

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

March 2009

SWIM STAR OF THE MONTH

Swimming Australia has provided NSC with 20 swim caps to award to swimmers over the next 10 months.

The Swim Star caps have been provided to the Club to reward and recognise members for non-performance related achievements.

Clubs independently determine awards, for example: the most consistent trainer, the happiest squad member, the best fundraiser etc.

These caps have been allocated to Junior A squad and Junior B squad for the next 10 months.

The Club will follow the Swimming Australia guidelines and ensure the caps are awarded to club members based on non-performance accomplishments.

For the month of February Swim Star Caps have been awarded to:

Junior A

Awarded to **Teagan Harty** for being the most improved trainer in the squad.

Junior B

Awarded to **Sophie Paul** for her enthusiasm to swim training. Sophie has worked very hard at swim training since the beginning of the term and makes every effort to make time cycles, listen to feedback and then put it into practice. Sophie never complains and simply makes every effort to train hard every session.

Well done Teagan and Sophie

CONGRATULATIONS

Congratulations to **Mikayla Smith** on her 9th placing in the 11 years and under 200m Breaststroke at the recent Victorian Championships. Mikayla was the only 10 year old in the race and made the final. Our apologies for missing this result in the last edition of Making Waves. Well done Mikayla.



All members of the Nunawading Swimming Club are mourning the sudden passing of our Vice President and Swim Chairman, Paul Streefkerk.

Paul was a tireless worker and supporter of the club and he will be sadly missed by all his friends and family. Paul was a kind and generous man, and was always prepared to do that little bit extra.

Paul was an integral member of the Board of NSC and his input was always well considered and took into account each and every member of the Club. As Swim Chairperson, Paul has led the Swimming Club activities through a period of growth and change.

The number of people at Paul's funeral was a testament to the high esteem he was held in by friends and colleagues.

Our heartfelt thoughts are with Helen, Maddie and Jack at this very sad time.

Rest in Peace Paul.

SQUAD NEWS

National Open

Amanda Isaac

Here we go!

The finishing touches are now being put together on a 22 week preparation. It is time to tackle the best Australia has to offer at the 2009 World Championship Trials.

The work "is in the bank", you know your race plans, and you have trained your race plan. It is time to trust your training, trust your Coaches and Support Services. More importantly it is time to trust yourself.

It is time to believe in yourself more than ever.

Imagine standing behind the blocks for your first race, your team mates supporting you, your Coach encouraging you. This is when you flick the switch and turn on your adrenalin and race!

We look forward to seeing you unleash the improvements you have made in training and go for it!

National Youth

Nick Veliades

The Home straight.....

The next month (6 Weeks) forms the final part of the preparation into Age Nationals 2009. The lead up thus far has been great for the squad in regards to training performance and general attendance.

Over the next six weeks our focuses will turn to fine tuning skills, increasing speed, recovering and mentally preparing to act out the process we have been planning and practicing all season.

Please ensure you plan the final stages of the season booking in massages in the weeks leading into nationals, psychology sessions etc (where appropriate not during training sessions).

If you would like help or guidance as to when you should be doing these things please speak to me sooner rather than later.

Good luck.

SQUAD NEWS

National Age

Dean Bryant

The past few cycle of training have been great. Swimmers are adapting well to the anaerobic training of late and are showing some quick training times.

The next few weekend hare chock-a-block full of competition and opportunities. Swimmers can aim for PB's, first time or new NQT's, and enhanced NQT's.

The determining factor will be the level of enthusiasm and resolve taken into the meet and how well race plans are applied and utilised. For those heading to National's, your preparations are entering their final 5 weeks.

Remember, you can make big improvement in that time if you demand the best from yourself rather than simply floating through.

Best of luck for the final onslaught. Go team!

State Junior

Dean Bryant

What a great month it's been!

Enthusiasm is high, results have been excellent and smiles abound. For junior swimmers, this time of the year offers many exciting opportunities including school swimming, speed focused training and high energy athletes after the summer break.

My suggestion is that you all lap it up (so to speak), because if you do you will have a ball. You will by now have realise just how good you are compared to others at school, you will have swum some great PB's and will be see all your hard work coming to the fore.

Well done to those who made it through to All Junior Semi finals, I can't wait to see you blitz your best times at this meet!

Enjoy yourselves, smile and have an awesome time.

SQUAD NEWS

State Youth / Uni

Melissa Klamt

With the end of the swimming season approaching make sure you are constantly reassessing your swimming goals to get the best out of yourself over the next few months. This will give you a focus and reason to turn up to training ready to give your best effort.

The squad is improving as a whole in regards to hitting individual target times in training (e.g. 200 pace, BES) when we do quality work. As a result of the increased effort you guys are putting into quality sets, your racing has improved greatly. Keep up the hard work, push yourselves to the max and it will pay off!

Congratulations to Nic, Brooke, Jack, Sam A, Sam C, Yuri and Carly who made finals at State Sprints. A special mention goes to Carly for finishing 3rd in the 14 y.o. 50 back (on her birthday) and Jack for getting his 50 free National Age qualifying time. Jack also achieved his 100 breast Age National time at the Vicentre meet, well done!

Great job by the State Youth 'youngins': Meghan, Allie, Kim C and Irene, who qualified for the All Junior semi-finals in March.

AAAAAAAAAAAAright!

State Development

Kirsty Woodham

State Development has certainly started the year well with an increased intensity and focus clearly visible at all training sessions.

This hard work made the difference at All Juniors with a number of fantastic swims. Special mention to Ben for placing first in all four strokes in his age group. Congratulations also to Loic, Joe, Ash, Shannon, Louisa and Angus for making it through to semi-finals. I look forward to seeing you all swim even faster at finals.

For the rest of the group the focus turns to Nuna Club Champs and Metro East Championships where I am sure we will see great improvements from all swimmers in the squad.

Keep up the good work State Development!

SQUAD NEWS

Hanson

Emma Beanland

Hanson is rapidly growing in numbers and each week you keep coming with more and more energy, which is fantastic! We are now well into the term and hopefully enjoying all the racing practice. With PB Challenge 1 and 2 already been, All Juniors qualifying on 21st Feb (with finals on the 21st March) and club champs coming up on the 14th March, it's great to see you all either breaking PB's, setting your 1st PB times or working towards breaking PB's.

Congratulations to all swimmers who competed in the All Juniors Qualifying on Feb 21st and in particular the following swimmers who achieved outstanding results:

- Cameron Clarke
- Benjamin Adams
- Benjamin White
- Casey McKinley
- Brendon Smith
- Ronan Keating
- Sean Blackley

Remember to use your laminated recording sheets to record your PB's. When you have 4 faster times, get Mum and Dad to sign you off, come and see me to get your reward!

Also keep coming to skills sessions. It is the best time to practice race skills such as dive and backstroke starts, turns and finishes. The more you practice the easier these skills will be for you when you race.

Junior A

Kirsty Woodham

Junior A's first competition of the year, All Juniors, started successfully with 13 swimmers progressing to the semi-finals on March 21st.

With the aim of all swimmers being to qualify for finals these coming weeks, the effort you put in is what will get you there. Continue to work on your technique, skills and speed and I am sure that you will all swim even faster at finals.

With Nuna Club Champs and Metro East Championships also approaching I look forward to seeing this hard work paying off with fast swims and lots of PB's from every Junior A swimmer.

Good luck to all swimmers competing in school swimming zone and districts!

SQUAD NEWS

Junior B

Stephanie McDonald

Firstly I want to CONGRATULATE all Junior B swimmers who competed at All Junior Eliminations.

All swimmers had a fantastic meet with many achieving fantastic PB's, some of you even shaving 8 seconds off your previous times, so well done!!

Our next aim is to ensure that all the swimmers who qualified for semi-finals, will go on to qualify for finals! Swimmers and parents may have noticed that the distance we are swimming in training has increased over the past week or so, this is due to the fact that we are now half way through term 1.

Please ensure you are turning up to each training session with a positive attitude, ready to swim each session, each set and each lap the best you possibly can, remember the hard work will pay off (as seen at All Junior's).

I look forward to seeing you all race again at Nunawading Club Champs!! And well done to all swimmers who have qualified for zone swimming at their school swimming sports, I love hearing fantastic achievements like these ☺



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.

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 Head Coach ...

AMANDA ISAAC



Squad: *National Open Squad; Head Coach*

Favourite TV shows: *Weather Channel 603 (press the red button). I check it every morning before training.*

Beach or Movie: *Beach, when Beach not possible...movie.*

What can't you live without: *My dog, Sophie, the Hungarian Vizsla; And a hot chicken pita from Nando's, no mayo but add pineapple;*

What do you do outside swimming: *Walk my dog; Play Water Polo; Support Carlton Football Club; Yoga; Play cards and games and relax with family and friends; Go to the beach; Watch and re watch movies; Update my IPod; Generally always doing something;*

My dream is to ... *continue to make people laugh. I'll probably do a stand up routine one day. Made you laugh already!*

The best part about coaching is ... *taking part in the athletes' journey to become better athletes, and most importantly helping athletes develop into quality people. Swimming offers many opportunities to build on your life skills and values; eg. Discipline; Team Work; Goal Setting; Time Management;*

Favourite quote: *before you can do anything you must believe in yourself. It doesn't matter how much others believe in you. The quote that I follow is "believe and you will achieve" I have this quote typed into my phone so I look at it everyday.*

Club Records

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

Nikaylah Hanlen

13/14 years 50m Butterfly
29.80 broke record by 0.19 sec
15/02/2009 Sprints

Belinda Bennett

15/16 800m Freestyle
8.44.83 broke record by 7.15 sec
13/02/2009 NSW Championships

Belinda Bennett

15/16 years 200m Freestyle
2.04.92 broke record by 0.11 sec
14/02/2009 NSW Championships

Sharni Campbell

17/18 years 50m Backstroke
31.10 broke record by 0.39 sec
15/02/2009 Sprints

Laura-Ann Wong

17/18 years 100m Breaststroke
1.14.35 broke record by 0.71 sec
13/02/2009 NSW Championships

Laura-Ann Wong

17/18 years 100m Breaststroke
1.14.09 broke record by 0.26 sec
13/02/2009 NSW Championships

Laura-Ann Wong

17/18 years 200m Breaststroke
2.37.77 broke record by 1.34 sec
14/02/2009 NSW Championships

Belinda Bennett

Open 800m Freestyle
8.44.83 broke record by 2.28 sec
13/02/2009 NSW Championships

Sarah Katsoulis

Open 100m Breaststroke
1.07.00 broke record by 0.15 sec
13/02/2009 NSW Championships

Sam Sheppard

17/18 years 400m Freestyle
4.03.76 broke record by 0.10 sec
13/02/2009 NSW Championships

Sam Sheppard

17/18 years 1500m Freestyle
15.51.15 broke record by 6.06 sec
15/02/2009 NSW Championships

Jack Laidler

17/18 years 50m Breaststroke
30.18 broke record by 0.11 sec
13/02/2009 NSW Championships

Jack Laidler

17/18 years 100m Breaststroke
1.04.43 broke record by 1.04 sec
14/02/2009 NSW Championships

Nicholas D'Arcy-Evans

17/18 years 200m Breaststroke
2.23.45 broke record by 0.02 sec
15/02/2009 NSW Championships

Travis Mahoney

17/18 years 200m Individual Medley
2.08.46 broke record by 1.42 sec
15/02/2009 NSW Championships

Sam Ashby

Open 50m Breaststroke
29.51 broke record by 0.11 sec
13/02/2009 NSW Championships

Ashley Delaney

Open 50m Backstroke
24.88 broke record by 0.22 sec
13/02/2009 NSW Championships

Ashley Delaney

Open 200m Backstroke
1.57.18 broke record by 0.04
14/02/2009 NSW Championships

Sam Sheppard

Open 1500m Freestyle
15.51.15 broke record by 6.06 sec
15/02/2009 NSW Championships

Special Mention to Nicholas Groenewald who broke the state record in the 200m Freestyle at the Melbourne Vicentre LC Meet

Finalists Results from NSW Open Championships

Ashley Delaney

Gold 50m Backstroke
Gold 200m Backstroke
Gold 100m Backstroke

Sarah Katsoulis

Gold 100m Breaststroke
Gold 200m Breaststroke
Silver 50m Breaststroke

Sam Ashby**Gold** 200m Individual Medley**Bronze** 50m Breaststroke13th 100m Butterfly**Jeremy Tidy****Bronze** SWD 100m Freestyle4th SWD 100m Butterfly4th SWD 100m Backstroke5th SWD 50m Freestyle**Belinda Bennett****Bronze** 800m Freestyle4th 400m Freestyle10th 200m Freestyle**Jack Laidler****Bronze** 100m Breaststroke7th 50m Breaststroke**Shane Asbury**4th 400m Individual Medley5th 200m Butterfly7th 200m Individual Medley9th 1500m Freestyle**Katie Bird**5th 100m Breaststroke6th 50m Breaststroke9th 200m Individual Medley10th 100m Backstroke**Shayne Reese**5th 50m Breaststroke8th 50m Freestyle11th 50m Butterfly11th 100m Freestyle**Chelsea Carpenter**5th 200m Individual Medley9th 100m Breaststroke16th 50m Breaststroke**Nicholas D'Arcy-Evans**7th 200m Breaststroke8th 100m Breaststroke13th 50m Breaststroke**Sam Sheppard**7th 1500m Freestyle16th 400m Freestyle16th 200m Backstroke**Nadine Jones**8th 50m Butterfly8th 100m Butterfly15th 50m Freestyle16th 100m Freestyle**Laura-Ann Wong**8th 200m Breaststroke13th 100m Breaststroke18th 50m Breaststroke**Rowan Sosie**10th 100m Breaststroke11th 50m Breaststroke**James Argiro**11th 200m Butterfly16th 100m Butterfly**Matt Armfield**12th 50m Backstroke16th 100m Backstroke**Travis Mahoney**13th 200m Backstroke15th 50m Backstroke15th 100m Backstroke**Samantha Bennett**18th 200m Backstroke**Relays****Gold** Women 4x100m Medley**Gold** Men 4x100m Medley**Gold** Women 4x200m Freestyle**Gold** Women 4x100m Freestyle**Bronze** Men 4x100m Medley (B team)4th Men 4x100m Freestyle5th Men 4x200m Freestyle6th Men 4x200m Freestyle (B team)

Special Mention to Sarah Katsoulis who's time in the 100m Breaststroke was faster than Brooke Hanson's 2004 silver medal winning swim at the 2004 Athens Olympics

Special Mention to Bindy, Nick, James and Shane who competed at NSW champs as part of the Swimming Victoria gold squad

Well done to all swimmers who went to NSW state championships. Nunawading topped the points score and won a total of 16 medals over the 3 day meet.

Finalist Results from Victorian Sprint Championships**Nicholas Groenewald****Gold** 11 years 50m Freestyle**Gold** 11 years 50m Backstroke**Gold** 11 years 50m Butterfly**Silver** 11 years 50m Breaststroke**Ellen Gandy****Gold** 17/18 years 50m Butterfly**Gold** 17/18 years 50m Freestyle**Liam Hunt****Gold** 14 years 50m Butterfly**Silver** 14 years 50m Freestyle**Nikaylah Hanlen****Gold** 14 years 50m Butterfly**Bronze** 14 years 50m Freestyle8th 14 years 50m Backstroke**Sharni Campbell****Gold** 17/18 years 50m

Backstroke

4th 17/18 years 50m Freestyle**Ellese Zalewski****Gold (Vic)** 17/18 years 50m

Butterfly

5th 17/18 years 50m Backstroke6th 17/18 years 50m Freestyle**Jessica Batton****Gold** 14 years 50m Freestyle6th 14 years 50m Butterfly9th 14 years 50m Backstroke**Jack Day****Silver** 17/18 years 50m

Breaststroke

Bronze 17/18 years 50m

Freestyle

5th 17/18 years 50m Backstroke**Natalie MacGregor****Silver** 14 years 50m Backstroke4th 14 years 50m Butterfly7th 14 years 50m Freestyle**Tyran Groves****Silver** 13 years 50m Butterfly5th 13 years 50m Freestyle8th 13 years 50m Backstroke**Scott Huang****Silver** 13 years 50m

Breaststroke

Christopher MacGregor

Bronze 16 years 50m
Backstroke
4th 16 years 50m Butterfly

Carly Robson

Bronze 14 years 50m
Backstroke
6th 14 years 50m Freestyle

Joel Watson

Bronze 11 years 50m Butterfly
10th 11 years 50m Backstroke

Nerice Smith

Bronze 13 years 50m
Breaststroke

Rachael McDonald

Bronze 17/18 years 50m
Breaststroke

Stephanie Moore

Bronze 12 years 50m
Breaststroke

Alex Venning

4th 14 years 50m Backstroke
5th 15 years 50m Butterfly

Mark Bustard

4th 15 years 50m Breaststroke

Dylan Cossari

4th 16 years 50m Breaststroke

Matilda Rudd

4th 13 years 50m Backstroke

Jaclyn Lee

5th 16 years 50m Backstroke
6th 16 years 50m Butterfly
7th 16 years 50m Freestyle

Edward Lim

5th 14 years 50m Freestyle
7th 14 years 50m Breaststroke

Brooke Simpson

5th 17/18 years 50m
Breaststroke
8th 17/18 years 50m Butterfly

Roxanne Perring

5th 16 years 50m Butterfly
8th 16 years 50m Backstroke

Nic Lindsay

5th 16 years 50m Backstroke

Sam Asbury

6th 19/O 50m Butterfly
6th 19/O 50m Backstroke
6th 19/O 50m Breaststroke

Jack Currie

6th 13 years 50m Freestyle
9th 13 years 50m Backstroke
13 years 50m Breaststroke

Yuriy Burunov

6th 19/O 50m Backstroke

Sean Whitten

7th 14 years 50m Butterfly
10th 14 years 50m Freestyle

Ben Haralambakis

7th 16 years 50m Breaststroke
10th 16 years 50m Backstroke

Christopher Lee

7th 12 years 50m Freestyle

Sam Chan

7th 19/O 50m Breaststroke

Louie Little

8th 16 years 50m Butterfly
10th 16 years 50m Freestyle

Jessie Forster

8th 14 years 50m Butterfly

Jessica Beverage

8th 13 years 50m Butterfly

Georgia Langford

8th U11 50m Butterfly

Mark Petrov

9th 11 years 50m Breaststroke

Tamara Groves

9th 13 years 50m Backstroke

Stephanie Groenewald

9th 15 years 50m Backstroke

Special Mention to Nicholas Groenewald who made every final at sprints and broke the state record for the 50m Freestyle in both the heats and finals of the competition.

Special Mention to Nikaylah Hanlen who won her first state title and broke her first club record in the 50m Butterfly

Current Australian Rankings
*(as at February 1 2009,
excludes rankings not swum
in the 2008/2009 season)*

Male Under 13 years**Jack Currie**

16th 800m Freestyle

Nicholas Groenewald

6th 400m Individual Medley
14th 50m Backstroke
19th 100m Backstroke
20th 800m Freestyle

Phillip O'Brien

19th 200m Breaststroke
25th 400m Individual Medley

Tyran Groves

13th 100m Butterfly

Male 14 years**Liam Hunt**

14th 200m Freestyle
16th 100m Freestyle

Male 15 years**Jack Streefkerk**

24th 50m Freestyle

Alex Venning

22nd 100m Backstroke

Dylan Cossari

6th 200m Breaststroke
16th 100m Breaststroke

Mark Bustard

7th 200m Breaststroke
22nd 100m Breaststroke

Male 16 years**James Argiro**

2nd 200m Butterfly
5th 50m Butterfly
5th 100m Butterfly
16th 50m Freestyle
19th 200m Freestyle

Nic Lindsay19th 800m Freestyle**Chris MacGregor**13th 100m Backstroke
16th 50m Backstroke
22nd 200m Backstroke
25th 50m Butterfly**Llewellyn Little**8th 200m Butterfly
17th 400m Individual Medley
24th 200m Individual MedleyMale 17/18 years**Mitchell Pryor**18th 50m Freestyle
20th 200m Freestyle**Sam Sheppard**7th 800m Freestyle
8th 1500m Freestyle
16th 400m Freestyle
21st 200m Backstroke**Travis Mahoney**10th 400m Individual Medley
11th 200m Individual Medley
12th 200m Backstroke
15th 50m Backstroke
22nd 100m Backstroke**Jack Laidler**3rd 100m Breaststroke
5th 50m Breaststroke
15th 200m Breaststroke
17th 200m Individual Medley**Nicholas D'Arcy-Evans**16th 50m Breaststroke
23rd 200m Individual MedleyOpen**Sam Sheppard**19th 800m Freestyle
22nd 1500m Freestyle**Jack Laidler**13th 100m Breaststroke**Sam Ashby**16th 200m Butterfly**James Argiro**18th 200m Butterfly**Shane Asbury**13th 400m Individual MedleyGirls Under 13 years**Amber Lewis**22nd 1500m Freestyle**Nerice Smith**21st 400m Individual MedleyGirls 14 years**Jessica Batton**14th 400m Freestyle
15th 100m Backstroke
19th 200m Freestyle
20th 800m Freestyle
21st 200m Backstroke**Nikaylah Hanlen**20th 50m ButterflyGirls 15 years**Kim McDonald**7th 1500m Freestyle
23rd 200m BreaststrokeGirls 16 years**Belinda Bennett**1st 800m Freestyle
1st 1500m Freestyle
3rd 400m Freestyle
9th 50m Freestyle
10th 200m Freestyle
15th 200m Backstroke
19th 100m Freestyle
22nd 50m Backstroke**Roxy Perring**14th 200m Butterfly
21st 200m BackstrokeGirls 17/18 years**Samantha Bennett**11th 200m Individual Medley
12th 400m Individual Medley
16th 50m Backstroke
23rd 800m Freestyle
24th 100m Backstroke**Brooke Simpson**13th 1500m Freestyle**Laura-Ann Wong**6th 200m Breaststroke
11th 100m Breaststroke
15th 50m Breaststroke**Rachel McDonald**20th 200m Breaststroke**Ellese Zalewski**3rd 50m Freestyle
5th 50m Butterfly
6th 100m Freestyle
7th 200m Freestyle
7th 100m ButterflyOpen**Belinda Parslow**20th 800m Freestyle
25th 200m Freestyle**Ellese Zalewski**18th 100m Freestyle
21st 200m Freestyle**Belinda Bennett**1st 1500m Freestyle
15th 400m Freestyle
18th 800m Freestyle**Sarah Katsoulis**4th 50m Breaststroke**Chelsea Carpenter**12th 200m Breaststroke
17th 200m Individual Medley**Talia Goddard**18th 200m Individual Medley
19th 400m Individual Medley**Katie Bird**25th 50m Breaststroke**Special Mention** to SarahKatsoulis who in latest Australian all time rankings is placed 5th in the 50m Breaststroke and 3rd in the 100m Breaststroke following her terrific swims at the NSW state Championships**Special Mention** to Ashley

Delaney who broke the Australian Record in the 50m Backstroke at the NSW state championships. Ash is also ranked second all time Australian in the 100m and 200m Backstroke.

Diary Dates

Sat 14 Mar	Nunawading Club Championships
Sun 15 Mar	Last Blast Meet – MSAC
Sun 15 Mar	2009 Metro East Annual District Championships – Monash
Tues 17 – Sun 22 Mar	2009 Telstra Australian Swimming Championships SOPAC
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
Sat 9 May	Nuna Presentation Night
Tues 12 May	Nunawading AGM

Don't Forget

Nunawading Swimming Club Championships

Date: Saturday 14th March 2009

Venue: Aqualink Nunawading

Warm-up: 12:15pm sharp

Start: 12:45pm sharp

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.

March Birthdays

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

*March 1st Gary Barclay
March 2nd Rod Clarke
March 4th Ashley Keeton
March 11th Tyran Groves
March 11th Ian Venning
March 13th Ashley Finlayson
March 15th Meghan Bell
March 15th Henry Poetrodjojo
March 16th Zoe Di Cocco
March 16th Mitchell Pryor
March 17th Monique Bordignon
March 18th Brooke Hanson
March 19th Aiden Sharp
March 21st Lachlan Barclay
March 22nd Sarah Whitten
March 23rd Denzel Lin
March 23rd Eric Lin
March 24th Graeme Stephenson
March 29th Georgia Langford*



Suggestions for *Making Waves*

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