

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

September 2006

Thank you

Thank you to all the parents who volunteered their time to help time keep at the recent Victorian Short Course Championships.

Thank you

Thank you to all those parents and swimmers who were involved in the District relays and interclub on Friday nights. There were many late finishes and things didn't always go according to plan however your efforts were greatly appreciated. A special thank you to John Locking for organizing the teams.

Reminder

A reminder to all Nunawading swimmer's to enter both the NSC Sprint meet entries close on September 20th and the NSC Long course meet entries close on the 6th of October

Congratulations

Congratulations to Nick Veliades on his recent award for Victorian Age Group Coach of the Year. Well deserved.

NEW JUNIOR COACHING STRUCTURE

Nunawading Swimming Club is again leading the way in the sport of swimming with the appointment of Kate Lynch to the full-time position of Head Junior Coach. Kate will continue to coach the State Junior Squad and will manage and coordinate the programs for all swimmers aged 13 years and under in the Club. This will include overseeing the Junior A, Junior B and Hanson Squads as well as being a coach representative on the Swim Committee.

Kate will be mentoring and working with the coaches of these squads to ensure a streamlined pathway to State level swimming for all junior swimmers in the Club.

Nicola Whitehorn has been offered and accepted the position of Junior A squad coach from 2nd October 2006. Nicola has been the most successful coach the Club has had in the Wilson squad / Junior B squad area in the last 5 years and is looking forward to the opportunity. Nicola's results at 7-10 Encouragement and All Junior have been excellent with multiple swimmers winning medals and the improvement shown in the last 12 months by swimmers in Junior B squad has been outstanding. Nicola will be supported by Kate in the development of programming and at competitions, particularly in the early months of coaching Junior A squad.

Belinda Vickers has been appointed to the position of coach of Junior B squad and will begin coaching the squad from Monday 2nd October 2006. Belinda has been working with Junior B squad for a number of weeks now on a Monday night and also has previous coaching and teaching experience at both Nunawading and external programs. Belinda will continue to coach Armstrong squad in Term 4 also. Belinda is a former Nunawading swimmer, who has returned to the club to impart her knowledge and enthusiasm to the children in Junior B Squad.

DEALING WITH CHANGE

I encourage all parents and swimmers to support the changes that have been made to the coaching structure and to be positive in their support of the changes when talking to each other and their children. Every coach has different attributes that they bring to their job and it is important that the coach is both publicly and privately supported by parents and swimmers. These changes have been made to IMPROVE the quality of the program for ALL swimmers aged 13 years and under. It is a forward step for the club and Kate and I are very confident that with continued mentoring and support of ALL junior coaches (something that has been missing at times in the last few years) that all swimmers will improve more quickly with the new structure and coach allocations.

The changeover of coaches within the junior squads will be done as smoothly as possible with the sharing of programs and ideas between current and new coaches. Please allow the new coaches at least 3 months to work into their position and provide them with your full support.

COMMUNICATION

I once again remind parents that if they have any concerns about training and competitions that they talk to the coach who coaches their child every day. It still amazes me the number of parents who are unable to follow this line of communication and choose to share their concerns with everyone around them. Go to the person who can help solve your problem before it becomes a major issue.

Team Managers Report

Liz Chanter, John Locking & Debra Chan

2006 Australian Short Course Championships Summary

A small team of 11 swimmers competed at the Australian Short Course Championships held last week in Hobart. The Club finished the meet in their equal best ever position of 3rd in the Championship point score. This was a credit to the 11 swimmers and Mr Fowlie as their coach.

There were many highlights at the meet. Nine of the 11 Nunawading swimmers have come home with an Australian Championship medal after terrific individual and relay performances. **Michael McEwin, Sam Sheppard, Jack Laidler, Belinda Parslow and Nadine Jones** all swam well in their individual events and were part of the Nunawading relay teams.

The team highlight was the performances by the Women's and Men's Medley Relay swims on the last night. In the Women's event, Melissa Morgan BK, Brooke Hanson BRST, Nadine Jones FLY and Hayley Reddaway FREE swam a great race to finish 2nd. It was the equal best result in this event in the Club's history. The Men's relay was even closer with Ashley Delaney BK, Jack Laidler BRST, Jason Cohen FLY and Andrew Dyson FREE coming from behind to just miss victory by 0.11 sec in the closest race of the night. The twin silver medals were a great way to finish the meet and pushed the club from 5th to 3rd in the Australian Championship point score.

Congratulations to all swimmers and Mr Fowlie on the excellent results. With only 90 days until the World Championship Trials in December, the Open swimmers are back in full training for this event. Many thanks also to Liz Chanter and Gary Barclay for team managing the team while they were away.

Medal winners at the 2006 Australian Short Course Championship were:

Ashley Delaney

2nd 50m Backstroke 24.61

2nd 100m Backstroke 52.96

Brooke Hanson

2nd 50m Breaststroke 30.39

2nd 100m Ind. Medley 1:00.65

Jason Cohen

3rd 100m Butterfly 53.00

Haylee Reddaway

2nd 400m Freestyle 4:05.71

3rd 800m Freestyle 8:34.93

Relays

2nd Men's 4 x 100 Medley Relay

2nd Women's 4 x 100m Medley Relay

3rd Men's 4 x 100m Freestyle Relay

District Interclub

Congratulations to the following swimmers who placed at Interclub

8 and under - 2nd **Mikayla Smith**

2nd **Ashley Keeton**

9 years - 1st **Nick Groenewald**

2nd **Monique Bordigan**

10 years - 1st **Rebecca Keating**

1st **Liam Fisk**

2nd **Nerice Smith**

3rd **Mitchell Keltie**

SQUAD NEWS

HANSON SQUAD

Liz, Belinda & Nicola

What a busy term 3, with Interclub, P.B. and Distance certificate mornings.

Congratulations to the following swimmers who have all competed at 7 or more comps this term – Tara, Mikayla, Kate, Georgia and Ashley
Mikayla and Ashley both placed 2nd in their age group at the Aggregate section of Interclub. Well done Mikayla and Ashley

It has been great to see so many swimmers attending all the required sessions for August, with the following attending all the possible sessions for the month – Maddy, Emily, Kate, Sarah, Ashley, Georgia, Hugh, Mathew P. Mark, Emma Mikayla and Alex V.

As well as P.B. Challenge's for term 4, there are interclub meets which our squad will be attending in term 4.

Two of these are a **requirement** for Hanson swimmers in term 4 –

- Nunawading sprint meet on the 8th October (entries close 20th September) and
-7-10 selection trials on the 15th October. (entries close 2nd October).

Keep up the great swimming

Liz and Nicola

JUNIOR B SQUAD

Nicola Whitehorn

I would like to congratulate Junior B squad on a fantastic start to the 2006/07 swimming season. There have been many marked improvements!

I would also like to welcome the new Junior B, coach Belinda Vickers who will be taking over my role here as of the 2nd of October. Both Belinda and I are very excited at the new challenges that lie ahead with our new roles and we will be ensuring that your swimming will be both rewarding and fun.

Thank you for the opportunity to coach you all and I look forward to seeing you on pool deck.

Enjoy your break and happy swimming!
Nicola

STATE JUNIOR

Kate Lynch

It was great to see many of you over the past two weekends at the Victorian State Championships applying your skills and hard work to racing. You would have found that the results would have been PB's and improved rankings. Well Done!

A special congratulations to the following swimmers who medalled at the championships;

Male 11 & Under 100 SC Meter Backstroke

2 Treminio, Kilian 11 Nunawading 1:15.05 1:12.23

Male 11 & Under 200 SC Meter Breaststroke

1 Gousskov, Tim 11 Nunawading 2:58.71 3:02.85

3 Huang, Scott 11 Nunawading 3:10.14 3:07.99

Male 11 & Under 100 SC Meter IM

3 Gousskov, Tim 11 Nunawading

Male 12 Year Olds 200 SC Meter Backstroke

1 Margary, James

Male 11 & Under 200 SC Meter Backstroke

2 Gousskov, Tim

Male 11 & Under 200 SC Meter IM

2 Gousskov, Tim 11 Nunawading 2:40.96 2:41.73

Male 12 Year Olds 50 SC Meter Freestyle

2 Margary, James 12 Nunawading 28.04 27.74

Male 11 & Under 100 SC Meter Breaststroke

1 Gousskov, Tim

Male 11 & Under 200 SC Meter Butterfly

1 Gousskov, Tim

Male 12 Year Olds 100 SC Meter Freestyle

2 Margary, James

Male 12 Year Olds 100 SC Meter Backstroke

2 Margary, James

I would encourage you all to have a great break with a lot of rest as when we come back we will all be really busy with all the things that need to be done by the end of the year.

Until next time happy swimming.

Kate

JUNIOR A SQUAD

Kate Lynch

Firstly, congratulations to all the swimmers from Junior A who swam at the recent Victorian State Short Course Championships. There were some fantastic swims, but more importantly I want to stress that it is a great achievement just to qualify. For those of you who didn't make the qualifying times the next major State Championships is in January and I would encourage you all to strive to make those qualifying.

Secondly, I would like to thank you for the fantastic year of coaching you have given me. It has certainly been a challenge taking 2 squads, however it has been a fantastic learning curve and I have really enjoyed working with you all.

Finally, just remember that I will still be involved in your swimming and I look forward to working with you all in a slightly different capacity next term. Have a great break!

See you on deck,

Kate

**AGE NATIONAL SQUAD (Rip It Up) Nick
Veliades**

WOW!

What a first weekend of the Victorian Age Champs. It was an absolute cracker, a rip snorter, we went of like a frog in a sock, WOW it was good.

A quick over view from State Youth and National Age Combined-

- 57 PB's Out of 65 Swims
- 24 medals (that's 1 in 3)
- 7 Gold , 12 Silver and 5 Bronze

As a club we won 44 medals (last year over the whole competition we only achieved 78 medals).

A few other mentions for the day to swimmers achieving Open National Qualifying Times

- Sharni Campbell 50 Free
- Sam Bennett 100 Bk
- Bindi Bennett 100fly

To all involved great work and hopefully we can keep it up for the second weekend. These performances are purely the result of some great work throughout the season, so I hope everyone thought the hard work was all worth wile.

Good luck to all those swimmers on their way over to NSW Age Short Course.

C U soon All.....

nick

NATIONAL YOUTH & OPEN Mr. Fowlie

Performance Highlights

Australian Short Course Championships – Hobart

3rd Place Finish for the Team! 11 swimmers competed at the Australian Short Course Championships. The Club finished the meet equal our best-ever position of 3rd.

Congratulations on the following final and medal results!

Ashley Delaney 2 nd 50m Backstroke 24.61 2 nd 100m Backstroke 52.96 4 th 200m Backstroke 1:57.74	Brooke Hanson 2 nd 50m Breaststroke 30.39 2 nd 100m Ind. Medley 1:00.65
Jason Cohen 3 rd 100m Butterfly 53.00 5 th 50m Butterfly 24.32	Andrew Dyson 8 th 50m Freestyle 22.95
Haylee Reddaway 2 nd 400m Freestyle 4:05.71 3 rd 800m Freestyle 8:34.93 5 th 200m Freestyle 2:00.42	Melissa Morgan 8 th 200m Backstroke 2:13.70

Michael McEwin, Sam Sheppard, Jack Laidler, Belinda Parslow and Nadine Jones all swam well in their individual events and were part of the Nunawading relay teams.

Relays

2nd Men's 4 x 100 Medley Relay;
Ashley Delaney, Jack Laidler, Jason Cohen, Andrew Dyson

2nd Women's 4 x 100m Medley Relay;
Melissa Morgan, Brooke Hanson, Nadine Jones, Haylee Reddaway

3rd Men's 4 x 100m Freestyle Relay
Jason Cohen, Ashley Delaney, Michael Mcewin, Andrew Dyson

5th Men's 4 x 200m Freestyle
Andrew Dyson, Jason Cohen, Sam Sheppard, Ashley Delaney

5th Women's 4 x 100m Freestyle Relay 3:46.75
Haylee Reddaway, Melissa Morgan, Belinda Parslow, Brooke Hanson

Victorian Age Championships – Melbourne

Personal Best Times – 48.6%

Heat Winners – 43.3%

Improved Rankings – 75% (total improved positions 122 from 40 swims)

Congratulations to the following Medal winners in the First Day!
Jack Laidler – Silver 200 IM, Gold 100 Breast, Gold 200 Breast
Nadine Jones – Gold 200 IM, Silver 100 Breast
Sam Sheppard – Bronze 200 Free, Bronze 100 Back, Silver 400 Free
Michael Tan – Bronze 100 Breast, Bronze 200 Breast
Rowan Sonsie – Silver 200 IM, Gold 100 IM
Matt Armfield – Bronze 200 Free, Bronze 100 Back,
Laura-Ann Wong – Bronze 100 Breast, Silver 200 Breast,
Total – 16 medals

Carey Aquatic Club Meet –

Personal Best Times – 27 of 62 swims – 43.5%

This meet was particularly good, because conditions weren't the best and our swimmers improved through out the day!

Training

86 days to World Long Course Trials and Australian Open Championships – Brisbane!

Quote: "July was a pretty good month for training! Attendance is getting better and PERFORMANCE in training is improving significantly..... The quality and ability of the swimmers is getting better!" This statement was made last month, I'm sorry to say August was not so impressive for the Youth Group...

Group Percentage of Training Performance and Volume over 5 months

		April	May	June	July	Aug	Monthly Avg.
Youth	Perf	87	80	89	82	73	82.2
	Vol	88	79	84	77	68	79.2
Open	Perf	55	82	81	74	87	75.8
	Vol	53	81	73	72	88	73.4

An important element in monitoring is to identify trends, how to maintain good trends and correct down turns, so please watch your attendance and training performances. In particular, the final school term is coming up and it is important that swimmers manage their school and swimming without dropping either. In addition, social demands and year end activities are also pressures on swimmers, please be careful with what you choose to do. The final school term is always a challenge, but it is a short term! Work hard and enjoy it!

Dry land training – With the start of the weight program for the Youth group and the re-structuring of the weight program for the Open group, it is very important that everyone remember that the training volume is always under threat of dropping off dramatically.

Staying healthy – With Spring right around the corner, ALLERGIES are coming! Swimmers are often chronic allergy sufferers, primarily because their eyes, ears, nose and throat is constantly being flushed with water while swimming. Primary immune protectors (saliva, tears, ear wax, etc...) are therefore over flushed and become dried out. These organs then become over sensitive to stimulation resulting in hyper active responses to the environment. So, don't be surprised if you develop allergies while swimming, it's quite common. So, what to do..... Antihistamines – are commonly used and highly recommended. Local food produce is also recommended – Local Fruit, vegetables, Yogurt and Milk. This information is for discussion only and is not a recommendation. Please discuss the best course of action to take with your family physician.

Sunshine – With longer days coming, we will be spending more time out doors in the afternoon. Swimmers need to bring and USE sunscreen in the afternoons!

Spring School and Swim Break – Swimmers who will not be attending World Championship Trials in Brisbane will have a swim break from the 14th September, to 2nd October.

Tuesday and Thursday evening Training – We will be adding Tuesday and Thursday training at the Police Academy in order to address concerns outlined in our training program last month. Specifically, the need for more Long Course Training, Swim Meets, and weight training programs threatening to reduce training volumes. Please see October training schedules outline.

Nutrition – Louise Falzon did a great job on August 15 helping swimmers make smoothies for breakfast... Hopefully, some – **Real Healthy Fast Food** – ideas have rubbed off and our swimmers are using her ideas. Next month – Barbecue Dinner – October 26 or 28th... Watch for information.

CONGRATULATIONS TO THE FOLLOWING VICTORIAN STATE SHORT COURSE CHAMPIONSHIP MEDALISTS

Female 13 Year Olds 200 SC Meter Backstroke

1 Perring, Roxanne

Female 13 Year Olds 100 SC Meter Butterfly

1 Perring, Roxanne

Female 14 Year Olds 200 SC Meter Breaststroke

2 McDonald, Rachel

Female 14 Year Olds 100 SC Meter Butterfly

2 Bennett, Belinda

Female 15 Year Olds 50 SC Meter Freestyle

2 Campbell, Sharni

Female 16 Year Olds 100 SC Meter Breaststroke

1 Chanter, Kimberley

2 Jones, Nadine

3 Wong, Laura-Ann

Female 16 Year Olds 200 SC Meter IM

1 Jones, Nadine

2 Chanter, Kimberley

Male 11 & Under 100 SC Meter Backstroke

2 Treminio, Kilian

Male 11 & Under 200 SC Meter Breaststroke

1 Gousskov, Tim

3 Huang, Scott

Male 13 Year Olds 200 SC Meter Backstroke

2 Venning, Alex

Male 13 Year Olds 100 SC Meter Butterfly

1 Venning, Alex 13

2 Little, Llewellyn

Male 15 Year Olds 50 SC Meter Freestyle

2 Pryor, Mitchell

Male 15 Year Olds 200 SC Meter Freestyle

3 Sheppard, Sam

Male 16 Year Olds 100 SC Meter Breaststroke

1 Laidler, Jack

2 Tan, Michael

Male 16 Year Olds 200 SC Meter IM

2 Laidler, Jack

Male 17 Year Olds 200 SC Meter IM

2 Sonsie, Rowan

Male 18 Year Olds 100 SC Meter Backstroke

3 Armfield, Matt

Female 12 Year Olds 200 SC Meter Backstroke

2 Groenewald, Stephanie

Female 12 Year Olds 100 SC Meter Butterfly

2 Groenewald, Stephanie

Female 13 Year Olds 200 SC Meter IM

1 Perring, Roxanne 13 Nunawading

Female 14 Year Olds 200 SC Meter Butterfly

2 Bennett, Belinda

3 Lee, Jaclyn

Male 12 Year Olds 200 SC Meter Backstroke

1 Margary, James

Male 13 Year Olds 200 SC Meter IM

1 Little, Llewellyn

3 Venning, Alex

Male 15 Year Olds 100 SC Meter Backstroke

3 Sheppard, Sam

Male 16 Year Olds 200 SC Meter Breaststroke

Male 11 & Under 100 SC Meter IM

3 Gousskov, Tim

Male 17 Year Olds 100 SC Meter IM

1 Sonsie, Rowan

Male 15 & Over 400 SC Meter Freestyle

3 Sheppard, Sam

Female 13 Year Olds 200 SC Meter Butterfly

1 Perring, Roxanne

Female 14 Year Olds 50 SC Meter Freestyle

3 Bennett, Belinda

Female 14 Year Olds 200 SC Meter Backstroke

1 Bennett, Belinda

3 Lee, Jaclyn

Female 15 Year Olds 200 SC Meter IM

1 Bennett, Samantha

Female 16 Year Olds 100 SC Meter Backstroke

2 Jones, Nadine

Female 18 Year Olds 100 SC Meter Freestyle

3 Parslow, Belinda

Male 11 & Under 200 SC Meter Backstroke

2 Gousskov, Tim

Male 13 Year Olds 200 SC Meter Butterfly

1 Little, Llewellyn **VICTORIAN RECORD**

2 Venning, Alex

Male 15 Year Olds 200 SC Meter IM

3 Sheppard, Sam

Male 17 Year Olds 100 SC Meter Backstroke

2 Sonsie, Rowan

Male 18 Year Olds 100 SC Meter Freestyle

3 Armfield, Matt

Female 13 Year Olds 100 SC Meter Backstroke

1 Perring, Roxanne 13

Female 14 Year Olds 100 SC Meter Backstroke

3 Lee, Jaclyn

Female 14 Year Olds 200 SC Meter IM

2 Bennett, Belinda

Female 16 Year Olds 100 SC Meter IM

1 Jones, Nadine

2 Chanter, Kimberley

Male 11 & Under 200 SC Meter IM

2 Gousskov, Tim

Male 12 Year Olds 50 SC Meter Freestyle

2 Margary, James

Male 13 Year Olds 200 SC Meter Breaststroke

1 Little, Llewellyn

Male 15 Year Olds 200 SC Meter Butterfly

1 Sheppard, Sam

Male 16 Year Olds 100 SC Meter IM

2 Laidler, Jack

Male 17 Year Olds 200 SC Meter Freestyle

2 Sonsie, Rowan

Male 18 Year Olds 200 SC Meter Backstroke

2 Armfield, Matt

Female 12 Year Olds 200 SC Meter Butterfly

3 Groenewald, Stephanie

Female 13 Year Olds 100 SC Meter IM

1 Perring, Roxanne

Female 14 Year Olds 200 SC Meter Freestyle

1 Bennett, Belinda

3 Lee, Jaclyn

Female 14 Year Olds 100 SC Meter IM

2 Bennett, Belinda

Female 15 Year Olds 100 SC Meter Backstroke

2 Bennett, Samantha

Female 16 Year Olds 200 SC Meter Breaststroke

1 Chanter, Kimberley

2 Wong, Laura-Ann

Female 18 Year Olds 100 SC Meter Butterfly

2 Asbury, Samantha 18 Nunawading

3 Locking, Becky 18 Nunawading

Female 16 Year Olds 100 SC Meter Freestyle

1 Jones, Nadine

Female 16 Year Olds 200 SC Meter Backstroke

2 Wong, Laura-Ann

Female 18 Year Olds 50 SC Meter Freestyle

2 Parslow, Belinda

Female 18 Year Olds 200 SC Meter IM

3 Locking, Becky

Male 11 & Under 100 SC Meter Breaststroke

1 Gousskov, Tim

Male 11 & Under 200 SC Meter Butterfly

1 Gousskov, Tim

Male 12 Year Olds 100 SC Meter Freestyle

2 Margary, James

Male 13 Year Olds 200 SC Meter Freestyle

3 Little, Llewellyn

Male 13 Year Olds 100 SC Meter IM

2 Harriss, Alex

3 Venning, Alex 13

Male 15 Year Olds 100 SC Meter Butterfly

2 Sheppard, Sam

Male 17 Year Olds 200 SC Meter Backstroke

1 Sonsie, Rowan

Male 17 Year Olds 100 SC Meter Breaststroke

3 Sonsie, Rowan

Female 14 Year Olds 100 SC Meter Freestyle

3 Bennett, Belinda

Female 14 & Under 400 SC Meter Freestyle

3 Bennett, Belinda

Female 15 Year Olds 200 SC Meter Backstroke

2 Bennett, Samantha

Female 15 Year Olds 100 SC Meter IM

1 Bennett, Samantha

Female 16 Year Olds 50 SC Meter Freestyle

1 Jones, Nadine

Female 16 Year Olds 100 SC Meter Butterfly

1 Jones, Nadine

Female 18 Year Olds 200 SC Meter Butterfly

1 Locking, Becky **VICTORIAN RECORD-2:19.98**

3 Asbury, Samantha

Female 18 Year Olds 100 SC Meter IM

3 Locking, Becky

Male 12 Year Olds 100 SC Meter Backstroke

2 Margary, James

Male 13 Year Olds 100 SC Meter Breaststroke

2 Little, Llewellyn

Male 14 & Under 400 SC Meter Freestyle

3 Little, Llewellyn

Male 15 Year Olds 200 SC Meter Backstroke

1 Sheppard, Sam

Male 15 Year Olds 100 SC Meter IM

2 Sheppard, Sam

Male 17 Year Olds 100 SC Meter Freestyle

3 Sonsie, Rowan

SWIM COMMITTEE REPORT

Tracey Groenewald

Hi everyone,

What a busy last few weeks we have had. Congratulations to our team who travelled to Hobart for Open Shortcourse and finished 3rd in the overall point score.

Age Shortcourse has been held over the past two weekends in Melbourne, there were some amazing records set, fantastic medals won, and most importantly PB's were in abundance across all swimmers. On that note we must congratulate the hard work you swimmers have been putting in over the past few months and to the tremendous effort our coaching staff have put in to help you all achieve these results.

We have in excess of 20 swimmers swimming leaving on Thursday for NSW Age Shortcourse and then a training camp at the Australian Institute of Sport in Canberra. We hope you all have a wonderful trip, great swims and learn a great deal from this experience. Thanks to Nick Veliades who has coordinated this trip.

To the many swimmers who will take a break after this week, please enjoy your time to sleep in, rest and have some fun.

THANK YOU TO PARENTS

Before I sign off I must say how proud I am to belong to a club such as Nunawading. Over the past weekends at MSAC, I have looked down to see an amazing number of Nunawading parents kindly donating their time to help timekeep, sell programs and assist with medal presentations. On the first day alone we had in more than 20 timekeepers and this must make us the best club in the state at assisting. So to those of you who lent a hand, thank you very much, it does not go unnoticed.

I look forward to seeing you on pool deck next term.

Regards,

Tracey Groenewald.
Swim Chairperson.

UPCOMING DIARY DATES:

2006	Event	Venue	Closing Date
Mon 2 Oct	Term 4 begins		
Sat 7 Oct	Competitive Swimming 101- Information session for all junior swimming parents and swimmers.	NSC Clubrooms	N/A
Sun 8 Oct	<u>Nunawading Sprint Meet</u>	Nunawading	20 Sept
Sun 15 Oct	PB Challenge, Term 4 #1 <u>How it works</u>	Nunawading	
	<u>7-10 Selection Trials</u>	Ringwood	2 Oct.
Sat 21 Oct	Swimming Victoria Open Water Swim	Hazelwood	
Sat 21 Oct	Nunawading Longcourse Meet	MSAC	6 th Oct.
Sun 22 Oct	North/East 7 – 10 Meet	Ringwood	
Sat 28 Oct	Long Course Distance Competition	MSAC	
	Mothers & Daughters Information Session – 8:00-9:30am	NSC Clubrooms	N/A
Sun 29 Oct	PB Challenge Term 4 #2	Nunawading	

The club held a successful Trivia Night on Saturday night. With approximately 90 persons in attendance, the night was filled with lots of laughs and lots of gold coin donations!

Congratulations to the Social and Fundraising Committee and the coordinator of the event, Theresa Tan on a great night. We look forward to seeing more club members at future fundraising events.

Regards,
Debra

SEPTEMBER BIRTHDAYS

Happy Birthday to the following club members who enjoy their birthday in SEPTEMBER.

Katelyn	Van Der End	2-Sep
Jessica	Forster	2-Sep
Sharni	Campbell	3-Sep
Theresa	Tan	6-Sep
Ryan	Oirbans	10-Sep
Melissa	Klamt	11-Sep
Tara	Lane	11-Sep
Clare	Wheatley	12-Sep
Daniel	Aguiar	16-Sep
Jason	Young	17-Sep
Andrew	Roberts	18-Sep
Kilian	Treminio	18-Sep
Cael	De Rooy	20-Sep
Ebony	Chan	20-Sep
Haylee	Reddaway	25-Sep
Natasha	Gray	28-Sep
Evelyn	Boldt	28-Sep
Morgan	Wright	29-Sep
Becky	Locking	30-Sep

**2007 VICTORIAN LONG COURSE STATE AGE
CHAMPIONSHIPS**

Relay Selection

Relay teams for the 2007 State Age Championships, in January, will be selected using times achieved from October 2006 onwards.

Swimmers are strongly encouraged to compete in the Nunawading Sprint Meet on the 8th October as there are limited opportunities for swimmers to race 50 metre events, after the 8th October.

Relay selection will be based on times achieved at Nunawadings' Sprint Meet.

Submitted times achieved at other meets will also be considered. These times must be submitted by Tuesday 12th December.