

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

August 2009

NUNA JX SPECTACULAR SUCCESS

The Swimming Australia Junior Excellence (JX) Program was all the rage at a recent swim meet conducted at Melbourne Sports and Aquatic Centre (MSAC) in Melbourne. With at least 40% of swimmers entered in the meet swimming at MSAC for the first time there was an air of excitement as families entered the centre.

The occasion was the **Nunawading JX Spectacular**, a meet conducted in a 50m length pool so that swimmers could gain JX times for the 2009/10 season.

The first surprise for families was the free entry at the gate, with all swimmers, parents, siblings and grandparents encouraged to attend.

The warm up started at 8:00am with swimmers from 42 clubs spread out in the 10 lane 50m pool. The coaches and officials were rewarded with trays of toasted sandwiches, raisin bread and fruit salad cups provided by the social committee of the club. Warm up was completed by 8:50am and the first event was up at 9:00am. Events for children aged 8, 9, 10 and 11 years were conducted in the morning session and all events were mixed with boys and girls racing against each other. This was a great experience for all swimmers with their social skills coming to the fore.

At the conclusion of their first race, swimmers were presented with a participation ribbon provided by Swimming Australia and also a swim cap. The children were very excited that each and every one of them received a ribbon for taking part in the meet.

The focus of the day was on achieving the 2009/10 JX times and seeing what level you could achieve. While the swimmer who finished first in each heat was announced together with their club and time, swimmers who achieved large personal best times were also acknowledged throughout the day.

While there are no JX times for 8 year olds, it was felt by the club that allowing them to swim in the event at this age provided them with the experience of competing at the State's main swim centre and that their participation would be terrific for their development and assist them for the following year.

One of the main aims of the meet was to ensure that each session ran for 3 hours or less, the ideal length for a junior swim meet. The morning session ran from 9:00am to midday and the afternoon session was conducted from 1:00pm to 3:00pm... the perfect length meet for junior swimmers.

The afternoon sessions consisted of events for 12 / 13 year swimmers with boys and girls events conducted separately for this age group. This enabled swimmers to gain a short rest between events. Another surprise for swimmers was the presentation of a Chuppa Chup to every swimmer who completed the 50m or 100m butterfly events. These were enjoyed by all the swimmers. Timekeepers and officials were also looked after with plenty of water and food brought around during the meet and a delicious lunch provided in the break. They also went into a draw for some special prizes which were distributed on the day.

For the meet there were a total of 371 swimmers competing in 1450 swims. A total of 42 clubs were represented.

The only major issue on the day was the number of parents who attended the marshalling room with their 8, 9 and 10 year children. For many it was the first meet they had been to and the marshals were constantly asking parents and some coaches to leave the room. Parents are reminded not to enter the marshalling room at any meet. Ensure that your child has their event number, heat number and lane number with them and that they listen carefully for their event, heat and name.

From all reports the Nuna JX Spectacular was a great success.

Burunov vs. Israel, Lilly vs. Ireland

As we reported in the July edition of Making Waves, Yuri Burunov and Samantha Lilly were selected on their very first Australian Swim Teams. Yuri was selected to compete at the 2009 Maccabiah Games in Israel, and Sam was selected for the 2009 World Dwarf Games in Ireland.

Both swimmers have performed exceptionally well, and their results have been posted below.

Yuri's results for the Maccabiah Games in Israel:

Event	Heat time	Final time	Placing
50 Free	24.86		
100 Free	53.84	54.94	2 nd (B Final)
200 Free	2.01.46		
100 Fly	57.72	56.89	6 th (A Final)
200 Fly	2.10.35	2.08.70	6 th (A Final)
100 Bk	1.02.76	1.02.96	2 nd (B Final)
200 IM	2.17.90	2.15.99	6 th (A Final)
4 x 100 Free			3rd
4 x 200 Free			3rd
4 x 100 Medley			3rd

Sam's Results from the World Dwarf Games in Ireland:

Event	Time	Place
100 Free	1.47.13 (3 sec PB)	1 st
50 Free	49.28 (2 sec PB)	1 st
50 Fly	57.73 (2 sec PB)	1 st
50 Back	1.03.00 (PB)	3 rd
50 Brst	1.03.13	2 nd
100 IM		1 st
4 x 25 free relay		1 st

New Members Welcome

The Club welcomes the following new members approved by the Board last month. Welcome to Michael Forno, Jeremy Saunders, Amanda Drennan, Tayliah Zimmer, Krishanu Donahar, Louis De Lange, Beverley Lindsay, David Lindsay, Matthew Ngo, Ahalya Piers, Glenn Aspinall, Sean Martin, Christopher Mullenger, Abbie Rose and Shannyn Selleck.

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

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 July, Swim Star Caps have been awarded to:

Junior A – Katrina Pandey

Well done to Katrina for winning Junior A's Swimmer of the Month Award. Katrina is a very self motivated and driven athlete who has a fantastic attitude towards training and competition. She always listens, works hard and pushes herself at every training session

Junior B – James De Pettri

James has been awarded with the Swim Star of the Month for his "never give up" attitude which has seen him improve tremendous amounts over the past few months. Well Done Jim! Keep training hard!

SQUAD NEWS

State Junior

Kirsty Woodham

With just 5 weeks remaining till short course state champs, the pressure is on!

You have all done the hard work, worked on your skills and technique, now is the time to put these plans into action. The last few weeks have seen some great improvements from everybody in the squad, practically in hitting goal times during pace sessions.

Continue to work on this in every session, stick to your race plans on race day and the successes you deserve will come. Please ensure you see me before and after every race!

SQUAD NEWS

National Open

Amanda Isaac &
Rohan Taylor

Congratulations to Ellie Gandy, Sarah Katsoulis, Shayne Reese and Rohan Taylor for their outstanding effort in Rome. Great work Team.

Back home, and we are at the end of the Short Course Season. Hobart is on the horizon. In one week we will be racing the best swimmers in the country. It is an exciting adventure to test yourself against the best Australia has to offer.

You all are confident in your preparation, as the work "is in the bank". The intensity shown throughout the season provides confidence in yourself and in your team mates. You have worked together as a team, up and down the pool, encouraging each other at every session. There have been extremely funny times and very rewarding times. This encouragement and support of each other must continue at a National Championships.

It has been an enjoyable season to date. As your Coaches it is great to see a group of swimmers make adjustments to their training. Whether you have made adjustments through your intensity or technical changes or you have improved mentally, we have seen you develop. Now it is time to take these improvements to competition. Victorian Open Championships were positive for our group, you must learn from your racing experiences and take a step forward in Hobart.

You can all take a step forward, some of you will take a big step, and some of you will leap forward, what are you going to do?

Great things are achieved by those who take risks...so take risks!

National Youth

Nick Veliades

Congratulations to all those who competed at Vic Open Short Course as a group we had some great "POSITIVE" performances. Outstanding performances in particular go to Steph G, Nick L & Louie L with some big drops in numerous events.

Looking forward at the rest of the season we still have our major event, Vic Age Short Course to come. Off the back of this meet there is a Victorian Team being selected for the State Teams Challenge at the AIS. Please could all swimmers have a look at the criteria for this team as we should have a number of swimmers aiming to get to Canberra.

SQUAD NEWS

National Age

Dean Bryant

We are now only 5 weeks from the first of our major hurdles on the road to National Age champs, State Short Course.

During that time you have several competitions and a number of training opportunities to develop:

- a very strong and specific race plan that you have practiced many times and ironed out any weaknesses
- your ability to perform complex movement patterns under pressure and under similar stress as racing
- your ability to maximise your strengths and remove your weaknesses
- a high level of pride in what you do on a day-to-day basis and ensure you are
- happy only when you have improved something
- your warm up and swim down procedure so that you are able to race at your peak for each and every race of a weekend

Here's a thought for you: Who do you think will make the most progress between now and September 5th and 6th?

Will it be the person who turns up to every session and trains hard? Or will it be the person who turns up to every session, focuses on improving their weaknesses at every opportunity, achieves all set challenges, does everything asked of them in dryland, achieves all set times/SC/HR and then goes home and works on recovery (eat, drink, stretch and rest)?

Remember:

You control **your** destiny, nobody else does. When you stand on the block at the start of the race, **you** will either be held back by the knowledge that **you** haven't prepared to the best of your ability, **OR** you will be super confident because you **KNOW** that you have prepared to the best of **your** ability for this one moment. The choice is yours.

Over and out.

SQUAD NEWS

State Youth / Uni

Melissa Klamt

It has been an exciting month, which started with a trip to Traralgon. Thank you to Elda, Glenn and Sue for their excellent team manager work and of course cooking up a storm!!

The Duel Meet was taken out by Traralgon this year, but a request for a rematch on our home turf should even things up a little bit. The training session with the Traralgon national squad on Monday morning after a weekend of racing, warmed everyone up nicely after 2 days of competition and resulted in a fairly quiet on the bus trip home.

In other news, well done to all those who competed at State Opens, great times and improved race skills were a highlight. Our global trotters Yuri and Sam have also been busy smashing it up overseas! Also with a few appearances in the local paper and the *Herald Sun!*

Congratulations Sam and Yuri (see page 2 for their results).

Keep training hard State Youth and keep your eyes on the prize. The State Age Champs are fast approaching!!

Hanson

Liz Williams

Term 3 has kicked with lots of enthusiasm in the pool.

I am looking forward to seeing your continued development.

Welcome to Jay Graham, Jemma Balocca, Jeremy Yuen Love, Harrison De Voil and Hayden Llewellyn who have joined us in Hanson.

Well done to Ethan Rozanic, Nathan Te, Christopher Yuen Love, Ella Currie, Skye Ledbury and Angelique Chong-Nguyen, who all competed in the JX Spectacular on Saturday, and achieved PB's in their events, fantastic effort everyone!

I could see by the excited faces after your events that you really enjoyed your time there.

SQUAD NEWS

Junior A

Emma Beanland

Following the Nunawading JX meet on Saturday the 25th it was great to see many of you breaking PB's and achieving JX times. If you did not achieve JX times keep working hard and pushing yourself. This must happen at every training session, every 25m, every 50m, every turn, every start. Each time you push yourself that little extra it will add up and you will find yourself one step ahead! I am excited to see each of you put in place the skills and hard work you have practiced in training at the Geelong and Nunawading Short Course Meet.

Other reminders:

- Next Squad Meetings:
Thurs 6th August: 7:30 – 7:45pm at Nunawading
Thurs 3rd September: 7:30 – 7:45pm at Nunawading
- Competitions – Nunawading Club Championships: entries close: Wed 26th August

Junior B

Elaine Tor

Well done to everyone on their fantastic efforts at the recent Nuna Jx Meet and Good luck to everyone swimming in the upcoming Geelong Meet! Over the next few weeks we will be working on our racing skills in preparation for Club Champs in September and 7-10 Encouragement meet in October.

Reminders:

- No Training on the 21st August as all swimmers are expected to compete in the last interclub at Nunawading starting at 7:00pm.
- Name all of your equipment clearly.
- Training times have changed – Tuesdays now starts at 5:15pm and Thursday now starts 5:30pm. All swimmers should arrive 10 mins before each session to complete their pre session warm ups.
- Next Squad meeting Tuesday 1st September at 5:00pm Nuna Clubrooms.

Quote of the Month:

We are what we repeatedly do. Excellence, therefore, is not an act but a habit. **Aristotle**

Swimmer's who have read the reminders for this month can come and collect a Freddo from me.

Results from the Victorian Open Short Course Championships

Congratulations to the following swimmers who finished top 10 at State Opens.

Shane Asbury

Gold 400m Freestyle
Gold 400m Individual Medley
Gold 1500m Freestyle
Gold 200m Freestyle
Silver 200m Butterfly
Bronze 200m Individual Medley

Tayliah Zimmer

Gold 200m Backstroke
Gold 100m Backstroke
Gold 50m Backstroke
Silver 50m Freestyle

Leisel Jones

Gold 50m Breaststroke
Gold 100m Breaststroke
Gold 200m Breaststroke
4th 100m Individual Medley

Chelsea Carpenter

Gold 100m individual Medley
Gold 200m Individual Medley
Silver 50m Breaststroke
Silver 100m Breaststroke
Silver 200m Breaststroke
7th 50m Butterfly

Belinda Parslow

Gold 800m Freestyle
Silver 50m Freestyle
Silver 200m Freestyle
Silver 400m Freestyle
Silver 100m Freestyle

Belinda Bennett

Gold 1500m Freestyle
Silver 800m Freestyle
Bronze 200m Backstroke
Bronze 400m Freestyle

Sam Ashby

Gold 100m Individual Medley
Silver 200m Individual Medley
Bronze 400m Individual Medley
4th 200m Breaststroke
4th 200m Butterfly

Travis Mahoney

Gold 200m Backstroke
Silver 400m Individual Medley
Bronze 100m Individual Medley
4th 100m Backstroke
5th 200m Freestyle
6th 100m Freestyle
6th 200m Individual Medley

Adam Parslow

Gold 800m Freestyle
Silver 400m Freestyle
9th 200m Freestyle

Ellese Zalewski

Gold 50m Butterfly
Bronze 200m Freestyle
Bronze 100m Butterfly
4th 50m Freestyle
4th 400m Freestyle

Jeremy Saunders

Gold 200m Individual Medley
Bronze 200m Breaststroke
Bronze 100m Freestyle
4th 100m Individual Medley
8th 100m Butterfly
10th 100m Breaststroke

Jack Laidler

Gold 100m Breaststroke
Bronze 50m Breaststroke
5th 200m Breaststroke
6th 100m Individual Medley

Amy White

Gold 200m Butterfly
4th 200m Individual Medley
4th 100m Freestyle
4th 100m Butterfly
4th 400m Individual Medley
5th 100m Individual Medley
5th 200m Freestyle
10th 50m Butterfly

Talia Goddard

Silver 200m Individual Medley
Silver 100m Butterfly
Silver 100m individ
5th 400m Individual Medley
5th 200m Butterfly
8th 400m Freestyle

Prue Watt

Silver SWD 50m Breaststroke
Silver SWD 50m Butterfly
Silver SWD 100m Butterfly
6th SWD 100m Freestyle

Hannah MacDougall

Silver 50m Backstroke
Bronze SWD 100m Backstroke
Bronze SWD 50m Breaststroke
Bronze 50m Butterfly
4th SWD 50m Freestyle
8th SWD 100m Freestyle

Samantha Bennett

Silver 100m Backstroke
5th 400m Individual Medley
6th 100m Individual Medley
7th 200m Backstroke
7th 50m Backstroke
8th 200m Individual Medley
10th 200m Freestyle

Matt Armfield

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

Amanda Drennan

Silver SWD 50m Freestyle
6th SWD 50m Backstroke
7th SWD 100m Freestyle

Roxy Perring

Silver 200m Butterfly
6th 100m Butterfly
8th 100m Backstroke
8th 200m Backstroke

Katie Bird

Bronze 100m Individual Medley
Bronze 100m Breaststroke
5th 100m Backstroke
6th 200m Individual Medley

James Argiro

Bronze 200m Butterfly
5th 100m Butterfly

Rowan Sonsie

4th 50m Breaststroke
5th 100m Breaststroke
5th 100m Individual Medley
8th 200m Breaststroke

Mitchell Pryor

4th 200m Freestyle
7th 50m Butterfly
9th 50m Freestyle
10th 100m Freestyle

Llewellyn Little

5th 400m Individual Medley
5th 200m Butterfly
8th 400m Freestyle

Samantha Lilly

5th 50m Butterfly
7th 50m Backstroke
10th SWD 50m Breaststroke

Nicholas D'Arcy-Evans

6th 100m Breaststroke
7th 50m Breaststroke
7th 200m Individual Medley
9th 200m Breaststroke
10th 100m Individual Medley

Michael Forno

6th 1500m Freestyle
7th 400m Freestyle

Jessica Batton

7th 200m Freestyle
7th 400m Freestyle
10th 200m Backstroke

Julia Algie

8th SWD 50m Freestyle

Laura-Ann Wong

9th 200m Backstroke
9th 200m Individual Medley
9th 100m Individual Medley
9th 200m Breaststroke
9th 50m Breaststroke

Rachel McDonald

9th 100m Breaststroke

Kimberly McDonald

10th 400m Individual Medley

Jaclyn Lee

10th 100m Butterfly

Ben Haralambakis

10th 200m Breaststroke

Total of 22 individual Medalists
(13 gold medalists).

Relays

Female 4x100m Freestyle

Gold (Zalewski, Zimmer, Carpenter, Parslow)

Female 4x100m Medley

Gold (Zimmer, Jones, Zalewski, Parslow)

Female 4x100m Medley

Silver (S.Bennett, Carpenter, Goddard, White)

Male 4x100m Medley

Silver (Armfield, Laidler, Ashby, Pryor)

Male 4x100m Freestyle

Silver (Saunders, Mahoney, Armfield, Pryor)

Male 4x100m Freestyle

Bronze (Argiro, Asbury, D'Arcy-Evans, Parslow)

Male 4x100m Medley

4th (Mahoney, Sonsie, Argiro, Saunders)

Female 4x100m Freestyle

4th (Bird, Goddard, White, B.Bennett)

1, 2, 3 Nuna!

Special Mention to **Shane Asbury, Travis Mahoney** and **Sam Ashby** who completed a Nunawading 1,2,3 finish in the 400m Individual Medley, **Leisel Jones, Chelsea Carpenter** and **Katie Bird** completed the same feat in the 100m Breaststroke as did **Carpenter, Talia Goddard** and **Bird** in the 100m Individual Medley, and **Jeremy Saunders, Ashby** and **Asbury** in the 200m Individual Medley.

Special Mention to **Tayliah Zimmer** and **Leisel Jones** who won the 50m, 100m and 200m Backstroke and Breaststroke respectively.

Special mention to **Shane Asbury** who had a great meet collecting 4 gold, 1 silver and 1 bronze.

Special Mention to **Laura-Ann Wong** who managed five ninth placings.

Luke Harper Selected in Aus World Games Team

Last month, Australia retained its crown as Commonwealth Pool Lifesaving Champions, fending off stiff competition from Canada and South Africa. Over three days of competition, the Australian team rewrote the Championship Record books, smashing an astounding 11 Championship Records in individual and team events.

Victorian's Luke Harper (Nunawading Swimming Club member) and Lisa Ferguson excelled as part of the Australian team.

Luke Harper's efforts in the pool have also seen him spring board into the Australian World Games team to compete in Taipei later this year.

Royal Life Saving's National Sports Development Officer, Penny Hodgers, said the team had performed beyond anyone's wildest expectations.

"For lifesaving as a sport, the Commonwealth Championships are the equivalent of the Commonwealth Games," Mrs Hodgers said.

"To see some of our younger team members not just up there with the best, but stripping time off established Championship Records is a fantastic result. It gives us a great deal of hope for the future of the sport in Australia."

Luke Harper will join Andrew Bowden, Felysia Konakoff, Mitch Parkes, Sarah Windsor and Jenny Parry to compete as part of the Australian Lifesaving Team at the World Games to be held in Taipei this month.

Club Records

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

July Short Course Records

James Argiro

15/16 years 100m Butterfly
55.67 broke record by 0.48 sec
6/07/2009 Trans Tasman

James Argiro

15/16 years 200m Butterfly
2.02.42 broke record by 1.31 sec
6/07/2009 Trans Tasman

James Argiro

15/16 years 100m Butterfly
55.55 broke record by 0.12 sec
18/07/2009 Vic Open SC

James Argiro

15/16 years 200m Butterfly
2.02.24 broke record by 0.21 sec
19/07/2009 Vic Open SC

Llewellyn Little

15/16 years 400m Individual
Medley
4.27.65 broke record by 5.14 sec
18/07/2009 Vic Open Champs

Travis Mahoney

17/18 years 100m Individual
Medley
56.92 broke record by 0.90 sec
18/07/2009 Vic Open SC

Travis Mahoney

17/18 years 200m Backstroke
1.59.37 broke record by 0.09 sec
19/07/2009 Vic Open SC

Jack Laidler

Open 100m Breaststroke
1.00.39 broke record by 1.52 sec
19/07/2009 Vic Open SC

Jeremy Saunders

Open 200m Individual Medley
19/07/2009 Vic Open SC

Shane Asbury

Open 400m Freestyle
3.52.05 broke record by 2.76 sec
18/07/2009 Vic Open SC

Shane Asbury

Open 1500m Freestyle
15.27.25 broke record by 0.39 sec
18/07/2009 Vic Open SC

Sam Ashby

Open 100m Individual Medley
55.47 broke record by 0.65 sec
18/07/2009 Vic Open SC

Belinda Bennett

17/18 years 200m Backstroke
2.15.06 broke record by 5.93 sec
18/07/2009 Vic Open SC

Belinda Bennett

17/18 years 1500m Freestyle
16.35.64 created new record
19/07/2009 Vic Open SC

Belinda Bennett

Open 1500m Freestyle
16.35.64 broke record by 1.01.10
min
19/07/2009 Vic Open SC

Samantha Bennett

17/18 years 50m Backstroke
29.99 broke record by 0.26 sec
18/07/2009 Vic Open SC

Samantha Bennett

17/18 years 100m Backstroke
1.03.29 broke record by 0.21 sec
19/07/2009 Vic Open SC

Samantha Bennett

17/18 years 400m Individual
Medley
5.05.44 broke record by 3.36 sec
19/07/2009 Vic Open SC

Leisel Jones

Open 100m Breaststroke
1.04.53 broke record by 0.83 sec
18/07/2009 Vic Open SC

Tayliah Zimmer

Open 50m Backstroke
27.76 broke record by 0.23
18/07/2009 Vic open SC

Tayliah Zimmer

Open 100m Backstroke
59.07 broke record by 1.62 sec
19/07/2009 Vic Open SC

Meg Parry

11/12 years 100m Freestyle
1.02.99 broke record by 0.06 sec
19/07/2009 Vic open SC

Well done to **Jeremy Saunders**, **Tayliah Zimmer**, and **Meg Parry** who broke their first ever Nunawading Swimming Club records.

If there are any swimmers who believe they have broken a record and it has not appeared on the club website or they have not received a certificate, please contact Sarah Venning at slve@deakin.edu.au

SQUAD NEWS

State Development

Kirsty Woodham

This month saw state development race a number of times, including a squad trip to Geelong (more info next month!) There has been some great improvements made within the squad and I expect to see this continue, resulting in improved results on race days.

In order to ensure that you keep progressing, please make sure that you are attending all required training sessions each week, including dry land, and just importantly you are on time! 5 weeks to go, let's try and get as many state development swimmers qualified for state champs as possible.

Diary Dates

Sun 2 Aug	Geelong City Aquatic Meet, Norlane
Sun 2 Aug	Surrey Park Short Course Meet MSAC
Fri 7 Aug	Metro East Interclub #4 Aqualink Nunawading
Sat 8 - Wed 12 Aug	2009 Telstra Australian Short Course Championships, Hobart Tasmania
Sun 9 Aug	PB Challenge Week 2
Sat 15 Aug	Nunawading Short Course Meet MSAC Indoor Pool
Fri 21 Aug	Metro East Interclub #5 Aqualink Nunawading
Sat 22 Aug	Eltham Short Course Meet
Sun 30 Aug	PB Challenge Week 3
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Sat 5 - Sun 6 Sept	Victorian Age Short Course Championships, MSAC (Entries close Monday 24 th August)
Sat 12 Sept	Nunawading Club Championships Aqualink Nunawading (Entries close Weds 26 th Aug)
Fri 18 - Sun 20 Sept	2009 State Teams Age Short Course Championships, AIS, Canberra

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August Birthdays

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

August 1st Angus Langford
August 3rd Kimberley Cherrie
August 4th Lucinda Tivendale
August 7th Julia Algie
August 7th Ben Haralambaki
August 10th Samuel Richardson
August 10th Rowan Sonsie
August 11th Megan McDonald
August 12th Samuel Chan
August 12th Matilda Rudd
August 13th Athol Keeton
August 14th Ahalya Piers
August 14th Adelynn Tang
August 15th Ellen Gandy
August 15th Maddi O'Toole
August 16th Glenn Aspinall
August 16th Dean Bryant
August 19th Philippa Barclay
August 19th Michaela Facun
August 20th James Argiro
August 20th Emma Beanland
August 21st John D'arcy Evans
August 21st Margaret D'arcy Evans
August 21st Emily McGowan
August 22nd Sean Martin
August 24th Susan Parslow
August 27th Warren Bell
August 28th Brian Fogarty
August 29th Jacqueline Kay
August 30th Leisel Jones
August 30th Carla Traplin



Suggestions for Making Waves

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