

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

September 2009

## GEELONG SWIM MEET REPORT

Fiona Whitten

The morning started with Coach's, Team Managers, swimmers, parents & the buses all arriving on time. An amazing effort!!!!!!

Baz & Mark left before the buses with the BBQ food and flag ropes to save the team space at the comp. All swimmers & parents were ticked off and countered for....

The wonderful bus drivers had DVD's at the ready for the long trip to Geelong.... In the Junior A bus Emma had brought along the final highlights of the FINA World Cup to get all the kids excited...

The trip to Geelong was very relaxing and there were no drama's. We arrived right on time to the agenda and with about 90 excited kids & parents. We didn't managed to lose anyone on the way.....

We got everyone off the buses while Juliette went inside to the pool to work out the requirements. All the kids & parents moved towards the front doors. The kids behaved themselves very well while waiting to be let in.

We arrived inside and started to warm up.

All the kids got to marshalling on time and swam their best. We had kids aged from 6 – 14 and it was a wonderful team day. There was lots of PB's and first time State Times achieved. It was a great day for many of the kids, and the Team Nuna atmosphere was wonderful.

The Team Managers got to learn a lot of new names....

The BBQ lunch was cooked by Baz & Mark and their team of parent helpers. Apparently every BBQ should have beers.... Next time boy's!!!!!! I'll work on changing the club rules!!!!

There was not a sausage or vegie burger left.... We even had people not from Nuna trying to buy the sausages.... Then it was chocolates and lolly pops (thanks Sally) all round.

Once again we did our swimmers & parents tick off .... We didn't want to loose anyone so close to going home.... With chocolates and lolly pops handed out, you can imagine the now excited & hyped kids. Just what we needed on the bus, girls!!!!!!

Finally we were all back on the bus and almost ready for our trip home to Nuna. Let's hope lots of quiet kids for the trip home!!!!!!

From the Team Managers, all the kids & parents did Nuna proud. We had no dramas. All the parents helped out and all the kids (big & small) were fantastic!!!!!!

A big thanks to the Coach's they did a wonderful job organising the trip and the kids appeared to have a wonderful time. Thanks to all the parents that helped out it was appreciated.

Thanks to Baz & Mark who not only cooked the BBQ but acted as life guards for the Nuna team as the kids played in the junior pool between swimming events. No splashing you kids!!!!!!

Thanks to Juliette for being a wonderful team player with all the Team Manager activities that we had to do. It's always so relaxing working with you!!!!

And yes I did behave myself this time.. No jokes on this trip!!!!!! And just for traditions sack I have added the Team Managers standard disclaimer....

Team Manager's Disclaimer – If we have left anyone off the thank you list or included someone that should not be included or made any errors of any sort there is no chance in our **volunteer role** that we can be held **responsible**..... We just try to do our best....

## ANNUAL SWIMMING VICTORIA AWARDS PRESENTATION

I was extremely proud to attend the Annual Swimming Victoria Awards Presentation in conjunction with the SV AGM on July 26<sup>th</sup>.

Nunawading was rewarded for the Clubs success for Season 08/09 with the following trophies.

- Victorian Premiership – Male
- Victorian Premiership – Female
- Fred Blunt Trophy for overall highest Club point score combined.
- VASA Relay Trophy

Individual awards were also presented to the following Nunawading swimmers.

- Leisel Jones (Presidents Trophy for the most outstanding competitor for the season)
- Ashley Delaney (HA Bennett Trophy)
- Sam Sheppard (City of Melbourne Medallion – Male)
- Samantha Bennett (City of Melbourne Medallion – Female)
- Samantha Bennett (Judy Joy Davies Trophy for 16/17 Age Group)
- Nicholas Groenewald (Henry (Hicks)B Ive Trophy for Male 11/U Age Group)
- Liam Fisk (Henry (Hicks)B Ive Trophy for Male 12 and 13 Age Group)

Congratulations also to Ray Davis who received the Bill Slade Officials Trophy awarded to the Official who best epitomises all that an official should be.

I congratulate all Club Members, Athletes, Coaches, Parents, Committee Members and Supporters for the team effort that was required throughout the Season to achieve and be rewarded for the Club's success.

Whilst achieving these awards is great recognition, it is participation and achieving personal best results that should continue to be the focus of the Club.

I encourage all Athletes and Coaches to continue to strive for future success in Swimming.

Malcolm Moore  
President

## 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 *August*, Swim Star Caps have been awarded to:

### Junior A –Megan Woodford

Junior A swimmer of the month goes to someone who is always very well behaved, listens to instructions and try's her best to do exactly as she is told. Congratulations to Megan Woodford, keep working hard and pushing yourself that extra 10% because it will all add up!

### Junior B – Sean Blackley

For continually training hard, listening to feedback and making the necessary changes to improve his technique and skills. Well Done Sean!

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## PARENTS SOCIAL EVENING

For a great night out, join many other parents from the Club for a social evening of fun at the Cuckoo Restaurant in Olinda.

The evening will be held on **Saturday 3<sup>rd</sup> October 2009** and has come about because many parents have been asking when something will be held so that they can have a social evening together.

Invitations have been provided in swimmers pigeon holes and also distributed through Nuna News emails. If you do not have one, email [info@nunawadingswimmingclub.com](mailto:info@nunawadingswimmingclub.com) with your request.

## **NSC BOARD UPDATE**

Each month the Board of Nunawading Swimming Club meets to oversee the strategic direction of the Club.

In August the following items were discussed:

### **Strategic Plan**

- The Board decided to apply for the Club to become a Swimming Australia – Centre of Excellence.
- The Board finalised its presentation to Council in regards to an extension to the Clubrooms.
- The Board continues to look at opportunities for new business ideas, particularly around the swim school market.
- One of the focuses of this meeting was establishing a Sponsorship proposal for local and large businesses;

### **President's Report**

- Malcolm Moore congratulated the athletes who won awards at the Swimming Victoria Presentation Day. Ray Davis was also recognised for his services as an official;
- Malcolm attended the SV AGM on behalf of the Club and reported that the President for 2009/10 is Geoff Hare and congratulated NSC member David McDonald on his re-election back onto the SV Board;
- Malcolm attended one night of the swimming in Hobart and caught up with the team. He was very impressed with the team as a unit and complemented the coaches and managers on their leadership of the group. The swimming performances have been excellent.

### **Membership**

The Club welcomes the following new members approved by the Board last month. Welcome to:

Hayden Llewellyn  
Victor Choy  
Louis De Lange  
Elaine Tor, and  
Krishanu Donahar

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

## **METRO EAST INTERCLUB REPORT**

Thank you to all the parents and swimmers for their support throughout the 5 swim meets conducted at Nunawading.

This level of meet provides the ideal learning environment for new swimmers to the sport and also provides terrific racing practice for swimmers of all ages.

Congratulations to the following swimmers on winning trophies as part of the Aggregate series.

8 years Boys  
2<sup>nd</sup> Brendon Smith  
3<sup>rd</sup> Ronan Keating

8 years Girls  
1<sup>st</sup> Olivia Lee

9 years Boys  
2<sup>nd</sup> Albert Shen  
3<sup>rd</sup> Elliott Rogerson

10 years Boys  
2<sup>nd</sup> Daniel Perry  
3<sup>rd</sup> Zac Hanlen

10 years Girls  
2<sup>nd</sup> Annie Huang  
3<sup>rd</sup> Mikayla Smith

Thank you to all the Nunawading parents who assisted with time keeping throughout the series and well done to all swimmers.

Sally & Mark

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## **NUNA NEWS EMAIL SERVICE**

With so many new members in the junior area of the club, this is a reminder for each and every one of you to subscribe to receive the weekly email called Nuna News.

To do so, go to [www.nunawadingswimmingclub.com](http://www.nunawadingswimmingclub.com) and click on 'Subscribe to Nuna News' on the top left hand corner. An email will open and you then press send.

This is a great service and provides you with weekly updates and reminders of everything that is going on.

## SQUAD NEWS

### National Open

Amanda Isaac &  
Rohan Taylor

Congratulations! 2009 Australian Short Course Champions, Nunawading. This was a great team effort by our group of 32 swimmers. Our results at the Championships were a direct result of the work ethic of the training group. The high standards are set by your Coaches and you continually challenged yourself to hit your targets. This group continues to break new ground. Always remember what made you perform well. Remember the mind set you have developed throughout the season and always have composure!

Looking ahead to the long course season, we are determined to maintain your new base fitness. This must be maintained during all of September. You need to do what it takes for you to hit the pool swimming on Monday October 5<sup>th</sup>.

### National Age

Dean Bryant

Well the hard work is mostly over and the real fun is about to begin.

Results will now come from the process of performance. Meaning, if you complete warm up correctly, follow your race plan, swim down correctly and refuel correctly you are highly likely to do well.

If you forget to follow the process, you are more than likely going to be unhappy with your results.

Here are some helpful hints that can help you prepare for the weekend:

- Ensure you are hydrated well before you get to the meet (hydrated swimmers swim faster)
- Ensure you are looking after your nutrition well before the meet (fully fueled swimmers swim faster)
- Ensure you get the best rest possible leading upto the meet (well rested swimmers swim faster)
- Try to minimize how much you think about the meet (save you mental energy, you will swim faster)
- Enjoy the lighter workload, but ensure you still swim at the correct pace with best possible skills
- Focus your thoughts on what you are doing well and how that will benefit you for the weeken
- Have fun

## SQUAD NEWS

### National Age (Continued)

Dean Bryant

Probably the most important thing to know is that you are capable of whatever you put your mind towards. It doesn't matter if you are feeling good/bad/indifferent you can still perform at your best and have been provided with all the necessary work to do just that. I can't wait!

### State Development

Kirsty Woodham

August has seen state development competing a number of times, including a squad trip to Geelong. The trip was thoroughly enjoyed by all and there were a number of great swims (and some miscalculated swims!) Well done to everybody involved in the trip on both your behaviour representing the club and your racing performances on the day.

Next weekend sees a number of state development swimmers competing to state championships. Well done to Emily, Maddy G and Loic for qualifying for their first championships and good luck to everyone swimming on the day. You have all worked very hard this season and I look forward to some great performances over the weekend!

### State Junior

Kirsty Woodham

At the start of the short course season, a 19 week preparation for states seemed so long. But time has flown and we are just one week away from state championships weekend. The majority of the hard work is in the bank and now it's time to refine those skills and perfect your race plans. The last two swim meets have seen some fantastic results from everybody in the squad. PB's in nearly every race, goal times achieved and beaten, and just as importantly, and an increase in the skills shown throughout the races. Carry this forward to state championships, continue to work on your starts,

turns and finishes in this last week and I am certain we will see even better results next weekend.

Please remember that your warm-ups and swim downs are an important part of your racing. These must be done correctly and at the correct time. If you are unsure about what you are meant to be doing, please ask! Good luck!

## SQUAD NEWS

### State Youth / Uni

Melissa Klamt

One week until the State Age SC Champs! This means, one more week to focus on your skills as the hard work at training has already been done. Remember to use what you have done in training when you race. What is your target pace time? How many strokes per lap? How many fly kicks underwater? These things are all important. Most of all have fun. Show everyone what you have been working towards for the last few months and smash it up!

Out of the pool, we would like to congratulate Irene on being selected to represent Tonga in the South Pacific Games in the Cook Islands later this month. Unfortunately swimming is not an event at these games, so Irene is competing in the Tennis in both individual and doubles events!

Congratulations also go out to Marcus who was one of five boys selected to sing with the National Boys Choir to fly up to Sydney to do a sound track recording of 'I still call Australia home'.

### Hanson

Liz Williams

Well done to every one who has turned up to PB Challenge and competed in the Inter Club, it is great to see so many of you improving, a lot of you achieved PB's good work!

If you have not received a form for 7-10's Encouragement meet in October could you come and see me, as this will be one of our main meets for term 3, I would encourage all Hanson members to enter.

A reminder that Saturday skill session is available to all Hanson Squad, a great opportunity to improve your starts, turns and finishes as we can utilise the deep end of the 50m pool. So see you then.

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### NSC / JUST SWIMMING FOOTY TIPPING

Congratulations to the following winners of the 2009 season footy tipping competition.

1 <sup>st</sup>	Georgie Sutton	Staff
2 <sup>nd</sup>	Claire McMillan	Staff
3 <sup>rd</sup>	Casey McKinley	Junior B

## SQUAD NEWS

### National Youth

Nick Veliades

The final preparation into state champs is now in full swing. It is important for all swimmers to remember all the hard work you have done in the lead up to states, and the process that have led you to where you are. State champs is not the end of the season (hopefully for more people than not) with the Victorian State Teams Challenge Team traveling to the AIS. Please could all swimmers make sure you are aware of the opportunities available to you from this competition!

Good luck at State Champs.

### Junior A

Emma Beanland

Junior A has had quite a big past few weeks, from the fun filled Geelong trip on August 2<sup>nd</sup>, to Nuna Short Course Meet on August 15<sup>th</sup> followed by PB challenge and the last Interclub. In particular it was great to see so many personal best achievements at Nuna Short course, and I would like to congratulate you all on sticking to the plan and putting your skills learnt at training into practice!!

With Nunawading Club Championships coming up on the 12<sup>th</sup> of September I'd like you all to think back to all the early Mon mornings, turns, fly kicks, streamlines, sprints and muscle pain you pushed through when you are feeling tired in a race. If you want to be the champion of the club in any event, it is you that has to do it. Think about this: If you speed up when others give in, who will win?? If you hold your breath for that extra stroke, who will go faster?

With State Short course coming up on the 5<sup>th</sup> and 6<sup>th</sup> September I'd like to say goodluck to Sara Whitten and Kate Brooks!! Well done girls on achieving your state times and use these races to put together what you have learnt and trained hard for. For those of you who are still working hard to get your State times, it doesn't matter if you are milliseconds, 1 second, 5 seconds off your time, it IS achievable, just stick to the plan, take it step by step and success will come!

- **Next squad meeting is on Thurs September 3<sup>rd</sup> at Nunawading Aqualink 7.30-7.45pm**
- **Entries for 7-10's close on 9<sup>th</sup> October but please have them sent off by the 11<sup>th</sup> September and enter into all 50's!!!**

## SQUAD NEWS

### Junior B

Elaine Tor

Junior B has attended a number of competitions this month with some outstanding results. We are all continually improving which is great to see.

Over the next few months we will be preparing for the **7-10 Encouragement meet**. This is one of the major competitions on our calendar so I **HIGHLY RECOMMEND** that you put your entries in before the closing date on the 1<sup>st</sup> October 2009.

Everyone should have received information about this meet in their pigeon holes. If you still do not have the flyer please see me as soon as possible.



#### Reminders:

- Complete 7-10 Entries very soon.
- Thursday's Session now begins at 5:15pm instead of 5:30pm.
- Please arrive at least 10 Minutes before each session to complete your pre-session warm-up.
- Every swimmer must attend at least 3 sessions per week. If you are unable to attend please inform me via email or phone.

#### Quote of the month:

It isn't hard to be good from time to time in sports. What's tough is being good every day.

**Willie Mays**

## DIARY DATES

Sat 5 – Victorian Age Short Course Championships, MSAC  
Sun 6 Sept (Entries close Monday 24<sup>th</sup> August)

Sat 12 Sept Nunawading Club Championships  
Aqualink Nunawading

Fri 18 – 2009 State Teams Age Short Course Championships, AIS, Canberra  
Sun 20 Sept

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Sat 3 Oct Parents Social Evening  
Cuckoo Restaurant, Olinda

Sun 18 Oct Metro East 7-10 Selection Trials  
Ringwood

Sat 24 Oct 2009 NSC Shopping Tour  
All across Melbourne

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Sun 8 Nov North vs. East 7-10 Meet  
Ringwood

Sun 15 Nov 7-10 Metro Encouragement Finals  
MSAC

Sat 21 Nov Nunawading Long Course Meet  
MSAC indoor 50m pool

## CONGRATULATIONS



Congratulations to Brooke Simpson, Matilda Rudd, Mikayla Smith, Phillip O'Brien, Jack Currie & Tyran Groves (Nikaylah Hanlen – absent) on their selection in Team Vic to compete at the 2009 School Sport Australia Swimming Championships.

## **Congratulations Greg**

Nunawading parent Greg Langford has been selected to participate in a Swimming Australia Official's Workshop and also officiate at the Australian Age Short Course 'State Teams' event in Canberra in mid September. Well done Greg.

## **Results from 2009 Aust Open Short Course Champs in Hobart**

Prue Watt

Gold SWD 200m Ind Medley  
Gold SWD 100m Butterfly  
Silver SWD 100m Freestyle  
Silver SWD 50m Breaststroke  
Bronze SWD 50m Freestyle

Leisel Jones

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

Belinda Bennett

Gold 1500m Freestyle  
4<sup>th</sup> 800m Freestyle

Ashley Delany

Gold 200m Backstroke

Sarah Katsoulis

Gold 50m Breaststroke

Tayliah Zimmer

Silver 100m Backstroke  
Silver 200m Backstroke  
Bronze 50m Backstroke

Sam Ashby

Silver 200m Individual Medley  
5<sup>th</sup> 400m Individual Medley

Shane Asbury

Silver 800m Freestyle  
6<sup>th</sup> 1500m Freestyle  
7<sup>th</sup> 400m Individual Medley

Chelsea Carpenter

Bronze 100m Breaststroke  
Bronze 200m Breaststroke  
4<sup>th</sup> 50m Breaststroke  
5<sup>th</sup> 200m Individual Medley  
6<sup>th</sup> 100m Individual Medley

Jack Laidler

Bronze (Australian) 50m Breaststroke  
5<sup>th</sup> 100m Breaststroke

Hannah MacDougall

4<sup>th</sup> SWD 50m Backstroke  
4<sup>th</sup> SWD 100m Backstroke  
4<sup>th</sup> SWD 50m Breaststroke  
5<sup>th</sup> SWD 200m Individual Medley  
7<sup>th</sup> SWD 50m Butterfly

Jeremy Tidy

4<sup>th</sup> 200m Individual Medley  
5<sup>th</sup> SWD 100m Backstroke  
5<sup>th</sup> SWD 50m Breaststroke  
5<sup>th</sup> 100m Butterfly

Ellese Zalewski

4<sup>th</sup> 50m Butterfly  
5<sup>th</sup> 100m Butterfly  
6<sup>th</sup> 200m Freestyle  
7<sup>th</sup> 200m Butterfly

Talia Goddard

4<sup>th</sup> 400m Individual Medley  
7<sup>th</sup> 100m Individual Medley  
7<sup>th</sup> 200m Individual Medley  
8<sup>th</sup> 100m Breaststroke

Elly Gandy

5<sup>th</sup> 50m Butterfly  
6<sup>th</sup> 100m Butterfly

Amanda Drennan

5<sup>th</sup> SWD 50m Backstroke  
7<sup>th</sup> SWD 100m Backstroke

Adam Parslow

5<sup>th</sup> 800m Freestyle

Jeremy Saunders

7<sup>th</sup> 200m Breaststroke  
8<sup>th</sup> 200m Individual Medley

Tayliah Zimmer, Belinda Parslow, Ellese Zalewski, Leisel Jones  
Gold 4x100m Medley Relay

Chelsea Carpenter, Belinda Parslow, Ellese Zalewski, Belinda Bennett  
Silver 4x200m Freestyle Relay

Tayliah Zimmer, Belinda Parslow, Ellese Zalewski, Belinda Bennett  
Bronze 4x100m Freestyle Relay

Jeremy Saunders, Jack Laidler, Sam Ashby, Travis Mahoney  
Bronze 4x100m Medley Relay

Jeremy Saunders, Matt Armfield, Mitchell Pryor, Travis Mahoney  
4<sup>th</sup> 4x100m Freestyle Relay

Adam Parslow, Shane Asbury, Mitchell Pryor, Travis Mahoney  
4<sup>th</sup> 4x200m Freestyle Relay

Chelsea Carpenter, Talia Goddard, Belinda Bennett, Samantha Bennett  
5<sup>th</sup> 4x100m Medley Relay

Chelsea Carpenter, Talia Goddard, Amy White, Samantha Bennett  
6<sup>th</sup> 4x100m Freestyle Relay

Laura-Ann Wong, Talia Goddard, Amy White, Samantha Bennett  
6<sup>th</sup> 4x200m Freestyle Relay

Jeremy Saunders, Matt Armfield, James Argiro, Nicholas D'Arcy-Evans  
6<sup>th</sup> 4x200m Freestyle Relay

Rowan Sonsie, Matt Armfield, Mitchell Pryor, James Argiro  
8<sup>th</sup> 4x100m Medley Relay

### **Congratulations to Sarah**

Katsoulis who swam a Commonwealth, Australian and Club record in the 50m Breaststroke in Hobart in a time of 29.61. Well done Sarah

### **Congratulations to Ashley**

Delaney who swam a Commonwealth, Australian and Club record in the 200m Backstroke in Hobart in a time of 1:49.62. Well done Ash

## Club Records

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

### August Short Course Records

Mikayla Smith  
9/10 years 400m Individual Medley  
5.53.87 created a new record  
02/08/2009 Surrey Park Meet

Mikayla Smith  
9/10 years 100m Breaststroke  
1.27.44 broke record by 1.13 sec  
02/08/2009 Surrey Park Meet

Mikayla Smith  
9/10 years 50m Breaststroke  
40.40 broke record by 1.11 sec  
02/08/2009 Surrey Park Meet

Mikayla Smith  
9/10 years 400m Freestyle  
5.29.02 broke record by 52.24 sec  
02/08/2009 Surrey Park Meet

Christina Kappas  
11/12 years 1500m Freestyle  
19.42.71 broke record by 1.54.12 Min  
02/08/2009 Surrey Park Meet

Samantha Bennett  
17/18 years 100m Backstroke  
1.00.91 broke record by 2.38 sec  
8/08/2009 Aus SC Champs

Samantha Bennett  
17/18 years 200m Backstroke  
2.12.28 broke record by 2.78 sec  
10/08/2009 Aus SC Champs

Samantha Bennett  
17/18 years 50m Backstroke  
28.88 broke record by 1.11 sec  
11/08/2009 Aus SC Champs

Samantha Bennett  
1718 years 200m Individual Medley  
2.17.12 broke record by 0.71 sec  
11/08/2009 Aus SC Champs

Ellen Gandy  
17/18 years 200m Butterfly  
2.05.39 broke record by 3.06 sec  
8/08/2009 Aus SC Champs

Ellen Gandy  
Open 200m Butterfly  
2.05.39 broke record by 3.06 sec  
8/08/2009 Aus SC Champs

Ellen Gandy  
Open 50m Butterfly  
26.85 broke record by 0.64 sec  
9/08/2009 Aus SC Champs

Ellen Gandy  
17/18 years 50m Butterfly  
26.85 broke record by 0.32 sec  
9/08/2009 Aus SC Champs

Ellen Gandy  
Open 50m Butterfly  
26.59 broke record by 0.26 sec  
9/08/2009 Aus SC Champs

Ellen Gandy  
17/18 years 50m Butterfly  
26.59 broke record by 0.26 sec  
9/08/2009 Aus SC Champs

Belinda Bennett  
17/18 years 800m Freestyle  
8.31.73 broke record by 3.2 sec  
9/08/2009 Aus SC Champs

Belinda Bennett  
Open 800m Freestyle  
8.31.73 broke record by 2.22 sec  
9/08/2009 Aus SC Champs

Belinda Bennett  
17/18 years 1500m Freestyle  
16.17.87 broke record by 17.77 sec  
12/08/2009 Aus Sc Champs

Belinda Bennett  
Open 1500m Freestyle  
16.17.87 broke record by 17.77 sec  
12/08/2009 Aus Sc Champs

Ellese Zalewski  
17/18 years 50m Butterfly  
26.29 broke record by 0.30 sec  
10/08/2009 Aus SC Champs

Ellese Zalewski  
Open 50m Butterfly  
26.29 broke record by 0.30 sec  
10/08/2009 Aus SC Champs

Ellese Zalewski  
17/18 years 50m Freestyle  
25.81 broke record by 0.32 sec  
11/08/2009 Aus SC Champs

Ellese Zalewski  
Open 50m Freestyle  
25.81 broke record by 0.27 sec  
11/08/2009 Aus SC Champs

Ellese Zalewski  
17/18 years 50m Freestyle  
25.62 broke record by 0.19 sec  
11/08/2009 Aus SC Champs

Ellese Zalewski  
Open 50m Freestyle  
25.62 broke record by 0.19 sec  
11/08/2009 Aus SC Champs

Ellese Zalewski  
17/18 years 200m Freestyle  
1.58.28 broke record by 1.15 sec  
12/08/2009 Aus SC Champs

Ellese Zalewski  
Open years 200m Freestyle  
1.58.28 broke record by 1.15 sec  
12/08/2009 Aus SC Champs

Leisel Jones  
Open 100m Breaststroke  
1.04.04 broke record by 0.49 sec  
11/08/2009 Aus SC Champs

Leisel Jones  
Open 200m Breaststroke  
2.19.35 broke record by 2.33 sec  
12/08/2009 Aus SC Champs

Tayliah Zimmer  
Open 100m Backstroke  
58.30 broke record by 0.77 sec  
8/08/2009 Aus SC Champs

Tayliah Zimmer  
Open 100m Backstroke  
57.98 broke record by 0.32 sec  
8/08/2009 Aus SC Champs

## Club Records

### August Short Course Records Continued

Tayliah Zimmer  
Open 100m Backstroke  
57.95 broke record by 0.32 sec  
8/08/2009 Aus SC Champs

Tayliah Zimmer  
Open 200m Backstroke  
2.07.42 broke record by 2.98 sec  
10/08/2009 Aus SC Champs

Tayliah Zimmer  
Open 200m Backstroke  
2.06.11 broke record by 1.31 sec  
10/08/2009 Aus SC Champs

Tayliah Zimer  
Open 50m Backstroke  
27.74 broke record by 0.02 sec  
11/08/2009 Aus SC Champs

Tayliah Zimmer  
Open 50m Backstroke  
27.21 broke record by 0.33 sec  
11/08/2009 Aus SC Champs

Sarah Katsoulis  
Open 50m Breaststroke  
30.00 broke record by 0.12 sec  
8/082009 Aus SC Champs

Sarah Katsoulis  
Open 50m Breaststroke  
29.61 broke record by 0.39 sec  
8/082009 Aus SC Champs

Talia Goddard  
Open 400m Individual Medley  
4.41.28 broke record by 8.44 sec  
8/08/20092009 Aus SC Champs

Talia Goddard  
Open 400m Individual Medley  
4.36.76 broke record by 4.52 sec  
8/08/20092009 Aus SC Champs

James Argiro  
15/16 years 100m Butterfly  
54.53 broke record by 1.02 sec  
8/08/2009 Aus SC Champs

James Argiro  
15/16 years 50m Butterfly  
24.94 broke record by 0.56 sec  
10/08/2009 Aus SC Champs

James Argiro  
15/16 years 200m Butterfly  
1.59.36 broke record by 2.88 sec  
12/08/2009 Aus SC Champs

James Argiro  
15/16 years 200m Butterfly  
1.58.94 broke record by 0.32 sec  
12/08/2009 Aus SC Champs

Llewellyn Little  
15/16 years 400m Individual  
Medley  
4.27.54 broke record by 0.11 sec  
9/08/2009 Aus SC Champs

Llewellyn Little  
15/16 years 400m Individual  
Medley  
4.25.50 broke record by 2.04 sec  
9/08/2009 Aus SC Champs

Mitchell Pryor  
17/18 years 200m Freestyle  
1.49.76 broke record by 1.05 sec  
8/08/2009 2009 Aus SC Champs

Shane Asbury  
Open 200m Freestyle  
1.47.70 broke record by 0.63 sec  
8/08/2009 Aus SC Champs

Shane Asbury  
Open 800m Freestyle  
7.54.25 broke record by 10.29 sec  
8/082009 Aus SC Champs

Shane Asbury  
Open 400m Freestyle  
3.49.50 broke record by 5.31 sec  
10/08/2009 Aus SC Champs

Shane Asbury  
Open 200m Butterfly  
1.58.24 broke record by 0.61 sec  
12/08/2009 Aus SC Champs

Sam Ashby  
Open 400m Individual Medley  
4.16.47 broke record by 3.03 sec  
9/08/2009 Aus SC Champs

Sam Ashby  
Open 200m Individual Medley  
1.58.98 broke record by 3.61 sec  
10/08/2009 Aus SC Champs

Sam Ashby  
Open 200m Individual Medley  
1.56.10 broke record by 2.88 sec  
10/08/2009 Aus SC Champs

Jack Laidler  
Open 100m Breaststroke  
1.00.16 broke record by 0.23 sec  
8/08/2009 Aus SC champs

Jack Laidler  
Open 50m Breaststroke  
28.00 Broke record by 0.54 sec  
11/8/2009 Aus SC Champs

Jack Laidler  
Open 50m Breaststroke  
27.88 Broke record by 0.12 sec  
11/8/2009 Aus SC Champs

Jack Laidler  
Open 50m Breaststroke  
27.65 Broke record by 0.13 sec  
12/8/2009 Aus SC Champs

Jeremy Saunders  
Open 200m Breaststroke  
2.12.50 broke record by 0.30 sec  
10/08/2009 Aus SC Champs

Ashley Delaney  
Open 200m Backstroke  
1.49.62 broke record by 0.87 sec  
12/08/2009 Aus SC Champs

Mikayla Smith  
9/10 years 50m Butterfly  
36.43 broke record by 0.43 sec  
15/08/2009 Nuna Meet

Nicholas Groenewald  
11/12 years 100m Individual  
Medley  
1.05.88 broke record by 1.44 sec  
15/08/2009 Nuna Meet

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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](mailto:slve@deakin.edu.au)

Nicholas Groenewald  
11/12 years 200m Individual Medley  
2.18.67 broke record by 1.35 sec  
15/08/2009 Nuna Meet

Michael Forno  
15/16years 400m Freestyle  
4.01.82 broke record by 1.31 sec  
15/08/2009 Nuna Meet

Mikayla Smith  
9/10 years 50m Butterfly  
35.50 broke record by 0.93 sec  
22/08/2009 Eltham

Mikayla Smith  
9/10 years 100m Breaststroke  
1.23.28 broke record by 4.16 sec  
22/08/2009 Eltham

Mikayla Smith  
9/10 years 100m Butterfly  
1.18.35 broke record by 2.97 sec  
22/08/2009 Eltham

Mikayla Smith  
9/10 years 200m Freestyle  
2.31.88 broke record by 2.56sec  
22/08/2009 Eltham

Mikayla Smith  
9/10 years 50m Breaststroke  
39.87 broke record by 0.53 sec  
22/08/2009 Eltham

Lucy Walton  
11/12 years 50m Butterfly  
33.08 broke record by 0.05 sec  
22/08/2009 Eltham

Kate Laidlaw  
11/12 years 400m Freestyle  
4.36.84 broke record by 3.71 sec  
22/08/2009 Eltham

**Congratulations** to first time club record breakers  
Michael Forno, Lucy Walton and Kate Laidlaw.

Swimmers and parents are reminded that if club records appear wrong on the club website please let us know by sending an email to [slve@deakin.edu.au](mailto:slve@deakin.edu.au). Thanks

Due to the high quantity of SC records broken this season we have currently run out of SC certificates. Swimmers who break records for the remainder of the SC season are warned there could be a delay in receiving certificates. Thank you for your understanding.

## September Birthdays

Happy Birthday to the following club members who have a birthday in *September*.

*September 2<sup>nd</sup> Demika Clark  
September 2<sup>nd</sup> Jessica Forster  
September 3<sup>rd</sup> Samuel Willgoose  
September 4<sup>th</sup> Abbie Rose  
September 9<sup>th</sup> Daniel Perry  
September 11<sup>th</sup> Melissa Klamt  
September 15<sup>th</sup> Shayne Reese  
September 16<sup>th</sup> Bianca Turville  
September 16<sup>th</sup> Jessica Vu  
September 18<sup>th</sup> Rochelle Fenech  
September 19<sup>th</sup> Angelique Chong  
September 20<sup>th</sup> Ebony Chan  
September 21<sup>st</sup> Ashleigh White  
September 22<sup>nd</sup> Kaye Garner  
September 22<sup>nd</sup> Loic Panassie  
September 28<sup>th</sup> Evelyn Boldt  
September 28<sup>th</sup> Christina Kappas  
September 28<sup>th</sup> Brooke Simpson  
September 29<sup>th</sup> William Whitehead  
September 30<sup>th</sup> Peter Smith*



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## Congratulations Sam

**Latest News:** Samantha Lilly has been selected for the Australian Youth Paralympics Games team! Well done Sam.

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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)