

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

June 2009

## TELSTRA GRAND PRIX IS COMING TO MELBOURNE – SAT 20 JUNE

Nunawading Swimming Club members are in for a treat when the Telstra Grand Prix comes to Melbourne on Saturday 20<sup>th</sup> June 2009.

**All Nunawading Swimming Club members are encouraged to come along and see the best swimmers in Australia including a majority of the World Championships swim team compete at MSAC.**

Swimmers should wear their red Nunawading polo shirt and tracksuit top if they have one. If you wear the club shirt or top you will be admitted free to MSAC on the Saturday night. For each child wearing our club uniform, one parent will also be admitted free.

Nunawading will have all our open squad swimming and there will be plenty of Aussie swimmers to cheer for.

This evening is highly recommended to EVERY NUNAWADING FAMILY including swimmers in Hanson, Junior B, Junior A squads and swimmers in the State and National squads.

Our goal is to have more than 100 swimmers and parents in the grandstand cheering together and providing an experience that the children will remember for many years.

Where: MSAC – Melbourne Sports & Aquatic Centre

When: Saturday 20<sup>th</sup> June 2009

Time: Arrive 5:00 - 5:20pm for a 6:00pm sharp start

Wear: Swimmers should wear their club shirt

**All parents are encouraged to attend and have full responsibility for their child / children on the day.**

## AGE DEVELOPMENT WORKSHOP

Nunawading Swimming Club has secured the opportunity for all 11 year, 12 year and 13 year olds together with all swimmers in State Development and State Youth Squads to take part in a unique Age Development Squad session at Melbourne Sports & Aquatic Centre on Saturday 20<sup>th</sup> June 2009.

Swimmers will complete a training session on race skills/technique with the outcome to improve your racing skills and technique. The format of the day will be as follows.

- 2:30pm to 4:30pm (arrive at 2:10pm and meet in the MSAC foyer);
- 4:45pm to 5:30pm (enjoy a sausage sizzle by Albert Park Lake)
- 5:30pm re-enter MSAC for Telstra Grand Prix
- 6:00pm to 8:00pm watch and cheer the best swimmers in Australia as they compete in the Grand Prix, including many Nunawading swimmers.

## JX JUNIOR DEVELOPMENT WORKSHOP

All 9 and 10 year old club members have been invited to participate in a JX Junior Development Workshop on **Saturday 13<sup>th</sup> June 2009** at Aqualink Nunawading at the following times:

- 9 year olds from 3:30 pm to 4:45pm (arrive at 3:15pm);
- 10 year olds from 4:45pm to 6:00pm (arrive at 4:30pm).

The session will focus on race skills/technique and is designed to help maximise your progress in the Nunawading club structure and help you work towards achieving JX qualifying times for this year.

## 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 May, Swim Star Caps have been awarded to:

### Junior A – Clare McDonald

Congratulations to Clare who has shown consistency in training – attending the required 4 sessions a week and therefore also has the most stars on her warm up card!! Well done Clare and keep up the commitment!

### Junior B – Chloe Pearce-Schmidt

For consistently coming to training with a smile and is always willing to put in her best effort each session. Well Done Chloe!

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## WEST COAST USA TOUR

Seven Nunawading swimmers and two coaches have travelled with the Australian team to compete along the west coast of USA over the next two weeks.

Swimmers Sarah Katsoulis, Leisel Jones, Shane Asbury, Belinda Parslow, Chelsea Carpenter, Sam Ashby and Jeremy Saunders travelled to Los Angeles yesterday and begin competing later in the week. Head Coach Amanda Isaac and High Performance Coach Rohan Taylor are also part of the Australian Team.

## Stephanie Moore Excels

Congratulations to Stephanie Moore who represented Victoria at the National Christian Schools Swimming Championships at Challenge Stadium in Perth.

Stephanie competed in 4 individual events and swam PB's in all four events.

Her results were:

50 Back – Bronze medal – 37.07  
200 IM – Bronze medal – 2:51.96 (3.5 sec PB)  
50 Free – Silver medal – 30.27 (1.2 sec PB)  
50 Breast – Gold medal – 37.88

Stephanie also took part in the 4 x 50m Free and 4 x 50m Medley relays with both teams winning a Bronze medal.

She was also Runner-up in the Age Champion Trophy for the Championship.

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## New Members Welcome

Welcome to the following new members for season 2009/10 who were approved by the NSC Board at the May Board meeting.

Welcome to Eida Basso, Warren Bell, Madeleine Gibson, Michelle Gilling, Lenny Krix, Rose Laidlaw, Skye Ledbury, Ian Moore, Sandra Rogerson, Ethan Rozanic, Daniel Te, Nathan Te, Nathan Tran, Bianca Turville, Katrina White, Adam Wildes, Christopher Yuen-Love. It is great to see so many parents supporting their children and the club by joining for the first time.

Welcome also to the following 5 swimmers who have transferred from other clubs to Nunawading for season 2009/10 – Aaron Whelan (Ringwood), Lara Whelan (Ringwood), Walter Hultgren (Kilmore), Clare MacDonald (Boronia), and Christina Kappas (Monash).

The Club had 172 members who have joined using Clubs Online between the 4 May and 19 May 2009.

Membership joining details are available at <http://www.nunawadingswimmingclub.com/membership/members.htm>

## SQUAD NEWS

### National Open

**Amanda Isaac &  
Rohan Taylor**

The Open squad has seven new members. Welcome Belinda Bennett (VIS), Samantha Bennett, Travis Mahoney, Mitchell Pryor and Sam Sheppard, who have progressed from National Youth Squad and we also welcome Jeremy Saunders (VIS) from Traralgon and Tay Zimmer (VIS) from Monash.

Preparations are underway for World Championships in July and Australian Short Course Championships in August.

Every member of the Open squad has had their individual meeting with Amanda and/or Rohan to outline the season ahead. In these meetings, athletes and coaches discuss the requirements of the individual. This is an open discussion for both the coach and the athlete. Athletes need to commit to changes that need to be made, to improve. Every athlete must own their objectives because they are the sole driver of their program.

In a large group it is important that all members of our squad make positive contributions at each session. Athletes need to remain focused on their goals for each session as well as making a contribution to a positive training environment. Coaches allow for a positive environment, but it is up to the athletes to ensure this is upheld.

Well done to Jeremy Tidy and Prue Watt who have competed in Manchester and Berlin, and good luck to our eight athletes in the USA. Racing commences June 4<sup>th</sup>.

### National Youth

**Nick Veliades**

The season is now well on the way with all swimmers having completed individual meetings to discuss training plans for the winter season.

It is now up to individuals to monitor and be aware of individual roles and responsibilities in the process to achieving individual season goals.

There are a number of new initiatives starting up this season with the swimmers support scheme as well as our squad winter training camp to look forward to.

## SQUAD NEWS

### National Youth (cont.)

**Nick Veliades**

Please make sure you are all making the most of these opportunities throughout the season as they will only benefit you as individuals.

Enjoy the season and STAY HEALTHY!!!!

### National Age

**Dean Bryant**

A story...

Once upon a time, a young swimmer toiled away for many years in the pool, trying to be the best he could be. For 10 years he training day-in and day-out, busting his guts to gain that extra inch.

Eventually he decided he had had enough of swimming and got a job teaching swimming. After two years of this and having never swum a lap of the pool since, he thought it would be fun to enter a small competition just for kicks. He entered 50m of all strokes plus the 100m free.

At the end of the day he came away with 5 personal best times after not having swum a lap for 2 years! WHY???

Because it wasn't until he started teaching that he realised just how important technique, efficiency and skills were and while he didn't do any actual training, he was thinking all the time about how to do things better and understanding why he didn't go faster when he was younger.

So what's the moral of the story? MAKE THE CHANGES TO YOUR STROKE NOW WHILE YOU HAVE THE OPPORTUNITY! You will swim faster if you do!

### State Junior

**Kirsty Woodham**

The first few weeks of the new season saw State Junior working hard on their skills. Technique and stroke counts were the major focus with some great improvements being shown by everybody in the group.

(Continued on next page)

## SQUAD NEWS

### State Junior (cont.)

Kirsty Woodham

As we move into a greater intensity training phase, now is the time to take these learned skills and start to apply them under pressure. With our first meet still a few weeks away, I am sure all swimmers are itching to compete. Use these last couple of weeks before the Tritons meet to continue to apply and better these skills and Saturday morning time trials for race practice and I am sure we will see some great results on the day.

Please remember all swimmers in the squad are expected to attend a minimum of 5 sessions every week.

### State Youth / Uni

Melissa Klamt

Week 7 of the Short Course season is just about to start and we are looking good! Stroke counts are improving, but keep an eye on your skills. You need to train the way you want to race!

Over the last few weeks we have said goodbye to retirees Sam A, Naomi and Duana. We wish you guys well and thank you for what you've given to the squad. New leaders are emerging in the group which is exciting to see, keep up the hard work everyone.

Finally, Congratulations to Joe, Brad, Aaron, Meghan, Annika, Kim C and Maddie who have been selected for the District Team trip to Canberra from the 3<sup>rd</sup>-7<sup>th</sup> July.

### State Development

Kirsty Woodham

State Development has started the Short Course season well, working hard on technique and skills, readying themselves to race fast in a couple of weeks. As we start to come up against some more challenging sets there are two roads you can take. The first is to rise to the challenge. Do everything you can to make timecycle, lower your stroke counts and improve your times. The second is to say it's too hard, and spend the time making excuses for why you can't do it. When it comes to racing time I know with path is going to lead to success.....

Please make sure that you have entered all required meets. Everybody in the squad is expected to compete in all stated meets.

## SQUAD NEWS

### Hanson

Liz Williams

Well done to all the Hanson Squad who have attended the PB Challenge series and are developing their skills. There have been lots of new faces during the term which is great to see.

Don't forget to keep your PB card and show me your PBs and there will be a special reward at the end of the term!

We are still focusing on our streamlines and need to see who will be our "Streamline Champion" in Hanson form term 2!!  
Keep up the good work.

### Junior A

Emma Beanland

We are now 5 weeks into the season and it's great to see the amount of swimmers committing to the challenge of consistently completing the pre-swim warm up. Well done to those of you who are well on your way to achieving your goal of 28 stars. To those you still have a long way to go ensure you're coming **10 minutes early** to be able to do your pre-swim warm up properly!!

Hopefully by now you are all familiar with the highlight of the week system, whereby a particular skill, stroke or set will be named the most impressive of the week. It is important you recognize why it is the highlight and how it feels when done properly, therefore each time you do the skill, the stroke or set in training it is done the correct way.

I look forward to seeing you all compete at Ringwood next Saturday the 6<sup>th</sup> June, lets put into practice our skills learnt and highlighted so far: Freestyle and backstroke turns!!

Other reminders:

- Next Squad Meetings:  
Thurs 4<sup>th</sup> June: 7:30 – 7:45pm at Nunawading  
Thurs 25<sup>th</sup> June: 7:30 – 7:45pm at Nunawading
- Competitions- Do **not** enter into CA Tritons and only compete in Interclub 1, 2 and 5.
- Return goals sheets to me if you haven't already
- Return car pooling sheet to me ASAP if you haven't already

## SQUAD NEWS

### Junior B

Elaine Tor

Junior B has had a fantastic term so far with improvements in training which have led to many PBs.

To continue this trend it is important that swimmers remember to complete the required amount of sessions per week (3) – training is a vital part of every swimmer's development and should be done consistently.

#### Reminders:

- Keep checking your pigeon holes for important notices.
- Interclub nights are coming up. The first one is on Friday 12<sup>th</sup> June.
- Get your entries in for the Nunawading JX meet ASAP. If you have any questions about this please come and see me.

Keep up the good work in training as we have many exciting competitions coming up!

#### Quote of the Month:

Success is the sum of small efforts, repeated day in and day out. – Robert Collier

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**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 Coach ...

### EMMA BEANLAND

Squad: *Junior A*

Favourite TV shows: *Scrubs*

Beach or Movie: *Beach*

Favorite food: *Roast*

What can't you live without: *Coffee*

What do you do outside swimming: *rowing and play my guitar*

My dream is to: *be Dean ... no Amanda ... no Dean!*

The best part about coaching is: *when you have "the teaching moments" – both you and the swimmer know they have done the right thing and is the best when they've been working on the change forever!*

Favourite quote:

*"It takes 9 kicks in the butt before you get a chance to lick the ice-cream"*



## **Nunawading Club Presentation Night 2009**

More than 400 members attended the Presentation Evening held on Saturday 9 May 2009. It was an outstanding turnout for the annual awards with the highlight during the night the appearance and entertainment provided by the Scared Weird Little Guys.

A summary of the major awards is provided below.

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### **Major Club Trophies**

Leigh Nugent Trophy  
(for Boys 15 years & under)  
**Jack Streefkerk**

Helen Caune Trophy  
(for Girls 15 years & under)  
**Roxanne Perring**

Graeme Butler Trophy  
(for Boys 16 years & over)  
**Shane Asbury**

Clyde Butler Trophy  
(for Girls 16 years & over)  
**Chelsea Carpenter**

This is the second consecutive year that the above four recipients have been awarded with these most prestigious awards.

Congratulations to Jack, Roxy, Shane and Chelsea on their awards.

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### **Swimming Performance Trophies**

Ursula Rauter Trophy  
(for Boys 10 years & under)  
**Nicholas Groenewald**

Liz Clarke Trophy  
(for Girls 10 years & under)  
**Georgia Langford**

Meyer Trophy  
(for Boys 13 years & under)  
**Jack Currie**

Houghton Trophy  
(for Girls 13 years & under)  
**Nikaylah Hanlen**

Graeme Wooles Trophy  
(for Boys 14 to 16 years)  
**James Argiro**

Helen Wooles Trophy  
(for Girls 14 to 16 years)  
**Ellen Gandy**

John Sutherland Trophy  
(for Boys 17 years & over)  
**Ashley Delaney**

Margaret Sutherland Trophy  
(for Girls 17 years & over)  
**Leisel Jones**

Swimmer with a Disability  
'Swimmer of the Year' Trophy  
**Prue Watt**

Open Water 'Swimmer of the Year' Trophy  
**Belinda Bennett**

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### **Life Membership**

Gary Barclay

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### **Service Awards**

10 Year Service Award  
Jack Day  
Rebecca Stone  
Sabina Derrick

15 Year Service Award  
Belinda Parslow  
Adam Parslow  
John Locking

20 Year Service Award  
Ted Whelan

Congratulations to *all* award recipients.

For a full list of award winners, go to  
[www.nunawadingswimmingclub.com/](http://www.nunawadingswimmingclub.com/)

## 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.

### April Club Records

#### Nikaylah Hanlen

13/14 years 100m Butterfly  
1.05.16 broke record by 1.34 sec  
13/04/2009 Aus Age

#### Roxanne Perring

15/16 years 100m Butterfly  
1.04.28 broke record by 0.33  
13/04/2009 Aus Age

#### Roxanne Perring

15/16 years 200m Butterfly  
2.18.79 broke record by 0.23  
13/04/2009 Aus Age

#### Roxanne Perring

15/16 years 200m Butterfly  
2.17.07 broke record by 1.72  
13/04/2009 Aus Age

#### Roxanne Perring

15/16 years 100m Butterfly  
1.03.91 broke record by 0.37  
17/04/2009 Aus Age

#### Roxanne Perring

15/16 years 100m Butterfly  
1.03.59 broke record by 0.32  
17/04/2009 Aus Age

#### Roxanne Perring

15/16 years 200m Backstroke  
2.21.04 broke record by 0.54 sec  
18/04/2009 Aus Age

#### Belinda Bennett

15/16 years 200m Freestyle  
2.04.38 broke record by 3.54 sec  
16/04/2009 Aus Age

#### Belinda Bennett

15/16 years 200m Freestyle  
2.02.03 broke record by 2.35 sec  
16/04/2009 Aus Age

#### Laura-Ann Wong

17/18 years 100m Breaststroke  
1.14.28 broke record by 0.07 sec  
13/04/2009 Aus Age

#### Laura-Ann Wong

17/18 years 100m Breaststroke  
1.14.00 broke record by 0.28 sec  
13/04/2009 Aus Age

#### Samantha Bennett

17/18 years 100m Backstroke  
1.04.22 broke record by 1.06 sec  
14/04/2009 Aus Age

#### Ellen Gandy

17/18 years 200m Freestyle  
1.59.80 broke record by 0.36 sec  
15/04/2009 Aus Age

#### Ellen Gandy

Open 200m Freestyle  
1.59.80 broke record by 0.36 sec  
15/04/2009 Aus Age

#### Ellen Gandy

17/18 years 400m Freestyle  
4.12.88 broke record by 3.74 sec  
13/04/2009 Aus Age

#### Nicholas Groenewald

11/12 years 200m Individual  
medley  
2.21.78 broke record by 3.09 sec  
14/04/2009 Aus Age

#### Nicholas Groenewald

11/12 years 50m Backstroke  
30.29 broke record by 0.27 sec  
15/04/2009 Aus Age

#### Nicholas Groenewald

11/12 years 400m Individual  
Medley  
5.00.41 broke record by 5.49 sec  
18/04/2009 Aus Age

#### Nicholas Groenewald

11/12 years 400m Individual  
Medley  
5.00.38 broke record by 0.03 sec  
18/04/2009 Aus Age

#### James Argiro

15/16 years 200m Butterfly  
2.02.63 broke record by 0.57 sec  
13/04/2009 Aus Age

#### James Argiro

15/16 years 100m Butterfly  
55.27 broke record by 0.43 sec  
17/04/2009 Aus Age

#### Llewellyn Little

15/16 years 400m Individual  
Medley  
4.36.82 broke record by 5.85  
15/04/2009 Aus Age

#### Llewellyn Little

15/16 years 400m Individual  
Medley  
4.34.38 broke record by 2.44  
15/04/2009 Aus Age

#### Travis Mahoney

17/18 years 200m Individual  
Medley  
2.06.78 broke record by 1.34 sec  
16/04/2009 Aus Age

#### Travis Mahoney

17/18 years 200m Individual  
Medley  
2.06.10 broke record by 0.68 sec  
16/04/2009 Aus Age

## Records Season Summary

2008/2009 has been another great year that saw 280 Nunawading club records tumble. 96 male and 184 female Long Course, Short Course and Pool records were bettered throughout the season by 36 swimmers (16 males, 20 Females) in a season that saw numerous long standing records broken and many records bettered multiple times.

Special mention to the following swimmers who broke records for the first time throughout the season; **Joel Watson, Liam Hunt, Jack Currie, Sam Ashby, Ellen Gandy, Sarah Katsoulis, Leisel Jones, Shayne Reese, Nikaylah Hanlen and Ellese Zalewski.**

From a coaches perspective, Nick's swimmers broke a total of 85 records followed closely by Dean on 63, Amanda on 57 and Rohan's high performance squad, which only joined the club in October, on 58. Each of the squads recorded an increased number of records broken on last season.

Well done to all swimmers who broke records with a special congratulations going to **Ellen Gandy** and **Jack Laidler** who recorded the highest number of record breaking swims for females and males respectively.

Finals Results from Age Nationals

**Ellen Gandy**

**GOLD** 17/18 years 100m Butterfly

**GOLD** 17/18 years 200m Butterfly

**SILVER** 17/18 years 400m Freestyle

**SILVER** 17/18 years 400m Individual Medley

**SILVER** 17/18 years 200m Individual Medley

**SILVER** 17/18 years 200m Freestyle

4<sup>th</sup> 17/18 years 50m Freestyle

5<sup>th</sup> 17/18 years 100m Freestyle

**James Argiro**

**GOLD** 16 years 200m Butterfly (New Victorian Record)

**GOLD** 16 years 100m Butterfly

**Jack Day, Sam Sheppard, Mitchell Pryor, Travis Mahoney**

**GOLD** U18 years 4x100m Freestyle Relay

**Laura-Ann Wong, Ellese Zalewski, Samantha Bennett, Belinda Bennett**

**GOLD** U18 years 4x100m Medley Relay

**Ellese Zalewski**

**SILVER** 17/18 years 50m Freestyle

**SILVER** (Aus) 17/18 years 100m Butterfly

**BRONZE** 17/18 years 100m Freestyle

5<sup>th</sup> 17/18 years 400m Freestyle

7<sup>th</sup> 17/18 years 200m Freestyle

**Belinda Bennett**

**SILVER** 16 years 200m Freestyle

**BRONZE** (Aus) 16 years 400m Freestyle

7<sup>th</sup> 16 years 100m Freestyle

**Jack Laidler, Sam Sheppard, Mitchell Pryor, Travis Mahoney**  
**SILVER** U18 4x100m Medley Relay

**Sean Whitten, Edward Lim, Jack Currie, Nicholas Groenewald**  
**SILVER** U14 4x50m Freestyle Relay

**Nikaylah Hanlen, Ellese Zalewski, Samantha Bennett, Belinda Bennett**  
**SILVER** U18 4x100m Freestyle Relay

**Llewellyn Little**  
**BRONZE** (Aus) 16 years 400m Individual Medley  
5<sup>th</sup> 16 years 200m Butterfly

**Sean Whitten, Edward Lim, Jack Currie, Tyran Groves**  
**BRONZE** U14 4x50m Freestyle Relay

**Nicholas Groenewald**  
4<sup>th</sup> 13 years and under 400m Individual Medley  
5<sup>th</sup> 13 years and under 200m Breaststroke  
7<sup>th</sup> 13 years and under 100m Breaststroke  
8<sup>th</sup> 13 years 200m Backstroke  
9<sup>th</sup> 13 years and under 200m Individual Medley

**Jack Laidler**  
4<sup>th</sup> 17/18 years 100m Breaststroke

**Sam Sheppard**  
4<sup>th</sup> 17/18 years 1500m Freestyle

**Llewellyn Little, Sam Sheppard, Mitchell Pryor, Travis Mahoney**  
4<sup>th</sup> U18 years 4x200m Freestyle Relay

**Alex Venning, Dylan Cossari, James Argiro, Llewellyn Little**  
4<sup>th</sup> U16 4x100m Medley Relay

**Roxanne Perring**  
5<sup>th</sup> 16 years 200m Butterfly  
6<sup>th</sup> 16 years 200m Backstroke  
10<sup>th</sup> 16 years 100m Butterfly

**Samantha Bennett**

5<sup>th</sup> 17/18 years 200m Individual Medley

7<sup>th</sup> 17/18 years 100m Backstroke

**Roxanne Perring, Ellese Zalewski, Samantha Bennett, Belinda Bennett**  
5<sup>th</sup> U18 4x200m Freestyle Relay

**Travis Mahoney**

6<sup>th</sup> 17/18 years 200m Individual Medley

6<sup>th</sup> 17/18 years 200m Backstroke

8<sup>th</sup> 17/18 years 100m Backstroke

**Mitchell Pryor**

6<sup>th</sup> 17/18 years 50m Freestyle

8<sup>th</sup> 17/18 years 100m Freestyle

**Laura-Ann Wong**

6<sup>th</sup> 17/18 years 200m

Breaststroke

8<sup>th</sup> 17/18 years 100m breaststroke

**Jack Currie**

6<sup>th</sup> 13 years and under 200m Freestyle

10<sup>th</sup> 13 years 400m Freestyle

10<sup>th</sup> 13 years and under 200m Individual Medley

10<sup>th</sup> 13 years and under 400m Individual Medley

**Alex Venning, Liam Hunt, James Argiro, Llewellyn Little**  
6<sup>th</sup> U16 4x100m Freestyle Relay

**Liam Hunt**

8<sup>th</sup> 15 years 50m Freestyle

8<sup>th</sup> 15 years 200m Freestyle

**Mark Bustard**

8<sup>th</sup> 15 years 100m Breaststroke

**Nerice Smith, Natalie MacGregor, Jessica Forster, Nikaylah Hanlen**  
8<sup>th</sup> U14 4x50m Freestyle Relay

**Alex Venning**

9<sup>th</sup> 15 years 100m Backstroke

10<sup>th</sup> 15 years 100m Butterfly

**Christopher MacGregor**

9<sup>th</sup> 17/18 years 100m Backstroke

**Nicholas D'Arcy-Evans**

10<sup>th</sup> 17/18 years 100m

Breaststroke

10<sup>th</sup> 17/18 years 200m

Breaststroke

**Nikaylah Hanlen**

10<sup>th</sup> 14 years 100m Butterfly

10<sup>th</sup> 14 years 100m Freestyle

**Kimberly McDonald**

10<sup>th</sup> 15 years 200m Breaststroke

**Jessica Batton, Kimberley McDonald, Roxanne Perring, Nikaylah Hanlen**

10<sup>th</sup> U16 4x100m Medley Relay

**Tribute to the 18 year old Age National Swimmers**

This season marks the end of a wonderful Age National career for a number of great long serving Nunawading age swimmers. Sam Sheppard (since 2003), Jack Laider (2004), Laura-Ann Wong (2004), Nicholas D'Arcy Evans (2005), Mitchell Pryor (2005), Sam Bennett (2006) and Travis Mahoney (2007) have each been valuable members of Age National teams for a number of seasons, and each have contributed not only to points scores and on the medal podium but as great leaders and mentors to younger swimmers coming through.

Over the past six age nationals these swimmers have swum over 130 events, made over 40 individual finals and won 9 individual Medals. On top of this each of these swimmers have won relay medals and swum in excess of 20 relay finals. Well done to each of these swimmers on a wonderful Age career and for being one on Nunawading most successful age groups ever.

**Squad Photos will be held on Saturday morning 13<sup>th</sup> June 2009 at the following times:**

**6:15am State Junior** – please arrive by 6:10am and meet in Group Fitness Studio 2 – Do your hair before you come!

**6:40am Junior A** – please arrive by 6:30am and meet in Group Fitness Studio 2 - Do your hair before you come!

**7:00am State Youth** – come up immediately training finishes in the gym

**7:20am National Age** – come across at 7:15am

**7:40am State Development** – please arrive by 7:30am and meet in Group Fitness Studio 2 - Do your hair before you come!

**8:00am National Youth** – come up immediately following training – swim or gym

**8:20am Junior B** – Come up immediately following training

**Photos will be taken in a pair of BLACK bathers and swimmers should bring a pair of goggles with them. Have your bathers on ready!**

Photos will be taken in the 'Group Fitness Studio 2' with access on the right hand side door after you enter the Aqualink Nunawading building on Saturday morning.

Photos will be taken in groups of 6 swimmers.

An example of the photo is attached.

Envelopes for purchase of the photos will be distributed prior to the photo shoot and need to be handed in on the day direct to the photographer.

This will only be done once this season – swimmers correct names will be included below their photo and their squad name will be included on the photo as well.

Any questions please email [gary.barclay@nunawadingswimmingclub.com](mailto:gary.barclay@nunawadingswimmingclub.com).

National Open photos will be taken when the group returns from the US.

## Diary Dates

- Thurs 4 June - West Coast Tour  
Sun 14 June USA
- Sat 6 June Ringwood 14<sup>th</sup> Annual Swim Meet  
MSAC
- Fri 12 June Metro East Interclub #1  
Aqualink Nunawading
- Sun 14 June PB Challenge Week 3  
Aqualink Nunawading
- Sat 20 June - 2009 Telstra Grand Prix 2  
Sun 21 June MSAC
- Fri 26 June Metro East Interclub #2  
Aqualink Nunawading
- Sat 27 June Melbourne Vicentre Meet MSAC  
**(entries close Tues 16 June)**
- Sat 27 June - Traralgon Meet for State Youth  
Mon 29 June Traralgon
- Sun 28 June CA Tritons Short Course Meet  
MSAC **(entries close Fri 12 June)**
- Mon 29 June - School Holidays  
Sun 12 July
- Wed 1 July - World University Games  
Sun 12 July Belgrade, Serbia
- Fri 3 July - Metro East Team Trip  
Tues 7 July Ginenderra
- Sun 5 July - 2009 Trans Tasman  
Sat 11 July Melbourne, Wodonga, Canberra
- Sat 18 July - Victorian Open & SWD Champs  
Sun 19 July MSAC – Short Course
- Sun 19 July - 13<sup>th</sup> FINA World Championships  
Sun 2 August Rome, Italy
- Fri 24 July - Metro East Interclub #3  
Aqualink Nunawading
- Sat 25 July Nuna JX Spectacular  
AM session – 8 to 11 years  
PM session – 12 & 13 years  
MSAC **(entries close Fri 3 July)**  
(This meet will double as PB  
Challenge 1 for Term 3)

## June Birthdays

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

*June 1<sup>st</sup> Nick Veliades  
June 4<sup>th</sup> Benjamin Schoenmaekers  
June 5<sup>th</sup> Nicholas Groenewald  
June 6<sup>th</sup> James Li  
June 10<sup>th</sup> Scott Huang  
June 10<sup>th</sup> Joshua Sewell  
June 15<sup>th</sup> Jared Clarke  
June 15<sup>th</sup> Mitchell Keltie  
June 16<sup>th</sup> Kirsty Woodham  
June 18<sup>th</sup> Alan Sharp  
June 20<sup>th</sup> Asher Moore  
June 21<sup>st</sup> Irene Prescott  
June 22<sup>nd</sup> Matthew Gilling  
June 23<sup>rd</sup> Samuel Chan  
June 23<sup>rd</sup> Benjamin Wilson  
June 24<sup>th</sup> Madison Button  
June 25<sup>th</sup> Teagan Harty  
June 25<sup>th</sup> Kimberley Law  
June 27<sup>th</sup> Amber Lewis  
June 27<sup>th</sup> Stephanie Moore  
June 28<sup>th</sup> Edward Lim  
June 29<sup>th</sup> Samantha White  
June 30<sup>th</sup> Belinda Bennett  
June 30<sup>th</sup> Keri Longwill*



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## Suggestions for *Making Waves*

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

[gary.barclay@nunawadingswimmingclub.com](mailto:gary.barclay@nunawadingswimmingclub.com)