

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

April 2010

## Nic Leads Nuna at Australian Age Champs

Well done to all Nunawading swimmers who competed at the 2010 Australian Age Championships in Sydney in April.

The meet was once again very competitive with the best age group swimmers across the country competing against each other.



Nunawading Swimming Club's **Nicholas Groenewald** has won 3 Gold medals at the 2010 Australian Age Swimming Championships which were held in Sydney last week. While any medal at these Championships is an outstanding effort, Nicholas is only 12 years old and will compete in the same events again next year.

Nicholas won the Boys 12-13 years 200m Individual Medley in 2:12.11, only 0.13 seconds outside the Australian 13 years and under record. He also won the 12-13 years 200m Backstroke, blitzing the field to win by nearly 5 seconds in a time of 2:12.20 and the 12-13 years 100m Backstroke in a time of 1:00.57.

Nicholas also won silver in the 12-13 years 200m Breaststroke and finished in 4<sup>th</sup> place in the 12-13 year 100m Breaststroke. He was also an integral member of three relay teams winning another 2 silver and 1 bronze medal.

**Stephanie Moore** won two silver medals in the Girls 12-13 years 100m and 200m Breaststroke events. Swimming at her first National Championships, Stephanie swam two great races to secure her medals.



**Llewellyn Little** swam a great race in the 17-18 years Boys 400m Individual Medley to win the silver medal in a time of 4:31.51. Llewellyn also finished 9<sup>th</sup> in the 200m Butterfly.

Swimming in the Girls 17-18 800m Freestyle, Nunawading's **Belinda Bennett** won the bronze medal in 8:59.45. Belinda also competed in the finals of the 400m Individual Medley (4<sup>th</sup>), 400m Freestyle (6<sup>th</sup>), 200m Backstroke (9<sup>th</sup>) 200m Freestyle (9<sup>th</sup>) and 50m Freestyle (10<sup>th</sup>).

Other individual finalists for the Club were:  
**Kimberly McDonald** (7<sup>th</sup> in 200m Breaststroke),  
**Kate Laidlaw** (6<sup>th</sup> in 800m Free & 7<sup>th</sup> in 400m Free),  
**Tyran Groves** (8<sup>th</sup> in 100m Butterfly),  
**Jack Currie** (8<sup>th</sup> in 100m Freestyle),  
**Meg Parry** (9<sup>th</sup> in 400m Freestyle),  
**Nerice Smith** (10<sup>th</sup> in 400m Individual Medley) and  
**Liam Hunt** (10<sup>th</sup> in 50m Freestyle).

### **Aust Age Champs Continued...**

Nunawading was also successful in the relay events winning two silver and one bronze medal.

In the Boys 14/u Medley relay the Nunawading team of **Nicholas Groenewald, Scott Huang, Benjamin Schoenmaekers & Jack Currie** won the silver medal.

In the Boys 14/u 4 x 50m Freestyle relay, the Nunawading team of **Benjamin Schoenmaekers, Nicholas Groenewald, Scott Huang and Jack Currie** also won the silver medal.

In the Boys 16/u 4 x 100 Medley Relay the team of Nicholas Groenewald, Mark Bustard, Tyran Groves and Liam Hunt swam a great race to win the bronze medal.

Nunawading's team was relatively young with many 12 to 15 year swimmers, providing a strong base for future success in the years to come.

The Club finished in 9<sup>th</sup> position with 658.5 points on the Club Point Score, retaining our position as one of the top 10 Clubs in Australia.

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### **50<sup>th</sup> ANNIVERSARY DINNER**

Invitations have been distributed for the 50<sup>th</sup> Anniverasry Dinner.

If you have not received one, please contact the club at [info@nunawadingswimmingclub.com](mailto:info@nunawadingswimmingclub.com) and please include your name and postal address and we will send on to you.

The cost for the evening is \$85.00 per person and the dinner is open to persons aged 16 years and over.

Current club members who intend attending should reply asap to ensure a seat on the night.

Better still, get together a table of 10 and have a great night out with your swimming friends.

### **NSC ANNUAL PRESENTATION EVENING**

Nunawading Swimming Club will conduct their 2010 **Annual Presentation Evening on Saturday 8 May 2010** with arrival between 6:30pm and 6:40pm for a **7.00pm sharp start**.

All swimmers, parents and family members are invited to attend the evening which will include the presentation of more than 80 trophies for Club Championships, PB Challenge, Coach Encouragement Awards and performance awards.

**The evening will be held at:**

**One Church, 184 Surrey Road, Blackburn**

The format of the evening will be similar to 2009 with the presentations held in a 400 seat theatre. There will be no main meal or dessert, with supper to be served at the end of the night.

The dress for the evening is smart casual.

The award presentations and accompanying world class entertainment promise to provide an exciting night for all members and guests of Nunawading Swimming Club.

The night will also celebrate the performances of all club swimmers from a club and district to international level.

Every swimmer has an information sheet and reply slip in their pigeon hole. If you do not have one, they can be collected from Nunawading Reception desk or the foyer in the Clubrooms.

## Tasmanian Age Championships Report By Dean Bryant

On Friday the 5<sup>th</sup> of March, 34 athlete from the State Youth, National Age and National Youth squads departed for Tasmania to compete in the Tasmanian Age Championships. This three day meet was to serve as a lead up event to National Age Championships and with a number of Victorian and Interstate clubs in attendance the competition was fierce.

Day One Heats – Despite the stifling heat in the building many new National Qualifying Times were swum and many times improved throughout the morning. Unfortunately the timing system was playing up so with delays for repairs, the session went 'til 1.30pm, which would be fine, however, the afternoon session warm up was due to start at 3.30pm which meant by the time we got the team back to our accommodation those in finals really only had time for eating then back to the pool we went! Despite this, the performances in the finals were tremendous... (read on).

Day One Finals – A great night culminating in the relays where each of our teams did a great job against strong competition. Well done to those who were in finals and a big round of applause for those who PB'd in the heats and PB'd again in the finals. Medalists from day one were:

- Nicholas Groenewald 100m Free Silver
- Jess Forster 200m Free Gold
- Carly Robson 200m Backstroke Bronze
- Nicholas Groenewald 100m Backstroke Gold
- Kate Laidlaw 100m Backstroke Bronze
- John Chen 200m Breaststroke Gold
- Stephanie Moore 200m Breaststroke Gold
- Nicholas Groenewald 200m Butterfly Gold
- Nunawading B Boys 14/u 4 x 50m Medley Relay Gold
- Nunawading A Boys 14/u 4 x 50m Medley Relay Silver
- Nunawading A Girls 14/u 4 x 50m Medley Relay Silver
- Nunawading A Girls 18/u 4 x 100m Free Relay Silver

Day Two Heats – Team meeting last night went well, we discussed the importance of following the process for best performance which in turn translated into many strong swims. More National times were swum, more finals made and many PB's smashed along the way

Day Two Finals – After a rest this arvo the mood was enthusiastic, spirits were high and the team was ready to rock!

Medalists from day two were:

- Nerice Smith 400m Freestyle Silver
- Stephanie Groenewald 100m Backstroke Bronze
- Carly Robson 100m Backstroke Silver
- Matilda Rudd 200m Backstroke Bronze
- Brad Simpson 200m Breaststroke Silver
- Kimberley McDonald 200m Breaststroke Silver
- Nicholas Groenewald 400m Individual Medley Gold
- Nicholas Groenewald 100m Breaststroke Gold
- John Chen 100m Breaststroke Silver
- Stephanie Moore 100m Breaststroke Gold
- Jessica Beveridge 100m Butterfly Bronze
- Nunawading A Girls 18/u 4 x 100m Medley Relay Bronze

Day Three Heats – The final day of competition is always a challenge because your body is tired, emotions are high and the accumulated effects of the days past combine to make life tough for a swimmer. I am very pleased to say that it was under these conditions that the Nunawading Team showed what it is capable of. With those around us fading and falling away our team look fresh, enthusiastic and ready for anything. I have no doubt that a large percentage of this was due to the discipline shown by the team over the past 3 days, with hydration, nutrition, emotional control and rest proving to be a winning formula. At the end of the session and the results analysed it was soon realised that we were in for a big finals session with more competitors involved than in any other finals session. What a morning!!!

Day Three Finals – This was it, the last chance to shine. The crowd was buoyant the atmosphere tremendous and the cheer squad were in fine voice. Medalists from day three were:

- Matilda Rudd 200m Breaststroke Silver
- Nerice Smith 200m Breaststroke Bronze
- Nicholas Groenewald 200m Backstroke Silver
- Kate Laidlaw 200m Backstroke Gold
- Meg Parry 200m Backstroke Bronze
- Natalie McGregor 100m Backstroke Bronze
- Kimberley McDonald 400m Individual Medley Bronze
- Nicholas Groenewald 200m Individual Medley Gold
- Jessica Forster 100m Freestyle Gold
- Brad Simpson 100m Breaststroke Bronze
- Kimberley McDonald 100m Breaststroke Bronze
- Stephanie Moore 100m Butterfly Silver
- Nunawading A Boys 14/u 4 x 50m Freestyle Relay Gold
- Nunawading B Boys 14/u 4 x 50m Freestyle Relay Bronze
- Nunawading A Girls 14/u 4 x 50m Freestyle Relay Gold

(report continued on next page)

#### Final wrap up:

- 17 new individual National Qualifying Times
- 15 improved National Qualifying Times
- 39 medals
- 50+ finals swims
- 100's of PBs
- 1000's of laughs
- Some tears
- Many learning experiences and opportunities

One strong and unified team of motivated, enthusiastic and proud swimmers/coaches/team managers... Priceless!!!

Special thank you to our team managers Mark Sewell and Ian Whitten, on this trip who made life a little easier over the duration of our stay.

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### Club Records

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

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### March Long Course Records

Nicholas Groenewald  
11/12 years 100m Freestyle  
57.93 broke record by 0.10 sec  
6/03/2010 Tas Age

Nicholas Groenewald  
11/12 years 200m Backstroke  
2.19.83 broke record by 0.26 sec  
6/03/2010 Tas Age

Nicholas Groenewald  
11/12 years 200m Backstroke  
2.16.48 broke record by 3.35 sec  
6/03/2010 Tas Age

Nicholas Groenewald  
11/12 years 200m Individual Medley  
2.17.05 broke record by 3.79 sec  
6/03/2010 Tas Age

Shane Asbury  
Open 1500m Freestyle  
15.43.98 broke record by 7.71 sec  
21/03/2010 Aus Open

Leisel Jones  
Open 100m Breaststroke  
1.05.79 broke record by 0.06  
20/03/2010 Aus Open

Shane Asbury  
Open 800m Freestyle  
8.14.02 broke record by 4.07 sec  
18/03/2010 Aus Age

Samantha Bennett  
Open 100m Backstroke  
1.03.07 broke record by 0.06 sec  
18/03/2010 Aus Open

Leisel Jones  
Open 50m Breaststroke  
30.99 broke record 0.11 sec  
16/03/2010 Aus open

Leisel Jones  
Open 50m Breaststroke  
30.87 broke record 0.12 sec  
17/03/2010 Aus open

### April Long Course Records

Nicholas Groenewald  
11/12 years 200m Breaststroke  
2.34.74 broke record by 0.61 sec  
5/04/2010 Aus Age

Nicholas Groenewald  
11/12 years 100m Backstroke  
1.01.96 broke record by 1.22 sec  
5/04/2010 Aus Age

Nicholas Groenewald  
11/12 years 200m Individual Medley  
2.14.80 broke record by 2.25 sec  
6/04/2010 Aus Age

Nicholas Groenewald  
11/12 years 200m Individual Medley  
2.12.11 broke record by 2.69 sec  
6/04/2010 Aus Age

Nicholas Groenewald  
11/12 years 200m Backstroke  
2.12.20 broke record by 4.28 sec  
8/04/2010 Aus Age

Nicholas Groenewald  
11/12 years 50m Backstroke  
28.91 broke record by 0.50 sec  
7/04/2010 Aus Age

Nicholas Groenewald  
11/12 years 100m Backstroke  
1.00.57 broke record by 1.39 sec  
10/04/2010 Aus Age

Jessica Beverage  
13/14 years 100m Butterfly  
1.04.90 broke record by 0.26 sec  
5/04/2010 Aus Age

Kate Laidlaw  
13/14 years 800m Freestyle  
9.25.02 broke record by 0.05 sec  
7/04/2010 Aus Age

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

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### PB CHALLENGE

At Aqualink Nunawading

#### Sunday 2<sup>nd</sup> May 2010

7:30am warm up, 8-10am

Strokes for Week 1

50 free, 50 back, 50 or 25 fly  
Choice 100/200 or 400m

#### Friday 28<sup>th</sup> May 2010

6:00pm start to 8:00pm

Strokes for Week 2

50 back, 50 breast, 50 or 25 fly  
Choice 100/200 or 400m

#### Sunday 20<sup>th</sup> June 2010

(Fun Relays, Sausage Sizzle and Medal Presentations)

7:30am warm up, 8-10am

Strokes for Week 3

50 free, 50 breast, 50 or 25 fly  
Choice 100/200 or 400m

## Diary Dates

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

### May

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Sun 2 May	PB Challenge
Sat 8 May	NSC Presentation Night One Church Complex, Surrey Rd Blackburn
Tues 11 May	Annual General Meeting NSC Clubrooms 8:00pm
Sat 22 May	Nuna JX Spectacular, MSAC

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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)



**WHITEFRIARS**  
CATHOLIC COLLEGE FOR BOYS

Join our 50<sup>th</sup> Anniversary Celebrations



IN THE CARE OF A LOVING MOTHER

The Whitefriars College Community invites you to attend  
the Blessing and Opening of our Chapel  
by Prior General, Most Reverend Fernando Millañ Romeral, O.Carm.

3pm Sunday 2 May 2010

Followed by the launch of the book,  
"Whitefriars - 50 Years", by James Thomson

All welcome

*Belong. Believe. Become.*

156 Park Road, Donvale Victoria 3111 Ph: +61 3 9872 8200 [www.whitefriars.vic.edu.au](http://www.whitefriars.vic.edu.au)

## April Birthdays

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

April 2<sup>nd</sup> Jessica Batton  
April 2<sup>nd</sup> David Joseph  
April 3<sup>rd</sup> Rex Hopkins  
April 4<sup>th</sup> Louise Bartl  
April 5<sup>th</sup> Ella Currie  
April 6<sup>th</sup> Alexandra Baulch  
April 6<sup>th</sup> Sophie Paul  
April 6<sup>th</sup> Hope Wilson  
April 7<sup>th</sup> Mark Petrov  
April 9<sup>th</sup> Stefania Basso  
April 9<sup>th</sup> Sharyn Pryor  
April 10<sup>th</sup> Narelle Chapman  
April 11<sup>th</sup> Ashley Delaney  
April 11<sup>th</sup> Ashley Hickman  
April 11<sup>th</sup> Lliam Hunt  
April 11<sup>th</sup> Hamish MacDonald  
April 11<sup>th</sup> Bradley Simpson  
April 12<sup>th</sup> Anna Roberts  
April 14<sup>th</sup> Samantha Lilly  
April 15<sup>th</sup> Nathan Tran  
April 17<sup>th</sup> Hasith Perera  
April 17<sup>th</sup> Laura-ann Wong  
April 18<sup>th</sup> Juliette Keating  
April 18<sup>th</sup> Louise Martin  
April 18<sup>th</sup> Martina Truong  
April 19<sup>th</sup> Rami Jarrar  
April 20<sup>th</sup> Jodie Finn  
April 21<sup>st</sup> Zac Hanlen  
April 21<sup>st</sup> Ian Moore  
April 26<sup>th</sup> Olympia Diamandis  
April 26<sup>th</sup> Kasey Stephenson  
April 28<sup>th</sup> David Lindsay  
April 29<sup>th</sup> Sarah Glewis  
April 29<sup>th</sup> Harding Zhang  
April 30<sup>th</sup> Jennie Wang

