

Making Waves

Nunawading Swimming Club Inc.
Official Club Newsletter

September 2008

WELL DONE ASHLEY

Ashley Delaney moved from Traralgon to Vermont on the day following his Year 12 exams in October 2003. Ashley was good at a number of strokes, but backstroke was the stroke he enjoyed the most.

Over the next three years, Ashley improved his swimming and made finals at the Australian Championships in the backstroke events in 2005. In January 2006, Ashley finished third in the 100 metres Backstroke at the Commonwealth Games Trials and just missed selection for the Commonwealth Games.



Ashley Delaney at the 2008 Beijing Olympic Trials.
Picture by Delly Carr.

This provided Ashley with even more determination to train hard and he was rewarded with a place in the Australian Youth team to compete in California in July 2006. Ashley won gold in the 100 metres backstroke at the Santa Clara Meet, and then returned to represent Australia at the Oceania Championships in Cairns where he won 3 gold medals.

As a result of his performances throughout 2006, Ashley was added to the Australian Swim Team for the Pan Pacific Championships in Canada in August this year. At the Championships, Ashley finished a very credible sixth place in the 100 metres Backstroke.

Ashley broke the Australian Record for the 100 metres Backstroke at the 2008 Telstra Australian Team Olympic Trials and was selected in the 100 and 200 metres Backstroke for the Beijing Olympics.

Ashley finished in fifth place in the final of the 100 metres Backstroke in a personal best time and also swam in the semi-final of the 200 metres Backstroke. Ashley was also the backstroke swimmer in the heats of the Medley Relay with the team coming home with a silver medal.

The Nunawading Swimming Club continues to support Ashley as he now prepares for the upcoming season. Well done Ashley from everyone at Nunawading.

PARENT EDUCATION SESSION

Nunawading Swimming Club & Swimming Victoria are inviting all NSC parents to attend the Australian Unity GO Club breakfast sessions at the up and coming Victorian Age Short Course Championships. The sessions will be held in the marshall room in the outdoor pool from 8:45am – 9:45am.

We encourage ALL Nunawading parents to attend both education sessions if their children are swimming.

Saturday 6 September 2008: Jacqui Louder

The “ins & outs” of elite swimming & becoming an Elite Athlete, focusing on developing all the pieces that contribute to becoming a better athlete.

Sunday 7 September 2008: Dr Karen Holzer

Medical Information about common illnesses for swimmers

At the time of these sessions, all swimmers will be warming up with their coaches so there are no excuses not to attend. Both Jacqui and Karen are outstanding in their fields of experience and you will learn a lot in both sessions.

Please RSVP to Mark Pettifer at Swimming Victoria at markp@vic.swimming.org.au by Friday 5 September 2008 if you plan to attend these sessions.

Dynamic Duo head for Beijing

Head Coach Amanda Isaac and second-time Paralympian Prue Watt are headed to Beijing following their selection onto the 2008 Australian Paralympic Team.

On Saturday the 23rd of August, the Nunawading Swimming Club held a breakfast to celebrate and congratulate the outstanding achievements of the duo.

Club members gathered to wish the pair good luck on their Paralympic journey. Also in attendance was Anne Currie, Nunawading's only other Paralympian. Anne, who represented Australia at the 1984, 1988 and 1992 Paralympics, spent the morning providing advice to Prue and Amanda on her experiences at the Paralympics.

It was also announced that the *Swimmer with a Disability Swimmer of the Year Trophy* presented annually at the Club's Presentation Dinner will be renamed the Anne Currie Trophy.

The club presented some flowers to Anne on the morning and thanked her for attending and making the morning even more special for Prue and Amanda.

After claiming five silver and one bronze medal in Athens, Prue has her hopes set on snatching the gold at Beijing, and breaking the World Record in the process.

Prue, who has been training at Nunawading for the past 15 months, was positive about having another opportunity to race at an elite level.

"I'm very excited to get over there and race as fast as I can. Hopefully I can pull out lots of PBs, and maybe a couple of medals," she said.

Prue will spearhead the Australian Paralympic Team, by competing in the 100 metres Butterfly; the first event on Day One. This will kickstart her program of six events in Beijing.

The Paralympics will be held from the 6th to the 17th of September in Beijing.

Prue will be competing in the S13 classification for vision impaired athletes, meaning that she has less than 20 degrees of vision.

In an interview with SBS Intern Samantha Asbury, Prue spoke about her final preparations for the Games.

To Podcast the interview, head to <http://www20.sbs.com.au/podcasting/index.php?action=feeddetails&feedid=12&id=15934>

To send Prue a *Telstra HeroMessage* to wish her good luck at the Games, go to <http://hero.telstra.com/paralympics/>

Olympic Fever hits State Youth/Uni Squad

By Samantha Asbury

If you thought that the Olympics were only held in one location, Beijing, you were wrong.

As part of the hype for the 2008 Olympic Games, State Youth/Uni squad were split into teams representing four countries.

The British Virgin Islands, Guam, Liechtenstein, and Nicaragua.

The Opening Ceremony was a time of excitement, as competitors completed a dignified lap of honour around the Nunawading Swimming Club gym.

To the spectators, this once in a lifetime event was hard to miss. Teams displayed flags, banners, and official athlete passes as they proudly stepped through the glass doors, to the sound of Brad and Natalie singing the national anthem of the British Virgin Islands.

At each training session throughout the duration of the Olympic Games, all swimmers competed in a dive 100 metre timed max effort. Points were then allocated depending on how close the swimmers were to their PBs. Those that swam PBs gained the most points.

Swimmers were also awarded points for attending training sessions.

On the final point score, Nicaragua captured the gold medal in a remarkable 32 point victory over silver place-getters Guam. Bronze was awarded to Liechtenstein, with the British Virgin Islands rounding out the top four countries.

Congratulations to all who were involved.

SQUAD NEWS

National Open

Amanda Isaac

The Olympics have shown many amazing performances. We have seen many triumphs and some disappointments. These are the end results for all competitors' at the Olympics Games. Not everyone can win the gold medal, however everyone has the opportunity to contest. On race day it comes down to the execution of skill under immense pressure. Some are better than others at this, some have an immeasurable desire to win. Some athletes lose their self belief under this pressure.

All these moments are highs and lows of sport that relate to the end result of a preparation. The most important part of competing is the path you take. The journey. It is this journey that leads you towards the end result. It is about the athlete achieving their best each day, and each week. These days and weeks build strength through an athlete's preparation.

This is what you have done from the start of this season. You have travelled on your path to a good place, to a place where you are strong, happy and comfortable with yourself. Now is a great time to use all your psychological skills, to believe in yourself and your journey. Spread your wings and fly in your first race at Australian Short Course.

National Youth

Nick Veliades

The speed of the group is really kicking on now with some great PB's in the last few meets, again a great reflection of training over the past few weeks.

With a number of Victorian and Australian Youth teams being selected of National Open Short Course there is plenty of opportunity and motivation for swimmers to shine in these last few weeks of training leading into Nationals.

Good luck to all, use the opportunities being given to you!

National Age

Dean Bryant

Every four years when the Olympics rolls around, the swimming world goes into a frenzy of excitement and anticipation. For some this becomes too much. For others, the pressure of the moment is what they need to perform at their peak. Example of this can be seen in numerous members of the Australian swim team. However,

SQUAD NEWS

National Age (cont.)

Dean Bryant

one statement really does rise up in my mind in great big neon writing: "You are what you repeatedly do".

In other words, what you do day-in day-out in the training and competitive environment will be evident on the big stage at States, Nationals, International events etc etc.

Let me use a couple of examples, Eamon Sullivan - world record holder in both the 50m and 100m Free events, has continually swam fast at minor meets throughout the year, BUT, has never performed well on day 4,5,6,7,8 of a major meet. What did we see at the Olympics? Exactly that, he couldn't repeat his performances at the back-end of the meet.

Liesel Jones, world record holder in both the 100m and 200m breaststroke events, hasn't had anybody to challenge her in the 200m for years. Then, when the challenge came, she couldn't rise to the standard that the other athlete could. Because she hasn't repeatedly had to race to that standard.

And finally Brenton Rickard - He has been a battler for years, always having to fight for his results, Lo and behold he did exactly that, fought and battled for his medal (a great result for him).

So, I ask you ... "What do you repeatedly do?" ... and ... "Does that match your goals?"

Over and out.

State Junior

Dean Bryant

How to get the best out of your swimming training:

- Turn up
- Be ready to start on time
- Listen when the coach explains the session
- Work out your goals for the session
- Start swimming on time
- Encourage those around you
- Practice your skills repeatedly (Starts, turns and finishes)
- Challenge yourself (to make cycle, to complete the challenge etc)
- Work with the coach (not against)
- Smile :-)
- Imagine what it would be like if you were the coach: Would you be happy with your training performance?

SQUAD NEWS

State Junior (cont.) Dean Bryant

- Have a laugh with your mates/coach at the appropriate time (Not when coach is talking)
- Ask great questions (not silly ones)
- Make a change if you have been asked to

Most importantly of all: When its time to race, ITS TIME TO RACE!!! Race hard.

State Youth / Uni Melissa Klamt

After eight days of strong competition the State Youth Olympics have come to an end.

The 4th placed country was the British Virgin Islands and the bronze was awarded to Liechtenstein. Nicaragua took the gold in an amazing 32 point victory over Guam.

Our attention now turns to the State Age Championships. This is where all the hard training will pay off, so keep using your best skills at training to make those PBs happen.

The squad would like to wish Mel a happy 21st Birthday on September 11th. They are all expecting that Mel will bring a cake to training, to help them celebrate with her!

State Development Kirsty Woodham

With the Short Course season drawing to a close for most of State Development, it is a good opportunity for all swimmers to look back at what they have achieved.

The squad as a whole has taken some big steps forward this season, both in training and in racing performance, but it is important to remember that there is still a lot of work to do.

You will only see results at meets if you put the effort into every training session.

To Ash, Joe and Henry who are headed to State Champs, congratulations and good luck. Compete well, swim fast and continue to use every training session to build on what you have done this season.

As we continue to welcome more new swimmers into the squad, I look forward to a successful Long Course season coming up. Enjoy your break!

SQUAD NEWS

Hanson Celia Glewis

This Term has seen nearly all of you compete at several events. For those of you that did Interclub; well done. It was good racing practice for our 7-10 Encouragement Meet coming up in October.

Congratulations to Ronan Keeting (2nd 7 year old place getter over the 5 weeks of Interclub) Ben White (3rd place getter 7 and under boys), and also to Carla Trappin (2nd place getter 7 under girls). Congrats to all swimmers for giving it your best go.

It is great to see so many of you turning up for the skills sessions on Saturday mornings, which will continue for Term 4.

Well done to all swimmers for turning up to attend PB Challenge this Term.

Don't forget the 7-10 Encouragement Meet in October, where I will be expecting to see most of you race (see me if you missed out on a form).

Junior A Kirsty Woodham

August was a month of racing for Junior A, including two swim meets and an Olympic Time Trial Challenge (well done to the winner Annie!).

The challenge was set to swim faster than ever before, and they certainly beat all expectations!

With over 75 per cent PBs at Surrey Park, most of which were lowered again at the Nuna meet, Junior A is certainly seeing the results from some hard training sessions.

For the seven swimmers headed to State Champs, congratulations and good luck. Use every training session till then to prepare. Every set, lap, turn, start and finish in training, is an opportunity to ensure that on the day you perform these skills better than everyone else, and finish in front.

For those of you not yet at state level, take the improvements you have made this season and build on them going forward. You are all more than capable of achieving these times by long course champs! Enjoy your training break!

SQUAD NEWS

Junior B Stephanie McDonald

We are now well into term 3 and I am very pleased at everyone's progress, so well done!

Please remember to keep warm and don't come to training if you are sick! We have had a lot of people away lately because of colds and the flu etc.

Congratulations to all the Junior B swimmers who swam at Surrey Park meet and Nunawading Meet. I am very pleased at the outstanding results of everyone who swam at Nuna meet. Everyone did fantastic PBs; your hard work at training is paying off!!

Just a quick reminder that if you swim in Junior B and if you're a member of the club, you are required to represent the club at swimming competitions! Please check the Nuna competition calendar for upcoming meets.

Our biggest meet of the year is coming up soon and that is Metro East 7-10 Selection Trials on October 19th. Please get your entries in early and I expect to see all Junior B swimmers at this meet!

Well done to Philippa Barclay, Zac Hanlen, Daniel Perry and Rhiannon Markey who we're all trophy winners at Friday night Interclub. Congratulations to Zac Hanlen and Tom O Halloran who have been promoted to Junior A, all the best with your training.

Obsidian Finance
Home Loans and Commercial Loans

LOOKING FOR A BETTER HOME LOAN

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

By promoting the products and services of *Obsidian Finance* to friends and family, the Swimming Club will receive financial support for each Home Loan, Investment Loan, Personal Loan, Car Loan, Business Loan and Commercial Loan made and settled through *Obsidian Finance*.

If you would like assistance with any of the loans above, or if you want to see if you are paying too much on your existing home loan, call Peter Sonsie, Director; now on 9879 4391.

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 ...

ADAM PARSLOW



Coach/squad: *Amanda, Open National Squad*

Favourite stroke/event: *200-400 metres Freestyle*

Favourite subject at school: *Completed a major in genetics at uni.*

Favourite TV show: *Battlestar Galactica*

Favourite Movie: *Garden State*

Beach or Movie: *Nothing beats going for a surf.*

Footy Team: *Richmond*

What can't you live without: *Friends and Family*

What do you do outside swimming: *Completing a PhD in Colon Cancer Research.*

My dream is to ... *strive for success, to seek knowledge and to find happiness in all I do.*

Swimming is ... *an amazing opportunity to develop the self trust required to test and expand our limits.*

Swim Committee Report – August 2008

It's a brief note from the Swim Committee this month. Our focus has well and truly been on the Short Course meet held on 16 August.

It has been well documented elsewhere but it bears saying again that without everyone being willing to pitch in the event would not happen and the few times a year that people are asked to assist is just part of being a part of a swimming club.

Thanks therefore to everyone who did help, and in particular Christine Hanlen. The event will net the club around \$10,000 so the effort has a significant outcome. Thanks and well done.

We'd also like to congratulate Anne Currie for having the SWD Swimmer of the Year trophy named in her honour.

State Age Short Course and Australian Short Course Championships are next on the horizon.

Good luck to all swimmers competing and since the Australian Championships are here in Melbourne we'd encourage everyone to get along for a session to support your club mates.

It's on from 20 September to 24 September (during school holidays) so there is a great chance for a group of squad members to go in to MSAC together and make a social occasion of it.

Finally good luck to Amanda and Prue – we all wish you good luck and hope you have a great time!

Paul Streefkerk
Swim Committee Chair

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. The Member Fast Gates are now up and running and 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, making ease of access easier for those with cards.

Bill Bowie

It is with great sadness that we heard of the passing of Cr Bill Bowie last month.

Bill has been a staunch supporter of the Nunawading Swimming Club over the 15 years he was a Councillor in the City of Whitehorse.

Most recently Bill attended our 2008 Presentation Dinner at Box Hill Town Hall where he made a speech and presented trophies.

Bill loved all sports and was a huge advocate for improving sporting facilities throughout the City of Whitehorse.

Our thoughts go out to Bill's family and friends.

Gary Barclay
General Manager

Nunawading Pool Records

Swimmers who attend PB Challenge competition on Sundays at Nunawading can now claim Pool Records from times swum at this meet.

Swimmers must notify Sally Chan (Intra Club Officer) before commencing their swims at the start of the day if they want their records ratified. Swimmers who do not notify Sally will not have record breaking swims recognized.

Club Records

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

August Long Course

Ashley Delaney

Open 100m Backstroke
53.31 broke record by 0.31 sec
12/08/2008 Beijing Olympics

August Short Course

Mikayla Smith

9/10 years 200m Breaststroke
3.16.78 broke record by 2.34 sec
3/08/2008 Surrey Park SC Meet

Georgia Langford

9/10 years 200m Butterfly
2.57.91 broke record by 16.71 sec
16/08/2008 Nunawading Meet

Amber Lewis

11/12 years 800m Freestyle
10.59.68 broke records by 16.96 sec
9/08/2008 MSAC

Emily Zukic

11/12 years 800m Freestyle
9.50.24 broke record by 69.44 sec
23/08/2008 Surrey Park Meet

Emily Zukic

11/12 200m Individual Medley
2.29.32 broke record by 2.77 sec
3/08/2008 Surrey Park SC Meet

Emily Zukic

11/12 years 100m Breaststroke
1.17.84 broke record by 0.58 sec
3/08/2008 Surrey Park SC Meet

Emily Zukic

11/12 years 400m Freestyle
4.43.16 broke record by 0.21 sec
3/08/2008 Surrey Park SC Meet

Emily Zukic

11/12 years 100m Individual Medley
1.11.20 broke record by 0.89 sec
16/08/2008 Nunawading Meet

Rebekah Keating

11/12 years 50m Backstroke
32.79 broke record by 0.42 sec
16/08/2008 Nunawading Meet

Belinda Bennett

15/16 years 800m Freestyle
8.44.08 broke record by 11.02 sec
23/08/2008 Surrey Park Meet

Belinda Bennett

15/16 years 400m Freestyle
4.15.28 broke record by 0.83 sec
16/08/2008 Nunawading Meet

Roxanne Perring

15/16 years 200m Butterfly
2.17.43 broke record by 3.15 sec
3/08/2008 Surrey Park SC Meet

Laura-Ann Wong

17/18 years 200m Breaststroke
2.35.18 broke record by 0.60 sec
16/08/2008 Nunawading Meet

Laura-Ann Wong

17/18 years 100m Breaststroke
1.13.29 broke record by 0.18 sec
16/08/2008 Nunawading Meet

James Argiro

15/16 years 100m Butterfly
56.83 Broke record by 0.57 sec
16/08/2008 Nunawading Meet

Shane Asbury

17/18 years 800m Freestyle
8.08.88 broke record by 8.09 sec
3/08/2008 Nunawading Meet

Jack Laidler

17/18 years 100m Breaststroke
1.02.86 Broke record by 0.74 sec
16/08/2008 Nunawading Meet

Congratulations to all club record breakers. Over 50 records have been broken this season already.

Well done to Georgia Langford on getting her first club record!

If there are any swimmers who swam at meets outside Metropolitan Melbourne and think that they might have broken club records please email Sarah Venning at svenning08@starthcona.vic.edu.au otherwise it might be missed.

Swims swum at meets which are not posted on websites or can not be proven in some other way can not be recognized. Also, if there are any problems with records listed on the Nunawading website or in the newsletter please us know so that we can fix it.

Diary Dates

Fri 6 – Sun 7 Sept	Victorian Age Short Course Meet MSAC (Entries closed)
Sun 14 Sept	Nunawading PB Challenge # 3 Aqualink Nunawading
Sun 14 Sept	Metro East Proficiency Kew (Entries closed)
Sat 20 – Wed 24 Sept	Australian Open Short Course Meet MSAC (Entries closed)
Sat 18 – Sun 19 Oct	Victorian Open Water Champs Hazelwood

Swimmers Excel at Cross Country

Three Nunawading swimmers represented Victoria in the Australian Schools Cross Country Championships at Geelong on Saturday the 23rd of August. They all acquitted themselves excellently, and all finished in the top section of their races.

Congratulations to:

Phillip O'Brien – finished 4th in the 13 years boys 3km in a time of 9 mins 58 secs (1st Vic.).

Ben White – finished 18th in the 10 years boys 2km in a time of 7 mins 20 secs.

Emily Zukic – finished 21st in the 13 years girls 3km (running against girls a year older than her) in a time of 11 mins 20 secs.

Congratulations also go to Brad Simpson, who competed in the Australian Road Walking Championships at Albert Park on Sunday 24th of August. Brad took the bronze medal, and was the first Victorian to cross the line, in the Men's Under 16 years 5km, with a time of 24 mins 53 secs.

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.

September Birthdays

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

*September 1st Alex Van Der Horst
September 2nd Jessica Forster
September 3rd Sharni Campbell
September 7th Rosita Chau
September 9th Daniel Perry
September 10th Ryan Oirbans
September 11th Melissa Klamt
September 11th Sian Murray
September 13th Rhiannon Markey
September 16th Daniel Aguiar
September 16th Jessica Vu
September 18th Andrew Roberts
September 18th Kilian Treminio
September 20th Ebony Chan
September 21st Ashleigh White
September 22nd Loic Panassie
September 28th Evelyn Boldt
September 28th Brooke Simpson*



Nunawading Swimming Club Short Course Meet

The Nunawading Swimming Club Short Course Meet, held on Saturday the 16th of August at MSAC, was a great success.

We would like to thank all those who were involved in timekeeping, selling raffle tickets and programs, and helping out on the day to ensure it ran smoothly. Your efforts were much appreciated.

Suggestions for Making Waves

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