

# Making Waves

Nunawading Swimming Club Inc.



Official Club  
Newsletter

June 2010

## President's Welcome

On behalf of the Board and Committee's of the Nunawading Swimming Club, I would like to welcome all members to the new 2010/11 swimming season.

Already the season has got off to a flying start with the Nuna JX Spectacular on Saturday 29<sup>th</sup> May at the Melbourne Sports and Aquatic Centre. Thank you to Chris Hanlen, Anne Bustard and their team of helpers who put on a great meet for all the junior swimmers in our club and around the state.

This year Nunawading Swimming Club celebrates 50 years of success and I would like to invite all of you to attend our 50<sup>th</sup> Anniversary Dinner on Saturday 26 June 2010. Invitations have been distributed to all Club members and are available from Nunawading reception.

So far we have had a huge response from past members and **we encourage many of our current day members to also attend** and ensure a true representation across the 50 years is present on the night – and to enjoy a fun social evening with plenty of entertainment.

I would like to formally welcome Fiona Whitten and Greg Langford to the Board and have no doubt their skills and knowledge will assist us greatly in the direction of the club moving forward. At our first Board meeting for the new season, the Board nominated David McDonald and Graeme Stephenson to become the Appointed Directors for the next 12 months. The Board also appointed Fiona Whitten to the position of Member Welfare Officer (formerly Grievance Officer) and Louise Martin will continue as Registrar.

Malcolm Moore  
President

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

Invitations have been distributed for the 50<sup>th</sup> Anniversary Gala Celebration Dinner.

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

## PARENT INFORMATION SESSION

Saturday 12<sup>th</sup> June 2010

7:00-8:00am

There will be a Parent Information Session on Saturday 12<sup>th</sup> June 2010 from 7:00am to 8:00am for all parents of swimmers in **Hanson, Junior B and Junior A squads**. The meeting will be held in the Clubrooms at Nunawading and be conducted by General manager Gary Barclay.

Please note **Junior B Squad will train at Nunawading on this morning, arriving at 6:45am** for dryland and swimming from 7:00am to 8:00am. There will be no training for Junior B at Syndal on this Saturday morning.

## Swim Star of the Month

Swimming Australia has provided NSC with 'swim star' swim caps to award to members in recognition of non-performance related achievements.

The 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.

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 *May*, Swim Star Caps have been awarded to the following swimmers:

### Junior A: Aidan Sharp

Aidan has shown a positive and hard working attitude towards training, always listening and puts in the effort to make technique changes. Keep up the good work!!

### Junior B: ?

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## New Members Welcome

Welcome to the following new members who were approved for provisional membership for the 2010/11 swimming season at the May 2010 Board meeting.

Bianca Balocca, Ethan Bird, Anita Chia-Crawshaw, Fiona Currie, Connor Davidson, William He, Nicholas Holmes, Helen Keeton, Hamish Langford, Kirsten Langford, Anna Li, James Lloyd, Min Er Loh, Jason Ly, Alice Matanisiga, Isabella Mead, William Mueller, Elizabeth Parry, William Parry, Jake Petrov, Micaela Tan, Mitchell Wooller, Rebecca Stone, Elizabeth Williams, Matthew Sterrenberg (from Ivanhoe Neons), Aiden Sharp & Melissa Sharp (from New Street Sharks), Scout Caulfield (from Swimland), Hamish Church (from Monash Uni) & Louise Zhang (from Ravenswood NSW).

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

## Victorian Age Long Course Championships

Swimming Victorian is pleased to announce that the dates for the 2010/2011 Victorian Age Long Course Championships have been set for **17-22 December, 2010**.

After collating feedback from clubs across Victoria, Swimming Victoria has decided to trial the December dates.

Following the meet Swimming Victoria will be seeking feedback from members regarding the trial.

Event information and qualifying times will be available in the coming weeks.

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## CLUB PHOTOS

Club Photos taken at club swim meets and social functions can be found on the following website [www.lovestoswim.com](http://www.lovestoswim.com)

Username: nunawading

Password: freestyle

Many thanks to William Parry for providing this resource to all club members

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## 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.

## SQUAD NEWS

### National Open

**Amanda Isaac &  
Rohan Taylor**

Coming off the back of a successful Australian Championship we look ahead to new challenges.

Congratulations to Leisel Jones, Sarah Katsoulis and Rohan Taylor for their selection on the Pan Pacific Championship Team. Congratulations to Jeremy Tidy for his selection on the IPC World Championship Team. Congratulations to Belinda Parslow for her selection on the Australia A team. Congratulations to Belinda Bennett and Amanda Isaac for their selection on the Oceania Team and the Junior Pan Pacific Team. Congratulations to Samantha Bennett on her selection in the Victorian Institute of Sport.

As you can see it is a busy year for our group, the Commonwealth Games are in October and before that the World Short Course Trials will be held in July. Training is centered on the July Trial for the nucleus of the Team. With only a short preparation it is crucial to the Team's success that individuals apply themselves every week, every session. The best way to achieve this is to have small goals in place. These goals will be there to reinforce and guide you to you where you need to head. These goals will be there for you to offer direction when you may be fatigued. These small goals have been set for you in your swimmer objectives. Strive hard to achieve one objective and you will continue on your journey of success.

Together we achieve plenty,

GO NUNA!

### National Age

**Nick Veliades &  
Dean Bryant**

The start of the "new look" Age national squad is progressing well with swimmers learning about themselves and their new team mates & training partners. The first few weeks have been a massive learning curve for all with "Man Talks", Physio screenings, test sets and individual meetings. It is important that swimmers understand the information given to them (I know it has been a lot) as well as understand how to use this information.

If there is something we have covered that swimmers or parents do not understand then please speak to Dean or Nick for clarification.

## SQUAD NEWS

### National Age (continued)

As we are in winter we expect athletes to get sick. Firstly there are a number of things you can do to minimise any sickness ie:

- Monitor your resting and training heart rates and state of fatigue
- Stay warm (in particular after training), wear appropriate clothing to and FROM training
- Eat Healthy (that includes eating veg and fruit)
- Take your Vitamins, supplements and immune boosters
- Make sure you are getting adequate SLEEP

If you do get sick

- Inform your coach (when you think you are sick)
- Speak to your coach about training (we don't want you infecting the rest of the squad!!!!)
- Keep warm, eat healthy, take your vitamins, supplements and immune boosts and get some sleep

Good luck, stay healthy, train hard.....

### State Youth / Uni

**Melissa Klamt**

Welcome to the new members and welcome back to the not-so-new members of State Youth, it has been an exciting start to the SC season so far!

Make sure you maintain this enthusiasm as we continue to build up our training over the coming weeks and start getting into competition mode.

Continue to motivate and support each other as we have a busy month ahead, with the squad trip to Warrnambool, District Trip to Canberra and State Opens to focus on.

Remember that State Youth Squad meetings are held on the first Monday of every month in the club rooms, straight after training (7.30pm) it is important that all squad members and parents attend.

## SQUAD NEWS

### State Junior

Kirsty Woodham &  
Dean Bryant

State Junior: the gateway to competitive State and National swimming

This is the common goal of the state junior squad. Whether you take this next step in your swimming career and become the competitive state or national swimmer we believe you can be, is completely up to you.

We can show you the way and lead you down the path, but ultimately you need to take the steps. So how do you ensure you do this? It's easy.

\*Attend all your required sessions.

\*Complete everything we ask of you in the sessions, this includes your pre-swim warm-up

\*Know the goals for each set and session and achieve them

\*When it comes to race day, apply what you have been practicing in training

Remember: It's not practice that makes perfect, it's perfect practice that makes perfect

Good luck to Mikayla, James and Sarah who are competing in the Australian Schools Championships in Brisbane this month

### Junior A

Emma Beanland

Junior A has had a very successful month, competing in the recent PB Challenge, JX Spectacular and recent Aggregate district competitions. It is great to see you all taking on board some of those training cues into your racing and achieving PB swims through this process!

Continue to challenge yourself to train the way you want to race – streamline **every** time you push off the wall, **thump** that butterfly kick and hold your breath on the first stroke. These are just a few things **you** can take responsibility of and ensure **you** do. You will then do them when you race and immediately put yourself ahead of the pack!

A couple of upcoming notices:

- Due to a clash in my Uni Exams and training times:
  - Wed June 16<sup>th</sup>: Bec will be taking swim from 6:00 – 7:30pm
  - Thurs June 17<sup>th</sup>: Liz will be taking gym from 5:15pm – 5:50pm with Kristen taking swim from 6:00 – 7:30pm

Junior A **will** be training in the **first week** of the holidays 28/06/10 to 3/07/10.

## SQUAD NEWS

### State Age

Kirsty Woodham

Short Course Season sees the State Development squad change its name to State Age. This has come as a result of the increased ability and achievement within the squad and is certainly well deserved.

All swimmers within the squad should be focusing on state championships. Whether it being qualifying for the first time, or making your first final.

It's been fantastic to see the level of intensity and focus at training from the majority of the group in the first few weeks and I look forward to seeing this show in your first short course comp this week. Keep working on those turns though!

For those that aren't quite there yet, remember, you are to attend a minimum of 4 sessions every week. If you don't attend at least this minimum, you can't expect to keep up with the group.

Happy training!

### Hanson

Liz Williams

Term 2 has kicked off with a whole bunch of new faces, lots of energy and enthusiasm, and all very eager to develop their swimming skills.

Well done to every one who has participated in the PB Challenge this term lot of great results and fun on pool deck.

The Metro East Aggregate gave many of the Hanson squad their first taste at swimming away from Nunawading. Which they rose to the challenge, lots of PB's and enjoyment in participating, well done ☺

Just a reminder that there is a skill session that runs every Saturday morning from 8:00 am – 8:30 am, you can work on your dives and finishes, also participate in our 'Mega Bomb' competition at the end, see you all there!!!

### Junior B

Bec Stone

No report received

## Diary Dates

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

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### June

Sat 12 <sup>th</sup> June	Metro West SC, MSAC
12-13 <sup>th</sup> June	Warrnambool 2 day SC meet
19-20 <sup>th</sup> June	Victorian Open & SWD State Championships, MSAC
Sun 20 <sup>th</sup> June	PB Challenge #3, Nuna
24-28 <sup>th</sup> June	Metro East District trip, Canberra
26 <sup>th</sup> June	NSC 50 <sup>th</sup> Anniversary Gala Dinner Karralyka Centre, Mines Rd, Ringwood East
27 <sup>th</sup> June	CA Tritons SC, MSAC

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### July

14-18 <sup>th</sup> July	Australian SC Championships, Brisbane
16 <sup>th</sup> July	Interclub #1, Nuna
18 <sup>th</sup> July	PB Challenge #1, Nuna
24 <sup>th</sup> July	ASCTAV/Firbank SC, MSAC
25 <sup>th</sup> July	La Trobe City Cup, Morwell
25 <sup>th</sup> July	Geelong Aquatic SC, Norlane
30 <sup>th</sup> July	Interclub #2, Nuna
31 <sup>st</sup> July	Surrey Park SC, MSAC

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## June Birthdays

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

*June 1<sup>st</sup>: Nick Veliades*  
*June 2<sup>nd</sup>: Shannon Roach*  
*June 4<sup>th</sup>: Benjamin Schoenmaekers*  
*June 4<sup>th</sup>: Jeremy Tidy*  
*June 5<sup>th</sup>: Rohan Taylor*  
*June 6<sup>th</sup>: James Li*  
*June 7<sup>th</sup>: Madison Walsh*  
*June 7<sup>th</sup>: Amy White*  
*June 10<sup>th</sup>: Joshua Sewell*  
*June 10<sup>th</sup>: Scott Huang*  
*June 12<sup>th</sup>: Rose Laidlaw*  
*June 16<sup>th</sup>: Elly-Rose Martin*  
*June 16<sup>th</sup>: Kirsty Woodham*  
*June 18<sup>th</sup>: Alan Sharp*  
*June 19<sup>th</sup>: Jason Ly*  
*June 19<sup>th</sup>: Benjamin Adams*  
*June 20<sup>th</sup>: Casey McKinley*  
*June 21<sup>st</sup>: Irene Prescott*  
*June 25<sup>th</sup>: Teagan Harty*  
*June 26<sup>th</sup>: James Lloyd*  
*June 27<sup>th</sup>: Stephanie Moore*  
*June 27<sup>th</sup>: Amber Lewis*  
*June 27<sup>th</sup>: Anita Chia-Crawshaw*  
*June 28<sup>th</sup>: Edward Lim*  
*June 29<sup>th</sup>: Lachlan Kewley*  
*June 29<sup>th</sup>: Samantha White*  
*June 30<sup>th</sup>: Belinda Bennett*  
*June 30<sup>th</sup>: Keri Longwill*



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## Suggestions for Making Waves

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

[admin@nunawadingswimmingclub.com](mailto:admin@nunawadingswimmingclub.com)