

Making Waves

Nunawading Swimming Club Inc.
Official Club Newsletter

March 2010

MS 24hr MEGA SWIM



Mega Swim Team: (from left)

Back row: Ash Hickman, Meghan Bell, Stephanie Diggins, Daniel Kowalski, Kim Cherrie, Joe Purdy, and coach Mel Klamt. Front row: Kasey Stephenson, Aaron Whelan, Sammy Lilly, and Annie Lamb.

Congratulations to the State Youth Mega Swim team (Stef, Steph, Annie, Meghan, Maddie, Sam, Kim, Kasey, Aaron, Ash, Joe, Henry, Richard and Coach Mel) on raising \$7445 (with some donations still to come) for those with Multiple Sclerosis (MS) and swimming a total distance of 96.4km in 24 hours! This works out to be just over 1km of swimming every 15 minutes. This is a fantastic fundraising effort for such a young team.

If you're wondering exactly how the group managed to complete the swim, here are the finer details; "We swam in 15 minute individual blocks, or rotations, and completed a total of 6 each", says Coach Mel Klamt who also participated in the swim. The group also completed a number of sprints, which were made

up 12 by 15 minute blocks spread throughout the 24 hours. The team ended with 45 minutes of sprints; to clock up extra mileage. The sprint blocks were swam as either 100s or 200s that the whole team did together, as a giant relay.

The atmosphere was positive, and most swimmers managed to get a bit of sleep, with each team member having been allocated 4 to 5 hours of rest time throughout the day.

The team came home with the 'Best Youth Team' award. This award is given to the team (of average age under 18) who accumulated the most points for money fundraised (1 point for every \$10) and distance swum (1 point for every 500m) combined.

As a team we would like to thank all of our sponsors. We hope that you support us in our endeavour to fundraise over \$10,000 and hit the 100km mark next year!

We would like to thank our team's sponsors:

Amanda Isaac	Balocca Family
Gary Barclay	Chan Family
Kirsty Woodham	MacGregor Family
Rebecca Stone	Schoenmaekers Family
Samantha Asbury	White Family
Amy White	Lewis Family
Prue Watt	Gilling Family
Jodie Finn	Wildes Family
Lisa Bolitho	Forster Family
Debra Chan	Laidlaw Family
Hultgren Family	Cavanagh Family
Bustard Family	Bordignon Family
White Family	Currie Family
Simpson Family	Lindsay Family
Forno Family	Wilson Family
Joseph Family	Parry Family
Perry Family	Jiang Family
Crawshaw Family	Nguyen Family
Lim Family	

(continued on next page)

MS 24 hour mega swim continued ...

Finally, thank you to a few 'anonymous' donators who gave gold coin donations or donated online; all swimmers in the Mega Swim team for their personal and family donations, and the board of the Nunawading Swimming Club for their donation. Apologies to anyone who donated and does not appear in this list, we sincerely appreciate your donations.

50th ANNIVERSARY CELEBRATIONS

The invitations for the Nunawading Swimming Club 50th Anniversary will be posted to Club members later this month.

The 50th Anniversary Gala Dinner Celebration will be held on Saturday 26th June 2010 from 6:30pm to midnight at the Karralyka Centre, Mines Road in Ringwood East.

The feature act on the night is Australia's No. 1 Michael Jackson Tribute Dance Act "Jackson Magic".

The invitation has a tear off reply slip which members are asked to complete asap and return to the NSC front reception desk or post back to the club.

There are a maximum 350 places on the night and with a large surge of interest from past members we anticipate a sell-out for the night so please reply early to avoid disappointment.

The night will celebrate 5 decades of swimming excellence, comradeship and many stories.

The cost for the night is \$85 per head which includes a 3 course meals, beer and wine.

MEMBERSHIP

Welcome to the following new members who joined us in January and February 2010.

William Baldwin, Matthew Baldwin, Brandon Gemci, Aiden Bowen, Cameron Fuller, Kellynn Lin, Anthony Mattioli, Kimberly Thek, Georgia Lloyd, Elijah Martin, Elly-Rose Martin

KEW ENCOURAGEMENT MEET

Well done to all Nunawading swimmers who took part in the Kew Encouragement Meet on the 28th of February 2010. For many Hanson Squad swimmers, this was their first meet away from Nunawading pool, and they all swam really well.



Hanson Squad shines at Kew:

From left, the Hanson Squad members are: Kimberley Gilling, Victoria Blundell, Chris Mullenger, Lachlan and Nathan Tran. Proud coach Liz Williams stands at the back.

THANKYOU SAMANTHA

This edition marks the final newsletter for our Making Waves edition over the past two years, Samantha Asbury.

Samantha has done a terrific job as editor over this time and has produced very comprehensive newsletters each month, covering all areas of the club.

Making Waves is a critical communication source for club members and enables us to promote the excellent results that swimmers have achieved over the year.

Please send any future articles for Making Waves to admin@nunawadingswimmingclub.com.

Thanks Samantha for all your hard work and good luck with your studies.

RIP LINDSAY MORRISON

Former President Lindsay Morrison passed away on Thursday 25 February 2010 after months of battling cancer.

Lindsay was a terrific leader in the Club and a friend to many current and former members. Lindsay will be missed by his family and friends.

Our thoughts are with his wife Christine and daughters Stefanie, Felicity and son Sam. Lindsay is now at peace and reunited with his late daughter Amelia.

PRESIDENTS REPORT

Congratulations to all swimmers and coaches on the performances by Club members at the 2010 Victorian Championships. It was a very exciting meet for many of you. Thank you also to the parents for their vocal support in heats and finals at the Championships, as well as being the taxi driver when required. I thought the work completed by the Team Managers was outstanding and I thank all volunteers in this position for their time. Effort and professionalism.

At all sessions of the Victorian Championships including the 12/u, Age and Open sections, the response from parents for timekeeping was outstanding. At times 50% of all timekeepers from Nunawading.

In January 2010, Ashley Delaney was heavily involved in our School Holiday Program at Syndal & Nunawading. Ashley spent time with all the children enrolled in the program and signed autographs and posed for photos with the young swimmers.

Our swim school business continues to run well with all 4 swim schools having a very busy Term 1.

Finally, my thoughts are with Christine Morrison and family at this sad time of Lindsay's passing. Lindsay was an inspiration to me and was the person who tapped me on the shoulder to become involved with the Board of Nunawading Swimming Club.

SWIMMER REMINDER – Entry to Aqualink Nunawading

Squad swimmers should show their pool entry card at Aqualink Nunawading when they attend each squad training session.

If you are coming in for a swim and your squad is not training you **MUST** pay the pool entry fee to have a swim. The Club has worked hard to establish and maintain a strong relationship with Council and swimmers who deliberately walk through reception without paying are doing a disservice to themselves and the Club.

PARENT REMINDER – Entry to Aqualink Nunawading

All parents of squad swimmers should show their green pool entry card at Aqualink Nunawading when they attend to drop off or pick up children from each squad training session.

Parents who wish to swim must pay for their swim at the Aqualink Reception when entering the pool. Once again, the Club has worked hard to establish and maintain a strong relationship with Council and parents who are going to swim and deliberately walk through reception without paying are doing a disservice to themselves and the Club.

Please also show respect to Aqualink and Just Swimming staff if you are asked to pay to swim.

SAFETY ISSUES

Parents – Can you please inform your children of the following? All swimmers are asked to think about where they leave their swimming bags and wet bags at the following venues.

TINTERN – All bags should be left on the far side of the pool from the door entry. By leaving your bag in the foyer area just inside the swimming pool door, you are creating a hazard for all the swim school parents, children and yourselves.

NUNAWADING – If you have arrived for gym or dryland, please **ENTER VIA THE MAIN POOL ENTRY** take your bag up to the gym and leave it outside of the gymnasium. Bags left on pool deck or in the seating can be easily taken by the general public. When you do go down to pool deck, please do not leave wet bags or your swim bags on the concourse. Please use the grandstand provided and do not leave wet bags in the pathway to the steps to pool deck at the shallow end of the pool.

NUNAWADING CLUBROOMS – Swimming bags and wet bags should be placed on the hooks on the external walls to the Clubrooms near the main entry door. If there is not room there or it is wet, please leave bags in the clubroom. Under no circumstance should bags be left in the Clubroom foyer. They are a hazard in this area.

SQUAD NEWS

National Open

**Amanda Isaac &
Rohan Taylor**

Lets do it!

The finishing touches are now being put together on a 24 week preparation. It is time to tackle the best Australia has to offer at the 2010 Australian Championships.

The work is "in the bank", you know your race plans, and you have trained your race plan. It is time to trust your training and believe in yourself. Your team members believe in you, your Coaches believe you. Make every stroke your best effort and strive forward. Make your contribution to this group that is making moves forward in leaps and bounds.

Imagine standing behind the blocks for you first race, this is the time to tap into your emotions and let your training speak for itself.

We look forward to seeing you unleash the improvements you have made in training and go for it!

Go Nuna!

National Youth

Nick Veliades

The final stretch into Age Nationals is right here right now. All swimmers need to be honest with them-selves and ask the question, have I done everything I needed to do in this preparation? When we get to Sydney and you're standing on the block ready to race, where do you get your confidence from? Where do you get the belief that you can swim this race to your race plan? You get that confidence and belief from past experiences, knowing you have done all the work that was set before you and that you did it at or above expectation!

If you can't honestly say to yourself "I've done everything, and I did it above expectation!" Then you need to take a hard look at what you do over the next 5 weeks.....

Your fate is in your hands.....

SQUAD NEWS

National Age

Dean Bryant

Back to basics:

Want to know what the biggest frustration for a coach is? Is it attendance or lack thereof? Is it tired and grumpy athletes? Is it lack of coffee?

The correct answer is... none of the above!

So what is it, I hear you ask. Well I'll tell you. It's the fact that each and every swimmer in the squad could be dramatically faster if they just got the basics right, but they choose not to get it right!

So what are the basics that I speak of?

Here is a list of some of the basics:

- Pushing off a wall with drive and power (think jumping as high as you can, just horizontal)
- Streamlining!!!! Argggggggg
- Kicking fast underwater rather than slow (remember fast = fast, slow = slow)
- Holding your breath on the first stroke in free and fly
- Getting a stroke count when the board says get a stroke count
- Swimming fast when the board says swimming fast
- Kicking when the board says kicking (sculling is not kicking!)
- Pulling when the board says pulling (kicking is not pulling!)
- Building to your turns rather than slowing
- Starting sets or repeats on time
- Holding your breath inside the last 5m of each swim
- When a coach tells you to work on something, it's because you will get better if you do. So why not do it?

The important thing to remember is that the "freak" swimmers in the finals at nationals are generally not all that freakish, they just do the basics at a far superior level to those not in the finals.

Think about it. Over and out.

SQUAD NEWS

State Junior

Kirsty Woodham

Well done to all of State Junior for your efforts in the two major meets so far this season. Starting with State Sprints in which we had 8 finals swims and 2 medals and a large percentage of PBs. And later in the month, with all Junior Trials.

Not only was the amount of best times swum impressive, but also the number of heats that were won by the swimmers in the squad.

This was achieved by putting into action what we have been working on in training. Speed over the first 25m, breathing patterns and finishes.

Well done to the 25 swimmers that progressed onto semi-finals and I look forward to seeing more great swims with many of you swimming in the finals.

With only a few hectic weeks left till training break and lots of racing with District Champs, All Junior Finals and school swimming, keep focused, keep training, swim well and then enjoy your break!

State Youth / Uni

Melissa Klamt

Congratulations to State Youth members who competed in the MS Mega Swim event. The article on the front page is a thank you for your efforts on the day, and to the rest of the squad for your support throughout this event.

State Development

Kirsty Woodham

It was great to see so many state development swimmers compete in all junior trials this month, including a number of new faces. Competing allows you to see the progress you have made in training and makes all the hard work worth while :) Well done to Monique, Matt, Dave, Scout, Anthony, James and Sam for progressing through to semi-finals. Keep training and improving and I am sure many more of you will progress through next year. Enjoy your last few weeks of training and competition and look forward to a well earned break in April!

SQUAD NEWS

Hanson

Liz Williams

What a busy term we have had in Hanson with a lot of new faces lot's of great team spirit and enjoying some great racing in the pool.

Congratulations to all the swimmers who competed at the All Junior Competition on Saturday 20th Feb, a lot of you swam PB's on the day.

Well done to the following swimmers who are competing at the All Junior Metro Semi Finals on Saturday 21st March:

- Victoria Blundell
- Kate Bradley
- Tarni Cavanagh
- Connor Davidson
- Nathan Gemci
- Kimberly Gilling
- Charlie Lawson
- Hamish MacDonald
- Christopher Mullenger
- Matisse Nannes
- Nathan Tran
- Benjamin Woang
- Mitchell Woller
- Harding Zhang

Fantastic Effort!!

On Sunday 28th many of us braved the cold and blustery conditions at the Kew Encouragement Meet, Well Done!!

There were some great result, lots of smiles on some very blue lips and great experience swimming in an outdoor venue.

Keep up the great turn outs with the skill sessions, it been great to see you improve when you race. See you there 8:00am-8:30am

Junior A

Emma Beanland

Congratulations to all swimmers competing in the All Junior Eliminations. I hope this meet was a good learning experience for you all regardless of whether or not you achieved a new PB. It is important you focus on the process and what you are doing in the water to be able to achieve your goal times. Are you thinking about keeping your head still and driving through the water or are you more interested in the person next to you??

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SQUAD NEWS

Junior A (cont.)

Emma Beanland

Use the upcoming District Championship meet as an opportunity to use all those reminders you get in training and put them into your race!! Well done to those of you who made the All Junior Finals, I look forward to watching you race your heart out on the 20th of March!

Junior A Swimmer of the Month

This month's swimmer of the month goes to an athlete who trains hard and steps up especially when leading the lane. Congratulations Kelvin Jiang, keep working hard and focus on the process, the outcome will come!

Junior B

Bec Stone

A squad report for Junior B Squad has not been provided for this edition.

Recipe Section

Thanks to Fiona Currie who offered the suggestion that we include a recipe section in *Making Waves* each month.

This new section of *Making Waves* seeks to offer quick and easy recipes that will fill your kids' tummies, as well as taking the pressure off the decision-making process at meal times.

If you have a quick and easy recipe that you would like to submit for this section, email gary.barclay@nunawadingswimmingclub.com

Apple Loaf

This recipe is great for freezing or storing in the fridge for a week. I always add more apple and tinned apples can be used instead of fresh.

2 cups plain flour	½ cup chopped walnuts
1 tsp. Baking powder	½ tsp bicarbonate soda
½ tsp salt	½ cup margarine or butter
1 cup caster sugar	2 large eggs
1/3 cup milk	1 tsp. Vanilla extract
1 cup grated unpeeled granny smith apple	

Method

Measure first 5 ingredients into large bowl. Stir. Make a well in centre. Set aside.

Cream margarine & sugar in medium bowl. Add eggs 1 at a time, beating well after each addition. Add milk and vanilla. Beat well.

Add apple. Stir. Add to well in flour mixture. Stir until just moistened. Spread in greased loaf pan. Bake in 175c (350F) oven for about 1 hour until wooden skewer inserted in centre comes out clean. Let stand in pan for 10 minutes. Remove loaf from pan and place on wire rack to cool. Cut into thick slices.

Chicken Lasagne

Great for a change from beef mince i.e. Spag Bol.

1 Onion	1 carrot
1 zucchini	½ red capsicum
Garlic to taste	500gm chicken mince
3 tblsp tomato paste	Oregano & Basil
2 tblsp butter	2 tblsp plain flour
600 ml cream	Pinch nutmeg
Lasagne sheets (pre-cooked)	
Grated Parmesan	

Method

Preheat oven to 180c

Finely chop onion, carrot, zucchini and capsicum, saute' onion then add remaining vegetables. When almost cooked add chicken and cook.

Add tomato paste, small amount of water and herbs to taste. Mix well and cook over low heat for 20 minutes.

While chicken mixture is cooking, make white sauce. (using a jar of Bechamel sauce will do if strapped for time). Combine butter & flour in saucepan to form a thick paste then gradually add cream (only small amounts at a time or lumps will form). Stir over low heat until thickens, if cooked for too long butter will separate. If this happens add a little milk to correct. Add pinch of nutmeg to white sauce.

Layer chicken mix, white sauce, and lasagne sheets as for any lasagne finishing with white sauce. Sprinkle generously with parmesan cheese.

Cook in moderate oven until golden for about ½ hour.

Club Records

Congratulations to the following swimmers who broke club records from February 2010. Thanks again to Ian & Sarah Venning for coordinating the Club Records and Results.

February Long Course Records

Kate Laidlaw

11/12 years 400m Freestyle
4.38.65 broke record by 4.17 sec
6/02/2010 Vicentre

Leisel Jones

Open 100m Breaststroke
1.05.85 broke record by 0.16 sec
12/02/2010 NSW Champs

Samantha Bennett

17/18 years 100m Backstroke
1.04.11 broke record by 0.11 sec
12/02/2010 NSW Champs

Samantha Bennett

17/18 years 100m Backstroke
1.03.94 broke record by 0.17 sec
13/02/2010 NSW Champs

Leisel Jones

Open 50m Breaststroke
31.16 broke record by 0.31 sec
14/02/2010 NSW Champs

Leisel Jones

Open 50m Breaststroke
31.10 broke record by 0.06 sec
14/02/2010 NSW Champs

Congratulations to all of the above listed swimmers for setting new 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

Results

Finalists from Victorian Sprint Championships

Nicholas Groenewald

Gold 12 years 50m Backstroke
Gold 12 years 50m Breaststroke
Gold 12 years 50m Butterfly
Silver 12 years 50m Freestyle

Natalie MacGregor

Gold 15 years 50m Freestyle
Silver 15 years 50m Butterfly
4th 15 years 50m Backstroke

Nikaylah Hanlen

Gold 15 years 50m Butterfly
Silver 15 years 50m Freestyle
6th 15 years 50m Backstroke

Tyran Groves

Gold 14 years 50m Butterfly
Bronze 14 years 50m Freestyle

James Li

Gold U11 50m Backstroke
4th U11 50m Breaststroke
5th U11 50m Freestyle
5th U11 50m Butterfly

Stephanie Moore

Gold 13 years 50m Breaststroke
5th 13 years 50m Freestyle
6th 13 years 50m Butterfly
6th 13 years 50m Backstroke

Sean Whitten

Gold 15 years 50m Butterfly
7th 15 years 50m Freestyle

Mikayla Smith

Gold U11 50m Breaststroke

Jack Currie

Silver 14 years 50m Freestyle
Bronze 14 years 50m Backstroke
8th 14 years 50m Breaststroke

Jack Day

Silver 17-18 years 50m Freestyle
Bronze 17-18 years 50m Breaststroke

Edward Lim

Silver 15 years 50m Breaststroke
4th 15 years 50m Freestyle

Carly Robson

Silver 15 years 50m backstroke
5th 15 years 50m Freestyle
6th 15 years 50m Butterfly

Kate Laidlaw

Bronze 12 years 50m Butterfly
5th 12 years 50m Freestyle

Georgia Langford

Bronze U11 50m Butterfly

Brooke Simpson

4th 17-18 years 50m Breaststroke
7th 17-18 years 50m Backstroke
9th 17-18 years 50m Butterfly
10th 17-18 years 50m Freestyle

Joel Watson

4th 12 years 50m Butterfly
8th 12 years 50m Backstroke

Elijah Martin

4th 14 years 50m Breaststroke

Jessie Forster

4th 15 years 50m Freestyle

Nic Lindsay

4th 17-18 years 50m Backstroke

Matilda Rudd

5th 14 years 50m Backstroke

Liam Hunt

6th 15 years 50m Freestyle
9th 15 years 50m Butterfly

Mark Petrov

6th 12 years 50m Breaststroke
9th 12 years 50m Butterfly

Madison Walsh

7th 14 years 50m Freestyle
8th 14 years 50m Breaststroke

Kimberly McDonald

7th 16 years 50m Breaststroke
9th 16 years 50m Backstroke

Alex Venning

7th 16 years 50m Freestyle

John Chen

7th 13 years 50m Breaststroke

Scott Huang

7th 14 years 50m Breaststroke

Jessica Beverage

8th 14 years 50m Butterfly
 9th 14 years 50m Backstroke
 10th 14 years 50m Freestyle

Annie Huang

8th U11 50m Backstroke

Meg Parry

9th 13 years 50m Freestyle
 10th 13 years 50m Backstroke

Evelyn Bolt

9th 14 years 50m Freestyle

Liam Fisk

9th 14 years 50m Breaststroke

Stephanie Groenewald

10th 16 years 50m Backstroke
 10th 16 years 50m Breaststroke
 10th 16 years 50m Butterfly

Hope Wilson

10th 13 years 50m Freestyle

Lucy Walton

10th 13 years 50m Butterfly

Daniel Perry

10th U11 50m Breaststroke

Tamara Groves

10th 14 years 50m Backstroke

Kadison Michel

10th 14 years 50m Breaststroke

Phil O'Brien

10th 15 years 50m Breaststroke

Jessica Vu

10th 12 years 50m Breaststroke

Gold U16 boys A Team

Silver U16 Girls B team

Bronze U16 boys B team

Bronze U16 girls A team

Special Mention to Brooke Simpson, Nicholas Groenewald, Steph Moore and James Li who made each individual Final at sprints

Congratulations to James Li and Sean Whitten on their first State Titles

Medalists from NSW Open Championships**Leisel Jones**

1st 50m Breaststroke
 1st 100m Breaststroke
 1st 200m Breaststroke

Ellen Gandy

1st 200m Butterfly

Belinda Bennett

1st 800m Freestyle

Womens 4 x 100m Freestyle Relay

1st Shayne Reese, Ellese Zalewski, Belinda Bennett, Belinda Parslow

Womens 4 x 200m Freestyle Relay

1st Belinda Parslow, Belinda Bennett, Talia Goddard, Ellese Zalewski

Womens 4 x 100 Medley Relay

1st Samantha Bennett, Leisel Jones, Ellese Zalewski, Shayne Reese

Mens 4 x 100 Medley Relay

1st Travis Mahoney, Jack Laidler, Sam Ashby, Jeremy Saunders

Sarah Katsoulis

2nd 50m Breaststroke
 2nd 100m Breaststroke
 2nd 200m Breaststroke

Chelsea Carpenter

3rd 200m Breaststroke

Ashley Delaney

3rd 50m Backstroke

Jeremy Tidy

3rd 200m IM MD

Womens 4 x 100 Medley Relay (B team)

3rd Chelsea Carpenter, Sarah Katsoulis, Talia Goddard, Belinda Parslow

Results from 2010 Australian Open/Age Open Water Swimming Championships**Sam Sheppard**

Open 10km 13th (11th Australian)
 Open 5km 7th

Belinda Bennett

Open 10km 5th (4th Australian)
 Open 5km 8th (6th Australian)

Jessica Batton

15 years 5km 2nd
 15 years 10km 3rd

Kimberly McDonald

16 years 5km 7th (6th Australian)
 16 years 10km 10th (9th Australian)

Congratulations to all of the above swimmers and relay teams for their efforts at these competitions.

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.

Diary Dates

For further dates and calendar updates, go to;
<http://www.nunawadingswimmingclub.com/competition/eventscalendar.htm>

March

Sat 6 March	ASCTAV / Blue Fin Meet, MSAC
Sat 6 to Mon 8 March	Tasmania Age Championships Hobart Aquatic Centre
Sun 7 March	Last Blast, MSAC
Sun 14 March	Metro East Championships Monash Aquatic & Recreation
Tues 16 to Sun 21 March	2010 Telstra Australian Swimming Championships, Sydney
Sat 20 to Sun 21 March	All Junior Semi Finals & Finals MSAC
Sun 28 March	PB Challenge #2, Aqualink Nunawading

April

Mon 5 to Sat 10 April	2010 Australian Age Championships Sydney Olympic Park Aquatic
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May

Sat 8 May	NSC Presentation Night One Church Complex, Surrey Rd Blackburn
Tues 11 May	Annual General Meeting NSC Clubrooms
Sat 22 May	Nuna JX Spectatcular, MSAC

March Birthdays

Happy Birthday to the following club members who had a birthday in *March*:

March 1st Gary Barclay
March 2nd Rod Clarke
March 2nd Madeleine Gibson
March 4th Ashley Keeton
March 8th Skye Ledbury
March 9th Daniel Te
March 11th Tyrann Groves
March 11th Ian Venning
March 12th Courtney Gillespie
March 13th Lydia Badoer
March 15th Meghan Bell
March 15th Henry Poetrodjojo
March 16th Zoe Di Cocco
March 16th Mitchell Pryor
March 17th Monique Bordignon
March 18th Brooke Hanson
March 21st Lachlan Barclay
March 22nd Sarah Whitten
March 23rd Denzel Lin
March 23rd Eric Lin
March 24th Graeme Stephenson
March 25th Talia Goddard
March 27th Janelle Burness
March 27th Lenny Krix
March 27th Lev Makarushkin
March 28th Walter Hultgren
March 29th Georgia Langford



Suggestions for *Making Waves*

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

admin@nunawadingswimmingclub.com