

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

July 2010

President's Report

Thank you to all current and former members who attended the 50th Anniversary Dinner on Saturday 26th June 2010. It was a night to remember and a huge stepping stone in the Club's history. Special thanks to Juliette and Tim Keating and Elda Basso for their support for the 12 months leading up to the night and preparations in the weeks prior.

The new swimming season has certainly come quickly with many swim meets and camps being held throughout Victoria and Interstate.

Congratulations to all swimmers who took part in the Victorian Open Short Course Championships on their terrific results. I would also like to wish the 30 odd swimmers attending the Australian Short Course Championships in mid July the best of luck.

The coaching team continue to provide opportunities for swimmers in all squads with the State Youth Squad recently attending a 4 day camp and competition in Warrnambool. The National Age Squad have also returned this weekend from a four day training camp to Warrnambool. The State Age and State Junior Squads will travel to Traralgon for a one day meet in late July and the Junior B, Junior A and Hanson squad swimmers will travel to Geelong for a one day meet on the same day. (Don't catch the wrong bus!!!)

President's Report continued...

On behalf of all the coaches and swimmers in the Club I would like to acknowledge the contribution by TeamBoard Australia for the donation of a state-of-the-art TeamBoard Interactive Whiteboard and Projector in the gym.

The whiteboard and projector will be an asset to swimmers of all ages and we thank TeamBoard Australia for their very generous donation.

Best wishes to all swimmers in the upcoming meets.

Malcolm Moore

New Members Welcome

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

Cade Cavanagh, Samuel Greatorex, Jacinta Lawson, Adrian Radley, Laura Barbis

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

State Youth Warrnambool Trip By Kadison Michel



Leaving slightly earlier than we had hoped on a Friday afternoon, we hit the road to that wonderful little sea side city of Warrnambool down on the 'Ship Wreck Coast'.

On board were 15 State Youth swimmers, Mel, Nick and Greg. We spent the trip talking and listening to music.

An hour or so after departure we stopped for a toilet break just on the outside of Geelong. After a weary couple of hours or so later, we stopped for dinner at Colac. Subway. Hooray, just what everybody wanted (well at least I think), some healthy and delicious food. Another couple of hours spent on iPods and phones we finally arrived at our home away from home, 'cabins' on the beach at around 9:30pm. We got our sleeping arrangements sorted out and finally hit the pillows, ready for a big day of racing.

At around 8:00am we were woken up by Nick, Mel or Greg, had breakfast and got ready for the day. That morning we went for a bit of a walk around the beach and pier. After about an hour or so we had a photo and then it started to rain so we left and went back to 'Beach Backpackers'. We either sat around and watched movies or found other ways of entertaining ourselves like playing darts.

Later on in the day we had lunch and got ready for the competition at hand. We were at the pool around 3:00pm and had our warm-up and chat with the coaches then got ready for our races.

The competition was reasonable and was good to see some friendly faces amongst the rival clubs. Nunawading did excellent in the relays with most teams placing.

The meet was soon over after a long and tiring time at the pool. We arrived back at 'Beach Backpackers' at around 9:15pm. We had dinner and got ready for bed. The next morning we woke up early to get ready for another day of competition with the meet starting very early. We arrived at the pool and had a same start to this day of racing as we did the previous. The meet was over by 1:00pm and we went back to the place we were staying at for lunch and a rest. Nunawading finished 3rd overall in the points score.

Again we watched movies and entertained ourselves until we were taken to 'Logan's Beach'. We walked along the beach and had a bit of fun until we later left and went to the park.

At the park we kicked the football and had some fun on the equipment there. We then headed back to 'Beach Backpackers'.

That night we had a barbeque with chicken shashliks, sausages, hamburgers, eggs, and salad. It was delicious.

The next morning Nick came in around 4:00am to wake us up for the Socceroos match but some of us stayed in bed as we were just too tired and drained of energy to be up at the time in the morning watching a game that the Socceroos – we knew – were never going to win.

For the people that stayed in bed we were woken up at around 6:00am to get ready for a training session at the Warrnambool high school. We arrived at the high school and eventually found the pool and did our training session. We left the pool by 9:30am and had an hour or so to get our things ready to leave by 10:30am. We had breakfast and left.

We had a stop for lunch where we could also go to the toilet. After our lunch and thanking Greg for being our team manager we split into two groups. The people who were going to Genazzano for the District Trip training session went with Greg and the others went back to Nunawading with Nick and Mel.

Overall, it was a great start to the season as everybody who competed did such a great job in both their individual events and the relays.

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

Junior A: William He

William recently joined the club and in a short space of time has committed to training his best every session. He is determined to swim faster and technically better each lap, listening and continually putting in a consistent effort at training.

Well done William.

Junior B: Annie Zhou

Annie has been working really hard in the last few months to push her self to go on faster timecycles in training and has also been holding great streamline technique off every single wall. Annie comes along to every training session with a smile on her face and always gives 100% No matter how tired she is she continues to hold beautiful streamlines :).

Well done Annie, great work. All your hard work in training has been shown off in your race results as you continue to do PB's, excellent work :)

CLUB PHOTOS

Club Photos taken at club swim meets and social functions can be found on the following website www.lovestoswim.com

Username: nunawading

Password: freestyle

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



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SQUAD NEWS

National Open

**Amanda Isaac &
Rohan Taylor**

The squad is coming off a successful Victorian Open Championships. The Club won 25 gold medals at the meet, which was an outstanding achievement and the highest number of gold medals of all Clubs. The 2nd best Club on Gold medals was MVC with 13.

Our Team of 26 athletes will head to Australian Short Course Championships in Brisbane in mid July. We look forward to watching our athletes display their improvement throughout the season in this extremely competitive environment. Our athletes will be competing for a place on the World Short Course Team to compete in Dubai in December.

There are a number of our athletes competing internationally this season. Belinda Bennett has returned from Samoa where she competed at the Oceania Championships. Belinda won 2 gold in the 5km and 10km Open Water races. Belinda Parslow will compete for the Australia A team in Canada later this month. Jeremy Tidy will compete at the IPC World Championships in Netherlands in August. Ellen Gandy will represent Great Britain and compete in Hungary at the European Championships. Leisel Jones, Sarah Katsoulis and Rohan Taylor will travel to Irvine California and compete at the Pan Pacific Championships. Good luck to all.

Go Nuna!

National Age

**Nick Veliades &
Dean Bryant**

Recently, the National Age squad attended the Victorian Open Short Course Championships. The meet was the groups first short course hit out for this season and the results were encouraging, with many athletes able to display improved racing skills, technique and race plans which was the plan going into the meet. Well done to all athletes, particularly those able to swim personal best times and the following athletes who achieved National Open Short Course qualifying times:

- Kimberly McDonald
- Carly Robson
- Stephanie Moore
- Natalie MacGregor

SQUAD NEWS

National Age report continued...

Over the coming months, there are a number of opportunities for athletes in the squad to practice the racing skills required to be competitive down the track at the Victorian Age Short Course Champs. Your goal should be to swim with 100% focus at 100% of your abilities in each and every race between now and states.

By doing this, you maximise the learning outcomes from each swim, which will in turn enable you to perform at your peak at the major meet of the season.

State Youth / Uni

Melissa Klant

What a great start to the SC season, with many great swims on the squad trip to Warrnambool (see Kadison's trip report - also in this edition of making waves), District Trip to Canberra and at State Opens. Underwater work and efficiency were the main focus at these meets, and will remain a strong point of focus for this season.

With only 2 months to go until State Age, continue to work hard and push yourself to the limit. Please make sure your entries for the following meets are discussed with me before you send them in: ASCTA-Firbank, Surrey Park and Nunawading.

Reminder: Next squad meeting – 12th July 7.30pm in the club rooms

State Junior

**Kirsty Woodham &
Dean Bryant**

With swimmers competing in Brisbane, Canberra and Melbourne in the last month it has been a busy month of competition for all swimmers in the state junior squad.

There were definitely some tired swimmers in and out of the pool!

Hopefully you all used your weeks training break to freshen up and are now back in the pool ready to refocus and continue where we left off.

With less than 8 weeks left till state championships, we are really into the important part of the season. What you do in these last weeks is entirely up to you.

SQUAD NEWS

State Junior report continued...

Work hard at training and follow your race plans come competition day, and I am sure that we will see many new state qualifiers, finalists and medallists.

Please ensure you have entered all required meets for the remainder of the season

Junior A

Emma Beanland

With PB challenge kicking off Junior A competition for June, swimmers continued to push out fast and exciting times at Metro East Aggregate and CA Tritons meet on 27th June. It is important everytime you race that you learn from your experiences, whether good or bad. To do this you need to make sure you come and see me before and after you race!!

Checklist for race day:

1. Arrive **on time** for warm up
2. See me **before** you swim
3. Come and see me **immediately after** you swim

Enjoy your week break, keep active and I am looking forward to challenging you all when you return!!

Junior B

Bec Stone

Term 2 has been an exciting term with many new swimmers from Hanson joining us and slotting into the existing group very well. The group is working well together and this makes my job easier, so thanks guys :)

Our main comps for this term that the majority of you have competed in were the JX meet, the two aggregates at Ringwood and a couple of PB challenges, and may I say as a whole I am very impressed with all your efforts and race performances. You all continued to get PB after PB, so well done guys, the hard training has paid off :) Lets keep up the good work next term!

I hope you all have a safe and happy school holidays, rest up and get excited for next terms training as its going to be amazingly fun and super hard (haha) as always :)

SQUAD NEWS

State Age

Kirsty Woodham

Well done to all swimmers who have competed over the last month. It has been great to see (and hear) how well you have all done and to see the improvement in all skill areas. Continue to work on these in training and I am sure you will see even greater improvement in weeks to come.

With a number of important meets coming up, including a day trip to Traralgon, it is vital that you are all attending all your required sessions every week. If you are unable to make a session, please speak to me about a possible replacement session.

Having all enjoyed a weeks training break (and longer for some) I look forward to seeing you all refreshed, keen and focused back at training this week!

Please ensure you have all your meet entries for the remainder of the season in already. If you are unsure, ask!

Hanson

Liz Williams

What a fantastic term we have had. It has been great to see you all developing in your swimming and having a great time in the process.

At PB Challenge there has been lots of great results, learning outcomes, and many PB's along the way, well done. I look forward to seeing you all in next terms series.

Next term will see us getting ready to go to Geelong which will be a great day with lots of fun along the way.

Come and invest some time on a Saturday morning from 8:00am – 8:30am, where will work on dives and turns to help you at Geelong . Who knows there maybe some Cadbury incentives along the way!!!! mmm

Hanson Motto of the Term: KEEP ON KICKING ☺

Diary Dates

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

July

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

August

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| 6 th Aug | Interclub #3, Nuna |
| 8 th Aug | PB Challenge #2, Nuna |
| 14 th Aug | Nuna SC Meet, MSAC |
| 16 th -23 rd Aug | IPC World Championships, Netherlands |
| 18 th -22 nd Aug | Pan Pacific Championships, Irvine, California |
| 26 th -30 th Aug | Junior Pan Pacs, Hawaii |
| 20 th Aug | Interclub #4, Nuna |
| 27 th -29 th Aug | Victorian Age SC Championships, MSAC |
| 29 th Aug | PB Challenge #3 |

July Birthdays

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

1st July: Tracey Groenewald
3rd July: Taegen Coxhill
4th July: Brendon Smith
6th July: Adam Parslow
6th July: Nerice Smith
6th July: Bronte Varas
8th July: Clare MacDonald
10th July: Jack Knowles
11th July: Georgia Lloyd
16th July: Hamish Church
18th July: Anna Li
19th July: William He
19th July: Peter Sanderson
21st July: Kristen Moore
22nd July: Alice Matanisiga
22nd July: Sean Whitten
24th July: Travis Mahoney
27th July: Samuel Greatorex
29th July: Megan Woodford
31st July: Megan Ryan



Suggestions for *Making Waves*

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

admin@nunawadingswimmingclub.com