

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

January/February 2009

STATE CHAMPIONS 4TH YEAR RUNNING



Nunawading Swimming Club is the Victorian Champion Club for the 4th year in a row following the final session of the Victorian Open Championships.

The Open and SWD Team completed the club's total domination of the 2009 Victorian Championships with another very impressive performance.

We finished the Open event with a Club Point score of 1,111; over 360 clear of their nearest competitor.

Adding this to the 1,795 points from age section and the 805 points from the 11/12 years section of the Championships and Nunawading ended the series of competitions with 3,711 Points; over a staggering 1,000 points in front of the nearest competition.

We should all be very proud of the work put in by the swimmers, the coaches and everyone involved with the club.

The Club's General Manager Gary Barclay complimented the NSC Board on its vision and leadership over the past six years which resulted in the performances at these Championships.

"The Board has supported the focus on developing a strong junior and age group programs since 2002 and each year the Club has performed better through the 11 to 18 years age groups."

"The introduction in the last 6 months of a truly high performance squad for Open swimmers is a culmination of the development of all ages over a long period of time."

Head Coach Amanda Isaac congratulated all swimmers on their performances and expressed a big thank you from all swimmers and coaches to the Team Managers who worked closely with all swimmers and coaches throughout the entire 3 meet Championships.

The Club's President Malcolm Moore congratulated all swimmers on their performances and then reminded swimmers to refocus now on the upcoming NSW Open Championships and World Championship Trials for the Open group, the Australian Age Championships for the National Age swimmers and the All Junior, District Championships and school swim meets for all other swimmers.

The Club recently released its Strategic Plan to 2012 so there is a lot of work to be done by the Board, management and coaches to improve the Club in coming years.



Nunawading swimmers support their team-mates in one of the most successful State Championships in the Club's history.

Age States Wrap-Up

The weather was beautiful and the atmosphere again was very loud, and somehow those noisy horns found their way back to the pool.

The kids had great fun cheering all the swimmers who had made finals.

As the nights progressed, the cheer squad grew in size, volume and readiness. Somehow, despite swimming during heats and finals, swimmers still found time to make more signs to direct the swimmers in the pool in the right direction, or to hurry them up.

We finished Day 5 with the following

- Total Medal count 16
- Gold Medals – 7 (Ellen Gandy x3, Sam Bennett, James Argiro, Liam Hunt, & Tyran Groves)
- Silver Medals – 3 (Roxanne Perring, Llewellyn Little, Nicholas & the 16yr old & Under Boys Freestyle Relay team A)
- Bronze Medals – 6 (Jessica Batton, Travis Mahoney, Alex Venning, Niki Hanlen, Sam Sheppard, & Ben Haralambakis)
- 28 PB's (93%) – (comparison of Final time to Heat time)
- 8 Swims where the swimmer "rank" improved (27%)

There were several standout swims –

Ellen Gandy – won 3 gold medals and also achieved amazing times.

James Argiro - Set a new Victorian record in the Mens 16yr old 200 Butterfly of 2.03.10

Nick Groenewald – 13yr old 100 butterfly national time and an amazing swim in the 400 IM, he was the youngest competitor and swam against 15yr olds....

Both relay teams swam an amazing race....

It has been an amazing 5 days of swimming. The swimmers not only performed well in the pool but they also performed well outside of the pool their behavior was fantastic. Even the marshalling room staff said the Nuna swimmers were great. It is wonderful to hear!!!!

From the Team Managers we would like to thank Amanda, Dean Mel & Kirsty, you all did a wonderful & amazing job. I know that for myself & Juliette we have learnt so much in the last 5 days and we appreciated all your support. Thank you also to Deb & Tracey for teaching us everything you know about team managing at States. We hope you both had as good a time as we did.

A special thanks to Fiona Whitten for providing all of the updates throughout the week.

12 & Under States kick-off the chase

The 11/under and 12 years olds have kicked off the 2009 Victorian Championships in a very convincing way setting the standard for the older swimmers in the club to chase.

Swimming Victoria announced the Individual Age Champion awards at the end of the meet and our swimmers starred, taking 3 out of 4 awards.

Congratulations to:

- Emily Zukic - 12 Years Female Champion
- Liam Fisk - 12 Years Male Champion
- Nicholas Groenewald - 11/U Male Champion

In the club points Nunawading performed very well with the top 2 clubs: Nunawading 805, Melbourne Vicentre 374.

Team Manager Mark Sewell summarized the meet as follows:

As far as highlights go, there were many, but from my perspective a few stood out.

- First the total domination of the boys events by Nicholas Groenewald, Jack Currie and Liam Fisk. – Over the 2 days there were only 4 boys events that the gold medal was not taken by one of these 3! (and one of those was taken for Nunawading by Joel Watson.)
- Mark Petrov, in his first state championships, made finals in both 100 and 200 Breaststroke coming 8th and 5th respectively.
- Multiple swimmers that PB'ed to get into finals and the followed up with another PB in the final.

All the detailed results are up on the SV site...

Mark also reported that "the club should be very proud of the effort put in by the younger swimmers in what was a pretty difficult environment, they are a very impressive group of young kids and they truly showed the Nunawading team spirit".

"I am sure the other team managers would agree, it was a pleasure to work with them".

"The young ones have laid down the challenge and got the club off to a great start ... now it's up to the age and open guys to pick up the baton and run with it..."

Well done to all swimmers and coaches on a very strong performance.

SQUAD NEWS

National Open

**Amanda Isaac &
Rohan Taylor**

We are very pleased with the squad's performances at the Victorian Championships. The strong results set up a positive environment at our Training Camp in Sydney. The Camp offered athletes the opportunity to get to know each other.

This was really important as we have two established groups melding together, and also two coaches who need to understand each other. Understanding each other within a group is valuable when going into a major championship (World Trials).

The focus of the squad is now about training to compete. All quality sessions are prescribed to stress athletes physically and mentally. This is structured to the individual's specific race needs. It's in these sets that we hear and see athletes supporting each other which stimulate training performances.

We look forward to seeing what individuals can achieve during the quality sets. Performances are up to athletes to apply themselves; we will know who has prepared well. Make choices that benefit you.

National Youth

Nick Veliades

Firstly, congratulations to all at State Champs.

All reports from coaches at the Victorian Age Champs were very positive in regards to swimmers being positive, knowing your individual race plans and race preparations and the result being some very positive racing.

Now our focus turns to our final preparation for the year; aiming for Open & Age Nationals.

So far the attendance from swimmers in the National Youth squad has been great, with all squad members at numerous sessions throughout the week.

WELL DONE SQUAD!

As swimmers get into their school term, please stay ahead on your school work and if you need to take additional sessions off for academic reasons, please let me know via text message or phone call so I can plan your schedule appropriately.

SQUAD NEWS

National Age

Dean Bryant

Well done to all National Age Squad swimmers on their performances at the recent Victorian Championships.

A majority of you swam multiple PBs and I was very pleased with your attitude at the meet.

A special mention must go to Nicholas Groenewald on winning 10 gold medals in the 12/u section; an outstanding performance. Nicholas also won 2 gold and 4 silver medals at the Pacific School Games in December.

The squad's attention now moves to preparing for this summer's events including the All Junior Competition, Club Championships, District Championships and Australian Age Championships.

Swimmers are encouraged to attend every session to ensure their continued success over the summer months.

State Junior

Dean Bryant

Well done to all State Junior Squad swimmers on your performances at the Victorian Championships in December and January.

I am very proud of all of you. Your improvements over the last six months have been excellent.

For many of you, the experiences you gained at the Victorian Championships will assist your development and lay the foundation for even better performances in years to come.

State Junior squad will now focus on upcoming meets including All Junior Competition, Club Championships and District Championships.

SQUAD NEWS

State Youth / Uni

Melissa Klamt

Congratulations to all swimmers on their performances at the State Championships. As a squad you have improved in the way you conduct yourselves at swim meets and the way in which you race.

Special mentions go to Carly, Nic, Stef, Allie and Jack who competed in State Age Finals and again to Carly for her silver medal swim in the girls under 14, 4 x 50 free relay team.

Congratulations to Sam L and Yuri who competed in State Open finals, with Yuri achieving some National Open qualifying times.

With the end of the swimming season approaching everyone in the squad, whether you are aiming to race at Age nationals or to make the district team to Canberra, needs to set themselves a goal for this last part of the season.

I want to see you all motivating each other so that everyone is giving 100% in every session of every week, so we can finish this season stronger than we started.

A very special congratulations to Marcus Bordignon who performed the National Anthem Solo at the Australian Open Women's final. Great job Marcus!

Finally, welcome to all the new State Youth Squad members.

State Development

Kirsty Woodham

The start of 2009 saw Henry, Joe and Ben competing in the Age State Championships. Well done to the boys for some great results, including Henry for making a final in the medley relay.

With training back in full swing and State Sprints just a few weeks away, it is important to refocus quickly and continue on where we left off last year.

If you continue to build on this, 2009 is sure to be a successful one for the group. With State Champs being the long term goal for all members of the squad, the work you do now is the first step towards ensuring we have all of you there next year.

Well done to Angus for achieving his first State time. Looking forward to a great 2009!!!

SQUAD NEWS

Hanson

Emma Beanland

Welcome back to term 1! I hope you are all looking forward to an exciting term with lots of racing, fun and new faces! Throughout the term there are 4 compulsory meets which all swimmers are expected to attend:

- **All Juniors Qualifying meet – 21st Feb** (entries close 10/2) (qualifiers will continue onto finals on 21st March).
- **Nunawading Club Championships – 14th March** (entries close 28/2)
- **PB Challenge 1 – 8th Feb**
- **PB Challenge 2 – 1st March**

To improve your racing and practice the skills you learn at training these meets is the best place to do it! I look forward to seeing you all racing having fun and learning!

Our squad meeting dates are attached to the welcome letter; please make sure you put these in your diaries as these are a time for you to hear plans, goals and aims for the term.

Junior A

Kirsty Woodham

After a successful State Champs resulting in many swimmers moving up a squad, Junior A has returned for the new year a new look group.

It is a group full of enthusiasm and potential that I am sure will be hitting their goals in no time.

With a number of important meets in the near future, it's quickly back into full training for the group. Well done to everyone for your efforts in the first couple of weeks.

The extreme hot weather, coupled with a change in training for many of you, made for a challenging time, but you all handled it well without too many complaints!

Please remember that you must bring a drink bottle to all training sessions, including dryland, and continue to drink it throughout the session.

Entries for all required meets should be in by now, if not, please send them in ASAP.

I look forward to a successful 2009!

SQUAD NEWS

Junior B

Stephanie McDonald

I would like to extend a big Welcome to all the new Junior B swimmers and families who will be joining me this term!

I am looking forward to working with a new group of swimmers and watching you develop and improve every week.

Term 1 is a very busy term and therefore a very exciting term. We have a lot of competitions coming up including All Juniors, Club Championships, District Champs and PB Challenge.

I am eager to see as many swimmers qualify for All Junior semi finals and finals so we have plenty of hard work ahead of us.

Please remember to bring to each session a drink bottle (particularly important in these hot months), fins, pull buoy and kick board.

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

In the hot seat . . .

In *this* edition of *Making Waves*, a coach will be selected, 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 Nunawading Swimming Club Coach . . .

MELISSA KLAMT



Squad: *State Youth / Uni*

Favourite subject at Uni: *Completed my Bachelor of Science, starting Honours in Freshwater ecology this year. I'll be studying platypus.*

Favourite TV shows: *Big bang theory, IT crowd, Survivor, Top Gear, Supernatural (and a few more when I get a chance to watch).*

Beach or Movie: *Beach then Movie!*

What can't you live without: *Bonds undies*

What do you do outside swimming: *Study and spend time with friends, family and James*

My dream is to ... *work as a zookeeper.*

The best part about coaching is ... *seeing swimmers achieve their goals.*

Swim Committee Report

Well it has been a very busy two months and the pace will continue on at a great rate.

At this time last year I wrote about the feeling of pride I had after attending the get together to celebrate the success of the State competitions.

This year I experienced it again! In fact I had the great honour of experiencing it twice – after both the Age and Open competition.

We must always remember how lucky we are to have such dedicated athletes willing to give up time, energy and lots of their lives to compete at this level.

All the results are in this newsletter elsewhere so I won't list anyone in particular however on behalf of the Swim Committee congratulations to all who competed, well done on the great displays of sportsmanship and good luck in the upcoming competitions.

I must however mention how wonderful it was to win each of the three meets and the overall 1st place for the No 1 Swimming Club in Victoria for the fourth year running.

Well done again to all who competed as a team and to the new Open swimmers welcome even more!!! This is the start of something very special for the Club and there is much to be excited about.

The Swim Committee is putting the final touches to the 2009/10 calendar and these will be made public very soon. Again more to be excited about in the near future!

Our PB Challenge kicks off again on February 8th. This program is a wonderful introduction to competition for our younger swimmers, and a great chance to get used to the idea of racing at your best.

Don't forget to get your Club championship Entries in well before the closing date of February 28th – this is the one time of the year that everyone can compete in a really friendly competitive spirit.

Good luck to all competing in the Victorian Sprint Championships in February.

Good luck to those competing in the All Junior events coming up – these are important meets that provide a good level of racing for our swimmers.

For those preparing for interstate meets or the various Australian Championships for Open or Age swimmers – remember that this is the time when your coach and their advice really comes into its own. Trust them now and you will be rewarded with the results you deserve.

Paul Streefkerk – Swim Committee Chair

Physiohealth Update

Nunawading Swimming Club continues to work closely with Physiohealth for all your physiotherapy, massage and myotherapy needs.

NSC is responsible for the Physiohealth reception services in return for a discount for all Club members.

Physiohealth's normal initial fee is \$70.00 and the normal standard fee is \$60.00. These are inline with other clinics in the industry.

The following discounts will apply to NSC members in 2009.

National squad members will pay \$54.00 initial consultation and \$42.00 for a standard consultation, representing a substantial discount of 23% and 30% respectively.

All non-national squad members and Nunawading families will be on \$60.00 initial fee and \$50.00 for a standard consultation, representing a discount of 14% and 17% respectively.

NSC swimmers benefit from these discount rates (14% and 30% cheaper than anyone else in Melbourne) as well as having access to the best physiotherapists in the sport of swimming working directly at the pool and in close liaison with the coaches.

Nunawading swimmers continue to be highly advantaged with convenient access to the Physiohealth services offered at Aqualink Nunawading (Phone: 9878 7055) and Blackburn Rd, Mt Waverley.

Nunawading Swimming Club wish to thank the team at Physiohealth for the continued support provided to the Club and its members.

Pacific School Games

By Mikayla Smith

I was selected in the Victorian Team to compete at the Pacific School Games in Canberra from 30th November to 6th December 2008. This was my very first Victorian team and having just turned ten the month before, I was also the youngest member.

I felt both scared and excited to be going interstate to swim. The airport was busy and the flight was fun. We all looked great in our matching uniforms and I felt part of a team.

The opening ceremony was very exciting and overwhelming, as we walked around the oval and waved to all the spectators. The best part was going around to other teams, meeting people from both overseas and Australia, and swapping pins and badges.

I was very fortunate that in the Victorian team were quite a few Nunawading Swimmers. The National Age swimmers treated me like I was their little sister and they really looked after me. It was like being part of a big family with everyone looking after each other.

I competed on the first day of competition with heats in the morning. I swam a PB and made a final for the 50m Breaststroke, which was in the evening. It was a great experience for me finishing 6th. The next day I was in the medley relay and another final swim. This time I got a bronze medal. I felt very proud as I stood up to get my medal and walked around for a victory lap of the pool.

I spent the next three days cheering on my team mates and watching their great swims. I had no voice left after a week of cheering.

The trip was fantastic and I didn't want it to end.

I am now training hard to try to make the Victorian team to go to Perth in September for the National School Championships.



Pacific School Games – Nunawading Swimmers

MMAD Swim

By Melissa Klamt

On Australia Day State Youth squad hit the beach for some Open water action! It was a perfect day for the MMAD 1.2km swim, though there were a few red bodies at training the next morning.

Congratulations to everyone who participated as for most it was their first ever open water swim. Congratulations to Brooke Simpson who was the first female from State Youth to cross the finish line 9th in the under 17 females and placed 14th overall. Well done to Nic Lindsay who was the first State Youth male to cross the finish line (just in front of Daz Kendall) who placed 13th in the under 17 males and 38th male overall.

Special mention to Graeme Stephenson for competing on the day, I'd like to see more parents join Graeme for a swim next year! A summary of placing for all State Youth Swimmers is below.



Under 17 females results:

9th – Brooke Simpson
12th – Steph D
13th – Maddie
15th – Meghan
19th – Kasey
26th – Kim C
28th – Annika
33rd – Georgina
36th – Duana

Under 17 males results:

13th – Nic
14th – Daz
16th – Brad
40th – Walter

Club Records

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

The months of December and January have been HUGE in terms of club records. Events such as Decembers, Pacific School Games, Victorian Age Championships, Junior Pan Pacs, Australian Olympic Youth Festival and Victorian Open Championships provided Nunawading swimmers with ample of opportunity to smash previous club bests.

Highlights over this period included **Ellen Gandy** breaking an impressive 24 club records at Vic Age States in her first real hit out for the club.

Bindy Bennett lowered the 1500m Freestyle record by 41.44 sec in Guam, claiming the 400m record in her 800m and then the 800m in her 1500m. Bindy's 16.36.96 in the 1500m Freestyle is the 10th fastest 1500m Freestyle ever swum by a 16 year old Australian.

Sam Ashby broke a 19 year old club record in the 200m Individual Medley (previous record held by Rob Woodhouse) and **Sam Sheppard** broke the 16 minute barrier in the 1500m Freestyle. In addition **Nicholas Groenewald** broke his first club record for the season and **Jack Currie, Lliam Hunt, Shayne Reese** and **Sam Ashby** broke their first ever club records.

December Club Records

Jack Currie
11/12 years 200m Freestyle
2.11.46 broke record by 0.63 sec
21/12/2008 VIC AGE

Llewellyn Little
15/16 years 400m Individual Medley
4.42.67 broke record by 0.31 sec
5/12/2008 Pacific School Games

Sam Sheppard
17/18 years 800m Freestyle
8.22.56 broke record by 1.87 sec
6/12/2008 Decembers

Sam Sheppard
Open 800m Freestyle
8.22.56 broke record by 1.87 sec
6/12/2008 Decembers

Georgia Langford
9/10 years 200m Butterfly
2.53.46 broke record by 12.62 sec
21/12/2008 VIC AGE

Emily Zukic
11/12 years 400m Freestyle
4.48.14 broke record by 2.29 sec
7/12/2008 Decembers

Emily Zukic
11/12 years 200m Breaststroke
2.51.13 broke record by 0.02 sec
21/12/2008 VIC AGE

Emily Zukic
11/12 years 400m Freestyle
4.47.48 broke record by 0.66 sec
21/12/2008 VIC AGE

Belinda Bennett
15/16 years 1500m Freestyle
17.18.40 broke record by 1.11.03 min
6/12/2008 Decembers

Belinda Bennett
Open 500m Freestyle
17.18.40 broke record by 21.71 sec
6/12/2008 Decembers

January Club Records

Nicholas Groenewald
11/12 years 400m Individual Medley
5.05.90 broke record by 1.26 sec
7/01/2009 VIC AGE

Lliam Hunt
13/14 years 200m Freestyle
2.01.73 broke record by 0.01 sec
5/01/2009 VIC AGE

Lliam Hunt
13/14 years 200m Freestyle
2.01.21 broke record by 0.52 sec
5/01/2009 VIC AGE

James Argiro
15/16 years 100m Butterfly
55.70 broke record by 1.98 sec
5/01/2009 VIC AGE

James Argiro
15/16 years 200m Butterfly
2.03.10 broke record by 3.51 sec
7/01/2009 VIC AGE

Sam Sheppard
17/18 years 400m Freestyle
4.03.86 broke record by 0.47 sec
3/01/2009 VIC AGE

Sam Sheppard
17/18 years 1500m Freestyle
15.57.24 broke record by 17.69 sec
5/01/2009 VIC AGE

Sam Sheppard

Open 1500m Freestyle
15.57.24 broke record by 17.69 sec
5/01/2009 VIC AGE

Mitchell Pryor

17/18 years 200m Freestyle
1.54.75 broke record by 0.24 sec
4/01/2009 VIC AGE

Jack Laidler

17/18 years 100m Breaststroke
1.06.29 broke record by 0.29 sec
5/01/2009 VIC AGE

Travis Mahoney

17/18 years 200m Individual Medley
2.09.88 broke record by 0.15 sec
7/01/2009 VIC AGE

Sam Sheppard

17/18 years 200m Butterfly
2.05.75 broke record by 0.13 sec
7/01/2009 VIC AGE

Sam Sheppard

17/18 years 200m Butterfly
2.04.54 broke record by 1.21 sec
15/01/2009 AOYF

Sam Sheppard

17/18 years 1500m Freestyle
15.57.21 broke record by 0.03 sec
5/01/2009 AOYF

Sam Sheppard

Open 1500m Freestyle
15.57.24 broke record by 0.03 sec
5/01/2009 AOYF

Jack Laidler

17/18 years 50m Breaststroke
30.17 broke record by 0.12 sec
17/01/2009 VIC OPEN

Jack Laidler

17/18 years 100m Breaststroke
1.04.35 broke record by 1.94 sec
17/01/2009 VIC OPEN

Sam Ashby

Open 200m Individual Medley
2.03.65 broke record by 2.93 sec
17/01/2009 VIC OPEN

Ellen Gandy

17/18 years 400m Freestyle
4.24.25 broke record by 12.99 sec
3/01/2009 VIC AGE

Ellen Gandy

17/18 years 400m Freestyle
4.16.62 broke record by 7.63 sec
3/01/2009 VIC AGE

Ellen Gandy

17/18 years 100m Backstroke
1.06.73 broke record by 0.24 sec
3/01/2009 VIC AGE

Ellen Gandy

17/18 years 100m Backstroke
1.05.28 broke record by 1.45 sec
3/01/2009 VIC AGE

Ellen Gandy

17/18 years 200m Freestyle
2.01.14 broke record by 4.85 sec
4/01/2009 VIC AGE

Ellen Gandy

Open 200m Freestyle
2.01.14 broke record by 0.72 sec
4/01/2009 VIC AGE

Ellen Gandy

17/18 years 50m Butterfly
28.01 broke record by 0.70 sec
5/01/2009 VIC AGE

Ellen Gandy

Open 50m Butterfly
28.01 broke record by 0.24 sec
5/01/2009 VIC AGE

Ellen Gandy

17/18 years 100m Butterfly
59.16 broke record by 2.12 sec
5/01/2009 VIC AGE

Ellen Gandy

Open 100m Butterfly
59.16 broke record by 2.12 sec
5/01/2009 VIC AGE

Ellen Gandy

17/18 years 400m Individual Medley
4.53.88 broke record by 3.76 sec
6/01/2009 VIC AGE

Ellen Gandy

Open 400m Individual Medley
4.53.88 broke record by 3.76 sec
6/01/2009 VIC AGE

Ellen Gandy

17/18 years 400m Individual Medley
4.46.19 broke record by 7.69 sec
6/01/2009 VIC AGE

Ellen Gandy

Open 400m Individual Medley
4.46.19 broke record by 7.69 sec
6/01/2009 VIC AGE

Ellen Gandy

17/18 years 100m Freestyle
56.49 broke record by 1.10 sec
6/01/2009 VIC AGE

Ellen Gandy

Open 100m Freestyle
56.49 broke record by 1.10 sec
6/01/2009 VIC AGE

Ellen Gandy

17/18 years 200m Individual Medley
2.23.82 broke record by 0.06 sec
7/01/2009 VIC AGE

Ellen Gandy

17/18 years 200m Individual Medley
2.16.31 broke record by 6.89 sec
7/01/2009 VIC AGE

Ellen Gandy

17/18 years 200m butterfly
2.19.11 broke record by 1.15 sec
7/01/2009 VIC AGE

Ellen Gandy

17/18 years 200m butterfly
2.10.14 broke record by 8.97 sec
7/01/2009 VIC AGE

Ellen Gandy

Open 200m butterfly
2.10.14 broke record by 8.09 sec
7/01/2009 VIC AGE

Ellen Gandy

17/18 years 50m butterfly
27.97 broke record by 0.04 sec
7/01/2009 VIC AGE

Ellen Gandy

Open 50m butterfly
27.97 broke record by 0.04 sec
7/01/2009 VIC AGE

Ellen Gandy

17/18 years 800m Freestyle
8.53.40 broke record by 26.03 sec
7/01/2009 VIC AGE

Laura-Ann Wong

17/18 years 100m Breaststroke
1.15.006 broke record by 0.71 sec
5/01/2009 VIC AGE

Belinda Bennett

15/16 years 400m Freestyle
4.24.51 broke record by 0.74 sec
8/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 800m Freestyle
8.53.24 broke record by 6.51 sec
8/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 100m Freestyle
58.12 broke record by 0.34 sec
9/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 400m Freestyle
4.18.64 broke record by 5.87 sec
10/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 400m Freestyle
4.16.09 broke record by 2.55 sec
10/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 50m Freestyle
26.76 broke record by 0.05 sec
11/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 800m Freestyle
8.51.98 broke record by 01.26 sec
11/01/2009 Junior Pan Pacs

Belinda Bennett

15/16 years 1500m Freestyle
16.36.96 broke record by 41.44 sec
11/01/2009 Junior Pan Pacs

Belinda Bennett

Open 1500m Freestyle
16.36.96 broke record by 41.44 sec
11/01/2009 Junior Pan Pacs

Ellese Zalewski

17/18 years 50m Freestyle
26.60 broke record by 0.28 sec
11/01/2009 Junior Pan Pacs

Ellese Zalewski

Open 50m Freestyle
26.60 broke record by 0.01 sec
11/01/2009 Junior Pan Pacs

Ellese Zalewski

17/18 years 50m Freestyle
25.99 broke record by 0.62 sec
11/01/2009 Junior Pan Pacs

Ellese Zalewski

Open 50m Freestyle
25.99 broke record by 0.62 sec
11/01/2009 Junior Pan Pacs

Ellen Gandy

17/18 years 50m Butterfly
27.02 broke record by 0.95 sec
16/01/2009 Vic Open

Ellen Gandy

Open 50m Butterfly
27.02 broke record by 0.95 sec
16/01/2009 Vic Open

Ellen Gandy

17/18 years 200m Butterfly
2.08.29 broke record by 1.85 sec
18/01/2009 Vic Open

Ellen Gandy

Open 200m Butterfly
2.08.29 broke record by 1.85 sec
18/01/2009 Vic Open

Laura-Ann Wong

17/18 years 200m Breaststroke
2.40.41 broke record by 0.49 sec
17/01/2009 Vic Open

Laura-Ann Wong

17/18 years 200m Breaststroke
2.39.01 broke record by 1.40 sec
17/01/2009 Vic Open

Shayne Reese

Open 100m Freestyle
55.77 broke record by 0.72 sec
16/01/2009 Vic Open

NSW Open Water Championships Results

Belinda Bennett

Gold 15-16 years 10km

Sam Sheppard

SILVER 17-18 years 10km

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.

Pacific School Games Results

Nicholas Groenewald

GOLD 11 years 200m Individual Medley
GOLD 11 years 50m Backstroke
GOLD 11 years 4x50m Medley Relay
SILVER U12 100m Backstroke
SILVER 11 years 4x50m Freestyle Relay
SILVER 11 years 50m Butterfly
SILVER 11 year 50m Freestyle
SILVER 11 years 50m Breaststroke
4th U12 4x100m Freestyle Relay

Travis Mahoney

SILVER 17-19 years 4x50m Freestyle Relay
SILVER 17-19 years 400m Individual Medley
SILVER 17-19 years 200m Backstroke
SILVER 17-19 years 4x100m Freestyle Relay
BRONZE 17-19 years 100m Backstroke
BRONZE 17-19 years 50m Backstroke

Mitchell Pryor

SILVER 17-19 years 4x50m Freestyle Relay
SILVER 17-19 years 4x100m Freestyle Relay
BRONZE 17-19 years 200m Freestyle
BRONZE 17-19 years 50m Freestyle
4th 17-19 years 100m Freestyle
6th 17/19 years 400m Freestyle
6th 17-19 years 50m Butterfly

Louie Little

SILVER 15-16 years 400m Individual Medley
SILVER 15-16 years 200m Butterfly
BRONZE 16 years 4x50m Freestyle Relay
BRONZE 16 years 4x50m Medley Relay
5th 16 years 200m Individual Medley
15th 16 years 50m Freestyle

Julia Algie

SILVER Mixed MD Medley Relay
SILVER Mixed MD Freestyle Relay
5th 10-12 MD 50m Backstroke
5th 10 12 MD 100m Freestyle
5th 10-12 MD 200m Individual Medley
6th 10-12 MD 50m Butterfly

Emily Zukic

BRONZE 12 years 50m Breaststroke
BRONZE 12 years 4x50m Freestyle Relay
BRONZE U12 4x100m Freestyle Relay
4th 12 years 100m Breaststroke
8th 12 years 200m Individual Medley
9th 12 years 100m Freestyle
12th 12 years 50m Freestyle

Nikaylah Hanlen

BRONZE 14 years 4x50m Freestyle Relay
4th 14 years 4x50m Medley Relay
6th 14 years 50m Butterfly
7th 14 years 100m Butterfly
10th 14 years 50m Freestyle

Jessica Batton

BRONZE 14 years 4x50m Freestyle Relay
4th 14 years 4x50m Medley Relay
7th 14 years 100m Freestyle
10th 13/14 years 400m Freestyle
10th 13/14 years 200m Freestyle

Kimberly McDonald

BRONZE 15 years 4x50m Medley Relay
6th OPEN 1500m Freestyle
10th 15-16 years 200m Breaststroke
11th 15 years 50m Backstroke

Mikayla Smith

BRONZE 10 years 4x50m Medley Relay
6th 10 years 50m Breaststroke

Edward Lim

4th 14 years 4x50m Medley Relay
5th 14 years 4x50m Freestyle Relay
11th 14 years 50m Freestyle
14th 14 years 200m Individual Medley

Caradoc Markey

4th 14 years 4x50m Medley Relay
6th 14 years 100m Breaststroke
7th 13/14 years 200m Breaststroke
7th 14 years 50m Breaststroke

Liam Fisk

4th 12 years 4x50m Medley Relay
6th 12 years 200m Individual Medley
8th 12 years 100m Breaststroke
9th U12 200m Freestyle
11th 12 years 50m Breaststroke

Georgia Langford

4th 10 years 4x50m Freestyle Relay
19th 10 years 50m Freestyle

Tyran Groves

5th 13 years 100m Butterfly
5th 13 years 4x50m Medley Relay
6th 13 years 4x50m Freestyle Relay
10th 13 years 50m Butterfly
10th 13 years 100m Freestyle
11th 13 years 50m Freestyle

Phillip O'Brien

5th 13 years 4x50m Medley Relay
8th 13 years 100m Breaststroke
11th 13 years 50m Breaststroke

Rachel McDonald

8th 17-19 years 50m Breaststroke
9th 17-19 years 100m Breaststroke

Stephanie Groenewald

11th 15 years 100m Backstroke

Special Mention to Nicholas Groenewald who swam Meet Records in 11 years 200m Individual Medley, 100m Backstroke, 50m Backstroke, 4x50m Medley Relay and 50m Breaststroke. Nicholas also broke state records in the 100m Backstroke, 200m Individual Medley, 50m Butterfly, 50m Backstroke and 50m Freestyle. Well done Nicholas on a great meet.

Victorian Age Championships Results**Nicholas Groenewald**

Gold 11 years 100m Freestyle
Gold 11 years 200m Freestyle
Gold 11 years 100m Backstroke
Gold 11 years 200m Backstroke
Gold 11 years 100m Breaststroke
Gold 11 years 200m Breaststroke
Gold 11 years 100m Butterfly
Gold 11 years 200m Individual Medley
10th U15 400m Individual Medley

Ellen Gandy

GOLD 17-18 years 400m Freestyle
GOLD 17-18 years 200m Freestyle
GOLD 17-18 years 100m Butterfly
GOLD 17-18 years 400m Individual Medley
GOLD 17-18 years 100m Freestyle
GOLD 17-18 years 200m Individual Medley
GOLD 17-18 years 200m Butterfly
GOLD 16-18 years 800m Freestyle
SILVER 17-18 years 100m Backstroke
8th 17-18 years 200m Backstroke

Liam Fisk

GOLD 12 years 200m Backstroke
GOLD 12 years 100m Breaststroke
GOLD 12 years 200m Breaststroke
GOLD 12 years 200m Individual Medley
SILVER 12 years 100m Butterfly
BRONZE 12 years 400m Freestyle
4th 12 years 200m Freestyle
4th 12 years 100m Backstroke
6th 12 years 100m Freestyle

Sam Bennett

GOLD (vic) 17-18 years 200m Freestyle
GOLD (vic) 17-18 years 400m Individual Medley
GOLD (vic) 17-18 years 200m Individual Medley
SILVER (vic) 17-18 years 400m Freestyle
SILVER (vic) 17-18 years 100m Butterfly
BRONZE (vic) 17-18 years 100m Backstroke
BRONZE (vic) 17-18 years 200m Backstroke
5th 17-18 years 100m Freestyle
7th 16-18 years 800m Freestyle

Jack Currie

GOLD 12 years 100m Freestyle
GOLD 12 years 200m Freestyle
GOLD 12 years 400m Freestyle
SILVER 12 years 200m Individual Medley
BRONZE 12 years 100m Backstroke
BRONZE 12 years 200m Backstroke
BRONZE 12 years 100m Butterfly

Liam Hunt

GOLD 14 years 200m Freestyle
GOLD 14 years 100m Freestyle
SILVER 14 years 100m Butterfly
5th 14 years 400m Freestyle
10th 14 years 100m Backstroke

James Argiro

GOLD 16 years 100m Butterfly
GOLD 16 years 200m Butterfly
SILVER (vic) 16 years 200m Freestyle

Emily Zukic

GOLD 12 years 200m Breaststroke
SILVER 12 years 200m Freestyle
SILVER 12 years 200m Individual Medley
SILVER 12 years 100m Breaststroke
BRONZE 12 years 100m Freestyle
BRONZE U12 400m Freestyle

Tyran Groves

GOLD 13 years 100m Butterfly
SILVER 13 years 100m Freestyle
SILVER 13 years 200m Freestyle
SILVER 13 years 400m Freestyle
4th 13 years 200m Butterfly
10th 13 years 200m Individual Medley

Jessica Baton

GOLD 14 years 200m Freestyle
SILVER 14 years 400m Freestyle
SILVER 14 years 100m Backstroke
BRONZE 14 years 200m Backstroke
4th 14 years 200m Butterfly
4th 14 years 100m Freestyle
5th 14 years 100m Butterfly

Roxanne Perring

GOLD (vic) 16 years 200m Backstroke
SILVER 16 years 200m Butterfly
SILVER (vic) 16 years 200m Freestyle
BRONZE 16 years 100m Butterfly
5th 16 years 16 years 100m Backstroke

Sam Sheppard

GOLD 16-18 years 1500m Freestyle
SILVER (vic) 17-18 years 200m Butterfly
BRONZE 17-18 years 400m Freestyle
5th 17-18 years 200m Backstroke
7th 17-18 years 200m Freestyle
10th 17-18 years 100m Freestyle

Joel Watson

GOLD 11 years 200m Butterfly
SILVER 11 years 100m Butterfly
BRONZE 11 years 200m Individual Medley

Llewellyn Little

GOLD (vic) 16 years 400m Freestyle
SILVER 16 years 200m Butterfly
5th 16-18 years 400m Individual Medley
6th 16 years 200m Freestyle
6th 16 years 200m Individual Medley
9th 16 years 100m Freestyle
10th 16 years 100m Breaststroke

Dylan Cossari

GOLD 15 years 200m Breaststroke
BRONZE 15 years 100m Breaststroke

Mitchell Pryor

SILVER (vic) 17-18 years 100m Freestyle
SILVER (vic) 17-18 years 200m Freestyle
5th 17-18 years 400m Freestyle

Travis Mahoney

SILVER 16-18 years 400m Individual Medley
BRONZE (vic) 17-18 years 100m Backstroke
BRONZE 17-18 years 200m Backstroke
BRONZE 17-18 years 200m Individual Medley
6th 17-18 years 100m Freestyle
7th 17-18 years 100m Breaststroke
9th 17-18 years 200m Freestyle

Jack Laidler

SILVER (vic) 17-18 years 100m Breaststroke
BRONZE 17-18 years 200m Breaststroke
4th 17-18 years 200m Individual Medley
5th 17-18 years 100m Butterfly

Chris MacGregor

SILVER 16 years 100m Butterfly
BRONZE 16 years 100m Backstroke
4th 16 years 200m Backstroke

Laura-Ann Wong

SILVER (vic) 17-18 years 200m Breaststroke
BRONZE (vic) 17-18 years 100m Breaststroke
5th 17-18 years 200m Backstroke
6th 17-18 years 200m Individual Medley
10th 17-18 years 100m Backstroke

Nicholas D'Arcy-Evans

SILVER 17-18 years 200m Breaststroke
5th 17-18 years 200m Individual Medley
5th 17-18 years 100m Breaststroke

Mark Bustard

SILVER 15 years 200m Breaststroke
6th 15 years 100m Breaststroke

Nikaylah Hanlen

BRONZE 14 years 100m Freestyle
4th 14 years 100m Butterfly
6th 14 years 200m Butterfly
6th 14 years 200m Backstroke
8th 14 years 100m Backstroke
8th 14 years 200m Freestyle

Phillip O'Brien

BRONZE (vic) 13 years 200m Breaststroke
4th 13 years 100m Breaststroke
6th 13 years 200m Individual Medley

Nerice Smith

BRONZE 13 years 100m Breaststroke
4th 13 years 200m Breaststroke
7th 13 years 200m Individual Medley
10th 13 years 200m Butterfly

Alex Venning

BRONZE 15 years 100m Backstroke
5th 15 years 200m Backstroke
6th 15 years 100m Freestyle
7th 15 years 100m Butterfly

Ben Haralambakis

BRONZE (vic) 16 years 200m Breaststroke
7th 16 years 100m Breaststroke
8th 16 years 200m Individual Medley

Sharni Campbell

BRONZE (vic) 100m Freestyle
9th 17-18 years 100m Backstroke

Natalie MacGregor

4th 14 years 100m Backstroke
4th 14 years 200m Backstroke

Kate Laidler

4th 11 years 200m Freestyle
7th 11 years 100m Freestyle
8th 11 years 200m Backstroke
8th U12 400m Freestyle

Georgia Langford

4th 11 years 200m Butterfly

Scott Huang

5th 13 years 100m Breaststroke
5th 13 years 200m Breaststroke

Jessie Forster

5th 14 years 200m Individual Medley
6th 14 years 200m Freestyle
7th 14 years 200m Butterfly
7th 14 years 100m Freestyle
8th 14 years 200m Breaststroke
9th 14 years 100m Butterfly

Caradoc Markey

5th 14 years 100m Breaststroke
6th 14 years 200m Breaststroke
8th 14 years 200m Individual Medley

Kimberly McDonald

5th 15 years 200m Breaststroke
7th 15 years 100m Breaststroke

Carly Robson

5th 14 years 100m Backstroke
8th 14 years 200m Backstroke
10th 14 years 100m Freestyle

Mark Petrov

5th 11 years 200m Breaststroke
8th 11 years 100m Breaststroke

Amber Lewis

5th 12 years 200m Butterfly

Matilda Rudd

6th 13 years 100m Backstroke
7th 13 years 200m Backstroke
10th 13 years 200m Individual Medley

Sean Whitten

6th 14 years 100m Freestyle
10th 14 years 100m Butterfly

Rachel McDonald

7th 17-18 years 200m Breaststroke
9th 17-18 years 100m Breaststroke

Josh Sewell

7th 11 years 200m Freestyle
10th 11 years 100m Backstroke

Jack Streefkerk

7th 15 years 100m Freestyle

Edward Lim

8th 14 years 100m Freestyle
9th 14 years 100m Breaststroke
9th 14 years 100m Individual Medley

Lucy Walton

8th 12 years 100m Butterfly

Madeline Theofanides

8th 12 years 200m Butterfly

Jaclyn Lee

8th 16 years 100m Backstroke

Stefania Basso

9th 17-18 years 400m Freestyle
9th 17-18 years 200m Backstroke

Daniel Aguiar

9th 14 years 200m Butterfly

Jack Day

10th 17-18 years 100m Breaststroke

Relays Results

GOLD U12 Boys Medley Relay
GOLD U12 Boys Freestyle Relay
GOLD U18 Girls Freestyle Relay
GOLD U18 Girls Medley Relay
GOLD U18 Boys Freestyle Relay
GOLD (vic) U18 Girls Medley Relay
GOLD U14 Boys Freestyle Relay
GOLD U14 Boys Medley Relay
SILVER U16 Boys Freestyle Relay
BRONZE U16 Boys Medley Relay
BRONZE U14 Girls Medley Relay
BRONZE U12 Girls Medley Relay
4th U12 Girls Freestyle Relay
5th U16 (B) Boys Medley Relay
6th U14 (B) Girls Freestyle Relay
7th U14 (B) Girls Medley Relay
8th U16 (B) Boys Freestyle Relay

Special Mentions ...

... to **Nicholas Groenewald** who broke state records in 11 years 100m Freestyle, 200m Freestyle and 50m Backstroke.

... to **Emily Zukic** who won the 12 years female swimmer of the meet. Its great to see Emily winning this award after loosing on a count back last year.

... to the 11 and 12 years boys who dominated their age groups. Gold Medalists **Nicholas Groenewald, Jack Currie, Liam Fisk** and **Joel Watson** won an impressive 16 gold medals between them. In addition to this **Matthew Charlesworth**, who has been training with Nunawading, also won an event. Nunawading continued their dominance in recent years over the 11/12 years age groups winning best athlete for the fourth year in a row in both the U11 years, won by Nicholas Groenewald (following Liam Fisk in 2008, Tim Gousskov in 2007 and James Margary in 2006) and forth year running in 12 years, won by Liam Fisk (past winners Tim Gousskov 2008, James Margary 2007 and Alex Venning 2006)

... to **Ellen Gandy** who broke the Victorian All Comers record in the 17/18 years 100m Butterfly

... to **James Argiro** who broke a Michael Klim record in the 16 years 200m Butterfly. James's swim is the 7th fastest time ever swum by a 16 year old Australian. Congratulations James on winning Male Age Group swimmer of the meet.

... to **Sam Bennett** who won 17/18 years female swimmer of the meet. This is the third year in a row that Sam has won her age group.

... to the following swimmers who were either first time state champions or state medalists: **Tyran Groves** (champion), **Dylan Cossari** (champion), **Jess Batton** (champion), **Liam Hunt** (champion), **Mark Bustard** (Medalist) and **Ben Haralambakis** (Medalist).

... to **Alex Venning, Jack Steefkerk, James Argiro** and **Louie Little** who swam a very impressive U16 4x50m Freestyle relay, finishing second to the CA Tritons super-relay. The boy's time of 1.38.11 was significantly under the old Victorian record. Well done boys and best of luck for nationals

... to **Jessie Forster** who had an amazing championships making finals for the first time since 2006. Jessie swam huge PB's in 200m Breaststroke (1.87 sec, finished 8th), 100m Butterfly (1.63 sec, finished 9th), 200m Butterfly (8.30 sec, Finish 7th), 200m Individual Medley (Finished 5th), 200m Freestyle (2.64 sec, Finished 6th) and 100m Freestyle (1.23 sec, Finished 7th). Well done Jessie on a great meet and proving that if you stick with it and keep training you eventually will swim PB's and make state finals.

... to the following swimmers who swam national times at states and have now qualified for Sydney: Emily Zukic, Matilda Rudd, Nerice Smith, Natalie MacGregor, Nikaylah Hanlen, Jess Batton, Kimberly McDonald, Jaclyn Lee, Roxy Perring, Rachel McDonald, Sam Bennett, Laura-Ann Wong, Nicholas Groenewald, Liam Fisk, Jack Currie, Scott Huang, Phillip O'Brien, Edward Lim, Sean Whitten, Caradoc Markey, Liam Hunt, Mark Bustard, Alex Venning, Dylan Cossari, Jack Steefkerk, Louie Little, James Argiro, Ben Haralambakis, Christopher MacGregor, Mitchell Pryor, Sam Sheppard, Travis Mahoney, Jack Laidler and Nicholas D'Arcy-Evans

... to **Helen Streefkerk**, for buying the horns, **Alex Venning** and **Jack Streefkerk** for making the signs and the number of **Nunawading cheer squad members** at the finals sessions each night.

Junior Pan Pacs Results

Belinda Bennett

GOLD 10km Open Water
4th 1500m Freestyle
5th 800m Freestyle
5th 400m Freestyle
6th 4x200m Freestyle Relay (Australia B)
7th 4x100m Freestyle Relay (Australia B)
12th 50m Freestyle
18th 100m Freestyle
23rd 200m Freestyle

Ellese Zalewski

SILVER 4x200m Freestyle Relay
 BRONZE 4x100m Freestyle Relay
 5th 50m Freestyle
 5th 4x100m Medley Relay (Australia B)
 7th 200m Freestyle
 10th 100m Freestyle
 11th 100m Butterfly

Australian Olympic Youth Festival**Sam Sheppard**

BRONZE 1500m Freestyle
 4th 200m Butterfly
 4th 4x200m Freestyle Relay
 11th 400m Freestyle
 16th 200m Freestyle
 22nd 100m Freestyle

Mitchell Pryor

SILVER 4x100m Freestyle Relay
 3rd (after prelims) 100m Freestyle
 4th 4x200m Freestyle Relay
 5th (after prelims) 50m Freestyle
 8th 200m Freestyle
 9th 100m Butterfly

Victorian Open Championships Results**Sarah Katsoulis**

GOLD 50m Breaststroke
 GOLD 100m Breaststroke
 GOLD 200m Breaststroke
 10th 50m Freestyle

Jeremy Tidy

GOLD SWD 100m Freestyle
 GOLD SWD 100m Backstroke
 SILVER SWD 100m Butterfly
 SILVER SWD 50m Freestyle
 SILVER SWD 50 Butterfly

Prue Watt

GOLD SWD 50m Freestyle
 GOLD SWD 100m Freestyle

Sam Ashby

GOLD 200m Individual Medley
 SILVER 200m Butterfly
 BRONZE 400m Individual Medley
 7th 100m Butterfly

Ellen Gandy

GOLD 200m Butterfly
 BRONZE 100m Butterfly
 4th 50m Butterfly
 4th 400m Freestyle
 6th 100m Freestyle
 6th 200m Freestyle

Talia Goddard

GOLD 400m Individual Medley
 BRONZE 200m Individual Medley
 7th 50m Breaststroke
 7th 100m Backstroke
 8th 100m Butterfly
 9th 100m Breaststroke

Chelsea Carpenter

SILVER 200m Individual Medley
 BRONZE 200m Breaststroke
 4th 100m Breaststroke
 6th 50m Breaststroke

Belinda Parslow

SILVER 800m Freestyle
 BRONZE 400m Freestyle
 4th 200m Freestyle
 7th 50m Freestyle
 8th 100m Freestyle

Shane Asbury

SILVER 400m Individual Medley
 4th 200m Butterfly
 4th 1500m Freestyle
 5th 200m Individual Medley
 6TH 200m Freestyle

Katie Bird

SILVER 100m Backstroke
 4th 200m Individual Medley
 6th 100m Breaststroke

Jack Laidler

SILVER 100m Breaststroke
 4th 50m Breaststroke

James Argiro

BRONZE 200m Butterfly
 5th 100m Butterfly

Belinda Bennett

BRONZE 800m Freestyle
 5th 400m Freestyle

Shayne Reese

BRONZE 100m Freestyle

Nicholas D'Arcy-Evans

4th 200m Breaststroke
 5th 100m Breaststroke

Adam Parslow

4th 400m Freestyle
 7th 200m Freestyle

Julia Algie

5th SWD 50m Butterfly
 5th SWD 50m Backstroke
 5th SWD 100m Freestyle
 8th SWD 50m Freestyle

Ellese Zalewski

5th 50m Butterfly
 5th 200m Freestyle
 6th 100m Butterfly
 10th 200m Backstroke

Laura-Ann Wong

5th 200m Breaststroke
 10th 50m Breaststroke

Matt Armfield

6th 100m Backstroke
 7th 50m Backstroke
 9th 50m Butterfly

Samantha Lilly

7th SWD 50m Breaststroke
 9th SWD 50m Backstroke
 9th SWD 100m Freestyle

Rowan Sonsie

7th 100m Breaststroke
 9th 50m Breaststroke

Nadine Jones

7th 100m Butterfly
 10th 50m Butterfly

Kimberly McDonald

7th 800m Freestyle

Jacqui Kay

9th 200m Breaststroke

Yuriy Burunov

10th 100m Butterfly

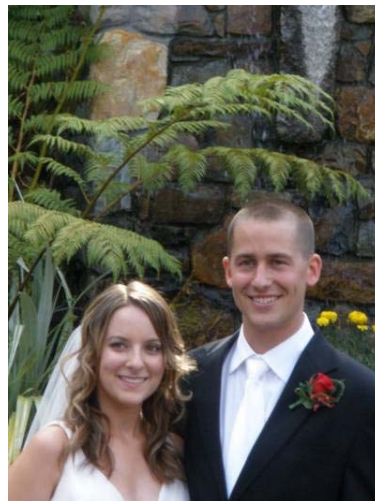
Relay Results

GOLD Female 4x100m Medley
GOLD Female 4x200m Freestyle
GOLD Female 4x100m Freestyle
GOLD Male 4x200m Freestyle
SILVER Male 4x100m Medley
SILVER Male 4x100m Freestyle
BRONZE Male 4x100m Medley
BRONZE Female (B) 4x100m Medley
 4th Female (B) 4x100m Freestyle
 5th Female (B) 4x200m Freestyle
 6th Male (B) 4x200m Freestyle
 7th Male (B) 4x100m Freestyle

Congratulations to all Nunawading swimmers, coaches, parents and cheer squad members for a VERY successful 2009 Victorian Championships.

Results and Club Records can be found on the Nunawading Swimming Club website:

<http://www.nunawadingswimmingclub.com/competition/results.htm>

Congratulations Dean and Natalie

Nunawading Swimming Club Coach Dean Bryant and his beautiful wife Natalie, were married on Friday 30th of January.

CONGRATULATIONS FROM EVERYONE AT NUNAWADING

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 8711 4313.

Diary Dates

- Sun 8 Feb PB Challenge Week 1 – Aqualink Nunawading
- Fri 13 Feb NSW Open Championships – SOPAC
- Sat 14 – Sun 15 Feb Victorian Sprint Championships – MSAC
- Sat 21 Feb 2009 All Junior Competition Metro East Trials – Aqualink Nunawading
Entries close: 10/02/09
- Sat 28 Feb – 2 Mar 2009 Australian Open and Age Open Water Swimming Championships – SIRC
Entries close: 09/02/09 at 12 noon
- Sun 1 Mar PB Challenge Week 2 – Aqualink Nunawading
- Sat 14 Mar Nunawading Club Champs
Entries close: 28/02/09
- Sun 15 Mar Last Blast – MSAC
- Sun 15 Mar 2009 Metro East Annual District Championships – Monash
Entries close: 03/03/09
- Tues 17 – Sun 22 Mar 2009 Telstra Australian Swimming Championships
SOPAC Entries close: 23/02/09 at 12 noon
- Sat 21 – Sun 22 Mar All Junior Finals – MSAC
- Sun 29 Mar PB Challenge Week 3 – Aqualink Nunawading
- Mon 13 – Sat 18 Apr 2009 Australian Age Championships – SOPAC
Entries close: 16/03/09 at 12 noon

Don't Forget

Nunawading Swimming Club Championships

Date: Saturday 14th March
Venue: Aqualink Nunawading
Entries close: Saturday 28th February

Suggestions for *Making Waves*

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

gary.barclay@nunawadingswimmingclub.com

January/February Birthdays

Happy Birthday to the following club members who had a birthday in *January*:

*January 1st Roy Andrews
January 1st Margaret Baulch
January 1st Leslie Bennett
January 1st Bruce Cook
January 1st Helen Hall
January 1st John Kean
January 1st John Ogden
January 1st William Smith
January 1st Dick Van Der Schoot
January 1st Prue Watt
January 5th Jan Forster
January 6th Maree Hopkins
January 10th Belinda Parslow
January 10th John Van Delft
January 13th Zoe Lythgo
January 14th Shino Walsh
January 19th Sam Sheppard
January 21st Marcus Bordignon
January 26th Rachel Theofanides
January 29th Albert Shen
January 30th Leigh Nugent
January 30th Yixing Qiu*

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

*February 3rd Matthew Qiu
February 4th Phillip O'Brien
February 6th Jack Streefkerk
February 8th Mabel Li
February 9th Samantha Law
February 10th Sarah Venning
February 11th Liam Fisk
February 14th Bradley Keeton
February 15th Tara Vecchio
February 19th Kate Laidlaw
February 22nd Raymond Davis
February 27th Calvin Zukic
February 28th Samantha Bennett*

