

Nunawading Swimming Club Inc.

Making Waves



Official Club
Newsletter

October 2008

ROHAN TAYLOR JOINS NUNAWADING



Olympic Swimming Coach Rohan Taylor has joined Nunawading Swimming Club in the position of High Performance Coach for the next 4 years.

Most recently Rohan was a coach on the Australian Swimming Team to the 2008 Beijing Olympics. Rohan coached Leisel Jones to two gold medals and one silver medal and also coached Shayne Reese to the Olympics as well. Rohan has worked with elite swimmers for the past 10 years and is recognised as one of the more successful coaches in Australia at this time.

Rohan will bring his coaching knowledge to Nunawading and will work together with Amanda Isaac with the Open squad to establish a truly high performing group of swimmers who will train together on a daily basis. The Open squad will grow over time and there may be slight adjustments to the training schedule and these changes will be worked through by Amanda and Rohan with the squad.

As Head Coach, Amanda will continue to guide the club in its future direction and work closely with Rohan on all aspects of the squad program.

The main group of swimmers who will benefit by Rohan's appointment will be the Open squad, who will now enjoy the expertise of both Rohan and Amanda working with them. The appointment will also benefit coaches Nick Veliades and Dean Bryant

as the schedule will be modified later in the year to allow Amanda and Rohan easier access to observing and working with Nick and Dean and their squads.

These coaches will then work closely with the coaches of the squads they are responsible for to ensure all swimmers in the club are positively affected by the coaching appointment.

Rohan will have a major role in swimmer talent identification and the professional development of Nunawading coaches to ensure the progress and development of swimmers and coaches throughout all levels of the program.

This appointment together with the recent announcement that Amanda, Nick and Dean have signed 4 year contracts places Nunawading Swimming Club in a very exciting position to move forward with stability and new blood combining to assist all swimmers to improve.

The Board is very excited about this announcement and is now looking to work towards a number of the other major initiatives that have evolved from the 2008 Strategic Plan.

National Youth Coach Leigh Nugent has greeted the appointment with the following comments:

"The appointment of Rohan Taylor by the Nunawading Swimming Club to the newly created position of High Performance Coach is a positive and innovative move by the club.

Such a move demonstrates the commitment that Nunawading Swimming Club has to improving the high performance coaching environment for its members and for Australian Swimming in general.

The Nunawading Swimming Club is to be applauded for supporting its vision of providing swimming excellence through this appointment"

We welcome and congratulate Rohan on his appointment to the Nunawading Swimming Club.

Australian Short Course Championships 2008

By Amanda Isaac

Congratulations to our Team who competed at the Australian Short Course Championships in September at MSAC. Nunawading finished a pleasing 3rd on the overall Club Point Score.

These championships highlighted the improvement of our National Open and Youth Squads. This is a positive result as this is the same group of athletes that swam at last year's championships.

There were outstanding results from Belinda Bennett, who won her first National Open Silver in the 800m Freestyle; Our female relay teams won 3 Bronze medals out of three swims; Our male medley relay team won a Bronze Medal; And Prue Watt on arrival back from the Beijing Paralympics, won 3 Gold, 2 Silver and 1 Bronze Medal.

Matthew Armfield, Chelsea Carpenter, Jack Laidler and Nadine Jones all made individual finals in their best events with Chelsea making 3 finals.

Another ten swimmers who were previously outside semi finals were able to proceed forward this year and placed in the top 16 athletes. This is a good indicator of swimmers progression up the ladder and also made for busy finals sessions.

Three Nunawading swimmers were rewarded for their efforts at the Championships.

Belinda Bennett has been selected on the Junior Pan Pacs Team travelling to Guam in January.

Sam Sheppard has been selected on the Youth Olympic Team to compete in Sydney in January.

Shane Asbury has been selected on a Swimming Victoria Development Squad tour to New Zealand in December.

This is a fantastic achievement for Belinda, Sam and Shane.

Overall this result was due to the commitment of the group. In August we outlined our Team Values for this Team.

These values were: Responsibility; Determined; Unity; Positive; Respect; These values were instilled by our athletes, our coaches and our athletes parents.

I would like to thank these parents for their support. Your support is vital to the success of the group.

And I would like to thank Nick Veliades, Gary Barclay and Dean Bryant for their assistance whilst I was in Beijing.

Thank you also goes to our support crew in the stands during the entire meet. Everyone knew when a Nunawading swimmer was on the blocks, as the noise from both stands was very loud.

Your team mates really appreciated your support with loud cheers and massive banners and funny costumes. This gave the meet great atmosphere. Well done!

Congratulations to all swimmers who competed at Australian Short Course. It is very rewarding to see your improvement. All swim should be proud of their efforts and looking forward to more success in the long course pool.

Go Nuna!

2008 Dual Meet | Victoria vs. QLD

Following the 2008 Victorian Age Short Course Championships, Swimming Victoria announced a representative team to race at Caloundra QLD on Saturday the 1st of November 2008.

Congratulations and good luck to the Nunawading Swimmers listed below, in the team of 40 athletes comprising five males and five females in each of the 12-15 years age groups:

- Jessica Batton (Nunawading)
 - Jack Currie (Nunawading)
 - Liam Hunt (Nunawading)
 - Rebecca Keating (Nunawading)
 - Emily Zukic (Nunawading)
-

asctaVIC Awards

Congratulations to Head Coach Amanda Isaac on receiving two trophies at the recent asctaVIC awards.

Amanda received the Victorian Coach of the Year of Swimmer with a Disability for 2008 and a Special Achievement for placing a Swimmer on an Australian Team in 2007/08.

Dean Bryant was also awarded the Victorian Age Group Coach of the Year. Well done Dean.

SQUAD NEWS

National Open

Amanda Isaac

It is great to see everyone back training again after a refreshing break. The two week break is a great reward for your dedication to swimming during your preparation. The break allows you to refresh your body (to recover from the heavy workloads) and to rest your mind (from the high intensities required to train at a high level).

The squad achieved improved success at the recent Australian Short Course Championships. I am very proud of the group for their commitment to the task. It is very pleasing to know you kept your focus during the hard work and also during your taper. A big thank you to Gary and Nick for their positive influences on you during my absence.

Once again, it is very pleasing to have a group determined to achieve. You have control of the path you wish to take. You are the athlete who makes positive choices. Take confidence from your recent achievements and launch into an exciting preparation to World Championship trials in March and beyond.

National Youth

Nick Veliades

Welcome back to all after a great season and a well deserved break.

Congratulations to our two new Australian team members with Bindy Bennett being selected on the Australian Junior Pan Pacs Team competing in Guam, and Sam Sheppard being selected on the Australian Youth Olympic Team travelling to Sydney.

Could everyone please be aware of their individual training requirements over the next few weeks.

If you have any individual questions or concerns please see me in the first few weeks.

National Age & State Junior **Dean Bryant**

Welcome back to all swimmers in both squads. Training in the first week back has been excellent following on from exceptional results at the Victorian Age Short Course Champs. We are now preparing for the 2009 Victorian and Australian Age Championships. Consistency at training is crucial at this time of the year if you wish to gain the results you desire in 2009.

SQUAD NEWS

State Youth / Uni

Melissa Klamt

Congratulations to all squad members on an excellent short course season, with all your hard work paying off at States.

Special mentions go to Stef, Nic and Marcus who swum all personal bests (or almost all) in their large programs of events.

It's good to see all squad members rejuvenated and ready to get back into training. Target meets coming up soon are the Nunawading, SV Distance and December competitions.

Please ensure you enter all three competitions within the week as they will no doubt be very popular leading into the State Championships.

The next squad meeting will be on Monday 27th of October at 7pm.

State Development

Kirsty Woodham

State Development finished the short course season as a completely different looking squad to when it began. The size of the group has more than doubled and the 'original' squad members have begun to show the commitment to their training that is needed to achieve the results they are capable of.

This needs to continue to improve this season as you all aim to qualify for state champs in January. This means attending every training session, including being there early and ready to swim on time. Even in the morning!

I look forward to seeing all the 'new' swimmers in the squad gain confidence and progress this season, as well as the 'established' squad members taking on a leadership role within the group and achieving some great results.

Hanson

Celia Glewis

Thankyou to Celia Glewis who has finished up as coach of Hanson Squad at Nunawading at the end of last term.

We would like to thank Celia for all her hard work over the past year with this squad, and we wish her the best for the future.

SQUAD NEWS

Junior A

Kirsty Woodham

The short course season was one of great improvement for Junior A. Jess, Lawrence, Mikayla, Emily C, Natalie, Julia and Mark all competed and swum fantastically at state championships, while the rest of the squad continued to lower their PB's, getting closer to state qualifying times.

The squad has returned from their well earned training break, minus Mikayla and Em C who have moved up to state junior (well done girls!), with enthusiasm and ready to work hard. With only 10 weeks till 12 & under states every single training session is important. If you don't turn up to a minimum of 4 sessions a week and don't put in 100% effort every session, you can't expect to get the results you are all capable of.

Please ensure that you enter all required meets as soon as they open to make sure that you get to swim! I look forward to an even better and more successful long course season!

Junior B

Stephanie McDonald

Welcome back to term 4! I hope all swimmers (and parents) had a fantastic break and are ready for an exciting term ahead.

Our main focus for the next two weeks is working towards 7-10s on 19th October and qualifying as many swimmers for finals as possible. Therefore this term we will be working on dives, streamlines, starts, finishes and sprints.

Throughout training this term I will be conducting a number of time trials to give swimmers something to aim towards and encourage swimmers to put in their best effort EVERY TRAINING session. A few quick reminders:

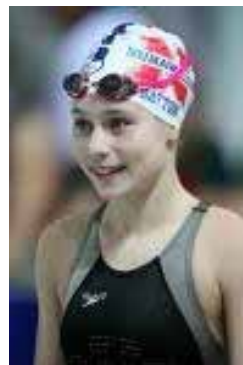
- All Junior B swimmers need to attend Nunawading Long Course Meet, December Comps and PB Challenge.
- With the weather warming up, please remember DRINK BOTTLES at every training session.
- Please NAME all equipment

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 ...

JESS BATTON



Coach / squad: *Nick / National Youth*

Favourite stroke / event: *400 free & anything on my back*

Favourite subject at school: *maths & music*

Favourite TV show: *House & NCIS*

Favourite Movie: *anything with Johnny Depp (I'll always love Finding Nemo too)*

Beach or Movie: *BEACH!!!*

Footy Team: *Pies (Dale Thomas ... need I say more??)*

What can't you live without: *air & water & sun & chocolate!*

What do you do outside swimming: *surf lifesaving, yoga, running, table hopping, dancing randomly in public places.*

My dream is to ... *table hop my way around the world*

Swimming is ... *better in the ocean.*

State Short Course Records

Congratulations to the following Nunawading swimmers who broke Victorian Short Course Records.

Nicholas Groenewald

11 years 100m Freestyle (August 2008)
11 years 200m Individual Medley (August 2008)
11 years 50m Freestyle (September 2008)
11 years 200m Freestyle (September 2008)
11 years 100m Backstroke (September 2008)
11 years 200m Backstroke (September 2008)
11 years 200m Breaststroke (September 2008)
11 years 100m Individual Medley (September 2008)

Shane Asbury

18 years 400m Individual Medley (September 2008)
18 years 400m Freestyle (September 2008)
18 years 200m Butterfly (September 2008)

James Argiro

16 years 200m Butterfly (September 2008)

Shane's 400m Individual Medley record also ranked him 6th in the Victorian All-Time Top 10.

The time he swam, 4 minutes 22.55 seconds, has surpassed Nunawading General Manager Gary Barclay's Victorian All-Time Top 10 Record, swam in 1985.

Australian University Games

Congratulations to the following Nunawading swimmers who competed at the 2008 Australian University Games in Melbourne, held from the 30th of September to the 2nd of October.

- Samantha Asbury
- Shane Asbury
- Lydia Badoer (Swimming and Soccer)
- Samuel T. Chan
- Melissa Klamt
- Belinda Parslow
- Prue Watt
- Laura-Ann Wong

Special congratulations go to Belinda Parslow and Prue Watt, who were selected for the Green and Gold Squad.

Swim Committee Report

What an amazing couple of months it has been!

A wonderful Age Short Course result with so many top 10s, finalists and medalists! The whole two pool concept was... well interesting perhaps, but great to see our Nuna swimmers compete with such enthusiasm.

Well done to Amanda and Prue in Beijing. Prue swam PBs all over the place and then backed up at the National Short Course Meet with a provisional World Record! A wonderful effort and I am sure we all look forward to the chance to congratulate her

A third place overall at the Australian Short Course Championships. Well done to our individual medalist Belinda Bennett in the 800 and to Bindy for making the Junior Pan Pac team to compete in Guam early next year. Well done to Sam Sheppard also who made the Junior Youth Olympic Festival team – congratulations to you both! And it is worth mentioning Prue's effort to get back in the water so soon after Beijing – and to perform so well is amazing.

We had relay medals, a group of finalists some of whom were semifinalists last year, and a group of semifinalists and top 16 finishers that we hadn't seen before. Well done to Nick, Amanda and the whole team.

We'd also like to thank Deb Chan for her work as team manager over the meet, and to wish John Locking a full recovery following his recent surgery. We all know he will get plenty of rest over the Spring Carnival!!!

Thank you also to the parents who acted as team managers for the Age Short Course and the meets in the lead up to that. Its great to have a team of you working for the club.

The Swim Committee welcomes our new high performance coach Rohan Taylor and a number of swimmers new to the club. This is a big step for the club on a competition level and we look to the future with great excitement.

Finally; a word of warning. All the competitions at this time of year fill up fast – including the Nuna Long Course meet on 22 November. Get your entries in now and have a great summer season.

Paul Streefkerk, NSC Swim Chairperson

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.

September Short Course

Belinda Bennett

15/16 years 200m Freestyle
2.01.40 broke record by 0.19 sec
7/09/2008 Vic Champs MSAC

Belinda Bennett

15-16 years 800m Freestyle
8.33.95 broke record by 10.13 sec
21/09/2008 MSAC Aus SC Champs

Belinda Bennett

Open 800m Freestyle
8.33.95 broke record by 0.98 sec
21/09/2008 MSAC Aus SC Champs

Belinda Bennett

15-16 years 100m Freestyle
56.92 broke record by 0.11 sec
21/09/2008 MSAC Aus SC Champs

Belinda Bennett

15/16 years 200m Freestyle
1.59.79 broke record by 1.61
24/09/2008 MSAC Aus SC Champs

Belinda Bennett

15/16 years 200m Freestyle
1.59.79 broke record by 0.43
24/09/2008 MSAC Aus SC Champs

Samantha Bennett

17/18 years 50m Backstroke
30.70 broke record by 0.65 sec
20/09/2008 MSAC Aus SC champs

Samantha Bennett

17/18 years 100m Backstroke
1.03.50 broke record by 0.61 sec
20/09/2008 MSAC Aus SC champs

Sharni Campbell

17-18 years 50m Backstroke
30.25 broke record by 0.45 sec
23/09/2008 MSAC Aus SC Champs

Nadine Jones

17-18 years 100m Individual Medley
1.03.35 broke record by 1.04 sec
21/09/2908 MSAC Aust SC Champs

Nadine Jones

17-18 years 50m Butterfly
27.49 broke record by 0.41 sec
21/09/2008 MSAC Aus SC Champs

Nadine Jones

Open 50m Butterfly
27.49 broke record by 0.41 sec
21/09/2008 MSAC Aus SC Champs

Nadine Jones

17-18 years 100m Butterfly
1.00.59 broke record by 0.61 sec
23/09/2008 MSAC Aus SC Champs

Nadine Jones

Open 100m Butterfly
1.00.59 broke record by 0.61 sec
23/09/2008 MSAC Aus SC Champs

Georgia Langford

9/10 years 100m Butterfly
1.21.39 broke record by 0.67 sec
7/09/2008 Vic Champs MSAC

Jaclyn Lee

15-16 years 50m Butterfly
29.01 broke record by 0.15 sec
21/09/2008 MSAC Aus SC Champs

Roxanne Perring

15/16 years 200m Butterfly
2.16.87 broke record by 0.56 sec
20/09/2008 MSAC Aus SC champs

Roxanne Perring

15/16 years 200m Butterfly
2.16.63 broke record by 0.24 sec
20/09/2008 MSAC Aus SC champs

Mikayla Smith

9/10 years 200m Breaststroke
3.16.32 broke record by 0.46 sec
7/09/2008 Vic Champs MSAC

Laura-Ann Wong

17/18 years 100m Breaststroke
1.13.06 broke record by 3.90 sec
7/09/2008 Vic Champs MSAC

Laura-Ann Wong

17/18 years 200m Breaststroke
2.34.87 broke record by 0.31 sec
7/09/2008 Vic Champs MSAC

Laura-Ann Wong

17-18 years 50m Breaststroke
33.71 broke record by 0.96 sec
20/09/2008 MSAC Aus SC champs

Laura-Ann Wong

17-18 years 100m Breaststroke
1.12.40 broke record by 0.89 sec
22/09/2008 MSAC Aus SC Champs

Laura-Ann Wong

17-18 years 200m Breaststroke
2.33.77 broke record by 1.10 sec
24/09/2008 MSAC Aus SC Champs

Emily Zukic

11/12 years 200m Freestyle
2.13.76 broke record by 2.22 sec
7/09/2008 Vic Champs MSAC

Emily Zukic

11/12 100m Breaststroke
1.16.95 broke record by 0.86 sec
7/09/2008 Vic Champs MSAC

Emily Zukic

11/12 years 200m Breaststroke
2.42.03 broke record by 1.57 sec
7/09/2008 Vic Champs MSAC

Emily Zukic

11/12 years 200m Individual Medley
2.28.77 broke record by 0.55 Sec
7/09/2008 Vic Champs MSAC

Emily Zukic

11/12 years 400m Freestyle
4.40.55 broke record by 2.61 sec
7/09/2008 Vic Champs

James Argiro

15/16 years 200m Butterfly
2.03.73 broke record by 1.65 sec
7/09/2008 Vic Champs MSAC

James Argiro

15/16 years 100m Butterfly
56.15 broke record by 0.68 sec
20/09/2008 MSAC Aus SC Champs

Shane Asbury

17/18 200m Individual Medley
2.04.69 broke record by 0.44
7/09/2008 Vic Champs MSAC

Shane Asbury

17-18 years 400m Individual Medley
4.22.25 broke record by 1.96 sec
21/09/2008 MSAC Aus SC Champs

Shane Asbury

17-18 years 200m Butterfly
2.00.03 broke record by 0.48 sec
24/09/2008 MSAC Aus SC Champs

Jack Laidler

17-18 years 50m Breaststroke
29.30 broke record by 0.08 sec
23/09/2008 MSAC Aus SC Champs

Jack Laidler

17-18 years 50m Breaststroke
28.94 broke record by 0.36 sec
23/09/2008 MSAC Aus SC Champs

Travis Mahoney

17-18 years 200m individual Medley
2.04.63 broke record by 0.06 sec
22/09/2008 MSAC Aus SC Champs

Travis Mahoney

17-18 years 100m Individual Medley
58.45 broke record by 0.35 sec
23/09/2008 MSAC Aus SC Champs

Joel Watson

9/10 years 200m Freestyle
2.28.99 Broke record by 6.40 sec
7/09/2008 c Champs MSAC

Joel Watson

9/10 50m Butterfly
35.25 broke record by 0.70 sec
7/09/2008 Vic Champs MSAC

Joel Watson

9/10 100m Butterfly
1.14.50 broke record by 3.77 Sec
7/09/2008 Vic Champs MSAC

Joel Watson

9/10 200m Butterfly
2.46.57 broke record by 13.13 Sec
7/09/2008 Vic Champs MSAC

September Long Course

Emily Zukic

11/12 years 400m Individual Medley
5.34.86 broke record by 5.02 sec
13/09/2008 Woden ACT

WORLD SC RECORD

Prue Watt

S13 100m Butterfly

National Long Course Records

Prue Watt

S13 50m Freestyle
S13 100m Freestyle
S13 100m Backstroke
S13 100m Butterfly
SM13 200m Individual Medley

Prue Watt and Amanda Isaac in Beijing

Congratulations to Prue Watt and Amanda Isaac, who have just returned from an exceptional experience at the 2008 Beijing Paralympic Games.

Well done to Prue who swam so many PBs in Beijing, but unfortunately missed out on a medal.

It was a red hot field with world records falling in the 400m freestyle, 100m freestyle and 100m backstroke.

Great effort Prue (and Amanda) on making finals in all your events, as the competition was clearly world class.

Prue's Beijing Results

- 100m Butterfly 4th
- 200m Individual Medley 5th
- 50m Freestyle 5th
- 400m Freestyle 6th
- 100m Freestyle 6th
- 100m Backstroke 8th

Finalists Results From National Open Short Course Championships

The National Short Course Championships were held in Melbourne this year from the 20th to the 24th of September.

Nunawading had another strong performance at the National Championships, finishing third in the overall club point score.

Congratulations to the following swimmers, and relay teams, who made finals in their events.

Prue Watt

SWD 50m Butterfly GOLD
SWD 100m Breaststroke GOLD
SWD 100m Butterfly GOLD
SWD 50m Freestyle BONZE
SWD 100m Freestyle BRONZE

Belinda Bennett

800m Freestyle SILVER

Relay Teams

Women's 4x200m Freestyle Relay BRONZE
Women's 4x100m Freestyle Relay BRONZE
Women's 4x100m Medley Relay BRONZE
Women's 4x100m Medley Relay (B Team) 8th
Women's 4x100m Freestyle Relay (B Team) 9th
Men's 4x100m Medley Relay BRONZE
Men's 4x200m Freestyle 6th

Chelsea Carpenter

100m Individual Medley 5th
200m Individual Medley 5th
200m Breaststroke 5th
100m Breaststroke 6th

Sam Sheppard

800m Freestyle 5th

Shane Asbury

800m Freestyle 6th

Matt Armfield

50m Backstroke 6th

Nadine Jones

50m Butterfly 7th
100m Butterfly 8th

Jack Laidler

50m Breaststroke 7th

Australian Youth Team Selection

Congratulations to all athletes selected onto Australian Youth Teams following the 2008 Telstra Australian Short Course Championships.

In particular we would like to congratulate two Nunawading swimmers who were selected on these teams:

2009 Australian Youth Olympic Festival

Sam Sheppard (Nunawading)

2009 Junior Pan Pacific Championships

Belinda Bennett (Nunawading)

Victorian Age Short Course Championships

There were many exceptional performances throughout the championships, but special congratulations go to Nicholas Groenewald and Joel Watson.

Nicholas won 11 gold medals at the Victorian Age Championships, winning every Male U11 event. He also broke 6 state records in the process.

Joel broke his first club record(s) at the championships, smashing the 9/10 years 200m freestyle record. The record had been held since 1995, two years before Joel was born.

Joel also medalled in the U11 100m and 200m Butterfly, again destroying club records.

Victorian Age Championships Results (Top Ten)

Nicholas Groenewald

Gold 50m Freestyle
 Gold 100m Freestyle
 Gold 200m Freestyle
 Gold 100m Backstroke
 Gold 200m Backstroke
 Gold 100m Breaststroke
 Gold 200m Breaststroke
 Gold 100m Butterfly
 Gold 200m Butterfly
 Gold 100m Individual Medley
 Gold 200m Individual Medley

Shane Asbury

Gold 200m Freestyle
 Gold 200m Butterfly
 Gold 200m Individual Medley
 Gold 400m Freestyle
 Gold 400m Individual Medley
 Bronze 100m Butterfly
 5th 50m Freestyle
 5th 100m Individual Medley
 5th 200m Backstroke
 9th 100m Breaststroke

Belinda Bennett

Gold 200m Freestyle
 Gold 200m Backstroke
 Gold 100m Freestyle
 Gold 100m Individual Medley
 Silver 100m Backstroke
 Silver 50m Freestyle
 Silver 200m Individual Medley
 Bronze 400m Freestyle

Liam Fisk

Gold 200m Breaststroke
 Gold 100m Breaststroke
 Gold 200m Individual Medley
 Gold 100m Individual Medley
 Silver 200m Backstroke
 Bronze 200m Freestyle
 Bronze 200m Butterfly
 Bronze 100m backstroke
 Bronze 400m Freestyle
 5th 100m Butterfly
 7th 100m Freestyle

Roxanne Perring

Gold 100m Backstroke
 Gold 200m Backstroke
 Gold (Vic) 100m Individual Medley
 Silver (Vic) 200m Individual Medley
 Bronze 200m Butterfly
 4th 100m Butterfly
 6th 100m Freestyle

Laura-Ann Wong

Gold 100m Breaststroke
 Gold 200m Breaststroke
 Gold 100m Individual Medley
 Silver 200m Individual Medley
 Bronze 200m Freestyle
 5th 100m Freestyle
 7th 200m Backstroke
 8th 100m Butterfly

Emily Zukic

Gold 200m Breaststroke
 Gold 400m Freestyle
 Silver 100m Breaststroke
 Silver 100m Freestyle
 Silver 200m Freestyle
 Silver 100m Individual Medley
 Silver 200m Individual Medley
 Bronze (Vic) 200m Backstroke
 Bronze 200m Butterfly
 5th 50m Freestyle

Liam Hunt

Gold 50m Freestyle
 Gold 100m Freestyle
 Bronze 200m Freestyle
 Bronze 400m Freestyle
 5th 100m Butterfly
 8th 100m Individual Medley

James Argiro

Gold 100m Butterfly
 Gold 200m Butterfly
 8th 200m Backstroke

Rebekah Keating

Gold 100m Backstroke
 Bronze 50m Freestyle
 6th 100m Freestyle
 6th 100m Individual Medley
 7th 200m Backstroke

Samantha Bennett

Silver 100m Individual Medley
 Silver 100m Butterfly
 4th 100m Freestyle
 4th 200m Freestyle
 4th 200m Individual Medley
 5th 100m Backstroke
 8th 200m Backstroke

Rachel McDonald

Silver 100m Breaststroke
 Silver 200m Breaststroke
 9th 100m Individual Medley

Jack Currie

Silver 200m Individual Medley
 Bronze 100m Individual Medley
 4th 50m Freestyle
 4th 200m Freestyle
 5th 200m Backstroke
 6th 100m Freestyle
 7th 100m Backstroke
 7th 100m Breaststroke
 7th 200m Breaststroke

Jessica Batton

Silver (Vic) 200m Backstroke
 Bronze 400m Freestyle
 4th 200m Butterfly
 5th 100m Freestyle
 6th 200m Freestyle
 8th 50m Freestyle
 8th 200m Individual Medley
 10th 100m Backstroke

Nerice Smith

Silver (Vic) 100m Breaststroke
 Bronze (Vic) 100m Individual Medley
 5th 200m Breaststroke
 5th 200m Individual Medley
 8th 200m Freestyle
 8th 400m Individual Medley
 9th 200m Butterfly

Joel Watson

Silver 200m Butterfly
 Bronze 100m Butterfly
 5th 200m Freestyle
 10th 100m Freestyle
 10th 100m Backstroke

Llewellyn Little

Silver 200m Individual Medley
 Bronze 200m Butterfly
 8th 50m Freestyle

Jack Day

Silver 100m Individual Medley
 4th 50m Freestyle
 4th 100m Breaststroke
 6th 100m Freestyle
 6th 100m Backstroke
 10th 200m Backstroke

Mitchell Pryor

Bronze 100m Freestyle
 Bronze 200m Freestyle
 9th 400m Freestyle

Alex Venning

Bronze 100m Individual Medley
4th 100m Backstroke
5th 100m Butterfly
6th 200m Backstroke
7th 200m Individual Medley
9th 200m Freestyle

Sam Sheppard

Bronze 200m Butterfly
4th 400m Freestyle
5th 400m Individual Medley
6th 200m Freestyle
8th 100m Backstroke
8th 200m Backstroke

Nicholas D'Acry-Evans

Bronze 200m Breaststroke
5th 100m Breaststroke
8th 100m Individual Medley
8th 200m Individual Medley
10th 100m Freestyle

Tyran Groves

Bronze (Vic) 200m Butterfly
6th 100m Butterfly
7th 50m Freestyle
8th 200m Freestyle
8th 200m Individual Medley

Jaclyn Lee

4th 100m Freestyle
4th 100m Butterfly
5th 100m Backstroke
7th 50m Freestyle
7th 200m Backstroke

Travis Mahoney

4th 100m Individual Medley
4th 100m Backstroke
5th 200m Individual Medley
7th 50m Freestyle
7th 100m Freestyle

Jack Streefkerk

4th 50m Freestyle
6th 100m Freestyle
10th 100m Butterfly

Nikaylah Hanlen

4th 100m Butterfly
7th 200m Backstroke
8th 100m Freestyle
8th 200m Butterfly
9th 200m Freestyle
10m 200m Individual Medley
10th 50m Freestyle

Phillip O'Brien

4th 200m Breaststroke
9th 100m Breaststroke
9th 200m Individual Medley

Mark Bustard

4th 200m Breaststroke
10th 100m Breaststroke
10th 100m Individual Medley

Jack Laidler

4th 100m Breaststroke

Caradoc Markey

5th 100m Breaststroke
5th 200m Breaststroke
5th 100m Individual Medley

Meg Parry

5th 50m Freestyle
5th 200m Backstroke
6th 200m Freestyle
7th 200m Individual Medley
8th 100m Freestyle

Kimberly McDonald

5th 100m Breaststroke
7th 200m Breaststroke

Lachlan May

5th 200m Backstroke
8th 100m Backstroke

Scott Huang

5th 200m Breaststroke
8th 100m Breaststroke

Lucy Walton

5th 100m Butterfly
9th 200m Freestyle

Emily Crawshaw

5th 200m Breaststroke

Edward Lim

6th 100m Individual Medley
7th 50m Freestyle
7th 200m Individual Medley
8th 100m Freestyle
9th 100m Backstroke
9th 100m Breaststroke
9th 200m Breaststroke

Josh Sewell

6th 200m Backstroke
8th 200m Individual Medley
8th 100m Individual Medley
10th 200m Freestyle

Ben Harakambakis

6th 200m Breaststroke
8th 200m Individual Medley

Christopher Lee

6th 100m Breaststroke
10th 50m Freestyle

Stephanie Groenewald

6th 100m Backstroke

Sean Whitten

6th 100m Freestyle

Brooke Simpson

7th 100m Breaststroke
8th 200m Breaststroke

Matilda Rudd

7th 200m Backstroke

Monique Bordignon

8th 200m Butterfly
9th 200m Breaststroke

Evelyn Bolt

8th 200m Backstroke
9th 100m Backstroke

Amber Lewis

8th 200m Butterfly

Daniel Aguiar

8th 200m Breaststroke

Stefania Basso

9th 50m Freestyle
9th 200m Individual Medley
10th 100m Backstroke
10th 200m Breaststroke

Mitchell Keltie

9th 200m Butterfly
10th 100m Butterfly

Georgia Langford

9th 200m Butterfly

Marcus Bordignon

9th 200m Butterfly

Kate Laidlaw

10th 100m Freestyle

Jessie Forster

10th 200m Butterfly

Ebony Chan

10th 200m Breaststroke

Diary Dates

Sun 12 Oct	Junior Excellence Forum MSAC
Sat 18	Club Breakfast 8:15am
Sat 18 – Sun 19 Oct	Victorian Open Water Champs Hazelwood
Sat 18 Oct	ASCTAV Encouragement Meet MSAC (Entries close 10/10/08)
Sun 19 Oct	Metro East 7-10 Eliminations Ringwood (Entries close 10/10/08)
Sat 25 Oct	MLC Meet MSAC (Entries close 15/10/08)
Sun 26 Oct	PB Challenge #1 Aqualink Nunawading
Sat 1 – Sun 2 Nov	Telopea Summer Meet AIS (Entries close 10/10/08)
Sat 1 Nov	SV Dual Meet QLD
Sat 8 – Sun 9 Nov	SV Distance Competition MSAC (Entries close 23/10/08)
Sun 9 Nov	Metro East vs. Metro North Ringwood
Sat 15 Nov	Kings Swimming Club Meet Pines Frankstone (Entries close 31/10/08)
Sun 16 Nov	7-10 Metro Encouragement Finals MSAC (Entries close 30/10/08)

Club Breakfast

The Nunawading Swimming Club would like to invite all members to a Club Breakfast, at which we will welcome newly appointed coach, Rohan Taylor.

The breakfast will be held on Saturday the 18th of October from 8:15am in the Clubrooms.

October Birthdays

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

*October 1st Chelsea Carpenter
October 2nd Sophie Crawshaw
October 2nd Benjamin White
October 3rd Rashmika Gunasekera
October 6th Nadine Jones
October 6th Mikayla Smith
October 7th Christopher Lee
October 8th Nicholas Henley
October 10th Lawrence Yeung
October 11th Shane Asbury
October 11th Meghan Parry
October 12th Stephanie Groenewald
October 12th Lucy Walton
October 13th Grace Laidlaw
October 13th Annika Lamb
October 17th Annie Huang
October 25th Roxanne Perring
October 30th Andre Thaisen
October 31st Chantelle Chapman*



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.

Suggestions for *Making Waves*

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

gary.barclay@nunawadingswimmingclub.com