



DECEMBER 2006

Thank you Mr Fowlie-

Gary Barclay

THANKYOU MR FOWLIE

On behalf of all Club members and particularly the swimmers in the National Youth and Open squads, I would like to thank Mr Fowlie for his coaching and guidance through the past year. As you will be aware, Mr Fowlie has accepted a position at the NSWIS and will begin in Sydney following the World Championship Trials this week.

Last Thursday, the coaches took Mr Fowlie and his wife Lynn out to breakfast, to thank him for the knowledge he has provided to our coaching team.

On speaking to the coaches, they have all picked up tips to improve their own coaching and we thank Mr Fowlie for sharing his knowledge and ideas.

Lynn will still be in Melbourne until 1st April 2007 as she is the coordinator of the swimming at the World Championships at Rod Laver Arena. -Good luck Mr Fowlie.,

NSC CHRISTMAS PARTY-

WHERE: NSC CLUBROOMS

WHEN: FRIDAY 15th DECEMBER 2006

TIME: 6:00pm 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 and glasses

In order to assist with catering could you please indicate on the reply slip below the number of adults / children attending and whether you will bring a salad or a desert to share.

RSVP:

For catering purposes ALL families must reply by **Saturday 2nd December 2006** to the NSC Club Reception or social squad rep.



NEW BY-LAW PRIOR TO BLXX**CLUB SUBSIDIES:**

Where the Board chooses to apply subsidies to assist swimmers to attend swim meets, the following will apply:

- [1] For each interstate Australian Championships, Australian Short Course Championships, Australian Age Championships and Australian Open Water Championships, the Swim Committee shall present to the Board the names of swimmers who are entered to compete at the meet and their subsidy amount according to the criteria below. This shall be provided to the Board at least 4 weeks prior to the Championships for approval;
- [2] The amount of each subsidy shall depend on the involvement of the swimmer at identified Club and State meets in that season. If an Australian Championship meet is held prior to the conduct of the identified Club and State level meets, the swimmers attendance at the same Club and State level meets in the previous season shall be used to calculate the subsidy available;
- [3] To be eligible for a travel subsidy the swimmer must have:
competed for NSC at the most recent Victorian (Long Course) Championships. They are required to compete in at least 3 individual events and make themselves available for club relays, if selected;
- [4] The amount of each subsidy shall be dependent on the swimmer competing for NSC at the following meets:
Nunawading Long Course Meet,
Nunawading Short Course Meet and,
Nunawading Club Championships;
- [5] If the swimmer competes in at least two events at one of the meets listed in [4] above, they will be eligible for a \$100 subsidy. If the swimmer competes in at least two events at two of the meets listed in [4] above they will be eligible for a \$200 subsidy. If the swimmer competes in at least two events at all three meets listed in [4] above they will be eligible for a \$300 subsidy.
- [6] This By-Law shall apply for all Club members including new Club members;
- [7] If swimmers cannot compete at any of the meets listed in [4] above due to a Metro East, Swimming Victoria or Swimming Australia swim meet or camp, it is assumed that the NSC swimmer would have competed at the meet;

Team Managers Report Liz Chanter, John Locking & Debra Chan

State Age Championships - Long Course Relays-A reminder to swimmers to submit times for Age State Relays if they compete at meets outside the recommended Squad competitions. All swimmers should have forms in their pigeon holes. Any times need to be submitted by 11th Dec.

TIME KEEPING STATES 2007-Nunawading always set a great example in fulfilling our obligation to supply timekeepers at State Championships. This obviously requires the support of all parents with swimmers competing at States. We anticipate we will require 120 timekeeping spots (based on entries for last year).

We would like to call for volunteers, so you have the opportunity to nominate the times and days that most suit you. Each session will be divided in half, so it reduces the time you spend on pool deck in any one session. Hopefully this makes it easier to co ordinate with your Childs events. Depending on the number of events your child (ren) is/are entered in, you may be required for 3 or 4 sessions.

Finals are always a problem, particularly for the Open, 11 and 12 years sessions, so please consider finals spots where possible. Remember many swimmers will be in relays. If you volunteer for a spot and your child is not swimming on that night we will find a replacement.

We will try to accommodate your requests, but cannot guarantee timeslots, as we need to balance timekeepers over the whole meet. **If you are prepared to time keep anytime, can you please also let us know? We will be allocating timekeeping spots to all parents of swimmers at States Champs.**

Please e-mail you request to Liz Chanter (liz.chanter@nunawadingswimmingclub.com) by 10th December. Please indicate the following The day/date you wish to time keep Heats or finals session 1st half or 2nd half of the sessionIf you would like to time keep with a particular parent, or share a session so you can coordinate watching and looking after your children, please speak to them and e-mail your request together.
— Liz Chanter, John Locking, Deb Chan

Squad News

National Open/Youth Mr.Fowlie

Performance Highlights

Australian Institute of Sport Meet – Andrew Dyson and Jason Cohen competed in Canberra early in November. Jason Cohen performed remarkably well finishing second in the 100 Fly.

Challenge Cup – Congratulations to everyone who competed in the Challenge Cup at Carey. Nunawading showed its strength and depth, easily outscoring both Carey and Bayside by more then 100 points..... Congratulations to everyone. I was particularly pleased with the coaching staff. They started to take on their new roles and give great input and support to all swimmers in the club..... Well done!

Open Water – Queensland State Championships and Second leg of the Australian Grand Prix Series – Congratulations to Sam Sheppard on a great job! – 3 minute improvement over his previous open water swims last month.

Time Trials – November 17th -18th and 25th – Results were very good in this hit out for the swimmers heading off to the Australian Open Championships this week. In addition, the Youth swimmers took on the challenge and performed very well.

Individual Swimmer/Parent meeting

I'd like to thank everyone for their efforts and getting out to our 'one on one' meetings last weekend. The meetings were very beneficial for both

Nick and myself. We hope they were as informative and productive for each of you.

1 day to World Long Course Trials and Australian Open Championships – Brisbane! – This is it..... Last Saturday morning we had a team meeting to set the mood and attitude of the meet, everyone was pretty keen and ready to go! Go get'em! – Swimmers attending are:

Nadine Jones, Belinda Parslow, Becky Locking, Brooke Hanson, Kim Chanter, Jason Cohen, Andrew Dyson, Adam Parslow, Michael McEwain, Stuart Corstorphin. Good Luck everyone!

Training

Attendance at training in November was pretty poor for many swimmers... While school and studies may put some demands on your time, it is critical that you do not stop training and put a hole in your program.... With on month to go for state championships, all swimmers should be at the top of their training now, if Nunawading is going to defend its Sate Premiership..... Remember everyone counts, everyone scores!

Taper and final preparation
I'd like to thank all the youth swimmers who maintained their training discipline while the open swimmers were tapering for the Australian Open Championships.

New Training Schedule and Coaching – Attached is the new

training schedule effective 3rd, December. Nick Veliades has put a lot of effort into providing each and every one of you with the best training program possible. I trust you will give Nick your best efforts. Please be sure to communicate effectively with Nick and take responsibility for your own training and performances.

Thank you – I'd like to take this opportunity to thank everyone for your support over the past year. The experience you have given me has been unique in the world of swimming. Very seldom does a coach have an opportunity to return to such a great club after coaching at institutes and centers for many years. Your youth, enthusiasm, optimism and bright eyes each and every day, have been an absolute pleasure to work with.

When I say: "If I was to remain in 'club coaching' Nunawading would be the best club to work with in Australia." I truly believe it. The future of Nunawading Swimming Club is very bright with performances through out the club better then ever before. You should be very proud of your swim club, striving towards and achieving its stated Vision of: "Being the most recognized and respected club in Australia."

Squad News Cont'd

National Open/Youth Continued...

While I will be heading off to New South Wales after the Australian Championships, I will still be keenly watching Nunawading in the future. With State Championships one month away; you must focus your attention as defending Champions! Be ready, because the other clubs will be coming at you hard! But, you and your club are strong enough to hold them off and put some distance between Nunawading and the second best!

Remember, at Nunawading Swimming Club everyone counts, "Everyone scores." If you realize you are an important player, prepare well and focus on performance, I can assure you, YOU will be successful.

I am very proud of each and every-

one one of you. Thank you for everything you have given me. GO NUNA!

Up coming activities

World Championship Trials/Australian Open – December 3 – 10 – qualifiers listed above.

December Comp's - MSAC – December 2-3, 9-10 – direct entry

Echuca Meet – December 3 – direct entry

Christmas Party – December 15 – HO, HO, HO,

World Championships – March 2007 – Volunteer Applications are now being accepted. Check out the World Championship web site:
<http://www.melbourne2007.com.au/>

HANSON Liz, Dean & Nicola

Congratulations to all those swimmers at the 7-10 Finals at MSAC. It was a very successful morning for the District, Nunawading and in particular our Hanson Squad swimmers.

Well Done to all competitors -

Emily, Rebecca, Mathew, Georgina, Tara, Josh K, and Zoel !!!

Two swimmers finished in the top 10 for all of Metropolitan Melbourne. Rebecca came 4th in the Breaststroke and Georgina came 7th in the Butterfly.

The biggest P.B.s on the day were Mathew -3 seconds in his Freestyle and Rebecca 7 seconds in her Breaststroke.

Fantastic efforts !

P.B. #2

Fantastic swimming at the P.B. Challenge on Sunday with 16 Hanson swimmers competing. Keep up the great work.

Liz C

JUNIOR B Belinda Vickers

What a term it has been, and gone so fast. First I would like to congratulate those that competed in the Metro East Competition at MSAC, we had outstanding results from each individual swimmer. And also a big welcome to those new swimmers in our squad who entered this term from Hanson and Dyson. As the term is almost over, wishing everyone a Merry Christmas and a safe and happy new year. Every swimmer has done a great job this year and looking forward to seeing you all refreshed after your holidays and ready to start another term .

JUNIOR A Nicola Whitehorn

Congratulations to all the 7 – 10 Finalists, Alexandra Baulch, Monique Bordignon, Georgina Button, Nicholas Groenwald, Mitchell Keltie, Amber Lewis and Marc Vecchio on their fantastic performances. A special mention goes to Nicholas Groenwald, Nick finished 1st in each 50m event. Well done!

Our new training timetable starts on the 4th December. Please check your schedule to ensure you arrive at the right pool, at the right time. Please wear clothing and footwear suitable for Dryland on Tuesday, Thursday and Saturday. No Crocs or bare feet!

Entries for the Victorian Championships close on the 15th December 2006. If you qualify for the 100m and 200m events for States please make sure you enter ASAP! Double-check your entry card before you send it!!!

Swimming Victoria has a zero tolerance policy on mistakes. You could miss your event if you have not entered the correct information on your entry card.

Wishing you all a
 MERRY CHRISTMAS
 AND A
 HAPPY NEW YEAR
 -Nicola.

STATE DEVELOPMENT Grant Watson

No Report Provided

Squad News Cont'd

STATE JUNIOR **Kate Lynch**

Performance highlights:

Congratulations to the following swimmers who placed at meets in November.

7-10 METRO ENCOURAGEMENT MEET

Girls 10 Year Olds 50 LC Meter Freestyle

3 Keating, Rebekah

Girls 10 Year Olds 50 LC Meter Backstroke

1 Keating, Rebekah

Girls 10 Year Olds 50 LC Meter Butterfly

3 Keating, Rebekah

Boys 10 Year Olds 50 LC Meter Freestyle

1 Fisk, Liam

Boys 10 Year Olds 50 LC Meter Backstroke

2 Fisk, Liam

Boys 10 Year Olds 50 LC Meter Butterfly

2 Fisk, Liam

Training:

Hopefully you will have all noticed the letters on the board "B.E.S" by now you should know that these stand for Back End Speed. I thought perhaps that we might have a closer look at B.E.S.

B.E.S is essentially suppose to replicate (time, stroke count and stroke rate wise) the second half of your race goal time. In training however we need to train slightly faster for B.E.S so that when we are tired (after the first half) our bodies can still replicate the second half as practiced.

Please look at the following table for a break down of a 100fs as an example;

Goal Time	1st 50m	2nd 50m	Training B.E.S
59.00	27.58	31.42	30.46

Notice that the B.E.S is almost 1 second quicker than the time you will actually swim?

This is an important part of training as I know first hand that if you train at B.E.S (90% of the time or more) when asked to you will find that in a race you will finish within 0.50 of second either way of your goal time. Just ask Brooke Hanson how she swam so fast in Athens!!

Upcoming Events:

Squad social event– 21st of September from 6pm-8pm at Dark Zone (942 Whitehorse Rd, Box Hill).

NATIONAL AGE/ STATE YOUTH

"ONLY THE FITT ARE FEARLESS"

My last news letter for the National Age and State Youth Squads.....

Well done to all swimmers over their time in the National Age and State Youth squad, but now is the time to move on. As of Monday 4th December swimmers will be moving up to either the National Youth or State Youth groups. The challenge for swimmers now will be to adjust to a new timetable, training venues and training partners. Over this time it is very important for swimmers to concentrate on their own swimming to ensure individual results. It's very easy to get distracted with what others are doing (are they doing it easier, harder, funner, better). Each swimmer has been individually thought about in regards to their training needs and I'm confidant that all changes are in the best interest for each individual.

Good luck to the State Youth swimmers and to Dean over the next few weeks in the new challenges that lie ahead in the preparation for State Champs.

With State Championships around the corner could all swimmers please bring their entries to my self to look at to ensure the list of events is appropriate for each individual. With relays and the Open section of the program it is very easy for swimmers to enter to many events (ie every thing they qualify for).

Bite off as much as you can, and chew like hell!!

If you have any concerns please speak to me before they become major problems, I am always available AFTER sessions and you all have my phone number (hours to call are between 4:30am - 8:00am and 4:00pm – 7:30pm week days) and email address.....

Thanks

Nick Veliades

National Age Squad Coach

REMINDER:

Victorian State Championship entries **CLOSING DATE** is **Friday December 15, 2006 5.00pm.**

POST ENTRIES TO:

Swimming Victoria Inc. PO Box 230, South Melbourne 3205

SWIM COMMITTEE REPORT

TRACEY GROENEWALD

Hi swimmers and parents,

Firstly, I hope everyone will help to make our new coach, Dean, welcome. We are looking forward to having him on pool deck during our lead up to States.

Good luck to our swimmers leaving on 2nd December for the Australian Championships in Brisbane, We wish you every success and look forward to you swimming many PB's.

We have a very busy lead up to State Longcourse. Next weekend we have the Echuca trip. With a large number of the club attending it should prove to be a fabulous trip. For those who are unaware, Echuca have an indoor pool but there is not adequate seating. Clubs organise to sit outside on the lovely lawns or bring a chair should you wish. The club have organised (Thanks Lawrie French) for a marquee / tent to be erected for our swimmers to use should it rain, hail or shine. P.S. Don't forget the sunscreen. Please make sure you are at the club by 6.00am, ready to board the bus at 6.15am, enabling us to leave on time.

CHRISTMAS PARTY !!! Ho ! Ho ! Ho ! - For those who haven't attended before, this is a fun filled event not to be missed. The atmosphere is relaxed with a great barbie, BYO drinks and a the man in the red suit also puts in an appearance.

A few reminders before States : -Good luck to all swimmers and we look forward to many PB's, medals and exciting swimming. Keep an eye on notices regarding changes to training timetables for the christmas dates and the team meeting for all swimmers representing NSC at States.

BEHAVIOUR- Polite, courteous behaviour should be exhibited every time you wear a Nunawading Uniform. You are representing the club. This applies both in the stands, on pool deck and in the marshalling rooms. The club have a zero tolerance policy in relationship to this and there will be severe consequences for those children found or reported to be behaving badly.

BATHERS-Club members representing NSC at swim meets shall wear Nunawading Swimming Club uniform as follows:-

- (a) Club t-shirt and club swim cap
- (b) Club tracksuit
- (c) **Blue or black bathers**
- (d) Bathers other than Black or Blue may be worn if they are considered professional racing equipment

[2] Examples of exemptions include swimmers competing for School, District, Victorian Institute of Sport, Victoria and

Australian teams. -This means **no** funky trunks to be worn for racing.

STATE SHIRTS-HEATS - Navy State Shirts to be worn (if you do not have one, your red NSC shirt should be worn), FINALS - Red NSC Club Shirts to be worn. No other shirts are acceptable.

On behalf of the entire swim committee, I wish you all a safe and happy holiday season. Kind regards, **Tracey Groenewald.**

UPCOMING DIARY DATES

DECEMBER BIRTHDAYS

2006	Event	Venue	Closing Date	Happy Birthday to the following club members who enjoy their birthday in December.		
Sat 2, 3 Dec	<u>December Competition - 1st weekend</u>	MSAC	17 Nov.			
Sun 3 Dec	<u>Echuca</u>	Echuca	22 Nov.			
Sun 3-10 Dec	<u>2007 Telstra Australian Championships / World Championships Trials</u>	Brisbane	10-Nov	Llewellyn	Little	3-Dec
Sat 9, 10 Dec	<u>December Competition - 2nd weekend</u>	MSAC	17-Nov	Geoff	Reddaway	8-Dec
Sun 10 Dec	PB Challenge Term 4 # 3 How it works	Nuna		Madeline	Theofanides	8-Dec
Fri 15 Dec	<u>NSC Christmas Party</u>	NSC Club Rooms		Andrew	Bennett	9-Dec
Thur, 21 Dec	School holiday's begin			Michael	Tan	9-Dec
Mon 25 Dec	Christmas Day			Rebekah	Keating	10-Dec
2007				Edward	Whelan	11-Dec
Wed 3-7 Jan	<u>Victorian Open, SWD, 12 years & 11/U Long Course Championships</u>	MSAC	15 Dec.	Alexander	Celik	15-Dec
Wed 10-14 Jan	<u>Victorian Age (13-18 years) Long Course Championships</u>	MSAC	15 Dec.	Kimberly	Mcdonald	15-Dec
				Rachel	Mcdonald	16-Dec
				Georgina	Button	18-Dec
				Shannon	Fogarty	18-Dec
				Christine	Lee	26-Dec
				Jack	Currie	29-Dec
				Samantha	Asbury	30-Dec
				Madeleine	Pryor	31-Dec

Obsidian Finance

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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;
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Call Peter Sonsie, Director; now on 9879 4391 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.

Peter can source the appropriate loan for you through the banks and lending institutions and you choose which one suits your circumstances or offers the best interest rate.

Call Peter today, and don't forget to mention **Nunawading Swimming Club** when you call!

NUNAWADING SHORT COURSE ALL POOL RECORD

9/10	Rebecca Keating	50 Back	37.54	Nuna S/C	12/8/06
15/16	Kimberley Chanter	50 Breast	34.50	Nuna S/C	12/8/06
15/16	Kimberley Chanter	100 Br	1.15.11	Nuna S/C	12/8/06
11/12	Kimberley McDonald	200 Br	2.56.75	Nuna S/C	12/8/06
15/16	Kimberley Chanter	200 Br	2.36.11	Nuna S/C	12/8/06
11/12	Stephanie Groenewald	100 IM	1.12.43	Age S/C	3/9/06
15/16	Kimberley Chanter	100 Br	1.13.72	Age S/C	3/9/06

NUNAWADING SHORT COURSE ALL POOL RECORD CONT'D

15/16	Nadine Jones	200 IM	2.21.62	Age S/C	3/9/06
15/16	Samantha Bennett	100Back	1.05.18	Age S/C	3/9/06
15/16	Kimberley Chanter	200 Br	2.37.89	Age S/C	3/9/06
11/12	Stephanie Groenewald	200 IM	2.35.29	Age S/C	9/9/06
15/16	Samantha Bennett	200 IM	2.23.60	Age S/C	9/9/06
15/16	Nadine Jones	100 Back	1.04.85	Age S/C	9/9/06
15/16	Nadine Jones	100 IM	1.04.35	Age S/C	9/9/06
15/16	Jack Laidler	200Fly	2.08.39	Age S/C	9/9/06
13/14	Belinda Bennett	400 Free	4.30.51	Age S/C	10/9/06
15/16	Samantha Bennett	200 Back	2.18.83	Age S/C	10/9/06
15/16	Nadine Jones	50 Free	26.34	Age S/C	10/9/06
15/16	Nadine Jones	100 Fly	1.03.49	Age S/C	10/9/06
17/O	Kate Lynch(amended)	100 Fly	1.02.00	Age S/C	9/05
15/16	Samantha Bennett	200 IM	2.22.95	NSWS/C	15/9/06
13/14	Belinda Bennett	200 Free	2.06.00	NSWS/C	17/9/06

NUNAWADING LONG COURSE ALL POOL RECORDS

9/10	Rebekah Keating	200 Back	2.59.87	Ringwood	10/6/06
9/10	Marc Vecchio	1500 Free	24.39.65	Distance	28/10/06
15/16	Sam Sheppard	1500 Free	16.29.73	Distance	28/10/06