

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

August 2008

Swimmers – plan ahead and believe in yourself

By Chelsea Carpenter – Girls Club Captain

If you are anything like me, you love racing. The upcoming Nuna Meet and similar competitions such as Surrey Park and Eltham are great for leading into Victorian Age Short Course and Australian Short Course Champs.

For swimmers who don't yet have their qualifying times for States or Nationals, it's a great chance to get them, while gaining race practice and experience.

For those who already have their qualifying times it's the perfect opportunity to find out what works best for you in terms of your routine. Work with your coach to find out what warm-up, race plan and cool down is going to suit you best.

These competitions may or may not be seen as a major meet for you, but it's important to prepare for it as though it is. The more you practice this, the easier and more familiar it will be when it is your major comp. Remember, just because you're in hard training doesn't mean you can't race fast and swim PB's. Give yourself every opportunity.

Swimmers, before these comps make sure you allow yourself to get enough sleep. It's important that during the day you have enough healthy snacks and sports drinks, but most of all stay hydrated. Competitions such as these can last up to 5 hours and it's easy to become dehydrated, especially at MSAC.

Listen to your coach's instructions and feedback throughout the day and race FAST. Believe in yourselves!

Good Luck to all Nuna Swimmers racing over the next couple of months.

Nunawading timekeepers involved in World Record

By Samantha Asbury

Spending a day timekeeping on pool deck, can be a tireless task. But it does occasionally have its benefits.

When Steve Asbury and John Batton signed up for timekeeping the morning session of the Victorian State Open Championships on Sunday July 20th, they were never expecting to be involved in a new World Record.

State Championships is a time of team bonding and cheering, so naturally, each club cheers for their own swimmers.

It was a very different atmosphere, when an announcement over the loudspeakers let the spectators know that Grant Hackett was well under World Record pace, with only 200 metres to go. The crowd roared to life.

As Hackett approached the 750 metre turn, and the official blew the whistle, the crowd erupted again. Spectators, swimmers, and coaches alike, whistled, cheered, and clapped Hackett through the final stage of the race.

With a final lunge at the wall, Hackett surfaced, and pumped his fist in the air, acknowledging the crowd for their support, with a wave.

Hackett's new World record time of 7:23.42 was nearly two seconds faster than his own previous mark of 7:25.28 set in Perth in August 2001.

The Olympic Swim Captain has headed off with the Australian team for Beijing, and we wish them the very best of luck on their Olympic journey.

Congratulations and good luck to our very own **Ashley Delaney** who is a great ambassador not only for the country, but also for the Nunawading Swimming Club.

SQUAD NEWS

National Open

Amanda Isaac

With the experience of the Grand Prix II and Swim Camp behind us, swimmers achieved personal best times at the Victorian Open Short Course Championships.

Congratulations to Shane Asbury who broke 3 Victorian records. Prue Watt swam her best results in a preparation at this meet, which has boosted her confidence leading into Beijing.

Athletes have been focusing on the effectiveness of their swimming. The squad consistently swam faster by being more efficient through the water. Swimmers were able to swim at fast speeds with fewer strokes.

These results are very exciting and it is great to see the whole squad understand the idea of efficient swimming. The next step for them is to take this knowledge and confidence, and allow themselves to achieve at a higher standard.

There will be many challenges in training during August. These challenges, if taken on, will determine how successful the individual will be at National Short Course.

When training is demanding athletes must decide to take on these challenges. This is part of making good choices. This will build athletes into strong competitors and more importantly, strong people.

National Youth

Nick Veliades

Congratulations to all swimmers who competed at the recent Victorian Open Championships.

The squad had some outstanding results.

The standouts for the meet go to Jess Batton, doing 7 PB's from 8 swims, as well as qualifying for Open National short course in her 200 metres backstroke.

And also to Kimbo Mc D, who slashed times of numerous events, with her 200 IM the standout.

The focus now turns to competing at the Victorian Age Short Course Champs and National Open Short Course.

SQUAD NEWS

National Age

Dean Bryant

During the recent school holidays swimmers from National Age participated in an extensive training program.

A highlight of the two weeks were the Friday night time trial blitz which saw a staggering number of long course personal best times smashed for the 400, 200, and 50 metre race distances.

This of course bodes well for future competitions and is a sign of the resilience of the athletes involved to be able to PB when heavily fatigued from intensive training.

At the end of the two weeks the athletes participated in a high ropes course at Wesburn for a bit of fun, where I was most impressed with the monkey like abilities of the crew to complete some rather challenging obstacles. A great day was had by all.

Well done to those who successfully participated at Open Short Course, there were a number of excellent results with some new found abilities shining through. Go team!

Anyway, onward and upward towards State Short Course!

State Junior

Dean Bryant

Six weeks to go to State Short Course!!!

This means you only have about 35 more training sessions to be ready to swim faster than you ever have before.

So what are you going to do about?

Will you simply plod up and down the pool in the hope that you will be able to swim faster? Or will you challenge yourself in every session to improve on something that will make you faster?

Here's a thought, if you were to improve 3 things in every session: $3 \times 35 = 105$ things that you could be better at!!!

Imagine how much faster you would be by State Short Course, 2 seconds? 5 seconds? 10? 20? The possibilities are endless...

SQUAD NEWS

State Youth / Uni

Melissa Klamt

We are only weeks away from the State Age Short Course Championships.

To ensure you race at your full potential, you must be attending every training session; and that means swimming every metre of every session!

You also need to ensure that you are making the most out of each session, by pushing yourself to 100% on every set – GO HARD!

The next few weeks of training will be even tougher than before. However, if you can apply yourself to each set written up on the board, the hard work will pay off!

Allllllright!! 😊

State Development

Kirsty Woodham

The last month has been a time of positive change for the State Development Squad. We've had new swimmers joining the group every week, but more importantly, the original State Development swimmers have responded to the challenges they have been set.

Proving not only to me, but also to themselves, that they are capable of much more than they previously thought.

Now is the time to build on this, which means turning up to every training session (even Thursday morning) and giving 100% every time.

This is the only way you will achieve what you are capable of. The choice is yours ...

Hanson

Celia Glewis

Welcome back to Term 3. It is good to see so many of you keen to learn and do your best once more. I am enjoying seeing your smiling and happy faces again.

We say goodbye to Calvin Z, Ned and Michaela F and Adelynn Tang, who have all moved up to Junior B. We wish you all the best. We will also miss Michaela's Dad's cheering at competitions; you are totally awesome!

Welcome to our new squad members. I hope you are enjoying the challenge of Hanson squad. It will seem a bit tough at first, but it does get easier.

SQUAD NEWS

Hanson (cont.)

Celia Glewis

A fantastic effort to those swimmers who attended the Lilydale Encouragement Meet. There were lots of PBs and really fast times swum throughout the day, with some of you taking up to 10 seconds off!

Over the Term we will be focusing on a certain stroke each week but ensuring that all four strokes are still covered. We will also be building on endurance and working on our sprinting.

Don't forget there are two more Interclubs, and the Club PB challenge. We will also be using these meets as a chance to be ready for the 7-10 encouragement meet in October.

Lastly, a reminder about the skills session, where we work on starts and turns on a Saturday morning (8-9am). So, if you swim in Hanson squad, then you are always welcome, no bookings needed, just you and your goggles. This is a weekly thing throughout the Term, so why not give it a go.

See you then.

Junior A

Kirsty Woodham

After a well earned week-long training break in the school holidays it was back into hard training for Junior A, and it has been great to see everyone return with renewed energy and enthusiasm.

It has been especially pleasing to see some new 'lane leaders' in Emily M and Teaghann emerging within the group, a testament to the hard work they have been putting in of late.

With just a couple of opportunities left to achieve qualifying times for State Short Course Champs in September, every session counts! This means putting maximum effort into every set, turn, start and finish. I look forward to seeing some fast swims over the coming weeks!

Junior B

Stephanie McDonald

Welcome back to term 3. It is nice to see you all return refreshed after a two-week break and eager to get back into the water!!

We have a busy term ahead of us with Surrey Park Short Course, Nunawading Short Course, Friday night Interclub and PB challenges.

SQUAD NEWS

Junior B (continued)

With such a busy term, I am looking forward to seeing maximum effort from everyone at EACH training session.

Congratulations on attendance this week, it is nice to see a few more faces at training on Friday nights. Well done to the Hanson swimmers who swim with Junior B on Friday nights; you are progressing each week, keep up the good work!!

Congratulations to Albert Shen, James Li and Tom Walton who have progressed to Junior A.

NEW ENTRY GATES AT AQUALINK NUNAWADING

As members will be aware, new entry gates have been installed aligning the reception desk at Aqualink Nunawading. Currently Squad members report to the Aqualink Nunawading desk to scan their entry card to gain entry to the pool. Once the Member Fast Gates are up and running, approximately 2 weeks away, all squad swimmers will be able to scan their cards and use these entry gates. If you do not have your card, you will be charged pool entry, so swimmers are asked to bring their entry card to every session. We recommend clipping your card onto your swimming bag so that it is with you all the time.

At this stage the process is the same for squad parents to enable them to drop off and pick up swimmers from squad training. Every squad family should have been provided with one Family entry card for entry to Aqualink Nunawading. At this stage, only one family card (for parents / guardians use) is available for each family.

The Member entry cards are only valid to attend when you have a scheduled squad training session and can not be used at any other time for pool entry. Normal pool entry fees will apply.

Any swimmer who does not have a Member card must notify Louise Martin at louise.martin@justswimming.com.au or on 9878 7055 immediately. The same applies to any family that has not received one parent card.

Please note this procedure is no different to what we have had in place for the last two years, with the only change being the automatic gates that will come into use in the near future.

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 ...

SAMANTHA LILLY



Coach/squad: *Mel / State Youth/Uni*

Favourite stroke/event: *50 metres Freestyle*

Favourite food: *Chocolate and garlic prawns (not together!)*

Favourite subject at school: *Outdoor Ed (too old for school now!)*

Favourite TV show: *Kath and Kim*

Favourite Movie: *The Castle*

Beach or Movie: *Beach*

Footy Team: *Bombers ... Woo hoo!*

What can't you live without: *Food, uggies, iPod, and my friends.*

What do you do outside swimming: *Work and socialise ... and EAT!*

My dream is to ... *be the best person I can be – in and out of the pool.*

Swimming is ... *when humans meet water!*

Swim Committee Report – July 2008

As I write this – a little earlier in the month than usual – we have just closed off the entries for the Nunawading Short Course Meet to be held on 16 August. We have closed off almost two weeks earlier than last year and capped our number of swims at over 900 less than last year. Still it will be a big day that requires all hands on deck to be successful.

In that regard parents are reminded that a timekeeping roster sheet will be available on the notice board in the clubrooms for you to sign up to act as a timekeeper for the meet. This has been a request from a number of parents recently and the sheets will remain there until August 4th when the Social Reps for each squad will take over and fill the holes. Get in first, choose your lane, choose who you time keep with and perhaps you will end up like John Batton and Steve Asbury, who were the timekeepers for Grant Hackett's recent 800m SC World Record.

There have been some great trips and activities undertaken by squads over the last month or so – notably the trip to the Telstra Grand Prix in Sydney and then on to training in Queensland for the National Open and Youth squads, and the trip to compete in the La Trobe City Cup for our National Age and State Junior squads. Congratulations to all on some really good swimming and fine representation of NSC.

Well done to those competing in the District Interclub meet. NSC is performing well and the team spirit being displayed is a great feature of the meets. Similarly, to those who competed at the recent Victorian Open Short Course championships, well done.

Thank you too to the parents who have shared the team management duties for these events over the last couple of months. We are still working to get it all right but the fact that people are ready and willing to jump in and give a hand is really pleasing.

In finishing I'd just like to congratulate Amanda on her recent appointment as the Club Head Coach and to Amanda, Nick and Dean on signing four year contracts. The future of the club is in good hands and you certainly have the Swim Committee's full support.

Paul Streefkerk
Swim Committee Chair

Telstra Grand Prix and Training Camp By Matt Armfield

On the 4th of July the National Youth and National Open squads embarked on a plane to Sydney to compete in the second leg of the Telstra Grand Prix series.

Competing at this meet was set to be a great experience, due to the fact that the Nunawading swimmers would be competing against the Australian Olympic team.

Even though performances and results were up and down, it was a good step forward for some of the younger and older swimmers at the club, to compete against such quality competition.

After the Grand Prix, as we headed for the training camp, we were rejoined by Coach Amanda and fellow swimmer Prue Watt, who had been in camp as a member of the Australian Paralympics team.

We were also joined by Jeremy Tidy, one of the swimmers that Amanda was coaching on the team.

The training camp was at the Southport School on the Gold Coast. Despite being in 'sunny' Queensland, we were with icy mornings and rain on the first few days. But, being dedicated athletes from Nunawading, we braved the conditions and did the best we could to better ourselves as athletes.

As the week went on, the weather started to look up, and so did the swimmers, by putting their best foot forward and training harder than they ever had before.

There were many useful experiences had on this trip away, and hopefully these experiences, including the infamous 'bird pose' that we adopted during yoga, will help the swimmers of the Youth and Open squads move forward as athletes and in attaining their goals for the coming season.

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.

Victorian Open SC Championships

The 2008 Victorian State Open Short Course Championships was another successful competition for the Nunawading Swimming Club.

Many PBs and Club Records fell throughout the weekend, and for some swimmers, this was the first time they had competed at an Open Championships.

Congratulations to all swimmers on their exceptional performances, and we wish all the age swimmers good luck, in their preparations for the Victorian State Age Short Course Championships in September.

Point Score

Melbourne Vicentre	271
Nunawading	258
South Island, NZ	244
Carey Aquatic	164.5
Haileybury Waterlions	125.5

Nunawading Medal Tally

Gold	1
Silver	13
Bronze	10
Total	24

Victorian Records

Shane Asbury

17/18 years 400m Freestyle
3.55.92 broke record by 4.35 sec

Shane Asbury

17/18 years 400m Individual Medley
4.24.71 broke record by 6.97 sec

Shane Asbury

17/18 years 200m Butterfly
2.00.51 broke record by 2.72 sec

State Open Results – Top 10

Shane Asbury

200m Freestyle 2nd
200m Butterfly 2nd
400m Individual Medley 2nd
200m Individual Medley 3rd
400m Freestyle 4th
200m Backstroke 10th

Chelsea Carpenter

100m Breaststroke 2nd
100m Individual Medley 2nd
50m Breaststroke 3rd
200m Breaststroke 3rd
200m Individual Medley 3rd
50m Butterfly 10th

Belinda Parslow

200m Freestyle 2nd
800m Freestyle 2nd
100m Freestyle 3rd
200m Freestyle 3rd
50m Freestyle 4th

Belinda Bennett

400m Freestyle 2nd
200m Freestyle 3rd
100m Freestyle 4th
50m Butterfly 6th
50m Freestyle 7th
100m Backstroke 10th

Jack Laidler

50m Breaststroke 2nd
50m Breaststroke 3rd

Sam Sheppard

1500m Freestyle 2nd
200m Butterfly 5th
200m Backstroke 9th

Prue Watt

SWD 50m Butterfly 2nd
SWD 50m Backstroke 5th

Nick D'Arcy-Evans

200m Breaststroke 2nd
100m Breaststroke 5th

Roxy Perring

200m Butterfly 2nd
200m Backstroke 8th

Rowan Sonsie

100m Breaststroke 4th
100m Individual Medley 4th
50m Breaststroke 9th

Sam Bennett

100m Individual Medley 4th
100m Backstroke 5th

Jaelyn Lee

100m Butterfly 4th

Laura-Ann Wong

200m Breaststroke 5th
100m Individual Medley 7th
100m Breaststroke 8th
200m Backstroke 10th
200m Individual Medley 10th

Llewellyn Little

400m Individual Medley 6th
200m Butterfly 8th

State Open Results – Top 10 (cont.)

Jessica Batton

200m Backstroke 6th

Matt Armfield

100m Backstroke 7th

50m Butterfly 8th

100m Butterfly 9th

50m Backstroke 9th

Adam Parslow

200m Freestyle 7th

Sharni Campbell

50m Backstroke 8th

100m Freestyle 9th

James Argiro

200m Butterfly 9th

Female Relays

'A' 4x100m Freestyle 1st

'A' 4x100m Medley 3rd

'B' 4x100m Medley 4th

'B' 4x100m Freestyle 7th

Male Relays

'A' 4x100m Freestyle 2nd

'A' 4x100m Medley 2nd

'B' 4x100m Freestyle 6th

'B' 4x100m Medley 8th

Club Records

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

June Records – Short Course

Nerice Smith

11/12 years 50m Breaststroke

36.16 broke record by 1.34 sec

14/06/2008 Canberra

Nerice Smith

11/12 years 100m Breaststroke

1.18.95 broke record by 0.71 sec

14/06/2008 Canberra

Nerice Smith

11/12 years 200m Breaststroke

2.51.00 broke record by 0.52 sec

14/06/2008 Canberra

Nerice Smith

11/12 years 200m Individual Medley

2.35.17 broke record by 0.12 sec

14/06/2008 Canberra

Nerice Smith

11/12 years 400m Individual Medley

5.22.00 broke record by 22.9 sec

14/06/2008 Canberra

Emily Zukic

11/12 years 100m Individual Medley

1.12.34 broke record by 0.09 sec

22/06/2008

Emily Zukic

11/12 years 200m Individual Medley

2.35.04 broke record by 0.13sec

22/06/2008

Emily Zukic

11/12 years 200m Individual Medley

2.32.09 broke record by 2.95sec

29/06/2008 MSAC

Emily Zukic

11/12 years 200m Breaststroke

2.47.38 broke record by 3.62 sec

28/06/2008 MSAC

Emily Zukic

11/12 years 100m Breaststroke

1.18.73 broke record by 0.22 sec

28/06/2008 MSAC

Amber Lewis

11/12 years 1500m Freestyle

21.37.93 **created a new record**

29/06/2008 Canberra

Laura-Ann Wong

17/18 years 50m Breaststroke

34.67 broke record 0.10 sec

29/06/2008 MSAC

Sam Sheppard

17/18 years 400m Freestyle

4.01.87 broke record by 0.71 sec

29/06/2008 MSAC

Shane Asbury

17/18 years 200m Individual Medley

2.05.13 broke record by 1.13 sec

30/06/2008 MSAC

Shane Asbury

17/18 years 1500m Freestyle

15.27.64 broke record by 15.73 sec

29/06/2008 MSAC

Club Records (cont.)

Shane Asbury
Open 1500m Freestyle
15.27.64 broke record by 7.01 sec
29/06/2008 MSAC

June Records – Long Course

Ashley Delaney
Open 200m Backstroke
1.57.22 Broke record by 0.31 sec
10/06/2008 Mare Nostrum

July Records – Short Course

Belinda Bennett
15/16 years 200m Freestyle
2.03.13 broke record by 1.27 sec
7/07/2008 Woy Woy

Belinda Bennett
15/16 years 200m Freestyle
2.01.59 broke record by 1.54 sec
11/07/2008 Canberra

Belinda Bennett
15/16 years 400m Freestyle
4.18.01 broke record by 0.96
7/07/2008 Wagga Wagga

Belinda Bennett
15/16 years 400m Freestyle
4.16.11 broke record by 0.90
12/07/2008 Canberra

Belinda Bennett
15/16 years 400m Freestyle
4.18.96 broke record by 7.02 sec
7/07/2008 Woy Woy

Belinda Bennett
15/16 years 800m Freestyle
8.55.10 broke record by 23.06 sec
8/07/2008 Woy Woy

Jessica Batton
13/14 years 200m Backstroke
2.20.38 broke record by 1.11 sec
19/07/2008 MSAC

Emily Zukic
11/12 years 50m Breaststroke
35.94 broke record by 0.22 sec
19/07/2008 MSAC

Emily Zukic
11/12 years 100m Breaststroke
1.18.42 broke record by 0.31c sec
19/07/2008 MSAC

Emily Zukic
11/12 years 200m Breaststroke
2.43.60 broke record by 3.78 sec
19/07/2008 MSAC

Emily Zukic
11/12 years 100m Individual Medley
1.12.09 broke record by 0.35 sec
19/07/2008 MSAC

Laura-Ann Wong
17/18 years 200m Breaststroke
2.35.78 broke record by 0.23 sec
19/07/2008 MSAC

Shane Asbury
17/18 years 400m Freestyle (State Record)
3.55.92 Broke record by 5.95 sec
19/07/2008 MSAC

Shane Asbury
17/18 years 200m Butterfly (State Record)
2.00.51 broke record by 3.50 sec
19/07/2008 MSAC

Shane Asbury
17/18 years 400m Individual Medley (State Record)
4.24.71 broke record by 9.10 sec
19/07/2008 MSAC

Rowan Sonsie
17/18 years 100m Individual Medley
58.60 broke record by 0.46 sec
19/07/2008 MSAC

Jack Laidler
17/18 years 50m Breaststroke
29.38 broke record by 0.15 sec
19/07/2008 MSAC

Jack Laidler
17/18 years 100m Breaststroke
1.03.54 broke record by 0.06 sec
19/07/2008 MSAC

July Records – Long Course

Ashley Delaney
Open 50m Backstroke
25.10 Broke record by 0.08 sec
5/07/2008 Sydney

Laura-Ann Wong
17/18 years 200m Breaststroke
2.40.90 broke record by 0.22 sec
6/07/2008 Sydney

Congratulations to all swimmers who broke Club records over the June and July period.

LaTrobe City Cup Wrap Up

By Dean Bryant

On Sunday the 27th of July 2008 athletes from both National Age and State Junior Squads participated in a road trip to the town of Churchill for the 2nd Annual Latrobe City Cup.

The day started at 6:30am (a sleep-in for most!) and by 8:15am we had arrived at the venue. The team of 35 swimmers, 2 coaches and 3 team managers made their way onto pool deck in full club regalia to the sound of muffled whispers amongst the other teams. Clearly we had made an impression. The team prepared themselves and began warm up where much to my amusement the team nearly filled the whole pool!

After warm up, it was time to race, and race the team did, with some astounding results. 10 second PBs, 5 second PBs and numerous 1-2 second PBs were the norm, and after the first session 85 PB's had been demolished.

After the lunch break we were back into it with the final tally of best times for the day being 132; a great result for all involved.

From a coaches perspective I was very pleased with the results, as the team has been encouraged this season to focus on great racing regardless of what training phase we're in.

Special mention to the following swimmers who won their respective age group based on their results throughout the day:

- Mikayla Smith, 9 year old girls
- Georgia Langford, 10 year old girls
- Joel Watson, 10 year old boys
- Christopher Lee, 11 year old boys
- Emily Zucic, 12 year old girls
- Liam Fisk, 12 year old boys
- Nerice Smith, 13 year old girls
- Nikaylah Hanlen, 14 year old girls
- Caradoc Markey, 14 year old boys

Despite rain, hail and shine, everybody had a great day and we will definitely be back at some stage in the future.

I would like to take this opportunity to thank the athletes for their team spirit, enthusiasm, race approach and behaviour. You really are a great bunch of kids and I am very proud of you.

Attention swimmers aged 8 and under!

With the Short Course season now well under way, we just thought we should bring to your attention the number of club records keenly up for grabs.

Swimmers aged 8 and under have the chance at creating club history, if they are willing to have a go at competing at longer distance events.

Currently there are no club records held in the following events:

Female U8 200m Backstroke
Female U8 200m Butterfly
Female U8 200m Freestyle
Female U8 400m Freestyle
Female U8 800m Freestyle
Female U8 1500m Freestyle
Female U8 400m Individual Medley

Male U8 200m Backstroke
Male U8 200m Breaststroke
Male U8 200m Butterfly
Male U8 200m Freestyle
Male U8 400m Freestyle
Male U8 800m Freestyle
Male U8 1500m Freestyle
Male U8 400m Individual Medley

So, if you're a young swimmer who is interested in becoming an inaugural record owner, and receiving a record certificate, enter any of the events outlined above as soon as possible.

Club records to be set ...

Also up for grabs are a number of events that, as yet, have not been set in club records. If there are any other eligible swimmers who are interested in making club history, the events are:

Male 9/10 800m Freestyle
Male 9/10 1500m Freestyle
Male 9/10 400m Individual Medley

Female 9/10 800m Freestyle
Female 9/10 1500m Freestyle
Female 9/10 400m Individual Medley
Female 17/18 1500m Freestyle

Suggestions for *Making Waves*

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

Diary Dates

- Sat 2 August Nunawading Breakfast
Nunawading Club Rooms
- Sun 3 August Surrey Park Short Course Meet
MSAC (Entries closed)
- 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 closed)
- Fri 22 August District Interclub Meet # 5
Aqualink Nunawading
- Fri 22 – Sun 24 August
NSW Open Short Course SOPAC
- Sat 23 August Nunawading Breakfast
Nunawading Club Rooms
- Sun 24 August Nunawading PB Challenge
Aqualink Nunawading

Don't forget

Entries for the Victorian Age Short Course Championships MSAC September 5th to 7th close on **August 21st**.



World Class Timekeepers: John Batton and Steve Asbury with Grant Hackett before his 800 metre Freestyle Short Course World Record.

August Birthdays

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

*August 1st Angus Langford
August 3rd Kimberley Cherrie
August 7th Julia Algie
August 10th Rowan Sonsie
August 11th Megan McDonald
August 12th Samuel M Chan
August 12th Matilda Rudd
August 13th Athol Keeton
August 15th Damien Armfield
August 16th Dean Bryant
August 17th Matthew Lyon
August 18th Kayla Glewis
August 19th Philippa Barclay
August 20th James Argiro
August 21st Margaret D'arcy Evans
August 21st John D'arcy Evans
August 21st Emily McGowan
August 22nd Sofia Hancock
August 24th Susan Parslow*



Road Trip: The National Age and State Junior Squads head off to Churchill for the 2nd Annual LaTrobe City Cup. Read the *wrap up* on page 9.