

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

August 2006

N.S.C. RECORD BOOKS

These have recently been reprinted with the updated 2006 / 2007 State Shortcourse and State Longcourse Qualifying times and are available for purchase from your squad secretary for \$5.00.

GOOD LUCK

Good Luck to **Ashley Delaney** who is competing in his first Open Australian team at the Pan Pacific Games in Canada from the 17th – 20th August.

Good luck to Layton Shannos who has made the decision to move to Perth to further his swimming and working careers. Layton has expressed his thanks for the support the Club has shown him over the past 4 years. We wish him all the best.

THANK YOU

Thank you to Theresa and Mei for preparing the Satay for the Disco Night.

Thank you to the lovely parents who volunteered their time to assist with various duties at the interclub meet on Friday night and the timekeeping at the Carey Short Course Meet. Carey has asked that we extend their appreciation for all the Nunawading parents who kindly helped them at their meet.

Thank you to Tracey Groenewald and Sharyn Pryor for assisting Carey Aquatic to run their meet.

Thank you to Lisa Vecchio and her wonderful team of timekeepers at PB Challenge on Sunday morning

REMINDERS

A reminder that **State Age Championship entries are due Friday 18th August 2006** by 5pm.

A reminder that the **trivia night** will be held Saturday 26 August 2006 at the **ORCHARD GROVE PRIMARY SCHOOL**, 101 Orchard Grove, Blackburn South. Starts at 7:00pm.

A FANTASTIC SUCCESS

The Nunawading Short Course Meet was held on Saturday and was a terrific success. Apart from being a touch long, the day ran very smoothly with the officials doing an excellent job of running a fast meet.

Thankyou to Meet Director and NSC Competition Officer **Sharyn Pryor** who has contributed 100's of hours in the past couple of weeks to run the meet. Thanks also to Swim Chairperson **Tracey Groenewald** and Social & Fundraising Chairperson **Debra Chan** for their huge contribution to wards the meet. Thankyou to **Anne Bustard** who did a terrific job with the catering for the event. Well done Anne. And a big thankyou to **Ray Davis** and **Ted Whelan** for coordinating the SV officials for the event.

A huge thankyou goes to the following persons who contributed on the day. We apologise now if we have left anyone out as we had close to 100 families contribute on the day.

Chief Timekeeper: John Bordignon

Timekeepers, Morning Session: David Margary, Karen Frenken, Megan McDonald, John Stragalinos, Elda Basso, Leonis Matthews, Davis Scott, Anne Klamt, Rob Sissins, Sue Parslow, D. Harris, Ines Medica, Shayne Campbell, Margaret Day, Evelyn Giannopoulos, Ian Roberts, Louise Maniatakis, Claire McMahon, Judd Murray, Marg Darcy-Evans, Brenton Button, Freda Keung, Craig Begg, Darren Fisk, Katrina White, Ruomaiao Caradoc, Bill Barry, Paul Gilling

Timekeepers Afternoon Session: Brian Gardner, Neomal Jasinghe, Jan Forster, Megan McDonald, Margaret Chan, Elda Basso, Irene Asbury, Jeff O'Callaghan, Mei Yeoh, Ian Venning, Tim Bennett, Craig Perring, Kate Wilkins, Laurie French, Jenny Wilson, Jonathon Groenewald, Linda Thornton, Jin Fogarty, Lisa Vecchio, Silvana Aguiar, Jose Aguiar, Tony Scarinci, Karl Joseph, Sally Theofanides, Kate Walton.

Marshals: Rod Clarke, Malcolm Moore, Ross Guenther, Graeme Stephenson and Ted Whelan

The **Fundraising Committee** would like to thank the following people for their generous donation towards the raffle prizes at the Nunawading Short Course Meet.

- Elda Basso for the lovely hamper.
- Marty Harkin from Domestix for the vase.
- Margaret and Cary Meagher from Carey Aquatic for 2 pairs of sunglasses.
- Annette Celik for the square platter.
- Debra Chan for the miniature perfume set.
- Physiohealth for the massage voucher.

We would also like to thank Di Laidler, Sue Parslow, Chloe Loh, Mei Wong, Jan Foster & Debra Chan for helping in the sale of raffle tickets.

Thank you also to Theresa Tan for coordinating the fundraising effort on the day and Audrey Chan for her assistance on the day.

STATE OPEN SC CHAMPS

Nunawading had a very strong team at the recent state SC Champs at MSAC. It was great to see so many swimmers (especially the younger swimmers who had qualified) experiencing open competition.

Just a reminder that you are representing Nunawading at these competitions, and need to leave areas where you are sitting **clean and tidy**. Our club was spoken to twice at the weekend about the mess we left on pool deck.

NATIONAL SC CHAMPIONSHIPS

We are sending a team of ten swimmers to the National SC Championships in Hobart later this month and wish all competitors good luck

VOLUNTEERS

As mentioned in Nuna News, it was great to see so many parents volunteering to time-keep at the recent State SC Championships. Nunawading was very well represented on the pool deck. Thank you all.

Without volunteers at all events there could be no competitions

DISTRICT INTERCLUB

Liz, John and Deb

CLUB UNIFORM**VICTORIAN STATE SHORTCOURSE MEET**

All swimmers will be expected to once again wear full club uniform. This does include SWIM CAPS.

Day 1 Sunday 3rd September NAVY STATE SHIRT

Day 2 Saturday 9th September NAVY STATE SHIRT

Day 3 Sunday 10th September RED CLUB SHIRT

If you should require a new red NSC shirt, a new shipment have just arrived and therefore all sizes are available.

Nunawading caps are available at the front desk (make sure you have a spare).

The Navy State Shirts are only ordered twice per year, so should you require one please return your order form to the Nunawading front desk A.S.A.P.

SQUAD NEWS **HANSON SQUAD**

Liz, Belinda & Nicola

Well Done to those attending the extra skills session on a Saturday morning at 8 a.m. This session is really helping improve the regular swimmers techniques in turns, dives streamlining, starts and finishing. Keep up the great work.

There has been some tremendous swimming at the Friday Night Aggregate competitions, P.B. Challenges and the Distance Certificate morning by Hanson swimming. At the nippers session, where we trained with Junior B, we had 95% of our Hanson Squad training. A fantastic turn up. It was a terrific experience working in the main pool with about 45 swimmers.

Hopefully we will see some boys competing at Friday Aggregate. So far Girl Power has dominated. Special mention to the following swimmers who have already swum at three competitions this term- Maddy Button, Kate Laidlaw, Georgia Langford and Mikayla Smith. Tara Vecchio has swum at 4 events. Top effort Tara (and mum and dad!).

Liz, Belinda and Nicola.

JUNIOR B SQUAD **JUNIOR B**

Nicola Whitehorn

With almost half of Term 3 behind us and a few busy weekend ahead. It is time to put all your hard work in training into action for competitions. I am looking forward to our first external meets for the season, Carey Meet and the Nunawading Short Course Meet, and the opportunity to see you all compete at this level.

Time Trials at Tintern recently gave us experience in short course events before the real thing. For many, this was the first time you have ever swum 100m short course events and provided a great opportunity to learn from. Well Done!!

Over the first 10 weeks of the season there has been outstanding attendance at training by the following swimmers; Lachlan Begg, Monique Bordignon, David Joseph, Kan hao Low, Cameron Lyon, Chris Petropoulos and Madeleine Scarinci. At this time of year, when many are fighting colds and flu, this is a great achievement and one that I hope you will continue, and inspire others.

Just a reminder: Please pick up your Snorkels from Nunawading reception ASAP!

Happy Swimming!
Nicola

STATE JUNIOR & JUNIOR A SQUAD

Kate Lynch

Over the past few swimming competitions I've noticed that there are many swimmers having trouble getting their mind around racing so, I'd like both squads to think about the following advice for improving your mental strategies for when racing.

Ditch the Outcome Mindset-Going into any meet, there will obviously be certain goals that you have set for yourself, whether it be to make a State or National time or to medal. The fact of the matter is, you can't bring those goals to a meet with you Thinking to yourself, 'I want to qualify,' is not going to help you then and there as you can't control the outcome. And the moment you concentrate on the wrong thing, you'll raise stress levels, lower your confidence and tighten up.

Try to think about the process rather than the outcome. Thinking about the outcome only puts unneeded pressure on you. If you've done the training (you all have!!) be confident and concentrate, on focusing what you can control, such as race strategy, and staying calm and relaxed.

Relax!-It sounds easy, but staying calm and focused is not easy for everyone there was a time when I used to throw up before races! Try using a pre-race ritual to relax. Rituals are important because they're familiar and comforting. Do what is normal – eat the same foods, stretch the same way, swim the same warm-up, etc. Even if that is as simple as getting on the blocks on the left hand side! Other things to try are listening to music, reading or playing games.

Break it Down-With any race, many swimmers will create unnecessary work, stress and self-induced pressure. Simply do what needs to be done, and no more. **You train to race** so let your work show, be confident and have FUN!

Don't Think (too much) – Your mental state does effect your race. Think back to a disappointing race. You can probably recall what you were thinking and can describe it using lots of "feeling" words (felt good, strong and loose).

Now recall your best race. What were you thinking about? Possibly nothing, if you were on auto-pilot. If you stopped thinking and just let it happen the best race swum is mentally quiet because all the effort goes into being technically and tactically proficient. You can think – which can make you nervous and steal precious energy from the body – or you can just do what you've done in training! Just let it happen automatically.

Taming the Butterflies -If you've tried everything and just can't control your nervous energy. Dig deep and face what you're fearing. Many athletes have a fear of failure, but you can't fail if you try your best. Instead, try embracing the incredible experience of racing and enjoy doing what it takes to compete. If anxiety is welcomed, it can be a positive and addictive tool. If you enjoy racing- at the end of the day you race to have FUN.

Finally, I would like to congratulate all the swimmers who not only qualified for the upcoming Short Course State Championships, but more importantly who have swum pb's at both the Carey and Nunawading Swim meets.

Until next time happy swimming.
Kate

STATE DEVELOPMENT**Grant Watson**

No report provided.
Grant

STATE YOUTH/UNI**Nick Veliades**

Not a bad start to the short course season peoples, well done. With only 3 weeks to prepare for such a major meet there were some sensational results:

- Sam Asbury – 200fly 2.28 / 50 fly 30.3
- Shane Asbury - 200fry 2.12 / 100free 55.4 / 100fly 59.8

PB's also to Stuart and Melisa to name a few, Kimberly Chanter also swimming her best 200BR short course time in 2 years so well done to all involved.

For me as a coach the State youth group has been a good challenging over the past few months, with lots of fun! Between having wet sponges' thrown at me, having to listen to ALL the girls problems and trying to SHOUT at Stuart, who doesn't listen (ok so he has a good "excuse"), I've had to be on my toes. All these little challenges have made me think a lot more about what I do with the group and have made me grow as a coach so again thanks to all involved. Since all of you have had the chance to challenge me (weather you know it or not), now it's my turn to challenge you. With 7 weeks till the Victorian Age Short Course Champs I challenge every individual in the group to have a think about their role within the group and how you can help others in the group achieve their goals! So use your imaginations and let me know what you can bring to the group and I don't mean lollies, (those you bring to me!)

Good luck to all in the next few weeks as we move into our competition phase of the short course season.

C u Round
Nick

AGE NATIONAL SQUAD (Rip It Up) Nick Veliades

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

Well done to all who were involved in the recent Vic Open short course meet. There were some outstanding races considering only 3 weeks of training previous to the meet. Special mention to:

- Sam Chan - 7sec PB in his 200bk 2.17.
- Sam Bennett - 200bk and 200 free both big PB's
- Louie little - 4.51 for his 400IM

This Wednesday we had our squad monthly reports which were on average very good. The general standard of the groups training performance was the highest we have ever had (maybe I was just being nice), with Sam Bennett being the first person to crack the 80% performance mark. Attendance on the other hand was about average, (or was it just average). The same people who always attend all sessions seemed to attend all sessions and those who miss more than they turn up to on a regular basis have been reliable this month and again missed more than they have been to.

Well enough of the bad stuff, what's done is done. All we can do now is try and improve and start preparing for the coming weeks. The competitions coming up (Cary and Nuna meets) are important meets in that they are the last few meets to practice any events we plan on doing at Vic Age Short Course Championships.

Good luck to every one in the next few meets and if you have any concerns with your swimming please come and see me. (Not concerns about your nails Renee!! ;).

C U soon All.....
nick

NATIONAL YOUTH & OPEN Mr. Fowlie
Victoria State Championships –
Jason Cohen – 1 gold, 1 Silver and 3 Bronze medals
Brooke Hanson – 2 Gold, 1 Bronze Medals
Jack Laidler – 1 Silver Medal – First Open State Medal!
Team Scores - ?

Percentage Best Times –

Session 1 – 45%

Session 2 – 41.5%

Session 3 – 58%

Session 4 – 58% - Interesting observation that we swam better on Sunday and that the performances did not drop off through Sunday.

Training

22 days to Australian Short Course Championships – Hobart

121 days to World Long Course Trials and Australian Open Championships – Brisbane!

Over the past three months, we have sent 8 different swimmers out to National Team camps or individual swim camps. I truly feel this has helped us take some significant steps in our training levels. It is important however, that swimmers understand their responsibility to the club and their mates. It is essential, they bring ideas back and become leaders in training. It is also critical, that swimmers appreciate and respect the club for its support and encouragement. Many clubs are very internal thinking and don't encourage or allow their swimmer to attend outside training opportunities!

One of the biggest reasons I encourage swimmers to go away for camps and tour teams, is to realize what the world is doing out there! How other swimmers are training, how hard and how long they work. After which, we want the swimmers to bring back these pictures and ideas and apply them to our training here in Nunawading. This is a critical strategy, if we are to move up the National rankings!

We have had two swimmers retire this month. Jodie Finn and Clare Wheatley have moved onto other pursuits out of the pool. We wish them well and hope to see them around.

Please be assured, Nunawading Swimming Club is always committed to doing what is best for you.

July was a pretty good month for training! Attendance is getting better and PERFORMANCE in training is improving significantly..... The quality and ability of the swimmers is getting better!

Staying healthy – I have been quite pleased with how healthy everyone has been over the past month. We've had one major illness, but most of the swimmers have been healthy. Only a few have suffered from Upper Respiratory Tract Infections during which they have been able to maintain training. Please be aware, that if you are training and suffering from an illness, you do affect other people, so please be considerate of their training and be sure you don't distract the swimmers who are working.

Sundays, Long Course Training and Swim Meets –
We are really having problems with Sunday training. The Nunawading Pool has recently been opened to the public on Sunday morning and this has severely limited our access on Sundays. In addition, with a number of meets coming up, we need to supplement our training to keep the volume up and get access to more long course training. We are trying to get other pool time on Tuesday and Thursday evenings at Monash or Police Academy, but don't have it confirmed, yet..... Please watch carefully for schedule changes!

Up coming activities

Don't forget –

- **Trivia Night, August 26 – information attached.**
- **Australian Short Course Championships – Hobart - August 23 – 28 – Qualifiers (with three events or more)**
- **Victoria Age Group Championships – Sept 2-3 and Sept 9 – 10 – Age Qualifiers**
- **NSW State Championships and AIS Tour – Sydney and Canberra – 13 – 24, September – National Youth and Age squads**

Good Luck to everyone going to Short Course Nationals.

Nutrition – Louise OUR Nutritionist – will be hosting a training breakfast – Tuesday, 22 August after morning work out..... we will be having a Smoothie making morning!

Mr Fowlie.

SWIM COMMITTEE REPORT

Tracey Groenewald

Hi everyone,

We are back in the swim of things following the break. We have many events coming up that need our support.

On behalf of the swim committee, I would like to take this opportunity to wish our swimmers good racing at the Telstra Australian Shortcourse Championships in Hobart later this month. They will be accompanied by Jim Fowlie, Liz Chanter and Gary Barclay.

On Saturday 12th August we are conducting our biggest meet of the year. We know that as members of the club you are only too happy to support this meet in any way you can. One of the biggest ways you can contribute is by timekeeping. We still have a number of vacancies and hope to fill these before the meet. **Please** approach your squad secretaries and volunteer your services.

Our meet is shaping up to be a great meet with a record number of entries ! So don't forget to pack plenty of food, drinks and a few lollies for sustenance.

See you around pool deck.

Tracey Groenewald.

GREEN SWIMMING VICTORIA CARDS

The entry cards to our meet this year have been very poorly completed. We are only bringing this to your attention to try and avoid disappointment in the future. There have been a large number of cards with the incorrect sex circled (if not sure about your child, please check !). Also many cards had a unisex name stated (eg Jordan) , gender male, but all female event numbers. Many green cards had NO details completed on the back making it impossible to verify information. A number of parents also entered NT (No Time) to events that required qualifying times. In future these will NOT be accepted.

I am hoping that by drawing this to your attention, parents will take more care when completing green cards. We will be entering our children in State Shortcourse shortly and Swimming Victoria have a strict zero tolerance policy. Any of the above not completed correctly will result in your child not being able to swim.

Should you require assistance, please don't hesitate to ask your coach, team manager or squad secretary.

DIARY DATES:

2006	Event	Venue	Closing Date
Thurs 17 Aug	<u>2006 Pan Pacific Championships</u>	Vancouver	Selected
Fri 18 Aug	<u>District Interclub</u>	Nunawading	
Sun 20 Aug	<u>Distance Certificate Morning</u>	Nunawading	On the day
Wed 23 Aug	World Youth Swimming Championships	Brazil	
Fri 25 Aug	<u>2006 Telstra Australian Short course Championships</u>	Hobart	
Sat 26 Aug	<u>Trivia Night</u>	Orchard Grove Primary School	
Sun 27 Aug	<u>PB Challenge, Term 3 #3 How it works</u>	Nunawading	
Fri 1 Sept	<u>District Interclub</u>	Nunawading	
Sun 3 Sept	<u>Victorian Age (11-18yrs) Short Course Championships</u>	MSAC	18 August
Sat 9-10 Sept	<u>Victorian Age (11-18yrs) Short Course Championships</u>	MSAC	18 August
Fri 15 Sept	<u>NSW State Age Short Course</u>	SIAC	4 Sept.

We had our inaugural Disco Night on 8 July. Thank you to those who made it a success. We did not get a high number attending but those who made it enjoyed themselves tremendously. Satay and sausages were on sale for hungry parents and kids alike. Look out for a BIGGER and BETTER Disco Night next year.

An important date to remember is 26 August, our Trivia Night. It will be held at the Orchard Grove Primary School. Come along for a fantastic night of fun and games and wonderful prizes to take home. Book early. Limited places available.

Thank you to individuals and families sponsoring events and advertising in the Nunawading Short Course Meet on 12 August.

Special thanks to all the squad representatives who worked so hard to help keep the channel of communication open. Keep up the good work.

AUGUST BIRTHDAYS

Happy Birthday to the following club members who enjoy their birthday in AUGUST.

Callum	England	2-Aug
Laurel	Wheatley	3-Aug
Kimberley	Cherrie	3-Aug
Michelle	Maniatakis	7-Aug
Conrad	Francis	8-Aug
Nathan	Begley	9-Aug
Ryan	Jasinghe	9-Aug
Stefan	Harris	10-Aug
Rowan	Sonsie	10-Aug
Matilda	Rudd	12-Aug
Samuel	Chan	12-Aug
Athol	Keeton	13-Aug
Emily	Thornton	13-Aug
John	D'arcy-Evans	21-Aug
Susan	Parslow	24-Aug
Stuart	Corstorphan	26-Aug
Robbie	Medica	27-Aug
Thomas	Margary	31-Aug

Nunawading Swimming Club

Come along to our fundraising

TRIVIA NIGHT

Saturday 26 August 2006

at the

ORCHARD GROVE PRIMARY SCHOOL,

101 Orchard Grove,

Blackburn South 3130

Starts at 7pm.

BYO Snacks & Drinks

Bring gold coins

Invite family & friends

Come enjoy the night

Cost \$15 per person. Limited places, so book early.

RSVP by 20 August to your squad representative.

Names:

Total payable: No. of persons ____ x \$15.00 = \$_____

Payment Method: Cash Cheque Credit Card

Please make cheque payable to Nunawading Swimming Club Inc.

CARD NUMBER _____

CARD HOLDERS NAME _____

EXPIRY _____

SIGNATURE _____

