

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

July 2008

WARRNAMBOOL WARRIORS

By Annika Lamb

What happens when you combine one extremely brave team manager, three fearless coaches, sixteen teenagers and two mini buses? You receive an interesting night away.

On the 7th of June, State Development and State Youth travelled to Warrnambool to attend the Warrnambool Winter Short Course meet.

The bus ride there could be best described as a swimmer's party. It lasted about an hour before everybody crashed (though I must admit there were exceptions).

Four hours seemed to fly, though after stepping off the bus, our bus-lagged bodies reminded us that we hadn't moved for a while. It was quickly realised that a walk was required, and we took a tour around Warrnambool, after some cheese toasties of course.

Finding the motivation to swim after a four-hour bus ride was a hard concept, but with so many awesome people around urging you forwards (plus a drive with Nick at the wheel), it was hard *not* to get pumped up.

Everyone swam their hardest, and all things considered, everyone did extremely well. But most of all, everyone had a great time.

Being around such an amazing group of people, each with a different personality, but a common love for the water, was really special. We weren't just a squad; we were a group of friends.

Everyone was ready to cheer one another on and though we didn't come out on top; we most certainly won the award for team spirit.

That night, bed was welcomed with open arms, yet sleep didn't come quite as easily, with the constant creaking of beds, and the temptation to talk.

Yet, sleep we did, and rather less eagerly we woke.

The ride home was a little... well let's just say, more eventful than the one up. By the end of it we'd quite mastered a new form of communication that involved plenty of paper and a lot of overtaking.

After a trip home that passed far too quickly, the coaches and Greg were only too happy to offload us.

We are all able to look back upon our weekend as a highly successful and enjoyable one.

We would like to thank Greg, Kirsty, Nick and Mel for our Warrnambool experience.



Hard at work: Nunawading Coaches Nick, Mel and Kirsty, at the Warrnambool Short Course Meet.

SQUAD NEWS

National Open

Amanda Isaac

The Open squad has started its Short Course racing at the recent Surrey Park Long Course Meet. The performances were very encouraging with many swimmers equalling their National performance or within 1-2 seconds of their personal best time. Shane Asbury and Laura-Ann Wong equalled their National performances. This is a great start to the new season. This achievement shows the squad's attitude to compete, and to race fast.

The next improvement must come from within. You must continue to be honest with yourself and make a definite change to your race model. My idea of training for swimming is to train the way you need to race. To do this you must make all changes in the training environment before you can expect to execute them during a race. These changes to your racing model must be done, firstly, at a lower intensity, then at speed and most importantly during an intense workout.

You are in charge of these improvements. I encourage you make the right choices so you can swim faster. All of you are capable of making the changes to your racing model, however the changes have to be solid enough to with-stand the highest pressures. Choose well often.

National Youth

Nick Veliades

The winter competition season is in full swing with racing happening almost every second week.

During this time, it is crucial that you go into every competition and every race with a number of goals and a solid, realistic focus.

The idea with all of the competitions leading into State and National championships is to try new skills and race plans at full pace, in the heat of the moment, rather than a protected training environment.

Good luck to all swimmers over this period.

Please make sure all entries for State Opens are in early and filled out correctly.

SQUAD NEWS

National Age

Dean Bryant

Well the first of the comps for the season is out of the way and I might add some very respectable times were swum. To be able to swim PBs in a long course meet at this time of year is no easy thing and I must say I am really looking forward to the first of the short course meets over the coming weeks.

Of particular importance now is your ability to further improve your technical and skill capabilities whilst challenging yourself to complete all main sets at a high standard. Remember, if you make a technical adjustment then don't practice it throughout the week during all sessions, then you are not likely to be able to make the change fully and will revert back to bad habits during competition.

Over the coming weeks athletes will be steadily increasing both training volume and intensity through to the end of the school holidays where the squad will be participating in a squad activity somewhat different to the activities of the past. Of crucial importance now is ATTENDANCE! Remember, if you are not at training, I can't help you improve. Bring on the Vicentre Meet!

State Junior

Dean Bryant

The season has definitely started off with a bang and a bunch of great PBs swum at the recent competitions. This, of course, should bring confidence for all State Junior champions to go forth into the Vicentre meet all guns blazing!!!

I strongly recommend all athletes focus on their skills (starts, turns and finishes) because we can all save valuable SECONDS just by getting these skills right. This was proved on Thursday the 19th and Friday the 20th of June, where a simple offer of a free pair of goggles to the person with the best skills during the session, saw some of the best skills I have ever seen from a State Junior squad!!! Then, Friday morning, we implemented this into our main set, and boy, were the results excellent! Think about it.

Also, please remember that attendance is crucial for success, and that every session you miss will equal a time not as good as your potential.

Above all, have fun and I look forward to seeing some great swims over the coming months.

SQUAD NEWS

State Youth / Uni

Melissa Klamt

After the Warrnambool, Surrey Park, District Trip and Metro West meets, I'm extremely impressed with the way the squad is racing. The amount of PBs and state qualifying times being swum are setting everyone up to swim even faster at the State Championships. In order to ensure we swim our best at states, I need everyone to be attending all sessions (now that exams are over) and completing every meter of every session.

Special mentions go to Kasey and Nic on winning the female and male swimmer of the trip awards at the Canberra district trip. Also, well done to Nic and Stef for swimming every meter of our furthest training session to date, all on cycle! Finally, congratulations to Sam Lilly for not missing a session since joining the squad three weeks ago.

Reminder: Squad parent meeting - Monday 7th July after training

State Development

Kirsty Woodham

The short course season got under way with an overnight trip to Warrnambool for a few dedicated State Development swimmers, along with State Youth. Though it was a small squad that attended the trip (Ashley and Angus) it was a good opportunity to start racing, and also for the swimmers to get to know each other.

I recommend that all State Development swimmers attend any future away meets organised by the club, as this is an important part of each swimmer's development.

It was good to see all swimmers in the squad in action at the Surrey Park meet with some great times being swum by most of the squad.

Special mention to Bronte Varas who has worked really hard on improving all her strokes since moving over to swim at Nuna, with this hard work being rewarded with PB's in her swims.

All squad members have been given Surrey Park and Nuna Short Course meet information and I urge that if it hasn't been done already that these entries be sent in now. Please remember when entering meets that it is important that you enter appropriate races, if you are unsure as to what to swim in, please come and talk to me!

SQUAD NEWS

Hanson

Celia Glewis

This term has been rewarding for me to see how much improvement each swimmer is making. For some, it has been a chance to try out your skills in a competition. Most of you have tried PB challenge and/or Interclub and, despite the nerves, have swum very well. It was a fantastic effort by all of you for giving it a go, and for persisting during some harder training.

If you have not had a chance to compete there is always Term 3 where there will be another three PB challenges run, as well as the Lilydale Encouragement Meet on July 13th. For those of you who have not been able to attend Interclub, why not come and give it a go. We will all be there to support you.

Congratulations to Adelynn Tang, Sarah Glewis, Jack Knowles, Asher Moore and Aiden Sharp who all won medals at PB challenge. Also to Mabel, who competed for her first time. Congratulations to Michaela Facun who took 10 seconds off her 100m breaststroke time. Well done to Sophie Crawshaw who competed at the Ringwood Aquatic meet recently, and to Ben White who swam at the Surrey Park meet. I am sure I have missed someone, so well done to you too.

Looking forward to seeing you all at the Lilydale meet and also back in Term 3 for lots of learning and fun.

Don't forget the skills sessions held every Saturday during the term from 8am to 9am. Best of all, it's free!

Junior A

Kirsty Woodham

After six weeks of training it was great to see the Junior A swimmers compete for the first time at the Surrey Park long course meet. The hard work in these six weeks has definitely paid off, with PBs falling race after race for the majority of the squad.

With a lot of the squad still learning to race 100m races, it really was an impressive display!

Congratulations to Matt Gilling for his first attempt at a 400m race and to Jessica Vu who swam just outside the state qualifying time in her first ever 100m free race!

(continued on next page)

SQUAD NEWS

Junior A (cont.)

Kirsty Woodham

With a week off over the holidays it is a great time to get some rest to ensure that we come back ready to swim fast for the remainder of the short course season, and qualify as many swimmers for State Champs in September as possible!

Can all swimmers please remember that practicing your skills at each and every session is the only way they are going to improve in a race. You may get sick of hearing me say "streamline" and "don't breathe on the first stroke", but until you put this into practice on each and every turn and start, you will continue to hear it!

Junior B

Stephanie McDonald

Firstly I would like to congratulate all swimmers on making it through a very long term. I have thoroughly enjoyed watching you all improve and perform at your best.

Swimmers often come to me after a swim meet and ask "how do I get PBs?" The answer begins at swim training. In order to swim fast you need to practice swimming fast. Please ensure that you come prepared to swim fast at each training session!

And remember to challenge yourself at every session. Don't take the easy road and sit at the back of the lane. Be determined to get in front and be the best!!

In Term 3 we have the Surrey Park short course and Nunawading short course meets to prepare for. Both of these swim meets are compulsory for Junior B swimmers.

In Term 3, I would like to see a few more Junior B swimmers attending the PB challenge. I know you all lead very busy lives, but please make an effort to attend the PB challenges as well as attending three sessions per week, each week.

Lastly a big congratulation goes to those swimmers who are progressing to Junior A next term. I hope you all have a great holiday and a well deserved break.

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 ...

RONAN KEATING



Coach/squad: *Celia, Hanson*
Favourite stroke/event: *Freestyle*
Favourite food: *Apples, hot dogs*
Favourite subject at school: *Computers*
Favourite TV show: *Gladiators, Get Smart*
Favourite Movie: *Star Wars*
Beach or Movie: *Beach*
Footy Team: *The Mighty Hawks!*
What can't you live without: *Lego*
What do you do outside swimming: *I play piano and drums, and I am in the school band. I also play chess, golf, basketball and go to Auskick. I like playing online games on my Mac and making Star Wars ships with my Lego.*
My dream is to ... *be a football player and kick goals like Buddy Franklin.*
Swimming is ... *fun! (except when I lose my goggles and Mum gets mad)*

A special mention goes to Ronan for achieving a 16 second PB at interclub on Friday June 20th night. Well done!

Suggestions for *Making Waves*

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

Swim Committee Report – June 2008

It's just a quick report from the Swim Committee this month as we are well and truly into the Short Course season.

The key points of focus at the moment for the committee are:

- The upcoming Nunawading Short Course meet
- The support of the various trips taking place over the next couple of months
- Continuing the support for our swimmers wherever possible.

We have already seen a group of 16 swimmers compete at Warrnambool. The feedback from this trip and the host club has been very positive, so well done to those representing Nunawading. Thanks to Greg Langford who acted as Team Manager for this trip.

We are well into the District Interclub meets. These meets are great opportunities to race hard and we'd like to thank Deb Chan and Mark Sewell for being our Managers at these meets. Thanks also to Brad Simpson and Sam Asbury for accepting leadership roles with the younger swimmers.

A group of our National Open and National Youth swimmers head to Sydney for the Telstra Grand Prix during the holidays, and will then be joined by others from these squads for a five-day training camp in Southport.

This is a fantastic opportunity to compete at the highest level, and train with a single focus. I'm sure it will be a great experience and thanks to John Locking and Tracey Groenewald for heading up this trip.

We also have swimmers competing at the Latrobe City Cup in late July, in another great chance to get some good, hard racing under our swimmers' belts.

Thanks to everyone who attended the club breakfast on June 14th. It is fantastic to get so many of the club together on these occasions.

Congratulations to those who were awarded JX excellence packs, and well done to our club captains Roxy, Jack and Chelsea for getting through all those names. We look forward to seeing you all there at the next one on August 2nd.

Finally, and as always, the various meets we will have swimmers at over the next couple of months will all require support from Nunawading for timekeeping.

We are a large, successful and very visible club. Please enhance our reputation amongst the swimming community in Victoria by volunteering first time around for these duties.

Paul Streefkerk
Swim Committee Chair

President's Report

Welcome to the 2008/2009 Season.

Let's hope this season can be as successful and rewarding for the Club and it's members as last season was.

The Board has been moving forward quite quickly, formalizing the outcomes from the club survey results and working towards completing some of the targets in line with our strategic direction.

I would hope in the next few weeks we will be able to share this information and decisions with our members. Be assured we are entering an exciting period for the Club, and we strongly believe the Club will continue it's focus in line with the vision to be the most recognized and well regarded swim club in Australia.

Congratulations to Ashley Delaney on his outstanding results at the recent Mare Nostrum meet in Rome. We trust Ash continues to train well and take his good form into Beijing. "Go Ash!" from all at Nuna.

Congratulations to Ted Whelan from all of us at Nunawading on being awarded Life Membership of the District. Ted is also a Life Member with 20 plus years service to Nunawading.

Ted continues to make himself available to the Club and District and is a great friend to all, and mentor for the up and coming officials. Well done Ted.

As the Short Course competition season gets up and running, I wish all swimmers and our coaching team every success in achieving the goals that they have set.

Malcolm Moore
NSC President

JX Awards Distributed

On Saturday 14 June 2008, the Swimming Australia Junior Excellence (JX) Awards for the 2007/08 season were presented with their awards at the Club Breakfast.

Nunawading swimmers won 109 awards and also had the most swimmers receive the Gold and Gold Star standards in Australia – a fantastic achievement.

Daniel	Aguiar	13	Gold Standard
Julia	Algie	10	Silver Standard
Jessica	Batton	13	Gold Standard
Alexandra	Baulch	11	Gold Standard
Meghan	Bell	13	Silver Standard
Jessica	Beveridge	12	Gold Standard
Evelyn	Boldt	12	Gold Standard
Marcus	Bordignon	13	Gold Standard
Monique	Bordignon	11	Gold Star Standard
Mark	Bustard	13	Gold Standard
Georgina	Button	12	Silver Standard
Madison	Button	9	Silver Standard
Bradley	Cameron	13	Silver Standard
Jake	Castelow	11	Green Standard
Chantelle	Chapman	12	Bronze Standard
Narelle	Chapman	9	Gold Standard
Kimberley	Cherrie	13	Silver Standard
Shannon	Connelly	10	Bronze Standard
Emily	Crawshaw	11	Silver Standard
Jack	Currie	12	Gold Standard
Anthony	Day	11	Bronze Standard
Natalie	Deely	11	Gold Standard
Liam	Fisk	12	Gold Standard
Brian	Fogarty	9	Gold Standard
Jessica	Forster	13	Gold Standard
Matthew	Gilling	11	Bronze Standard
Kayla	Glewis	9	Gold Standard
Lachlan	Green	10	Green Standard
Rebecca	Griffin	10	Gold Standard
Nicholas	Groenewald	10	Gold Star Standard
Stephanie	Groenewald	13	Gold Standard
Tyran	Groves	13	Gold Standard
Benjamin	Halford	9	Bronze Standard
Chris	Hancock	13	Bronze Standard
James	Hancock	13	Bronze Standard
Nikaylah	Hanlen	13	Gold Standard
Annie	Huang	9	Gold Standard
Scott	Huang	12	Gold Standard
Hugh	Ingram	10	Green Standard
David	Joseph	12	Silver Standard
Rebekah	Keating	12	Gold Standard
Ashley	Keeton	9	Gold Standard

JX Awards Distributed (cont.)

Athol	Keeton	11	Green Standard
Isabella	Keltie	9	Green Standard
Mitchell	Keltie	11	Gold Star Standard
Naomi	Keung	12	Gold Standard
Josh	Klepac	10	Bronze Standard
Kate	Laidlaw	11	Gold Standard
Annika	Lamb	13	Bronze Standard
Angus	Langford	12	Green Standard
Georgia	Langford	10	Gold Star Standard
Samantha	Law	13	Gold Standard
Christopher	Lee	11	Gold Standard
Amber	Lewis	11	Gold Standard
James	Li	9	Gold Standard
Celia	Lim	13	Bronze Standard
Edward	Lim	13	Gold Standard
Cameron	Lyon	12	Bronze Standard
Joshua	Mackinnon	12	Bronze Standard
James	Margary	13	Gold Standard
Thomas	Margary	12	Gold Standard
Caradoc	Markey	13	Gold Standard
Kimberly	McDonald	13	Gold Standard
Emily	McGowan	11	Green Standard
Briana	Mirabile	10	Silver Standard
Stephanie	Moore	11	Silver Standard
Joshua	Nothnagel	13	Silver Standard
Phillip	O'Brien	13	Gold Standard
Ashleigh	O'Hare	10	Green Standard
Ryan	Oirbans	13	Silver Standard
Loic	Panassie	10	Bronze Standard
Sebastien	Panassie	13	Silver Standard
Thibault	Panassie	13	Gold Standard
Matthew	Papadimitriou	11	Silver Standard
Meg	Parry	11	Gold Standard
Meghan	Parry	11	Gold Standard
Hasith	Perera	10	Silver Standard
Daniel	Perry	9	Green Standard
Mark	Petrov	10	Gold Standard
Henry	Poetrodjojo	13	Silver Standard
Irene	Prescott	13	Gold Standard
Madeleine	Pryor	13	Silver Standard
Joseph	Purdy	13	Silver Standard
Andrew	Roberts	13	Silver Standard
Matilda	Rudd	12	Gold Standard
Aimee	Saitlik	12	Bronze Standard
Matthew	Saitlik	9	Silver Standard
Madeleine	Scarinci	12	Silver Standard
Josh	Sewell	10	Gold Standard
Emma	Shearer	11	Green Standard
Mikayla	Smith	9	Gold Star Standard
Nerice	Smith	12	Gold Standard

JX Awards Distributed (cont.)

Kasey	Stephenson	13	Gold Standard
Alwyn	Tan	9	Gold Standard
Renata	Terliatan	13	Bronze Standard
Madeline	Theofanides	11	Gold Standard
Kilian	Treminio	13	Gold Standard
Tara	Vecchio	9	Green Standard
Jessica	Vu	10	Green Standard
Lucy	Walton	11	Gold Standard
Tom	Walton	9	Gold Standard
Jennie	Wang	10	Silver Standard
Joel	Watson	10	Standard
Samantha	White	11	Silver Standard
Sean	Whitten	13	Gold Standard
Benjamin	Wilson	9	Green Standard
Harriet	Wilson	13	Gold Standard
Richard	Wilson	13	Silver Standard
Lawrence	Yeung	10	Gold Standard
Calvin	Zukic	9	Green Standard
Emily	Zukic	11	Gold Standard

Congratulations to all swimmers who received these exceptional awards.



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.

Metro East Trip to Canberra

Thursday 12th to Monday 16th of June 2008

Well, the Metro District Trip is over but the memories will most definitely live on in those involved.

From a coach's perspective, it was one of the most enjoyable swimming trips I have ever been on, with an enthusiastic group of young athletes, positive and encouraging coaching and team management staff, and great competition/venue making the weekend.

My congratulations go to Kasey Stephenson and Nicholas Lindsey who won the female and male swimmer of the meet award as voted by all athletes on the trip - this award is selected based on swimming performance, leadership, participation in team activities and support for fellow athletes.

My congratulations also to those swimmers from Nunawading who achieved swags of PB's (including a number of 100% efforts) and won medals - with a particular mention to Nerice Smith who broke the meet record for the 50m Breaststroke in a time of 36.18 seconds.

I am also particularly proud of all Nunawading athletes for the supportive and encouraging behaviour they displayed towards athletes from other clubs. On day one of the trip there were several athletes from other clubs who clearly didn't know anybody on the trip, but by day two these kids were laughing and carrying on with the best of them.

In attendance at the trip were Brooke Simpson, Matilda Rudd, Nerice Smith, Liam Fisk, Kimberley Law, Jessica Forster, Nicholas Lindsey, Brad Simpson, Tyran Groves, Kasey Stephenson, Marcus Bordignon and Jack Currie.

P.S. Well done Marcus on winning bowling!

Dean Bryant

Important Closing Dates

All Nunawading swimmers are asked to enter the Nunawading Short Course Meet (Saturday August 16th) by **Friday July 4th** to ensure you don't miss out.

Victorian Open Short Course Championships are on the 19th & 20th of July. Entries close **Friday July 4th**.

I have a question. Who do I speak to?

Five years ago the feedback from Nunawading Swimming Club members was that communication between the management and club members was very poor.

A number of initiatives have been put in place in that time to improve communication within the Club. From the recent Club Member Survey, feedback was very positive in regard to communications with 95% of members receiving the weekly **Nuna News** email service and 90% of members receiving the monthly **Making Waves** newsletter.

The 14th July will mark 4 years of the weekly email service to members, with more than 50 weekly emails distributed each year.

For as long as I can remember, the Club has asked swimmers and parents to work through their squad coach on any issues they have with their training and competitions. Their coach is the primary contact for all of these questions. If the Squad Coach does not know the answer, they will find out the answer for you and come back to you as soon as is reasonably possible.

If parents have met with and discussed their concerns with the squad coach and allowed a reasonable period of time for the change to happen or to receive a response and have made contact again with their child's primary coach and are not satisfied that the coach has answered their question, they can contact Dean Bryant (Hanson, Junior B, Junior A, State Junior, National Age) or Nick Veliades (National Youth, State Youth or State Development). This system works really well and solves virtually all issues.

The pigeon holes have also been really well received and every swimmer trains at Nunawading each week and should check their pigeon hole on a regular basis. A majority of the information for swimmers is posted in each swimmer's pigeon hole.

One issue that did come to light was the importance of coach / parent / swimmer meetings being held on a regular basis. These meetings have been held with more regularity in 2008 and the coaches plan to meet with their squad parents as a group on average once every 4 to 6 weeks.

Your child's coach should be able to let you know when the next parent meeting is at any time. These meetings will generally cover what has happened in the last month, the plans for the next month and what aspects swimmers are focusing on in their training cycle.

Finally, the website www.nunawadingswimmingclub.com is a wonderful resource for parents and swimmers. The event calendar is updated weekly and there is a lot of new information currently being put onto the website. Please use it as a resource and if you have any suggestions on information that would be helpful to other club members, please email your suggestions to info@nunawadingswimmingclub.com.

I cannot reiterate enough, if you have a question, please go to the person who can solve your problem, rather than discussing it with others. 99% of the time, this is your coach. While you may not always get the answer you are looking for, you have taken the right steps towards solving any issue you may have.

NUNAWADING SHORT COURSE MEET

The information for the Nunawading Short Course Meet is available on the final pages of this edition of Making Waves.

Please ensure that all Nunawading swimmers entries are sent in over the next week.

The Swim Meet is the club's major annual fundraising event and Nunawading Swimming Club invite you or your business to support the meet by:

1. **sponsoring an event or events at \$25.00 each at the meet** (recommended for all NSC families),
2. **advertising in the event program** or;
3. **providing a voucher for a service or providing goods that can be used in our major raffle.**

Please see and fill-in the attached sheets and return to the Reception Desk at Nunawading ASAP.

Diary Dates

- Fri 4 – Sun 6 July
Telstra Grand Prix Sydney
Olympic Park
- Sat 12 July Nunawading Breakfast
Nunawading Club Rooms
- Sun 13 July Lilydale Encouragement Meet
Kilsyth (Entries closed)
- Sat 19, Sun 20 July
Victorian Open Short Course
MSAC (Entries close 4 July)
- Fri 25 July District Interclub Meet # 3 Aqualink
Nunawading
- Sun 27 July Nunawading PB Challenge # 1
Aqualink Nunawading
- Sun 27 July Eltham Short Course MSAC
(Entries close 16 July)
- Sun 3 August Surrey Park Short Course Meet
MSAC (Entries close 24 July)
- Fri 8 August District Interclub Meet # 4 Aqualink
Nunawading
- Fri 8 – Sun 10 August
NSW Age Short Course SOPAC
- Sat 16 August Nunawading Short Course Meet
MSAC (Entries due for
Nunawading Swimmers 4 July)

July Birthdays

Happy Birthday to the following club members who have a birthday in *July*.

*July 1st Tracey Groenewald
July 3rd Jack Laidler
July 4th Brendon Smith
July 6th Adam Parslow
July 6th Nerice Smith
July 8th Phoebe Ingram
July 10th Jack Knowles
July 10th Caradoc Markey
July 11th Ashleigh O'Hare
July 16th Audrey Chan
July 19th Marina Mironova
July 19th Peter Sanderson
July 19th Thomas Walton
July 21st Kristen Moore
July 22nd Sean Whitten
July 24th Travis Mahoney
July 24th Laura Martin
July 29th Megan Woodford
July 31st Megan Ryan*

Apologies go to *Kimberley Law* who had a birthday on *June 25th*.



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.