

Making Waves

Nunawading Swimming Club Inc.

Official Club Newsletter



November 2009

Nunawading Wins Gold!!!

Nunawading Swimming Club has reached the Gold Standard in the Australian Unity GO CLUB PB for the second year in a row in 2009. The Club has worked hard to maintain their standard of being a Gold level club after finishing as a Bronze level in 2005, Silver level in 2006 & 2007 and Gold in 2008.

The Australian Unity GO CLUB PB program, first introduced in 2005, brings awareness to the importance of club structures by measuring the performance of clubs across different areas.

This year more than 500 clubs have returned their Australian Unity GO CLUB PB Workbook. The workbook asks clubs to record their performance against five strategic areas;

- Membership; measuring the clubs ability to attract new members and maintain or increase its existing membership base. 18/25
- Administration; measuring the clubs ability to operate efficiently, safely and remain financially viable. 25/25
- Activities; measuring the clubs participation levels from club nights through to national championships, and also the number of social activities on offer for its members. 23/25
- Coaching and officiating; Measuring the number of technical officials available, the coach to swimmer ratio, and the level of participation in regional and state development activities. 24/25
- Marketing and Promotion; measuring the clubs commitment to communication with its membership and the ability to attract sponsorship dollars, through promotion utilising local media, web page and activities for non member organisations. 22/25

Results from the 2009 Australian Unity GO CLUB PB workbooks reveal swimming clubs around the nation are improving their performance and management structures providing a better environment for all members, athletes, coaches, officials, administrators and parents.

Congratulations to all members of the staff, all swimmers and all parents who volunteer for Nunawading as you all contributed to this result.

NSC Christmas Party



VENUE: NSC Clubrooms
DATE: Friday 11th December 2009
TIME: 6:30pm Onwards



The NSC Christmas Party is a family event where all swimmers, parents and immediate family members can come together and celebrate Christmas.

Meat will be provided.
B.Y.O. nibbles, drinks, glasses and chairs.

Whitehorse Sports Awards

Nunawading Swimming Club was well represented at last week's Whitehorse Sports Awards. The Whitehorse Sports Awards acknowledge the hard work and dedication of local athletes, sporting clubs and their volunteers.

Congratulations to Sarah Katsoulis on winning the Whitehorse Athlete of the Year. This is a fantastic achievement and follows on from Ashley Delaney winning the same award last year. This award is presented to an athlete of any age who has consistently achieved a high level either at local, state or national level in the last year, has displayed excellent sportsmanship, as well as putting something back into sport.

Congratulations also to the Nuna Open Team who competed at the 2009 Australian Long Course and 2009 Australian Short Course Championships. This team won the Whitehorse Team of the Year and the trophy was presented to Club Captains Shane Asbury and Chelsea Carpenter. The Team of the Year is awarded to a sporting and recreational team that has accomplished significant achievements in its given pursuit, performed consistently and offered participants a positive experience.

These awards recognise the important contribution that local sporting clubs make to the community and the outstanding achievements of their members. They also acknowledge excellence in club management and the behind-the-scene efforts of club volunteers.



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.

New Members Welcome

Welcome to the following new members who were approved for provisional membership at the October 2009 Board meeting.

Lev Makaruskin & Alonya Makaruskina (Transfers from Clovercrest SA), Dylan Knight, Taylor Wilson, Victoria Blundell, Kaitlyn Burrell, Daniella Cosentino, Courtney Gillespie, Jay Graham, Rebecca Hine, Ebony Mitchell, Chelsea Mueller, Daniel Werts, Harding Zhang, Annie Zhou.

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

Swim Star of the Month

Swimming Australia has provided NSC with 20 swim caps to award to swimmers.

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 *October*, Swim Star Caps have been awarded to:

Junior A – *Shino Walsh*

Junior A swimmer of the month goes to someone who is a hard working quite achiever. This swimmer always takes on board instructions given and will give it their best shot no matter what the task is. Congratulations to Shino Walsh!! Keep up the great work!!

Junior B – *Lisa Petrov*

Lisa has shown great commitment over the past few terms to her swimming. She has work very hard on perfecting her skills and has listened very carefully to complete the challenges that are set each session. Keep up the good work Lisa!

SQUAD NEWS

National Open

Amanda Isaac &
Rohan Taylor

This month and until the end of the year is about putting "money in the bank". This is a saying often spoken about at training. Your work ethic and determination is paramount at this stage of our campaign. You draw strength from your teammates in tough times and support each other to achieve your optimal output at each session.

You have your targets to swim towards. Make a conscious effort to strive for stroke counts, times and stroke rates to measure your improvement. As fitness levels rise you will move closer to your training goals. Keep a positive attitude and make sure you have a positive effect on our group dynamics. This is your responsibility.

"If it was easy everyone would do it"

"The road to success is always under construction"

National Youth

Nick Veliades

The first quarter of the season is almost over! Ask yourself the question, did I do everything possible to set myself on the best track for success later this season? The first half of the season provides the ground work, the base that you will use to springboard off and into the second half of the season towards Age Nationals.

With all swimmer meeting completed everyone should have a good understanding of their process leading into April. It is important that you walk into sessions with a clear goal in mind of what needs to be achieved in the session and that you are committed to achieving that goal. Without the knowledge and the commitment your goal will only be a dream.

National Age

Dean Bryant

The journey of one millions strokes has already begun!!!

What does that mean I hear you ask?

Well, there are 26 weeks of training in Long Course season through to Age Nationals.
Which equals roughly 182 sessions...
Which equals roughly 1000km...
Which equals roughly 20,000 laps...
Which equals roughly 800,000 strokes!!!

SQUAD NEWS

National Age (cont.)

Dean Bryant

If you add in competitions and gym then you can see how this is a journey of one million strokes.

What then if you perform one quarter of your strokes perfectly and three quarters less than perfect, you can only expect to be one quarter as good as you could have been.

Likewise for turns, starts, finishes and dryland.

There is **ONLY ONE** limiting that will determine how well you do at the end of the day...

YOUR ability to view training as daily rehearsal for competition.

If **you** can see the connection between training and racing then **you** can decide to do things at competition standard **every single day**.

My job is simply to guide you in the right direction, it is your job to make the journey of one million strokes in your own way.

State Junior

Kirsty Woodham

The first week of training included something slightly out of the norm for state junior swimmers- a day at the circus! The circus workshop involved kids tumbling, balancing, climbing and hanging from the trapeze! Everyone had a great time, there were plenty of laughs and fun had on the day and the group were praised for their enthusiasm and behavior. From a coaches point of view there were a number of pleasing things in the session, the most obvious being team work. Everybody in the group got involved in the activities and worked together to complete the tasks, including physically supporting and spotting team mates and encouraging each other to succeed.

These are all valuable lessons to take forward into this swimming season and beyond. If you really put your mind to it, you can succeed at things you have never done before, or thought you could possibly achieve. And the support of your team mates around you makes it just that bit easier. Remember these points as we quickly head into the racing season and towards state championships!

SQUAD NEWS

State Youth / Uni

Melissa Klamt

The LC season is a busy time of year. This is where time management skills need to come into play. If you find yourself struggling to keep up with everything you need to do, you need to sit down and assess how you can make the most out of each day. With the lead up to LC states being much shorter than the lead up to SC states, each session needs to be attended with enthusiasm to ensure you apply yourself to each session. Those who are working the hardest will reap the rewards.

As mentioned in the October making waves, Sam Lilly recently competed in the Australian Paralympic Youth Games in Melbourne. Congratulations to Sam on her fantastic results:

Open Mixed 50m Butterfly – 2nd
Open Women's 100m Freestyle – 5th
Open Women's 50m Backstroke – 4th
Open Women's 50m freestyle – 5th

State Development

Kirsty Woodham

Train the way you want to race.....

That is the focus of state development training at the moment with the emphasis being on great skills in all swims, and holding pace and stroke counts under pressure. These are not always easy things to achieve, but the squad is starting to work towards them in all sessions.

Ask yourself these questions;

If you don't keep your head down for your first stroke in training every time, are you likely to in a race? If you don't complete at least 4 fly kicks off every wall, every lap, what are the chances of you doing them in a race? And if you don't swim at the intensity required to reach, or work towards, your goal times in every pace set, are you likely to achieve them come race day?

As we head into the racing portion of the season aiming to qualify for state championships in December and January, these are your goals. It's up to you if you achieve them.

Hanson

Liz Williams

A squad report for Hanson has not been provided for this edition.

SQUAD NEWS

Junior A

Emma Beanland

Well done to all those who recently competed in the 7-10's eliminations and congratulations to those who made it through to the finals coming up on 15th November!! Junior A is heading into an exciting month ahead of competitions with 7-10 finals, North vs. East and Decembers. Remember to have **fun** when you compete and strive to be the best you can be! To improve your racing, always practice how you would like to race and aim for 100% every session!!

Please come and see me if you have any questions regarding entries for the Decembers competition, **entries close November 16th**.

The next squad meeting is on:

- November 12th at 5:15pm (during dryland) at the Club rooms.

Junior B

Elaine Tor

Well done to all who compete at the recent 7-10 Encouragement Meet! It was a very successful day and I'm sure that all of you had lots of fun!

Over the next few weeks before the Christmas break, we will continue to build on what we have learnt throughout the year, with our next big competition focuses being the 7-10 Finals (for those who have qualified) and All Juniors next year.

A special mention to the following swimmers who finished in the top 10 and will represent the district at the North vs. East Meet and the 7-10 Finals:

- Ben Adams
- Damon Barlow
- Sean Blackley
- Cameron Clark
- Sophie Crawshaw
- Julia Hawkins
- Bradley Keeton
- Dylan Knight
- Oliver Layton
- Olivia Lee
- Casey McKinley
- Ethan Rozanic
- Brendon Smith
- Adam Wildes
- Sam Willgoose

Good Luck to these swimmers!

SQUAD NEWS

Junior B (cont.)

Elaine Tor

Reminders:

- PB Challenge on the 8th November (only for those not involved in North vs. East on the same day)
- Please make sure you bring all of the correct equipment to every session
- Distance Certificate Meet on the 6th December.

Quote of the Month:

"Success is never settling for less than all that you can be."

Results

Congratulations to the following swimmers on their results for October 2009. Thanks again to Ian & Sarah Venning for coordinating the Club Records and Results.

Results from Victorian Open Water Championships

Shane Asbury
2nd Open 10km

Jessica Batton
1st 15-16 years 5km

Belinda Bennett
2nd Open 10km (1st Vic)

Stephanie Diggins
7th 17-18 years 5km

Michael Forno
6th 15-16 years 5km

Douglas Frogley
9th 17-18 years 5km

Matt Gilling
5th 13-15 years 1km

Kimberly McDonald
5th 15 years 10km
13th 15-16 years 5km

Maddie Pryor
21st 15-16 years 5km

Sam Sheppard
3rd Open 10km

Results from Durban World Cup

Ashley Delaney
3rd 50m Backstroke
3rd 200m Backstroke
5th 100m Backstroke

Top 10 Victorian Rankings

Well done to the following swimmers who were ranked in the top 10 Victorians at the end of the Short Course Season.

Girls

- | | |
|------------------------|------------------------|
| - Stefania Basso | - Jessica Batton |
| - Belinda Bennett | - Samantha Bennett |
| - Jessica Beverage | - Katie Bird |
| - Chelsea Carpenter | - Emily Crawshaw |
| - Stephanie Diggins | - Jessie Forster |
| - Talia Goddard | - Stephanie Groenewald |
| - Tamara Groves | - Nikaylah Hanlen |
| - Leisel Jones | - Christina Kappas |
| - Sarah Katsoulis | - Jacqui Kay |
| - Rebekah Keating | - Kate Laidlaw |
| - Georgia Langford | - Kimberley Law |
| - Jaclyn Lee | - Natalie MacGregor |
| - Kimberly McDonald | - Rachel McDonald |
| - Stephanie Moore | - Meg Parry |
| - Belinda Parslow | - Roxy Perring |
| - Shayne Reese | - Carly Robson |
| - Matilda Rudd | - Brooke Simpson |
| - Mikayla Smith | - Nerice Smith |
| - Madeline Theofanides | - Jessica Vu |
| - Madison Walsh | - Lucy Walton |
| - Prue Watt | - Laura-Ann Wong |
| - Eleese Zalewski | - Tay Zimmer |

Boys

- | | |
|--------------------|-------------------------|
| - James Argiro | - Matt Armfield |
| - Shane Asbury | - Sam Ashby |
| - Mark Bustard | - Yuiry Burunov |
| - Jack Currie | - Nicholas D'Arcy-Evans |
| - Ashley Delaney | - Liam Fisk |
| - Doug Fogley | - Michael Forno |
| - Matthew Gillings | - Nicholas Groenewald |
| - Ben Harlambakis | - Scott Huang |
| - Jack Laidler | - Edward Lim |
| - Nic Lindsay | - Llewellyn Little |
| - Travis Mahoney | - Matthew Papadimitriou |
| - Adam Parslow | - Mitchell Pryor |
| - Jeremy Sauders | - Sam Sheppard |
| - Bradley Simpson | - Rowan Sonsie |
| - Jack Streefkerk | - Alex Venning |
| - Joel Watson | - Sean Whitten |

Top 25 National Rankings

Well done to the following Nationally Ranked SC Swimmers (top 25 age).

Boys

- James Argiro
- Mark Bustard
- Jack Currie
- Nicholas D'Arcy-Evans
- Liam Fisk
- Michael Forno
- Nicholas Groenewald
- Ben Haralambakis
- Edward Lim
- Llewellyn Little
- Travis Mahoney
- Mitchell Pryor
- Bradley Simpson
- Sam Sheppard
- Alex Venning
- Sean Whitten

Girls

- Jessica Batton
- Belinda Bennett
- Samantha Bennett
- Nikaylah Hanlen
- Christina Kappas
- Rebekah Keating
- Kate Laidlaw
- Jaclyn Lee
- Kimberly McDonald
- Rachel McDonald
- Stephanie Moore
- Meg Parry
- Roxanne Perring
- Matilda Rudd
- Brooke Simpson
- Nerice Smith
- Ellese Zalewski

Apologies to **Matilda Rudd** who's Victorian Age SC results were omitted from the October Making Waves. Matilda had a successful championships which included bronze in the 14 years 100m Backstroke, 4th 14 years 200m Backstroke, 5th 14 years 200m Individual Medley, 6th 14-14 years 400m Individual Medley, 8th 14 years 200m Freestyle, 9th 200m backstroke, 10th 14 years 100m Butterfly and seasons bests in all events.

All-Time Rankings

Well done to the following swimmers who swam all-time ranking SC swims (as of August 2009)

Ashley Delaney

1st 200m Backstroke (1.49.62)

Jack Laidler

7th 50m Breaststroke (27.65)

Sam Ashby

4th 200m Individual Medley (1.56.10)

Tayliah Zimmer

4th 50m Backstroke (27.21)

4th 100m Backstroke (57.95)

Sarah Katsoulis

1st 50m Breaststroke (29.61)

Chelsea Carpenter

8th 200m Individual Medley (2.10.19)

9th 200m Breaststroke (2.24.53)

9th 100m Individual Medley (1.01.16)

10th 100m breaststroke (1.06.44)

Ellese Zalewski

8th 50m Butterfly (26.29)

10th 100m Butterfly (58.48)

Talia Goddard

9th 400m Individual Medley (4.36.76)

Australian SWD Records

Congratulations to Prue who set the following Australian SWD records this SC season

Prue Watt

S13 50m Freestyle

S13 100m Freestyle

S13 400m Freestyle

S13 50m Breaststroke

S13 50m Butterfly

S13 100m Butterfly

S13 200m Individual Medley

Diary Dates

Tue 3 – Wed 4 Nov	World Cup, Stockholm
Sat 7 – Sun 8 Nov	Victorian Distance Competition MSAC
Sat 7 – Sun 8 Nov	World Cup, Berlin
Sun 8 Nov	PB Challenge Aqualink Nunawading
Sun 8 Nov	Metro North vs. Metro East 7-10 Meet, Ringwood
Sat 14 – Sun 15 Nov	World Cup, Singapore
Sun 15 Nov	7-10 Metro Encouragement Finals MSAC
Sat 21 Nov	Nunawading Long Course Meet MSAC indoor 50m pool
Wed 25 – Fri 27 Nov	AIS Meet AIS, Canberra
Sat 28 – Sun 29 Nov	December Competition Week 1 MSAC (Entries close 16/11/09)
Sat 5 – Sun 6 Dec	December Competition Week 2 MSAC (Entries close 16/11/09)
Sat 5 – Dec 6 Dec	NSW Open Water Champs Penrith Lakes, NSW
Sun 6 Dec	NSC Distance Certificate Morning Aqualink Nunawading
Fri 11 Dec	2009 Christmas Party NSC Clubrooms
Sat 12 – Fri 18 Dec	QLD State Championships Brisbane Aquatic Centre (Entries close 20/11/09)
Sun 13 Dec	Haileybury Waterlions Christmas Classic Meet MSAC
Sat 19 – Sun 20 Dec	Victorian 12 & Under Championships MSAC (Entries close 7/12/09)

November Birthdays

Happy Birthday to the following club members who have a birthday in *November*:

*November 1st Joshua Mackinnon
November 2nd Matisse Nannes
November 4th Chelsea Mueller
November 4th Chloe Pearce-Schmidt
November 5th Sandra Rogerson
November 9th John Bordignon
November 9th Ronan Keating
November 10th Damon Barlow
November 11th Sarah Rudd
November 14th Joel Watson
November 15th Katrina Pandey
November 16th Katrina White
November 17th Adam Wildes
November 18th Graeme Wooles
November 21st Jack Day
November 21st Chris Keeton
November 21st Ellese Zalewski
November 22nd Julia Hawkins
November 22nd Hayden Llewellyn
November 23rd Jade Moore
November 24th Sally Theofanides
November 27th Celia Glewis
November 30th Jay Graham*



Suggestions for *Making Waves*

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

gary.barclay@nunawadingswimmingclub.com