

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

November 2008

Nunawading Juniors all smiles at the 7-10's Encouragement Meet

On Sunday 19th October, 56 of Nunawading's up-and-coming youngsters competed in the 7-10 Encouragement Meet.

This is an encouraging and fun meet designed to give young athletes the opportunity to race in a heats/finals type meet in preparation for future success at state level competition.

Of the 56 participants, a staggering 46 made it through in one or more events and now have the opportunity to race at the 7-10 North vs. East meet to be held at Ringwood on the 9th of November, and then onto the 7-10 finals held the following week at MSAC on the 16th November.

Our congratulations to all swimmers who achieved personal best times and to the following swimmers who are off to the next round of competition:

1 Barclay, Philippa	16 Jiang, Kelvin
2 Battisti, Adam	17 Keating, Ronan
3 Blackley, Sean	18 Keeton, Ashley
4 Brown, Liam	19 Keeton, Bradley
5 Carroll, Darcy	20 Knowles, Jack
6 Chapman, Narelle	21 Laidlaw, Grace
7 Clark, Cameron	22 Langford, Georgia
8 Deely, Cayman	23 Lee, Olivia
9 Di Cocco, Zoe	24 Li, James
10 Fogarty, Brian	25 Lombard, Estelle
11 Glewis, Sarah	26 Lythgo, Zoe
12 Green, Lachlan	27 Machell, Chloe
13 Hanlen, Zacharry	28 Machell, Lachlan
14 Harty, Teagan	29 Markey, Rhiannon
15 Huang, Annie	30 Metcalfe, Nikki

31 Moore, Asher	39 Smith, Mikalya
32 Perry, Daniel	40 Tang, Adelynn
33 Petrov, Lisa	41 Theofanides, Rachel
34 Price-Inglis, Jacob	42 Traplin, Carla
35 Richardson, Samuel	43 White, Benjamin
36 Rogerson, Elliot	44 Whitten, Sara
37 Shen, Albert	45 Wilson, Ben
38 Smith, Brendon	46 Zukic, Calvin

Keep up the fantastic work and make sure you tidy up those skills for the next round of competition!

Kirsty, Stephanie, Emma
& Dean

Victorian 12/u Championships

The Victorian 12/u Championships will be held on Sat 20th & Sun 21st December 2008. The meet program is available through the Club calendar or Swimming Victoria website.

All swimmers should discuss the events they plan to enter with their coach in the next few weeks. Entries close **Monday 8th December 2008 at 12:00 noon** at SV.

While there has been much discussion in regards to the format of this year's meet, I ask all parents and swimmers to approach this meet with a positive can-do attitude. At the meet our swimmers will need every bit of support and cheering that our parents, siblings and relatives can muster...for the entire weekend!

The Championships will come up very quickly and all swimmers should be attending every session in the next 6 weeks. Train hard kids, your time to shine is coming!

Dean Bryant, Head Junior Coach

Welcome to new club members

The Nunawading Swimming Club would like to welcome new members who were approved as provisional members of the club at the October Board Meeting.

A warm welcome to Stephanie Song, Megan Cousins, Olivia Lee, Kaylene Sivanandam, Cameron Clark, Sean Blackley, Samantha Bruce, Lachlan Machell, Chloe Machell, Jacob Price-Inglis, Lisa Petrov, Sarah Lawson, Darcy Carroll, Liam Brown, Kelvin Jiang, Estelle Lombard, Tamara Groves, Bronte Varas, Chris Macgregor and Natalie Macgregor.

Victorian Age Short Course Championship Results

Following on from results in the October Making Waves, we congratulate Madeline Theofanides who finished top ten in 2 events with a 9th in 100m IM & 10th in 100m Fly. Maddy achieved 100% PB's at the Victorian Short Course Championships, with 10 swims over 2 days. To swim that many PB's over two days is a fantastic achievement.

Well done Maddy.

NSC Assists Community

Following on from the donation of starting blocks to Aqualink Nunawading last year, NSC has contributed towards the purchase of a defibrillator and oxygen system for the Tintern Campus PC Centre. The purchase of these two pieces of equipment will ensure that life saving equipment is available for all users of the PE Centre at Tintern including NSC swimmers, coaches and parents. Our coaches will further trained to use this equipment once it is set up.

New equipment for club

Nunawading Swimming Club participates in the Go Club program each year and is eligible to apply for equipment as part of the Telstra Swimming Australia Equipment Assistance Scheme.

This year, we have received 20 kickboards, 20 pullbuoys and a large equipment cage for our use.

We would like to thank Telstra and the Swimming Australia Foundation for their support.

FINA World Cup Sydney 2008

By Amanda Isaac

A quick trip to Sydney was worth the investment, especially for Sarah Katsoulis. Sarah's outstanding performances landed her with some pocket money for the weekend. Fortunately for Sarah, the World Cup Meets reward medal winners for their performances. Sarah had a great weekend, finishing 1st in the 100m breaststroke, 2nd in the 50m breaststroke and 3rd in the 200m breaststroke. Travelling along with Sarah were Matt Armfield, Shane Asbury, Sam Ashby, Chelsea Carpenter, Ellen Gandy.

The weekend of racing was a reminder for our athletes of what they need to do to rise to the top. At this stage of the season it was great to see all swimmers make finals, and learn from their experiences. It was a positive experience for Shane and Matt who swam at their first international meet at an Open level.

Finalist were:

- Matt 8th in 100m backstroke;
- Shane 6th in 1500m freestyle and 8th in 200m butterfly;
- Sam 4th in 200m Individual Medley and 8th in 50m breaststroke;
- Chelsea 8th in 100m Individual Medley;
- Ellen 6th in 400m freestyle and 8th in the 100m butterfly and 200m freestyle;

It was great to see Ashley Delaney and Nadine Jones travel from the AIS to compete very well. Ashley was also amongst the money winners with a 2nd in the 200m backstroke, 3rd in the 50m and 100m backstroke. Nadine finished 5th in the 50m butterfly and 6th 100m butterfly.

Thank you to the Victorian Institute of Sport for looking after us in Sydney. Their services are much appreciated. We wish Sarah, Sam and Ashley good luck as they take on Singapore and Europe in the next legs of the FINA World Cup. Go Nuna!

Funkita & Funky Trunks Swimwear

Now available at Just Swimming—Syndal

The 2008-2009 season of Way Funky bathers can be viewed, ordered and purchased from our Syndal pool between 9am and 6pm.

All NSC members receive 10% off the advertised price of the bathers when purchased at Syndal.

Just Swimming—Syndal
554 High Street Rd, Mt Waverley

SQUAD NEWS

National Open

**Amanda Isaac &
Rohan Taylor**

It is time to set new challenges to achieve in March. Goals provide direction and assist you when times are tough. Goals remind you of where you are headed even though sometimes it may not seem so clear. This season is about taking another step. You have confidence from your performances at Australian Short Course so you can set the bar higher this time around.

Rohan Taylor has made a great addition to the Open Squad. Rohan will help guide our team to the World Championship Trials in March. Rohan and I have similar thought when it comes to the needs of an athlete. We are creating an environment for success. What you must do, as an athlete, is work together with your coaches and find out what is required of you to achieve success.

Well done to Matt Armfield, Shane Asbury, Sam Ashby, Chelsea Carpenter, Ellen Gandy and Sarah Katsoulis who competed in the FINA World Cup in Sydney. Good luck to Sam and Sarah who are competing in Singapore, and Sarah also in Europe. Go Nuna!

National Youth

Nick Veliades

Four weeks into the season and the squad is progressing well from week to week. This period leading into the Victorian State Championships is a major training phase for the squad. Swimmers will note that there are not many opportunities to race leading into Victorian States so it is important that all swimmers make the most of their racing opportunities when they come about. This training phase will lead into our Australian National preparation which is the major focus for the squad over the long course season.

Please could all swimmers and families look at their x-mass holiday timetables to fit around the training and competition timetables to achieve the best results from the 2009 Victorian State Championships. It is important to keep in mind that 90% of times swam at the Vic Champs will be the times swimmers use to enter Australian Nationals.

Good luck for the rest of the season, I look forward to working with everyone over the next few weeks.

P.S. GOOD LUCK YEAR 12's

SQUAD NEWS

National Age

Dean Bryant

Things are progressing swimmingly at present with a number of swimmers achieving either their first national time or adding a further time to the list.

Also encouraging was the number of "breakthrough" swims recently, which I classify as a swim where the athlete makes a big breakthrough in either time, racing application or skill improvement.

With a number of comps coming up, I am certainly looking forward to seeing your performances go from strength to strength. However, don't be resting on your laurels, big improvement is not possible if you forget to continually look for ways to perform a skill better, or take the hard option rather than the easy option.

We are at the business end of the season and fortune always seems to favour the brave. Go forth with enthusiasm and the world (and pool) is your oyster.

State Junior

Dean Bryant

Well this has been an interesting month. Athletes have returned from holiday and settled into the season, training is ramping up in both intensity and volume, and the fire is in the eyes of those determined to be their best by State Champs.

REMEMBER: Nothing beats training smart and consistently performing at your best in training.

ALSO REMEMBER: You can predict your own results for the next comp by simply looking at the times you consistently achieve in training. If you are swimming a 30.3sec for the 50m freestyle, it is a good bet you will swim a 30.3 at the next comp!

ALSO BE AWARE: Skills don't magically take care of themselves (just like homework really!), and if your turns need work, you can't wait until race day to refine them. They have to be refined in training.

The next few comps leading up to States also provide you with the opportunity to improve your qualifying times and give you the best possible shot at swimming finals this year. Race hard, race smart and most importantly of all RACE WITH ENTHUSIASM!!!

SQUAD NEWS

State Youth / Uni

Melissa Klamt

We are nearly half way through our preparation for States. With this in mind you need to be attending every possible session, while putting 100% effort into each session that you do attend.

This does get more difficult during exam time, but you need to make sure that you are organizing your time in the best possible way to ensure you get adequate sleep, study time and some exercise (hint: come to training!!).

Reminder: December comp. entries due on the 14th of November – everyone must enter!
Next squad meeting: December 1st – after training

State Development

Kirsty Woodham

With the long course season under way it is good to see State Development training hard and making progress towards State Champs in January.

It has been especially pleasing to see the new members of the squad fitting in so well and making some great improvements.

With the first meet for many of the new swimmers approaching in a couple of weeks I am sure we will see some great results!

Please ensure you are all attending the required number of training sessions every week.

Hanson

Emma Beanland

It is great to see Hanson squad continuing to grow in numbers, as we welcome many new swimmers. It has been an exciting first couple of weeks and it's excellent to see so many smiling faces at each training session.

On the 19th of October more than 20 swimmers competed in the 7-10's Encouragement Meet.
Congratulations to all the swimmers who attended, its great to see you practicing those race skills we work on at training.

For those of you who didn't make it to the 7-10's meet, Nuna's 2nd PB Challenge is running on the 30th November, as well as the *Cadbury Challenge* on the 22nd of November, both at Nunawading. Make sure you come to both these events; it allows you to push yourself for PB's and work towards a JX Squad qualifying time, plus who knows there

SQUAD NEWS

Hanson (cont.)

Emma Beanland

may be some eatable rewards at the *Cadbury Challenge*.

Just a reminder, Skills Sessions are still running on a Saturday 8am-9am and each session has a different stroke focus. Come and see me if you haven't signed up for any days.

The next Squad Meeting is on the 20th November at 7:15pm in the Café.

Junior A

Kirsty Woodham

Junior A have started the long course season well, with some great racing resulting from a good couple of weeks of training.

Well done to Brian for achieving his first State Qualifying time!

As we head rapidly towards State Champs in December it's important to stay focused and train hard in order to achieve or better your times.

With a number of longer meets throughout the season, please ensure that you are eating and drinking healthily in between races as well as swimming down after all races.

Good luck to all swimmers in the forthcoming 7-10 finals!

Junior B

Stephanie McDonald

We are now well into term four and all swimmers have been doing a terrific job at training. We have been doing a lot of work on increasing kick sets as well as ensuring all swimmers streamline off the wall, I would however like to see a few more tumble turns!!

Keep practising those streamlines at home in front of the mirror. Well done to all swimmers who swam at 7-10s, I was very impressed with the amount of PB's that were achieved at this meet. Don't forget finals on November 16th.

Over the past couple of weeks we have held some time trials during training. All swimmers put in a fantastic effort and loved cheering on their friends. Hopefully at the end of the term all your hard work pays off and we see some improvements.

Welcome to our new swimmers Sarah Glewis and Jack Knowles.

NSC Christmas Party



VENUE: NSC Clubrooms

DATE: Friday 12th December 2008

TIME: 6:30pm Onwards

The NSC Christmas Party is a family event where all swimmers, parents and immediate family members can come together and celebrate Christmas.



Meat will be provided.

B.Y.O. nibbles, drinks, glasses and chairs.

In order to assist with catering could you please indicate on the reply slip the number of adults/children attending and whether you will bring a salad or a dessert to share.

RSVP:

For catering purposes ALL families must reply by **Saturday 29th November 2008** to the NSC Club Reception.

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 ...

JENNIE WANG



Coach / squad: *Kirsty / Junior A*

Favourite stroke / event: *50 metres breaststroke*

Favourite subject at school: *Art*

Favourite TV show: *The Simpsons*

Favourite Movie: *Bring It On*

Beach or Movie: *Beach*

What can't you live without: *Chocolate*

What do you do outside swimming: *Hang out with friends*

My dream is to ... *Become and Olympic swimmer*

Swimming is ... *Fun*

Swim Committee Report

I'd like to open this month's report by firstly congratulating those swimmers recognised throughout Making Waves for their recent achievements.

If you look at the number of swimmers mentioned, the range of events and meets involved, the age range of our successful swimmers and so on you will understand why the club values our success.

We must not however value success above all else and just as important as those mentioned this month are those whose participation or success at other times makes it all possible.

We must continue to value and celebrate the participation, efforts and achievements of all our swimmers and build the culture of a club with a focus on all of our members.

Secondly, it was a great roll up to the recent club breakfast to welcome Rohan Taylor to the club. Not only does it indicate a keenness to learn more about our High Performance Program but I believe it shows the value of the club gathering informally like this once a month or so.

Thanks to everyone who put some effort into these mornings – from the Club Captains who actively participate, to our Breakfast crew who last month outdid themselves with the beautiful fresh fruit.

It is Melbourne Cup Day as I write this and so the Swim Committee meeting normally scheduled for the first Tuesday of the month has been postponed until next week.

However this does not mean that the Committee has not been working. With the number of competitions our swimmers are participating in there is always lots to do.

John Bordignon has been coordinating our time keeping rosters – which is no small job in itself! As always (and believe me I am growing tired of saying this as much as those who do volunteer are of hearing it) PLEASE make sure our rosters are full.

There will be a great opportunity for all of us to pitch in and ensure that the Nunawading Long Course Meet on November 22nd is a great success. John has already asked for volunteers and we will start to roster people on after that.

It is an expectation that everyone will help out (at least three times a year for our meets plus state titles and so on) and if everyone did help out, life

would be much less stressful for a few people on the Committee.

Chris Hanlen and a team of helpers have done a great job with organizing the meet – it will be a large one, as it is one of the last meets before State Championships, it is a very important meet on the Victorian Calendar. See you all there!

Paul Streefkerk
Swim Committee Chair

Special Mention to the 'Breakfast Crew'

We would like to give a special mention to the 'Breakfast Crew' who every Saturday, give up their morning sleep-ins to help cook pancakes for the hungry Nunawading Swimmers.

We would like to especially thank;

- Elda Basso
- Kay Bell
- Margaret Chan
- Sue Cherrie
- Jan Forster
- Christine Lee
- Bev Lindsay

who make up the usual gang of dedicated pancake makers!

Target 2012 Gold Squad Flippers Camp

A training camp for the Swimming Victoria Target 2012 Gold Squad was held in Caloundra, Queensland, from the 1st to the 4th of November.

Nunawading Head Youth Coach, Nick Veliades, was appointed Head Coach for the four day training camp.

Congratulations to the following Nunawading swimmers who participated;

- James Argiro
 - Shane Asbury
 - Bindy Bennett
 - Louie Little
 - Alex Venning
-

Pacific School Games 2008

Congratulations and good luck go to all of the Nunawading members competing at the 2008 Pacific School Games.

This year the Games will be held in Canberra between Sunday the 30th of November and Saturday the 6th of December.

Results

Thanks again to Ian & Sarah Venning for coordinating the Club Records and results.

Australian University Games

Well done to Laura-Ann, Samantha, Shane, Prue, Belinda, Sam, Mel, and Lydia who competed in the Australian University Games in Melbourne.

University Games Finalists

Belinda Parslow

GOLD 200m Freestyle (Games Record)
GOLD 400m Freestyle (Games Record)
GOLD 100m Freestyle (Games Record)
SILVER 50m Freestyle
SILVER 50m Breaststroke
BRONZE 100m Butterfly
4th 50m Butterfly

Laura-Ann Wong

GOLD 200m Breaststroke
GOLD 50m Breaststroke
SILVER 100m Breaststroke
SILVER 4x50m Medley Relay
SILVER 200m Backstroke
BRONZE 4x100m Medley Relay
BRONZE 4x100m Freestyle Relay
BRONZE 4x50m Freestyle
4th 800m Freestyle
4th 100m Backstroke
5th 50m Backstroke
7th 200m Freestyle
9th 100m Freestyle

Shane Asbury

SILVER 200m Individual Medley
SILVER 200m Butterfly
BRONZE 800m Freestyle
5th 200m Freestyle
8th 200m Backstroke

Sam Asbury

SILVER 4x50m Medley Relay
BRONZE 4x100m Medley Relay
BRONZE 4x100m Freestyle Relay
BRONZE 4x50m Freestyle
4th 400m Freestyle
4th 200m Butterfly
6th 100m Butterfly
6th 800m Freestyle
7th 400m Freestyle
8th 200m Individual Medley
9th 100m Backstroke
10th 50m Backstroke
10th 50m Butterfly

Sam Chan

5th 4x100m Medley Relay
9th 50m Breaststroke
9th 100m Breaststroke
9th 200m Breaststroke

Victorian Open Water Championships

Well done to the following Nunawading Swimmers who competed at the State Open Water Championships

Sam Sheppard

GOLD Open 5km
GOLD Open 10km

Belinda Bennett

SILVER Open 5km
BRONZE Open 10km

Jessica Batton

SILVER 13-14 years 5km

Benjamin Shoenmaekers

BRONZE 10-12 years 1km

Amber Lewis

5th 10-12 years 3km

Kimberly McDonald

7th 13-14 years 5km

FINA World Cup Sydney 2008

Nunawading results from the Sydney leg of the FINA World Cup

Sarah Katsoulis

1st 100m Breaststroke
2nd 50m Breaststroke
3rd 200m Breaststroke

Ashley Delaney

2nd 200m Backstroke
3rd 50m Backstroke
3rd 100m Backstroke
6th 100m Freestyle

Sam Ashby

4th 200m Individual Medley
9th 50m Breaststroke
9th 100m Individual Medley
9th 100m Breaststroke

Nadine Jones

5th 50m Butterfly
6th 100m Butterfly
13th 50m Freestyle

Ellen Gandy

6th 400m Freestyle
8th 200m Freestyle
8th 100m Butterfly
13th 100m Freestyle

Shane Asbury

6th 1500m Freestyle
8th 200m Butterfly

Matt Armfield

8th 100m Backstroke
9th 50m Backstroke
24th 50m Butterfly

Chelsea Carpenter

8th 100m Individual Medley
10th 100m Breaststroke
10th 50m Breaststroke

Well done to each of these swimmers who made at least one individual final over the weekend

Nunawading Wins Gold!!!

Nunawading Swimming Club has reached the Gold Standard in the Australian Unity GO CLUB PB in 2008. The Club has worked hard to become a Gold level club after finishing as a Bronze level in 2005 and Silver level in 2006 & 2007.

The Australian Unity GO CLUB PB program, first introduced in 2005, brings awareness to the importance of club structures by measuring the performance of clubs across different areas.

This year 406 clubs have returned their Australian Unity GO CLUB PB Workbook. The workbook asks clubs to record their performance against five strategic areas;

- Membership; measuring the clubs ability to attract new members and maintain or increase its existing membership base.
- Administration; measuring the clubs ability to operate efficiently, safely and remain financially viable.
- Activities; measuring the clubs participation levels from club nights through to national championships, and also the number of social activities on offer for its members.
- Coaching and officiating; Measuring the number of technical officials available, the coach to swimmer ratio, and the level of participation in regional and state development activities.

- Marketing and Promotion; measuring the clubs commitment to communication with its membership and the ability to attract sponsorship dollars, through promotion utilising local media, web page and activities for non member organisations.

Results from the 2008 Australian Unity GO CLUB PB workbooks reveal swimming clubs around the nation are improving their performance and management structures providing a better environment for all members, athletes, coaches, officials, administrators and parents.

Congratulations to all members of the staff and all parents who volunteer for Nunawading as you all contributed to this result.

Nuna Juniors to Aim for 2009 JX Program Times

Swimming Australia has announced the 2009 Australian Junior Excellence Program (JX), which rewards and encourages junior swimmers for achieving times in the pool.

The 2008/09 criteria and times are now available on the "Community / JX" page of the Swimming Australia website (www.swimming.org.au)

Swimmers and coaches should be aware of these times and use them to set goals for this coming season. The Club has placed the times on the club notice board at Nunawading & Syndal to ensure all members can strive for the next level.

Under JX, swimmers aged from 9 to 13 years who accomplish set times qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season. For doing so, qualifiers receive special recognition by way of:

- a JX cap (9 & 10 year-olds) or JX shirt (11 to 13 year-olds);
- a JX certificate of achievement signed by the captain of the Australian Swim; Team – Grant Hackett;
- a JX motivational poster featuring elite Australian swimmers and;
- publication of their name on the Swimming Australia website

Australia is one of the top swimming nations in the world and by achieving the Green, Bronze, Silver or Gold JX standard, junior swimmers are on the pathway to international success.

Visit the 'Community' section of the swimming Australia website to find out more about JX 2009: www.swimming.org.au

This article is a letter to the editor from Mr John Goldsworthy that appeared in a Brisbane newspaper *The Redland Times*. It is an exceptionally well articulated letter about why 'our sport' continues to be such a success story.

OPINION

Sport teaches discipline

COMMENTS about the priorities of health and other funding over sport funding made both in this newspaper and in the media generally miss the point and fixate on the benefits received by a small number of elite athletes and completely overlook the tangible long-term benefits to society at many levels.

Our family recently attended a state level event at the Brisbane Aquatic Centre, Chandler where our three children were competitors. I might add that this complex is much the same as it was when it was built many years ago.

During the course of the weekend there were hundreds of competitors from more than 100 clubs throughout Queensland and overseas, ranging in age from

quite young to late teens.

An interested observer would have noted the following: there were no fights or disputes among competitors or with the volunteer officials, no obscene language or bad behaviour among spectators or competitors, nothing was stolen, no vandalism was committed, children and young adults mixed freely together in a friendly spirit of rivalry.

Children of different cultures, languages and economic backgrounds enjoyed each other's company and overcame the challenges of language barriers. Wins were congratulated and losses commiserated.

While competitors also come in all shapes and sizes, they bore none of the hallmarks of the obesity epidemic that is blighting our community.

Wouldn't it be great if what exists at a swimming carnival could be translated to the community at large?

Perhaps we wouldn't need so many of the things that compete for government funding.

To get to this level competitors have endured years of early morning and after school training, juggled part-time work and school commitments, foregone weekend "fun" activities undertaken by their peers, learned self-discipline and time management, developed fit and healthy bodies and minds,

learned how to get along with each other and the skills of a life-long activity after competition becomes just a memory.

Many keep coming back year after year, often for little or no tangible reward in the form of medals.

Their parents have also gone without. One year's coaching for our children costs over \$4000, not to mention the togs, goggles, training equipment, transport costs and nomination fees.

Our family commits to these costs unhesitatingly and does not look for not one government cent personally.

Why? Not because we have dreams of Olympic glory, but because it is clearly a great way to give our children a healthy, balanced and positive start in life and position them well for the future.

It is an investment in their future and something that the community, as a whole, should emulate.

We need to appreciate the long-term benefits of sports funding to grassroots competitors and not focus on media hype and government "strategies" that only look towards the next election date.

Isn't it much better to spend reasonable amounts of money at the front end rather than to try and patch up the problem later by building more hospitals and gaols.

- John Goldsworthy,
Wellington Point

Diary Dates

Sat 8 – Sun 9 Nov	SV Distance Competition MSAC (Entries have closed)
Sun 9 Nov	Metro East vs. Metro North Ringwood
Sat 15 Nov	Kings Swimming Club Meet Pines Frankstone (Entries have closed)
Sun 16 Nov	7-10 Metro Encouragement Finals MSAC (Entries have closed)
Sat 22 Nov	Nunawading Long Course Meet MSAC (entries have closed)
Sat 29 Nov	NSW Open Water SIRC
Sat 29 – Sun 30 Nov	SV December Competition MSAC (Entries close 14/11/08)
Sun 30 Nov	PB Challenge #2 Aqualink Nunawading
Sun 30 Nov – Sat 6 Dec	Pacific School Games AIS
Sat 6 – Sun 7 Dec	SV December Competition MSAC (Entries close 14/11/08)
Sat 20 – Sun 21 Dec	Victorian 11/U & 12 Years Championships MSAC (Entries close 8/12/08)

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

November Birthdays

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

November 1st Joshua Mackinnon
November 5th Annabel Jaskiewicz
November 9th John Bordignon
November 9th Ronan Keating
November 9th Jonathan May
November 14th Joel Watson
November 15th Katrina Pandey
November 18th Graeme Wooles
November 21st Jack Day
November 21st Chris Keeton
November 24th Sally Theofanides



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.