christine Hanlen for helping me organise the day.

I am looking forward to the new season and working with all swimmers on time cycles, technique and skills and building up swimmers endurance. Don't forget your Vicentre entires and district interclub.



The swimmer's of Junior B take on the bowling alleys in their social activity.

Suggestions for *Making Waves*

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

Brooke Simpson



Nickname: *To some people, Chook*
Coach / Squad: *Mel/ State Youth Uni*
Favourite stroke or event: *Breaststroke*
Favourite food: *Cinnamon donuts, Mum's creamy corn pasta*

Favourite subject at school: *P.E, Maths*

Favourite TV show: *Neighbours, Home & Away, Desperate Housewives*

Favourite movie: *John Tucker Must Die*

Beach or movie: *Movie*

Footy team: *Hawthorn GO HAWKS!*

What can't you live without? *Family, friends and sport.*

What do you do outside swimming? *Netball, Basketball, lots of school sport, watching TV when I can.*

Role model: *Grant Hackett*

My dream is to... *compete at the National Swimming Champs.*

Swimming is... *hard but rewarding.*

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.

Swim Committee Report – May 2008

The Swim Committee has met twice already for the new season by the time you get this, and as you can gather we are really steaming ahead. We thought it might be useful to put down in one place a couple of the things that people can have questions about around the place.

Club Captains

We are fortunate indeed that the four winners of our major awards at the Club Presentation Night have all accepted leadership roles with the club. These are:

Chelsea Carpenter – Girls Club Captain, and winner of the Clyde Butler Trophy.

Shane Asbury – Boys Club Captain, and winner of the Graeme Butler Trophy.

Roxanne Perring – Junior Girls Club Captain, and winner of the Caune Trophy.

Jack Streefkerk - Junior Boys Club Captain, and winner of the Nugent Trophy.

We will be meeting with these young leaders to discuss ways they can show leadership around the club this year. It really amounts to continuing to show leadership, as that is one of the criteria for the awards.

The Committee is very aware of the commitment these swimmers make to training along with their study and certainly do not wish to have the Captain's role seen as a burden. We are also aware that they can influence and motivate younger swimmers in particular by being seen around, so we will be seeking to strike a positive balance. Their coaches and parents will also be involved in this discussion and we look forward to the club giving the Captains the support they deserve.

Squad Trips

There is a section on the website about each squad and it outlines not only the training timetable but some of the activities for the season ahead.

Each squad will undertake some travel during the year that is appropriate to their age, experience and upcoming expectations. These are great team building exercises for each squad as well as allowing coaches and swimmers to interact in different environments. It also prepares swimmers for experiences that may lie ahead and proves

invaluable in this regard.

Keep an eye on the Competitions Calendar as it is updated for trips for your squads.

NSC Short and Long Course Meets

You will notice a couple of changes to the programs for the Short and Long Course meets this year. Notable is the splitting into younger swimmers in the morning and older swimmers in the afternoon.

We have also strictly limited the number of places available and applied some generous qualifying times.

The meet program should be on the Nunawading and SV websites by June 2nd, so get those entries in early. It would be a shame to turn away Nunawading swimmers but we will if you are late. If you have any problems with the qualifying times or schedule – please see your coach.

As always we will need timekeepers for these meets – please see you squad Social Rep, and volunteer before they have to ask. Given that most people will be there only half a day we should be able to cover at least 6 lanes.

Challenge Meets

Later in the year there will be a series of Challenge meets against other clubs that will take place instead of PB Challenge. These are designed to provide a good level of racing for inexperienced and younger swimmers and will be an ideal place for some of these swimmers to record good times.

Team Managers

You may have noticed that we have revamped the role of the Team Managers. We will be assigning managers to the various trips away and important meets over the next few weeks, we will let you know who the Team Managers are before these meets. Remember their role is to act as your conduit to the coaches (and swimmers in the case of trips) and so you make yourself familiar with the people who have volunteered for these roles.

Of course we are always looking for more people to help – so if you think this might be an interesting option for you, call or see myself, Deb Chan or John Locking.

Paul Streefkerk
Swim Committee Chair

Diary Dates

- Sunday 1 June – Nunawading PB Challenge # 2
Aqualink Nunawading
- Saturday 7 June – Warrnambool Short Course Meet
Warrnambool Aquazone
- Saturday 14 June – Nunawading Breakfast
Nunawading Club Rooms
- Sunday 15 June – Nunawading PB Challenge # 3
Aqualink Nunawading
- Sunday 15 June – Surrey Park Long Course Meet
MSAC (Entries close 3 June)
- Friday 20 June – District Interclub Meet # 1
Aqualink Nunawading
- Sunday 22 June – Metro West Short Course
MSAC (Entries close 13 June)
- Friday 27 June – District Interclub Meet # 2
Aqualink Nunawading
- Saturday 28 June – Melbourne Vicentre MSAC
(Entries close 13 June)
- Saturday 28 June – CA Tritons SC Meet Carey
(Entries close 13 June)
- Sunday 29 June – ASCTAV Coaches Meet MSAC
(Entries close 13 June)

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Farewell

This month we say goodbye to Richard and Harriet Wilson and thank them for their contribution to the Nunawading Swimming Club.

Richard and Harriet have decided to finish up swimming and focus on other areas that they are involved in.

All the best to the Wilson family

June Birthdays

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

June 1st Nick Veliades
June 5th Nicholas Groenewald
June 6th James Li
June 6th Jesse Turland
June 10th Scott Huang
June 10th Joshua Sewell
June 11th Madeleine Scarinci
June 14th Sonia Poetrodjojo
June 15th Jared Clarke
June 15th Mitchell Keltie
June 18th Alan Sharp
June 21st Irene Prescott
June 22nd Matthew Gilling
June 23rd Samuel Chan
June 23rd Benjamin Wilson
June 24th Madison Button
June 27th Amber Lewis
June 27th Stephanie Moore
June 28th Edward Lim
June 29th Samantha White
June 30th Belinda Bennett
June 30th Keri Longwill



Don't forget

Lilydale Encouragement Meet 13 July
(Entries close 27 June)

Victorian Open Short Course 19 & 20 July
(Entries close 4 July)