



November 2005

TELSTRA DOLPHIN SWIMMER OF THE YEAR

Don't miss your chance to vote for your Telstra Dolphin Swimmer of the Year.

Nunawading swimmer Brooke Hanson featured highly in the voting last year and is looking to move up the rankings in this year's award.

To vote for your favorite swimmer either visit <http://www.communicator.com.au/telstraswimmeroftheyear/> or click through from www.swimming.org.au. Voting closes at 11:59pm AEST on Sunday 20 November 2005.

DIARY DATES

For all the important dates relating to swimming competitions, there venues and the closing dates for entries coming up this month please see page 2 of this edition of Making Waves.

NSC BREAKFAST

Thank you to Jan Stone and her hard working team for the fantastic breakfast held on Saturday morning. Congratulations to Matt Armfield on his appointment as Boys Club Captain.

Also don't forget to order the special State Championship shirts, which look great. All swimmers should have received an order form through their pigeonhole or directly from their coach.

The Club would like to thank Swimming Australia for allowing National Youth Coach Leigh Nugent to contribute and coach the National Age and Open programs over the past 3 weeks. Leigh's knowledge and influence has been a stabilising influence over these squads in that time. Leigh will continue to contribute to the program through until Monday 5th December, when Jim Fowlie will begin as High Performance Swim Coach for the Club.

Jim has coached swimmers to medals in every major international competition between 1992 and 2002 and played a major role in the return of Canadian Swimming to the international podium in 2005. He has 10 years experience as Senior Coach at the Australian Institute of Sport and coached Australian athletes including Petria Thomas, Michael Klim, Todd Pearson, Bill Kirby, Sarah Ryan, Adam Pine, and Scott Goodman to many world records and Olympic medals. Jim will bring a combination of his extensive international coaching experience and applied sport science work, which is unique in the world of swimming, to benefit the Nunawading Swimming Club's high performance program to achieve their goals.

Swimmers and parents are encouraged to continue to liaise and communicate on a daily basis with their coach. If a family has any issues that they need to address, please speak to your coach or make a time to meet with them.

In November and December it is vital that every swimmer attend every session possible in their particular squad. Swimmers can make great breakthroughs over the next 8 to 12 weeks, but they must dedicate themselves to turn up and train well at every session.

Finally, a big thank you to Grant Watson for his commitment well beyond the call of duty to the swimmers in National Age and Open Squads. Grant has done a tremendous job coaching these swimmers on a daily basis and has shown a great commitment to the program. Well-done Grant.

TEAM MANAGER'S REPORT

Firstly, we would like to congratulate Matt Armfield on being elected as our Boys Club Captain for season 2005-2006. Matt's first role as captain was last Sunday 23rd when he, along with Bec, Laura-Ann and Mitch, supported our young swimmers at the 7-10 Encouragement meet. It was a great opportunity for the swimmers and captains to get to know each other. Thank you to our Club Captains

Secondly, apologies for last months report, (which was the same as Septembers) as I sent the wrong months through!!!!!! (Liz C.)

This month has the Friday Interclub report and results for our individual medallists.

Congratulations to all our participants who turned up so regularly and thank-you to those parents and swimmers who were able to let us know before hand if they couldn't make it. It becomes very difficult to reorganise relays, when we are waiting on swimmers, not knowing if they will turn up or not.

A number of our swimmers medalled in the aggregate competition. Congratulations to swimmers in the following age groups -

11 Years	Ryan Jasinge	2 nd
	Edward Lim	3 rd
10 Years	Nerice Smith	2 nd
	Caradoc Markey	1 st
9 Years	Rebecca Keating	1 st
	Mitchell Keltie	2 nd
8 and Under	Nicholas Groenewald	1 st
	Kiran Jasinge	2 nd
	Monique Bordigan	3 rd

John and Liz

DIARY DATES

COMMENCEMENT DATE	END DATE	NAME OF MEET	VENUE	ENTRIES CLOSE
Saturday, November 05, 2005		Challenge Cup	Carey - Bulleen	
Sunday, November 06, 2005		MLC Longcourse Meet	MSAC	October 27 th
Sunday, November 06, 2005		PB Challenge, Term 4, #2	Aqualink Nunawading	On day
Sunday, November 13, 2005		Metro 7-10 Finals	MSAC	
Saturday, November 19, 2005		District Qualifying Meet	Aqualink Nunawading	
Saturday, November 19, 2005	20/11/05	FINA World Cup	Sydney	
Saturday, November 19, 2005	20/11/05	Warrnambool Swim Meet	Warrnambool	October 31 st
Saturday, November 19, 2005		Geelong Open	Geelong	November 4 th
Sunday, November 20, 2005		City by the Bay Sprints	Geelong	October 31 st
Sunday, November 20, 2005		PB Challenge, Term 4, #3		On day
Sunday, November 27, 2005	4/12/05	Pacific School Games	MSAC	
Saturday, December 10, 2005	11/12/05	December Competition	MSAC	
Friday, December 16, 2005		NSC Christmas Party	clubrooms	

Racing Success...

Metro East 7-10 Selection Trials - 23-Oct-05

Results

Congratulations to the 49 Nunawading swimmers who competed at the 7 to 10 Encouragement Trials at Kilsyth on Sunday. There were many very good swims on the morning and the coaches were very proud of your performances.

A full list of swimmers who have been selected to represent the District at the Semi Finals in late November is listed below.

Girls 7 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
2 Button, Madison	7 NUN	NT	59.12
7 Keltie, Isabella	7 NUN	NT	1:06.94

Girls 7 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
4 Keltie, Isabella	7 NUN	NT	1:08.85

Girls 8 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
3 Bordignon, Monique	8 NUN	41.95	44.73
5 Ngo, Kim-Yin	8 NUN	55.02	53.28

Girls 8 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
3 Bordignon, Monique	8 NUN	50.01	49.14
6 Ngo, Kim-Yin	8 NUN	1:05.35	1:01.38

Girls 8 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
2 Bordignon, Monique	8 NUN	58.70	59.01
4 Ngo, Kim-Yin	8 NUN	1:06.26	1:03.52

Girls 7-8 50 LC Meter Butterfly

Name	Age Team	Seed	Finals Points
3 Bordignon, Monique	8 NUN	52.56	48.96
4 Ngo, Kim-Yin	8 NUN	1:14.95	1:05.30

Girls 9 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
------	----------	------	---------------

1 Keating, Rebekah	9 NUN	36.30	37.88
5 Lewis, Amber	9 NUN	40.36	42.17
6 Thompson, Sarah	9 NUN	42.28	42.18
8 Baulch, Alexandra	9 NUN	41.49	43.93
9 Button, Geogina	9 NUN	46.08	44.01

Girls 9 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
1 Keating, Rebekah	9 NUN	42.22	40.90
2 Thompson, Sarah	9 NUN	46.95	47.18
5 Baulch, Alexandra	9 NUN	49.70	48.62
8 Button, Geogina	9 NUN	52.91	49.80

Girls 9 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
1 Keating, Rebekah	9 NUN	50.98	50.23
2 Thompson, Sarah	9 NUN	50.06	52.35
4 White, Samantha	9 NUN	1:09.85	58.29
5 Baulch, Alexandra	9 NUN	58.91	58.33
8 Lewis, Amber	9 NUN	58.85	59.38
9 Button, Geogina	9 NUN	57.47	59.71

Girls 9 Year Olds 50 LC Meter Butterfly

Name	Age Team	Seed	Finals Points
2 Keating, Rebekah	9 NUN	45.61	43.82
5 Baulch, Alexandra	9 NUN	51.71	49.66
7 Lewis, Amber	9 NUN	50.12	50.66

Girls 10 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
5 Fletcher, Kate	10 NUN	39.22	38.38
9 Oliver, Lisa	10 NUN	38.64	39.59

Girls 10 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
2 Fletcher, Kate	10 NUN	46.40	43.44
5 Trinh, Stephanie	10 NUN	45.20	45.58
7 Keung, Naomi	10 NUN	47.52	45.87
10 Oliver, Lisa	10 NUN	45.83	46.34

Girls 10 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
4 Keung, Naomi	10 NUN	51.80	50.35

6 Fletcher, Kate	10 NUN	53.54	50.92
8 Trinh, Stephanie	10 NUN	50.52	53.23
10 Thornton, Emily	10 NUN	52.14	55.00

Girls 10 Year Olds 50 LC Meter Butterfly

Name	Age Team	Seed	Finals Points
4 Trinh, Stephanie	10 NUN	43.61	43.37
5 Fletcher, Kate	10 NUN	47.01	43.38
8 Oliver, Lisa	10 NUN	48.55	47.00

Boys 7 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
1 Thompson, Riley	7 NUN	NT	56.03

Boys 7 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
1 Thompson, Riley	7 NUN	NT	1:06.20

Boys 7 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
1 Thompson, Riley	7 NUN	NT	1:13.88

Boys 8 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
1 Groenwald, Nicholas	8 NUN	39.07	41.56
3 Jasinghe, Kiran	8 NUN	45.13	44.43

Boys 8 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
4 Groenwald, Nicholas	8 NUN	46.00	52.30
6 Jasinghe, Kiran	8 NUN	56.10	56.35

Boys 8 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
1 Groenwald, Nicholas	8 NUN	53.18	56.28
2 Jasinghe, Kiran	8 NUN	59.96	59.62

Boys 7-8 50 LC Meter Butterfly

Name	Age Team	Seed	Finals Points
------	----------	------	---------------

2 Jasinghe, Kiran	8 NUN	54.78	52.44
3 Groenwald, Nicholas	8 NUN	53.87	54.34

Boys 9 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
1 Keltie, Mitchell	9 NUN	42.75	42.03
4 Vecchio, Mark	9 NUN	44.84	43.97
7 Day, Fraser	9 NUN	42.46	44.68
8 Currie, Jack	9 NUN	41.55	45.51
9 Begg, Lachlan	9 NUN	51.13	48.56
10 Nothnagel, Samuel	9 NUN	49.68	48.74

Boys 9 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
2 Vecchio, Mark	9 NUN	48.41	47.70
4 Nothnagel, Samuel	9 NUN	54.37	49.78
5 Currie, Jack	9 NUN	52.22	50.22
7 Keltie, Mitchell	9 NUN	49.56	51.69
9 Day, Fraser	9 NUN	53.21	54.72
10 Smith, Nicholas	9 NUN	NT	55.62

Boys 9 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
2 Keltie, Mitchell	9 NUN	57.73	58.03
4 Vecchio, Mark	9 NUN	55.64	58.47
5 Nothnagel, Samuel	9 NUN	55.83	59.60
6 Joseph, David	9 NUN	1:10.71	1:01.80
7 Currie, Jack	9 NUN	1:09.93	1:03.06
9 Day, Fraser	9 NUN	1:09.00	1:04.77
10 Henley, Nicholas	9 NUN	NT	1:08.40

Boys 9 Year Olds 50 LC Meter Butterfly

Name	Age Team	Seed	Finals Points
1 Keltie, Mitchell	9 NUN	55.38	50.50
4 Vecchio, Mark	9 NUN	56.24	54.82
6 Joseph, David	9 NUN	1:03.12	1:03.69
7 Begg, Lachlan	9 NUN	NT	1:11.11
8 Smith, Nicholas	9 NUN	NT	1:13.40

Boys 10 Year Olds 50 LC Meter Freestyle

Name	Age Team	Seed	Finals Points
1 Gousskov, Tim	10 NUN	31.78	34.15
3 Ngo, Kien-Anh	10 NUN	39.97	37.73

4 Nothnagel, Joshua	10 NUN	39.01	38.41
7 Harriss, Mitchell	10 NUN	41.48	38.96
8 Huang, Scott	10 NUN	38.45	39.09
10 Groves, Tyran	10 NUN	NT	40.20

Boys 10 Year Olds 50 LC Meter Backstroke

Name	Age Team	Seed	Finals Points
1 Gousskov, Tim	10 NUN	39.94	39.09
2 Ngo, Kien-Anh	10 NUN	49.46	44.43
3 Nothnagel, Joshua	10 NUN	47.63	45.13
5 Groves, Tyran	10 NUN	NT	46.56
7 Harriss, Mitchell	10 NUN	49.16	47.37
8 Mackinnon, Joshua	10 NUN	49.16	47.41

Boys 10 Year Olds 50 LC Meter Breaststroke

Name	Age Team	Seed	Finals Points
1 Gousskov, Tim	10 NUN	39.93	42.97
2 Huang, Scott	10 NUN	45.70	47.76
3 Ngo, Kien-Anh	10 NUN	51.77	48.80
6 Harriss, Mitchell	10 NUN	51.01	52.61
8 Lyon, Cameron	10 NUN	NT	54.89
9 Nothnagel, Joshua	10 NUN	56.07	54.99
10 McMahon, Christian	10 NUN	53.59	55.31

Boys 10 Year Olds 50 LC Meter Butterfly

Name	Age Team	Seed	Finals Points
1 Gousskov, Tim	10 NUN	36.38	37.66
3 Groves, Tyran	10 NUN	NT	44.81
4 Harriss, Mitchell	10 NUN	48.54	45.38
7 Huang, Scott	10 NUN		

Victorian Open Water Championships

Congratulations to the following swimmers who swam at the Victorian Open Water Championships, held at Hazelwood on Sat 22nd of October.

Sam Sheppard 1st Male Open 5km
1st Male 13-14 5km

Clare Wheatley 2nd Female Open 5km
2nd Female 15-16 5km

Laura Martin 3rd Female Open 5km
3rd Female 15-16 5km

Alex Celik 15th Male Open 5km
8th 13-14 5km

SQUAD NEWS

HANSON SQUAD

Liz, Susan and Nicola

Competitions

It has been fantastic seeing so many Hanson swimmers competing at all the competitions so far this term. This includes our own Nuna sprint meet, the PB Challenge and the 7-10 encouragement meet. Everybody has been doing some terrific swims.

We have seen some great PB's, swimmers attempting events and competitions for the first time, swimmers putting into practise what they have learnt in training and improving their race techniques.

Special mention must be made to those swimmers who have made it through to the

7-10 Encouragement finals at MSAC on the 13th November.

Good luck to Emily, Samantha, Sam, David, Josh, Fraser, Tyran and Lachlan, Riley, Jack, Cameron, Nicholas H & Nicholas S.

The next PB Challenge is on the 6th November.

These competitions give our swimmers great confidence, experience and something to aim and train for as well as being great fun.

Saturday 22nd October.

On Saturday, Hanson swimmers from Nunawading and Syndal trained together for the morning. After our normal session at 6.55, we worked together on our diving skills from 8am.

It was a very successful session, which we plan to repeat on the 19th November. It is a great session for all those Hanson swimmers to work on improving their diving skills. See you there!!

Nicola, Susan and Liz

DAVIS SQUAD

Kate Lynch

Davis Squad you are off to a great start. I know that you have had a few changes over the past 6 months in terms of coaches and the like, however this has given you the ability to adapt both quickly and efficiently to change and this is a quality that will come in handy later in your swimming lives.

Your aims this month is to make at least 4 if not 5 sessions per week on a consistent basis, as this will help greatly with your fitness levels over the summer months when some of the major swimming competitions are placed.

Finally, I would like to congratulate those Davis squad members whom swam at the 7 to 10 Encouragement Trials at Kilsyth, recently. Several swimmers will be going on to represent the District at the Semi Finals in later this month; their names are listed below.

Rebekah Keating, Amber Lewis, Kate Fletcher, Lisa Oliver, Stephanie Thrinh, Kien-Anh Ngo, Mitchell Harriss, Scott Huang.

Until next time...Happy swimming.

Lynchie

ARMSTRONG SQUAD

BELINDA

No report provided.

LAWSON SQUAD

Kate Lynch

This month has been a relative quite one in terms of swimming, we have put a lot of hard work behind us in the pool and the majority of the squad has done an excellent job.

This month though starts to get quite busy for the legends; we have five of our members participating in the Pacific School Games in late November, and before that our trip to Warrnambool. Your aim this month should be to get to as many sessions as you can so that you have the fitness and skills that will allow you to race hard, long and fast over the summer months.

Finally, a special congratulation's to Alex Celik on obtaining his qualifying time for the 13/14 National 5km Open water swim. It is this time of year that most swimmers are either chasing national or state qualifying times, a word of advise... Try and think about the process rather than the outcome!

Until next time Happy swimming...

Lynchie

WILSON SQUAD

Nicola Whitehorn

Welcome Back!

HAVE YOU MADE 3 SESSIONS THIS WEEK?

IMPORTANT: YOU SHOULD BE ATTENDING 3 OR MORE SESSIONS A WEEK, EVERY WEEK to improve you're swimming!

Attendance Competition:

So far the following swimmers have made 3-4 sessions a week, EVERY WEEK this Term. WELL DONE!

Alex B	Joseph
Brad	Kiran
Brandon	Naomi K
Chris	Killian
Henry	

Congratulations to all Wilson squad swimmers in the 7-10 Encouragement Meet on the 23rd October. It was great to see so many Wilson Squad swimmers!!! It was a fantastic effort, you all managed to remember back to those days when you first learned to dive from the edge of the pool and it didn't seem so hard after all.

Congratulations to the following swimmers for qualifying for the 7-10 Finals.

Kim-Yin (Hanson)	Nick G
Monique	Kiran
Sarah	Mitch
Alex B	Mark
Georgina	Josh
Naomi K	Christian

Swimmers will be notified if they are selected for Relay Teams. District East T-Shirts and Caps will be handed out to swimmers on the day, so please don't be late.

Report cont'd on next page...

SQUAD NEWS CONT'D

WILSON SQUAD

IMPORTANT: Please make sure you see your coach before and after each event. Both before marshalling and after you hop out of the pool for any tips, last minute advice and encouragement. **Wilson Squad**

Meeting

There will be a brief squad meeting for all Wilson Squad members and parents on:

Monday 10th November

From

7:15pm – 7:30pm

Nunawading poolside

This meeting will cover general squad goals, swim meets to enter this term, expectations in regards to training and competitions and other important information for the squad.

I hope to see you all there.

Nicola

BARCLAY SQUAD

Nick Veliades

Swim slowly... Well

Swim well Faster

Swim fast... Easley

Do I have to do this newsletter? I don't want to! I got to ride home! I can't spell anyway! Can't u just make something up for me?

Any excuse will do!!!!

Well done all! Every one is doing an awesome job at the moment making all their sessions and doing a fantastic job in each of those sessions. I know we are getting close to exams and x-mass. Round this time of year it is very easy to find excuses to get out of training. If you know that you need to back off on a number of sessions then you will need to organize that with myself so we can optimize training over this period. Please do **not** just **not** turn up to sessions without letting me know!

Good by and good luck to Laura-Ann, Steffen and Michael, who have started their first week with national squad. I hope you all remember everything you learned and follow through with the skills and experience you gained while in Barclay Squad.

Well done to Laura Martin who did a PB and placed in the Victorian 5km Open water event last weekend. I know there are a number of others who are looking to perform and achieve national qualifying times over the next few weeks. If the standard of training is as high over the next few weeks as it has been there should be no problems..... Good Luck.....

LET'S GET INTO IT!!!!!!

C U soOn!!

bYe ByE noW!! nlcK

WOODHOUSE SQUAD

Simone Savage

It is great to be back again I missed you all tremendously. Thank you all for your support and care, and a huge thanks to Gary who took the majority of the Woodhouse sessions while I was ill.

WOODHOUSE CONT'D

We are getting stuck into some hard work now and with an extra session now available I would encourage you all to take advantage of this opportunity.

To the parents Irene Asbury and Elda Basso have organised a walking club to walk on Tuesday and Wednesday mornings. So to all the parents take advantage of these beautiful mornings and go for a walk and chat while your kids train.

Happy swimming, and keeping working hard towards your goals.

Simone

NOVEMBER BIRTHDAYS

Happy Birthday to the following club members who enjoy their birthday in November

Maddison	Hanlen	4-Nov
Jonathan	Stone	7-Nov
John	Bordignon	9-Nov
Andrew	Martin	12-Nov
Callum	Sissins	12-Nov
Naomi	Harvey	16-Nov
Alex	Harriss	18-Nov
Jack	Day	21-Nov
Lisa	Oliver	21-Nov
Joshua	Gordon	24-Nov
Sam	Duke	25-Nov
Abbey	Wohlgemuth	25-Nov
Sheryl	Brown	29-Nov

SOCIAL COMMITTEE REPORT

Christmas is nearly upon us and I'm sure you're all working hard to make State times and some aiming even higher. It's during times like these that we often need to take some time out and relax.

The Swim & Social Committees decided to call a 'snap breakfast' last weekend just as a bit of a get-together and social activity and at the same time raise some funds in order to put towards the purchase of a coffee machine for the Clubrooms. It was a success and many came back for seconds! We would love to hear from you if you wanted to make it a regular occurrence perhaps once a quarter? In order to do this however, we need more hands on deck to assist not only with setting up but also with cleaning up. Thanks to all who supported the Club in this regard and we certainly look forward to having another soon.

Shortly we will be distributing the invitations for the Christmas Party. Please ensure you keep the evening of the 16th December free as it promises to be a fun night.

The Wristbands have arrived and judging on the number of people wearing them around the Club and beyond, they seem to have proven quite successful. Don't forget that part of the proceeds from the sale of these wristbands will be going towards the Anti Cancer Council so if you haven't bought one, please do so as their numbers are dwindling fast! Get in quick as you can buy them from Nuna Club Reception and Syndal too!

A big thank you goes out to the Bustard family who so kindly donated a table tennis table for the Clubrooms. Anyone interested in starting a Club Table Tennis Tournament please let me know so we can formulate a team.

Finally, congratulations on the appointment of our new High Performance Coach. Nunawading Swimming Club is certainly heading in the right direction. Good luck to all swimmers participating in upcoming meets and look forward to seeing you all around before Christmas. Till then, keep smiling!

Kindest Regards
Ilias Varas

CLUB CAPTAINS REPORT

First, I would like to thank Nunawading Swimming Club for giving me this opportunity. Even though I haven't been at the club very long I will do the best job possible to lead the club forward through my position. It is very pleasing to see the spirit of the swimmers was better than ever at the Nunawading Sprint Meet. I would like to congratulate all who participated, did PB's and won medals. It was also pleasing to see some of the senior swimmers there getting behind the younger swimmers. A special mention goes out to the Lawson girls who got the cheers happening and the crowd going.

After attending the 7 – 10 elimination meet I was very happy to see so many new faces and young swimmers from Nunawading swimming Club. It is great to see so many young swimmers coming through the club. It was also great to see all club captains there helping and giving out lollies to everyone.

On a final note I would just like to thank the Lea Nugent for the time and effort that he has put in towards the program and the way he has helped out national squad

Cheers
Matt Armfield

Support our Nunawading Swimming Club swimmers by attending heats or finals sessions of the 2006 Telstra Commonwealth Games Trials.

ORGANISE TO BUY SEATS WITH YOUR FRIENDS OR FELLOW CLUB MEMBERS.

2006 TELSTRA COMMONWEALTH GAMES SWIMMING TRIALS.

TICKETS ON SALE TUESDAY 25 OCTOBER 2005!

This is your chance to see the Australian Swimming Team, the Telstra Dolphins, battle it out to make the team to compete at the Melbourne 2006 Commonwealth Games.

The event shapes up as the last opportunity to see our stars in action before they take on the imposing challenges of the South African, English, New Zealand and Canadian teams in the 2006 Melbourne Commonwealth Games.

Come and support **Brooke Hanson, Melissa Morgan, Ashley Delaney, Jason Cohen, Andrew Dyson, Llayton Shannos** and others attempt to break their way into the Australian Team for the Commonwealth Games.

TICKETING:

On sale from 25 October at www.swimming.org.au, or phone 136 100 or from any TicketMaster outlet.

PRICES:

Adult tickets from \$15 to \$38 and children/concession tickets from \$11 to \$25*.

VENUE:

Melbourne Sports and Aquatic Centre, Albert Park, VIC.

PROGRAM OF EVENTS:

For more information, click the following link to access the 2005 Telstra Commonwealth Games Swimming Trials program:

http://www.swimming.org.au/meets_and_results/community.cfm?ObjectID=1674&FeaturedMeet=0

***Ticket prices are inclusive of booking fee and GST. Postage and handling fee will apply for phone and**

2005/2006 - COME ALONG TO THE THIRD PB CHALLENGE SERIES OF THE SEASON

An Invitation to NUNA PB CHALLENGE

Come along to the Nuna PB Challenge and have fun, meet new friends, learn how to start and finish.
Aqualink Nunawading 50m pool, Fraser Place, Forest Hill. Enter via clubroom gate.

Age groups: 8/U, 9, 10, 11, 12, 13/OVER.

DATES:

Sunday 6th November

Sunday 20th November (Pancakes and Medal Presentations)

TIME: 7:30am warm-up, 8:00am start, 10:00am finish

COST: \$2.00 per person (adults and children) or \$5.00 per family

ENQUIRIES:

Carol Oliver, Intra Club Officer: 0418 887 617

Grant Watson, Coaches Representative: 0418 378 328

