

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

April 2009

Nunawading Named Australian Champs

Following the final night of competition at the Telstra Australian Swimming Championships in Sydney, **Nunawading Swimming Club was named the 2009 Australian Champion Club** and winner of the overall Club Point score at the Championships.

This is a fantastic achievement by our Athletes, Coaches and Support Staff.

The trophy was presented to Club Captains Chelsea Carpenter and Shane Asbury following the final event of the Championships.

Following the announcement, Head Coach Amanda Isaac thanked everyone who has made this team unified and determined to achieve.

Amanda congratulated the Board on their vision over recent years and thanked the members of the Swim Committee for all their hard work as well.

The results throughout the week were outstanding with many swimmers really stepping up to another level.

This is the first time in the Club's 49 year history that a Nunawading team has won the Australian Champion Club.



Four Nunawading team members selected on the World Championship Team

At the conclusion of the meet, it was announced that Club members **Ashley Delaney**, **Sarah Katsoulis** and **Shayne Reese** had been selected on the Australian Swim Team to compete at the World Championships in Rome in July 2009.

- **Ashley** was selected for the 50m, 100m and 200m backstroke events.
- **Sarah** was selected for the 50m, 100m and 200m breaststroke events.
- **Shayne** was selected for the 4x100 freestyle Relay Team.

All three swimmers swam impressive World Class times during the week.

The Club also congratulated its High Performance Coach, **Rohan Taylor** for his selection on the World Championships Team. Rohan was selected based on Sarah's high performing swims in breaststroke throughout the week. Rohan is one of 10 coaches selected.

We wish Rohan, Ashley, Sarah and Shayne a great preparation into The World Championships.

Telstra Skins – Nuna Representatives

Congratulations to **Shane Asbury**, **Sam Ashby**, **Belinda Bennett**, and **Chelsea Carpenter**, who were selected to compete at the Telstra Skins event following the National Championships.

All swimmers were selected on their performances during the week.

This has been a great team effort. Special thanks to our athletes, Rohan Taylor, Nick Veliades, Gary Barclay and our very supportive Team Managers, John Locking and Julie Fenech.

Nuna Swimmers Star at All Juniors

On the same weekend as the World Championship Trials in Sydney, Nunawading's junior swimmers were competing at their major junior meet of the season, the Victorian All Junior Finals.

Congratulations to all swimmers on their swims with a very high percentage of PBs recorded in the semi-finals and again in the finals.

Congratulations also to all the finalists and to the medallists who are listed below.

Tamara Groves

Gold - Girls 13yr 50m Backstroke

Georgia Langford

Silver - Girls 10yr 50m Butterfly

Jessica Beveridge

Silver - Girls 13yr 50m Freestyle

Bronze - Girls 13yr 50m Butterfly

Sarah Glewis

Bronze - Girls 8&u 50m Breaststroke

Mikayla Smith

Bronze - Girls 10yr 50m Breaststroke

Joel Watson

Gold - Boys 11yr Backstroke

James Li

Silver - Boys 10yr 50m Backstroke

Mark Petrov

Silver - Boys 11yr Breaststroke

Christopher Lee

Silver - Boys 12yr 50m Freestyle

Benjamin Schoenmaekers

Bronze - Boys 13yr 50m Freestyle

This is a fantastic result for our Club.

New Coach Line-up for 2009/10 Season

Congratulations to the following coaches who will take up these new positions for the new season.

Junior B	Elaine Tor
Junior A	Emma Beanland
State Junior	Kirsty Woodham

2008 Victorian School Sport Awards

The annual Victorian School Sports Awards are the highest sporting accolade in Victoria's government school system. Presented for the first time 1994, the awards recognise excellence across all categories of major school sport and are given to students, coaches, parents and volunteers who have excelled or made an outstanding contribution to school sport.

In 2008, 44 individual student awards, each known as Sporting Blues were presented across 17 school sports to young athletes for their outstanding success.

The Sporting Blues were presented on Friday 13 March at Melbourne's premier multi sport venue, the MCG.

One of swimming's most recognised athletes and greatest achievers Nicole Livingstone was the Master of Ceremonies for the presentation ceremony.

Four swimmers received their Sporting Blues in 2008. These were;

- Ashleigh McConnell
- **Nicholas Groenewald**
- Joel Alati
- Ellie Cole

Congratulations to Nicholas on this outstanding achievement.

Club Champs Raise Cash

The Nunawading Swimming Club has raised a total of **\$2,060.10 to donate to the Victorian Bushfire Appeal** following the successful completion of the recent Club Championships.

The funds were raised by donating the entry fees and program sales income, together with fundraising activities on the day including the raffle and sales of chocolate frogs. The Club thanks the City of Whitehorse who waived the fees for pool hire on the day and all those members and friends who assisted on the day.

There are many families who have been heavily affected by the recent bushfires and this donation is a small gesture of our support for families affected by the fires.

SQUAD NEWS

National Open

Amanda Isaac &
Rohan Taylor

Nunawading Swimming Club wins the Open Point Score for the first time in its 49 year history.

Congratulations to every swimmer who contributed to the performance. Thank you to our Coaches and Support Staff, who invested their expertise into the group. Our Team's performance was consistent throughout the 6 day competition.

Rohan and I are very proud of the effort and focus that each individual swimmer had. There is no doubt that competition can play with your emotions, and it was a positive step forward to see the group manage themselves throughout the meet.

"If you look after yourself, the Team success will take care of itself"

Congratulations to Sarah Katsoulis, Shayne Reese and Rohan Taylor for their selection on the World Championship Team.

Congratulations to Ellen Gandy who smashed the Commonwealth Record in the 200 Butterfly at the Great Britain Nationals. Ellen's swim was also a European Record.

We all look forward to a successful Age Nationals and further, on to the new season. The group will continue to move forward to develop highly competitive swimmers and more importantly developing quality people.

From Rohan:

When I accepted the opportunity with Nunawading Swimming Club in October I was hopeful we could build a senior program that would one day achieve a National Club Championship. To do it in the 1st season just shows the level of support, talent and work ethic that existed in the program, I was fortunate to arrive and work with some great people who are motivated and a joy to be around, and without them we would not have had the environment to create performance:

- Amanda Isaac – Head Coach
- Gary Barclay – General Manager
- Nick Veliades / Dean Bryant – National Youth and Age Coaches
- NSC Board
- NSC Swim Committee

SQUAD NEWS

National Open (Cont.)

Amanda Isaac &
Rohan Taylor

- Simon Moule – Strength and Conditioning
- Jeremy Oliver – Strength and Conditioning
- Gerry Murphy – Boxing
- Physio Health Staff
- VIS Staff – Lee Nicholson and Danielle Stefano (special mention to VIS staff at Olympic Park)
- Parents and Family
- Nunawading Staff
- Aqualink Staff
- Police Academy
- Carey Sports Complex – Carl Wilson
- Aquarena

As you can see it takes a lot of support and resources to support a National Program, without it we do not stand a chance at competing with the QLD and NSW clubs.

"Let's fill the pages of Nunawading with success because before we know it, the pages will have turned."

Thank you once again and I look forward to continuing to build on what we have now.

National Youth

Nick Veliades

Going into the next week (Age Nationals) it is important to look back at the hard work you have done, remember the races you have executed to plan, and enhance your recovery process.

These are the experiences that will give you your confidence leading into the meet. At this point you cannot get any fitter, change your technique or get stronger.

All you can do is act out what has already been practiced and draw down on your hard work over the past 12 weeks.

Be confident with what has been done and in your ability to act out your plans.

Good Luck.

SQUAD NEWS

National Age

Dean Bryant

Here we all are at the end of the season, one small step away from making this the most successful year of your swimming life.

Final preparations are in place, training performance has been very good and all that is left to do now is polish out the rough edges.

Swimming at National Age Championships is a great experience with the best of the best in each age group in attendance.

Experience though tells me that for many first-timers, the pressure can be all too much, with poor performance being the outcome.

What you might want to remember is that **YOU** have earned your place at that meet just the same as everybody else.

YOU have already done what it takes to be a national level swimmer and no matter what happens, nobody can take that away from you.

Furthermore, if you are able to **control your emotions** and **follow your plan** with confidence and enthusiasm, you **CAN** be one of the few who PB big at the meet. From there the results (rankings, finals etc) will look after themselves.

Remember these words, "Performance comes from controlling what you can and ignoring what you can't."

State Junior

Dean Bryant

The bulk of the competitions for this season have been swum and won, with only a portion of district champs and various school meets to be competed.

It's at this time of the year that you may want to reflect; on the past 12 months, on what you have achieved, on the fun you have had, and on the memories that will stay with you for a lifetime.

It's certainly been fun seeing you develop from novice competitors to experienced athletes, and while you still have much to learn, the lessons from this year will see you in good stead over the years to come.

... (continued on next page)

SQUAD NEWS

State Junior (cont.)

Dean Bryant

Probably the biggest lesson to be learned is that it is super important to set your technical foundation in the early parts of the season (April to June) and develop training habits which will enable you to make big progress come July to January.

You may also want to have a think about your goals and aspirations for 2009-10 and get these firmly imprinted on your mind, because humans have a tendency to make things happen when they **really** want them to happen.

Good luck with your final swim meets and I look forward to the year ahead.

State Youth / Uni

Melissa Klamt

Firstly, a big congratulations to Yuri on his performance at the World Championship trials! Yuri smashed his best times in 50 fly, 50 back, 100 fly and the 4 x 100 free relay.

Congratulations to Meghan, Kim C and Irene on qualifying for All Junior Metro Semi Finals, and to Allie and Walter who qualified for Finals, with Walter finishing 2nd in the country All Junior 50 breast. Well done!

There have also been some excellent performances at school swimming events over the past couple of months. Good luck to those competing in the State Schools State Champs over the next week.

Congratulations to the whole squad for an excellent season. I hope that your performances over the last year have made you hungrier (... though no one can be hungrier than Brooke!) to achieve your goals and to get stuck into the short course season, which is just around the corner!

Make sure you have a think about your goals over the holiday break so that every training session is attended with enthusiasm and purpose.

I'll see all your smiling faces on the 27th April ready for the 09/10 season!

SQUAD NEWS

State Development Kirsty Woodham

If you looked at the State Development squad at the start of the season and compared it to the squad as it is now, you would struggle to recognise it as the same group!

In the past year the group has tripled in size (at least!) and, more importantly, the standard of the group has increased dramatically. This is an achievement that you should all be proud of. And yet it is only the beginning.

Next season brings more opportunity to improve and race faster. Continue to work hard and I am sure many more of you will qualify for State Champs next season.

To Joe, Henry and Ben, good luck in your new squads, you deserve the opportunity. To everybody else, enjoy your break and I will see you back rested and ready to train!

Hanson Emma Beanland

Term 1 has been a very successful term with some outstanding results, both in training and racing.

Club Champs gave the kids a great opportunity to really see what swimming is all about, watching on as the National and State swimmers took to the blocks.

Congratulations to all swimmers who achieved PB times, a special mention to Ben White and Ronan Keating who achieved fantastic results.

All Juniors Finals on the 21st of March saw nine swimmers giving it their all at MSAC – well done to all and congratulations to Casey McKinley who made it through to the Finals on Sunday, smashing her PB and finishing in the top 10 swimmers in Victoria in 8 and under.

Leading into next term it is important to continue to challenge yourself and your peers. If you train hard you will race hard, and if you continue to push each other we will all move forwards together.

Keep your laminated time sheets with your PB's on them to track your own progress. If you do not have one come and see me.

SQUAD NEWS

Junior A Kirsty Woodham

The last month has been a busy racing month for Junior A. With Club Champs, Metro East Champs and All Junior finals giving all swimmers the chance to race fast.

Over the 2 weekends of racing, the majority of swims were PB's; quite an impressive feat. The most positive thing over these meets was the improvement of the skills of the squad, and the ability to follow a race plan, as opposed to just jumping in and swimming.

All the hard work we have done over this term on starts, finishes, technique and most of all 'intensity', really showed in these meets and you should all be proud of your achievements.

Well done to Pippa, Daniel and Zac for making finals at All Juniors and to James for placing 2nd in 10/under backstroke.

As you all know by now, next season I will be moving on to coach State Junior. It has been a fantastic year in Junior A and it has been amazing to see the progression of everybody in the squad.

Continue to work hard, race fast, and I look forward to seeing you all in State Junior soon! Enjoy your training break!

Junior B Stephanie McDonald

Congratulations to all swimmers on a fantastic term! I have seen some major improvements in everyone's training ability over the past term and this has shown at recent competitions.

Well done to all Junior B swimmers who competed at All Juniors, this was a terrific meet with all swimmers achieving PBs. A big congratulations to Sarah Glewis who received a bronze medal!

As the term is ending we have started moving swimmers into Junior B and have started moving swimmers out of Junior B.

I want to extend a big welcome to all new swimmers and all the best to the Junior B swimmers moving on.

I hope you all have a safe and fantastic Easter break!

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 ...

DEAN BRYANT



Squad: *National Age & State Junior*

Favorite TV shows: *Antiques Roadshow, Timeteam, NCIS and any David Attenborough documentary.*

Beach or Movie: *Beach*

Favorite food: *Roast Chicken that mum makes.*

What can't you live without: *Bunnings*

What do you do outside swimming: *Spend time with my wife, am also currently repainting our home and landscaping our gardens.*

My dream is to: *To always be in control of my own destiny.*

The best part about coaching: *Is the early mornings and the coffee.*

Favorite quote: *"Winners never quit and quitters never win".*

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.

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 and Junior B squads for 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 March, Swim Star Caps have been awarded to:

Junior A – Jennie Wang

She makes an effort to be at every training session and always puts in 100% to every set. She has made great improvements in the last couple of months due to both of these reasons.

Junior B – Olivia Lee

For her improved confidence in her swimming ability, as a result of her dedication to attending 3 sessions per week, as well as regularly competing at swim meets.

Coach Welcome – Elaine Tor

We would like to welcome Elaine Tor to our coaching team as the new coach of Junior B squad.

Elaine is a Bronze License coach who is currently studying a Bachelor of Applied Science (Human Movement) at RMIT University. She also holds a Level 1 Strength and Conditioning certificate and has participated in numerous studies in the biomechanical and physiological fields. Elaine has been working at PLC aquatic for the past 2 years and comes to us after many excellent results at the State and All Junior Championships. While Elaine will mostly work with the Junior B squad, she will also work with the Junior A and Hanson Squad coaches on a weekly basis. Elaine will be an extremely valuable addition to the team and we are sure you will all make her feel very welcome.

Club Records

Congratulations to the following swimmers who broke club records in March 2009. Thanks again to Ian & Sarah Venning for coordinating the Club Records and Results.

March Nunawading Pool Records

Llewellyn Little

15/16 years 200m Butterfly
2.12.00 broke record by 2.40 sec
14/03/2009 Club Champs

Travis Mahoney

17/O 200m Individual Medley
2.12.69 broke record by 1.04 sec
14/03/2009 Club Champs

Travis Mahoney

Open 200m Individual Medley
2.12.69 broke record by 1.04 sec
14/03/2009 Club Champs

Jessica Batton

13/14 years 200m Backstroke
2.31.74 broke record by 0.03 sec
14/03/2009 Club Champs

Belinda Bennett

15/16 years 20m Freestyle
2.10.99 broke record by 4.20 sec
14/03/2009 Club Champs

Roxanne Perring

15/16 years 100m Butterfly
1.06.33 broke record by 0.76 sec
14/03/2009 Club Champs

Roxanne Perring

Open 100m Butterfly
1.06.33 broke record by 0.38 sec
14/03/2009 Club Champs

March Long Course

Georgia Langford

9/10 years 50m Butterfly
34.41 broke record by 0.55 sec
22/03/2009 All Juniors

Ellen Gandy

17/18 years 100m Butterfly
58.66 broke record by 0.50 sec
16/03/2009 British Championships

Ellen Gandy

17/18 years 100m Butterfly
57.49 broke record by 1.17 sec
17/03/2009 British Championships

Ellen Gandy

17/18 years 200m Butterfly
2.04.83 broke record by 3.46 sec
17/03/2009 British Championships

Ellen Gandy

Open 100m Butterfly
58.66 broke record by 0.50 sec
16/03/2009 British Championships

Ellen Gandy

Open 100m Butterfly
57.49 broke record by 1.17 sec
17/03/2009 British Championships

Ellen Gandy

Open 200m Butterfly
2.04.83 broke record by 3.46 sec
17/03/2009 British Championships

Ellese Zalewski

17/18 years 200m Freestyle
2.00.16 broke record by 0.98 sec
17/03/2009 Aus Champs

Ellese Zalewski

17/18 years 50m Butterfly
26.95 broke record by 0.07 sec
18/03/2009 Aus Champs

Laura-Ann Wong

17/18 years 200m Breaststroke
2.37.65 broke record by 0.12 sec
19/03/2009 Aus Champs

Laura-Ann Wong

17/18 years 200m Breaststroke
2.37.04 broke record by 0.61 sec
19/03/2009 Aus Champs

Ellese Zalewski

Open 50m Butterfly
26.95 broke record by 0.07 sec
18/03/2009 Aus Champs

Ellese Zalewski

Open 200m Freestyle
2.00.16 broke record by 0.98 sec
17/03/2009 Aus Champs

Shayne Reese

Open 100m Freestyle
54.94 broke record by 0.83 sec
18/03/2009 Aus Champs

Sarah Katsoulis

Open 50m Breaststroke
30.65 broke record by 0.24 sec
18/03/2009 Aus Champs

Leisel Jones

Open 100m Breaststroke
1.06.10 broke record by 0.90 sec
21/03/2009 Aus Champs

Jack Laidler

17/18 years 100m Breaststroke
1.04.03 broke record by 0.43 sec
18/03/2009 Aus Champs

Jack Laidler

17/18 years 100m Breaststroke
1.03.73 broke record by 0.30 sec
18/03/2009 Aus Champs

Jack Laidler

17/18 years 50m Breaststroke
29.78 broke record by 0.40
18/03/2009 Aus Champs

Jack Laidler

17/18 years 100m Breaststroke
1.03.60 broke record by 0.13 sec
19/03/2009 Aus Champs

Nicholas D'Arcy-Evans

17/18 years 200m Breaststroke
2.23.42 broke record by 0.07
22/03/2009 Aus Champs

Adam Parslow

Open 400m Freestyle
3.59.73 broke record by 1.66 sec
17/03/2009 Aus Champs

Shane Asbury

Open 200m Butterfly
2.00.78 Broke record by 0.14 sec
17/03/2009 Aus Champs

Ashley Delaney

Open 50m Backstroke
24.88 broke record by 0.07 sec
18/03/2009 Aus Champs

Ashley Delaney

Open 200m Backstroke
1.55.82 broke record by 1.36 sec
19/03/2009 Aus Champs

Ashley Delaney

Open 100m Backstroke
53.28 broke record by 0.03 sec
21/03/2009 Aus Champs

Jack Laidler

Open 100m Breaststroke
1.04.03 broke record by 0.09 sec
18/03/2009 Aus Champs

Jack Laidler

Open 100m Breaststroke
1.03.73 broke record by 0.30 sec
18/03/2009 Aus Champs

Jack Laidler

Open 100m Breaststroke
1.03.60 broke record by 0.13 sec
19/03/2009 Aus Champs

Sam Ashby

Open 200m Individual Medley
2.03.37 broke record by 0.28 sec
20/03/2009 Aus Champs

Sam Ashby

Open 200m Individual Medley
2.02.44 broke record by 0.93 sec
21/03/2009 Aus Champs

Special Mention to Ellen Gandy who broke the 200m Butterfly European and Commonwealth Record at the British National Championships

Results

Results from Australian Open Water Championships

Sam Sheppard

Silver (Australian) 17-18 years
10km

Silver (Australian) 17-18 years
5km
7th Open 5km (6th Australian)
8th Open 10km (6th Australian)

Belinda Bennett

4th Open 5km

Jessica Batton

7th 14 years 5km

Kimberley McDonald

9th 15 years 5km

Club Championships

Special mention to the following swimmers who won three or more events at clubs championships:

- Zoe DiCocco
- Rhiannon Markey
- Georgia Langford
- Jessica Vu
- Meg Parry
- Nerice Smith
- Jess Batton
- Ronan Keating
- James Li
- Zac Hanlen
- Nicholas Groenewald
- Christopher Lee
- Edward Lim

Australian Open LC Championships Semi Finalists and Finalists Results

Prue Watt

GOLD SWD 50m Freestyle
GOLD SWD 200m Individual Medley
GOLD SWD 100m Butterfly
GOLD SWD 50m Breaststroke
SILVER SWD 100m Freestyle

Ashley Delaney

GOLD 50m Backstroke
GOLD 200m Backstroke
GOLD 100m Backstroke

Sarah Katsoulis

GOLD 50m Breaststroke
SILVER 200m Breaststroke
BRONZE 100m Breaststroke

Leisel Jones

GOLD 100m Breaststroke

Jeremy Tidy

SILVER SWD 200m Individual Medley
SILVER SWD 50m Breaststroke
BRONZE SWD 100m Backstroke
4th SWD 100m Butterfly
6th SWD 50m Freestyle
7th SWD 100m Freestyle

Belinda Bennett

BRONZE 1500m Freestyle
7th 800m Freestyle

Chelsea Carpenter

4th 200m Individual Medley
9th 100m Breaststroke

Sam Ashby

4th 200m Individual Medley
9th 100m Breaststroke

Ellese Zalewski

5th 50m Butterfly
12th 100m Freestyle
16th 200m Freestyle

Sam Sheppard

5th 800m Freestyle

Adam Parslow

6th 800m Freestyle
15th 400m Freestyle

Shayne Reese

6th 100m Freestyle

Jack Laidler

6th 100m Breaststroke

Nadine Jones

7th 50m Butterfly
10th 100m Butterfly
15th 100m Freestyle
15th 50m Freestyle

Talia Goddard

7th 200m Individual Medley
13th 100m Breaststroke

Katie Bird

8th 50m Breaststroke
14th 100m Breaststroke
16th 100m Backstroke

Belinda Parslow

8th 400m Freestyle
14th 200m Freestyle

Shane Asbury

8th 200m Butterfly

Nicholas D'Arcy-Evans

11th 100m Breaststroke
12th 200m Breaststroke

Laura-Ann Wong

12th 200m Breaststroke

Matthew Armfield

13th 100m Backstroke

Rowan Sonsie
16th 100m Breaststroke
16th 50m Breaststroke

Travis Mahoney
16th 200m Backstroke

Relays

**Shayne Reese, Talia Goddard,
Sarah Katsoulis, Katie Bird**
GOLD 4x100m Medley Relay

**Belinda Bennett, Belinda
Parslow, Shayne Reese, Talia
Goddard**
SILVER 4x200m Freestyle Relay

**Belinda Bennett, Belinda
Parslow, Shayne Reese, Sarah
Katsoulis**
SILVER 4x100m Freestyle Relay

**Ashley Delaney, Nicholas
D'Arcy-Evans, Matt Armfield,
Sam Ashby**
SILVER 4x100m Medley Relay

**Mitchell Pryor, Matt Armfield,
Shane Asbury, Travis Mahoney**
4th 4x200m Freestyle Relay

**Mitchell Pryor, Matt Armfield,
Shane Asbury, Sam Ashby**
6th 4x100m Freestyle Relay

**Chelsea Carpenter, Laura-Ann
Wong, Talia Goddard, Katie
Bird**
7th 4x100m Freestyle Relay
**Chelsea Carpenter, Laura-Ann
Wong, Belinda Parslow, Jacqui
Kay**
7th 4x100m Medley

**Adam Parslow, Rowan Sonsie,
Nicholas D'Arcy-Evans, Yuri
Burunov**
11th 4x100m Freestyle Relay

Special Mention to Ashley
Delaney who broke the
Commonwealth record in the
200m Backstroke and the
Australian record in the 50m
Backstroke

Special Mention to Sarah
Katsoulis who won her first
national long course title in the
50m breaststroke

Special Mention to Belinda
Bennett who won her first national
long course medal in the 1500m
Freestyle

Results From All Junior Finals

Tamara Groves
GOLD 13 years 50m Backstroke
4th 13 years 50m Freestyle
7th 13 years 50m Butterfly
9th 13 years 50m Breaststroke

Joel Watson
GOLD 11 years 50m Backstroke

Jessica Beverage
SILVER 13 years 50m Freestyle
BRONZE 13 years 50m Butterfly

Georgia Langford
SILVER 10 years 50m Butterfly
4th 10 years 50m Freestyle
5th 10 years 50m Backstroke

Christopher Lee
SILVER 12 years 50m Freestyle
5th 12 years 50m Backstroke
6th 12 years 50m Breaststroke

James Li
SILVER 10 years 50m Backstroke
5th 10 years 50m Freestyle
7th 10 years 50m Breaststroke

Mark Petrov
SILVER 11 years 50m
Breaststroke

Benjamin Schoenmaekers
BRONZE 13 years 50m Freestyle
5th 13 years 50m Butterfly

Mikayla Smith
BRONZE 10 years 50m
Breaststroke
8th 10 years 50m Butterfly

Sarah Glewis
BRONZE Under 8 50m
Breaststroke

Jessica Vu
4th 11 years 50m breaststroke

Daniel Parry
4th 14 years 50m Breaststroke

Nikaylah Hanlen
4th 14 years 50m Backstroke

Allie Kendall
5th 14 years 50m Backstroke
9th 14 years 50m Freestyle

Lucy Walton
5th 12 years 50m Butterfly

Evelyn Bolt
5th 13 years 50m Backstroke

Joshua Sewell
6th 11 years 50m Freestyle
7th 11 years 50m Butterfly
10th 11 years 50m Breaststroke

Elliot Rodgeron
6th 9 years 50m Breaststroke
10th 9 years 50m Freestyle

Madeline Theofanides
6th 12 years 50m Butterfly

David Joseph
6th 12 years 50m Backstroke

Meg Parry
7th 12 years 50m Freestyle
8th 12 years 50m Backstroke

Zacharry Hanlen
7th 9 years 50m Butterfly
10th 9 years 50m Backstroke
10th 9 years 50m Breaststroke

Katherine Brooks
7th 11 years 50m Breaststroke

Philippa Barclay
7th 9 years 50m Breaststroke

Samantha White
8th 12 years 50m Breaststroke

Casey McKinley
10th Under 8 50m Backstroke

Carla Traplin
10th Under 8 50m Breaststroke

Special Mention to Tamara
Groves who made every Final,
winning Gold in the 50m
Backstroke

Diary Dates

Mon 13- 18 Apr	2009 Australian Age Championships – SOPAC
Sun 3 May	PB Challenge Week 1
Sat 9 – 17 May	2009 Arafura Games – Darwin
Sat 9 – 10 May	2009 Telstra Grand Prix 1 AIS Canberra
Sun 24 May	PB Challenge Week 2

2009 Club Presentation Night

Venue

One Church, 184 Surrey Road, Blackburn.

Date

Saturday 9th May 2009 at 7pm for a 7:30pm start.

RSVP return reply slip and payment (\$10 per person) by April 25th to NSC Presentation Evening, NSC, Fraser Place, Forest Hill 3131, or hand in the slip to Nunawading Reception Desk.

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.

April Birthdays

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

April 2nd Jessica Batton
April 2nd David Joseph
April 2nd Bradley Simpson
April 3rd Rex Hopkins
April 4th Louisa Bartl
April 4th Emily Zukic
April 6th Alexandra Baulch
April 7th Duana McLeod
April 7th Mark Petrov
April 8th Edmund Coleman
April 9th Stefania Basso
April 9th Benjamin Halford
April 9th Sharyn Pryor
April 10th Narelle Chapman
April 11th Ashley Delaney
April 11th Lliam Hunt
April 12th Anna Roberts
April 13th Bradley Cameron
April 13th Naoise Halliday
April 14th Samantha Lilly
April 17th Hasith Perera
April 17th Laura-Ann Wong
April 18th Louise Martin
April 26th Olympia Diamandis
April 26th Kasey Stephenson
April 29th Sarah Glewis
April 30th Jennie Wang



Holiday Training Timetable

The Easter holiday training timetable can be found at:

<http://www.nunawadingswimmingclub.com/pdf/Easter%20Training%20Timetable.pdf>

Suggestions for *Making Waves*

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

gary.barclay@nunawadingswimmingclub.com