



NOVEMBER 2006

NUNAWADING TO WELCOME NEW COACH

Gary Barclay

Dean Bryant has been appointed to the position of full-time NSC Squad Coach. Dean will begin in the position on Monday 27th November 2006 and will be responsible for the performance of the State Junior and State Youth / Uni Squad swimmers.

Dean is 26 years and is currently completing third year of a Bachelor of Applied Science in Sport Coaching, part time at Deakin University. Dean has received High Distinctions in Biomechanics, Coaching Practicum, and Sport Coaching Practice and many Distinctions throughout the course.

Dean comes to Nunawading Swimming Club from Monash University where he has been working as the Head Coach; coaching the National, State and Junior Squads. Prior to working at Monash, Dean coached at Bayside Swimming Club for 3 years and produced terrific results with all the junior and age group swimmers that he worked with. Dean coached swimmers of a State and National Age level swimmers at Bayside.

Dean is currently completing his silver licence coaching qualification and has coached more than a dozen swimmers to Victorian Championship medals and six swimmers to Australian Age Qualifying times.

General Manager Gary Barclay said that "Dean has 8 years of teaching and coaching experience and his results in previous positions have been excellent. Dean will be a true asset to the Nunawading Swimming Club and its coaching team, and is highly respected by his peers." - Gary Barclay GM

Chanter wins Zoggs Chris Fydler Scholarship 2006

Promising Glen Waverly student and swimmer **Kimberly Chanter** was announced winner of the 2006 Zoggs Chris Fydler Scholarship earlier this month.

Chanter was awarded the scholarship due to her sporting and academic proficiency. She will receive a prize pack of Zoggs products as well as a cash sum to help cover the costs associated with balancing study, training and competition.

16 year old Kimberly has been the National 200m breaststroke champion for the past three years. Swimming with the Nunawading Swim Club, she was the Junior Club Captain from 2004 - 2005 and in 2006 was nominated for the Pierre De Courbetin Award. Kimberly is a member of the Victorian Target 2008 squad, has been a member of the Australian Fisher and Paykel Flippers Squad and has represented her country on three occasions.

Kimberly also excels on the academic front. She was awarded equal dux of year nine in 2005 after gaining 18 semester honours. She was an active participant in her school music program, performing regularly with her school concert bands.

The Zoggs Chris Fydler Scholarship supports the growth and development of talented young Australian swimmers as they continue their education and achieve outstanding academic results. Fydler, who successfully completed a law degree whilst competing as an Olympian, created the scholarship as a means of assisting talented young swimmers to continue their education and pursue their academic prowess.

An Encouragement award was also awarded to **Jack Laidler** Nunawading Swim Club he will receive a Zoggs prize pack.

TIME KEEPING FOR VICTORIAN STATE CHAMPIONSHIPS 2007

It is time to once again start thinking about timekeeping for State Championships. Nunawading always set a great example in fulfilling our obligation to supply timekeepers. 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 time-slots, as we need to balance timekeepers over the whole meet.

If you are prepared to timekeep anytime, can you please also let us know.

We will be allocating timekeeping spots to all parents of swimmers at States.

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 timekeep

Heats of finals session

1st half or 2nd half of the session

If you would like to timekeep 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.

CONGRATULATIONS

Congratulations to **Sam Sheppard** who did a 10sec PB in the 1500m Freestyle at the distance meet on the weekend. Sam's time was 16.29.77 and he broke the previous Victorian 15/U record by 2 seconds. Well done Sam.

Congratulations to **Roxanne Perring** who was last weeks Sports Star of the Week in the local Leader Newspaper

Congratulations to **Kimberley Chanter** and **Jack Laidler** who both have been awarded the Chris Fydler Scholarship that provides support for swimmers who are doing well both in the pool and academically.

Marshalling Rooms and Swimmer Behavior

Nunawading Swimming Club is a large club with many swimmers competing at each competition we attend. Often groups of swimmers will report together to the marshalling room to marshal for an event. It is important that all swimmers behave themselves in the marshalling room at swim meets.

We have received complaints from a number of swim meets this year in regards to swimmer behaviour by Nunawading swimmers, particularly in the Boys marshalling rooms for events for swimmers aged between 10 years and 14 years. This is not acceptable and will not be tolerated. Any further formal reports will be handed over to the Swim Committee to deal with.

Swimmers, please be on your best behaviour at all times. Be courteous and polite to all officials, marshals and team mates and show respect for each other and the Nunawading Swimming Club. Your coaches will be patrolling the marshalling rooms on a more regular basis at upcoming swim meets, so make sure you are at your best behaviour.

Gary Barclay

General Manager

Team Managers Report Liz Chanter, John Locking & Debra Chan

State Age 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.

7 – 10 Encouragement Meet and East vs North meet-Thank you to Eddy and Steph who supported our young swimmers at the 7-10 meet taking warm up, leading the Team Chant and encouraging swimmers with lollies while recognizing their efforts.

It was fantastic to see our young swimmers step forward the next week to take warm up and team chants at the District East v District North meet. Well done to Liam Fisk and Mitchell Keltie who took the warm up and Marc Vecchio who joined them in leading the Team Chant.

Liam and Rebecca Keating were selected as Team Captains for the day, to accept the trophy on behalf of the District. Congratulations to all swimmers. -Liz, John and Deb

Squad News

National Open/Youth Mr.Fowlie

Performance Highlights

Nunawading Swimming Club Inc. Sprint Meet - Nunawading – Congratulations to the following Medal winners: Jack Laidler – 2, Daniel Lee – 1, Mitch Pryor – 4, Rowan Sonie – 2, Laura-Ann Wong – 2, Becky Locking – 2, Belinda Parslow – 2, Adam Parslow – 1.

Nunawading Swimming Club Long Course Meet – MSAC – While this was a meet most swimmers and coaches would probably have liked to forget as far as results go.... It was an important meet to start the Long Course Competitive season and to help swimmers and coaches, realize that LONG COURSE, is a much bigger game and requires significant more work than short course swimming..... Having said this, congratulations to the following medal winners:

PRYOR	MITCHELL
LOCKING	BECKY
HANSON	BROOKE
DYSON	ANDREW
SHEPPARD	SAM
ARMPFIELD	MATTHEW
Cohen	Jason
HARRIS	STEFAN
WONG	LAURA-ANN
LAIDLER	JACK
JONES	NADINE
PARSLOW	BELINDA

Open Water - Victoria State Championships and First leg of the Australian Grand Prix Series – Congratulations to Sam Sheppard on a

great job! – 4th place overall and First Victorian! Way to go Sam

Distance Meet – MSAC – Congratulations again to Sam Sheppard for setting a new State Record and winning the 15 yr. Boys 1500 Free. Congratulations also to Mitch Pryor who placed third.

What's Good For You?
Don't forget to record our TV Star – Brooke Hanson- Monday nights 7:30 Channel 9!
Way to Go Brooke!

Thank you – I'd like to thank all the swimmers who did a great job on getting their work done last week when I was under the weather and again when I was at the Australian Swimming High Performance Coaches meetings on the weekend.

Individual Swimmer/Parent meetings

On Saturday and Sunday 18-19, November, I have scheduled individual meetings with swimmers and parents. This is a semi-annual meeting to review your season to date and look at the schedule ahead. Nick Veliades will be attending these meetings and we hope to be able to have a productive transfer of information at these meetings. Your attendance is important and appreciated. Information letters are attached and in your blue folder.

32 days to World Long Course Trials and Australian Open Championships – Brisbane! – Its been a long count down, but we are just one month from the main event! – Swimmers attending are: Nadine Jones, Belinda Parslow, Becky Locking, Brooke Hanson, Kim

Chanter, Jack Laidler, Jason Cohen, Andrew Dyson, Adam Parslow, Michael McEwain, Stuart Corstorphin. Good Luck everyone!

Training

Attendance at training in October left a lot to be desired! Please have a good look at the attached attendance log and if a few hard questions need to be asked of yourself.... Ask them sternly!

Taper and final preparation starts for the swimmers attending the World Trials in the next week to ten days..... All swimmers are reminded, their training is important for them... Some swimmers may be resting, doing less, getting in late, out early, etc.... it is critical that all swimmers concentrate on their work, not others. Please check your training schedule carefully regarding start and finishing times, I've tried to schedule these in during the taper.

Final School Term – Again, We are entering in a critical training period of the year. With the final school term is on us and it is vital that swimmers manage their school and swimming without dropping either. In addition, social demands and year end activities are also pressures on swimmers, please be careful with what you choose to do. The final school term is always a challenge, but it is a short term! Work hard and enjoy it!

Stretching and Dry land training – Swimmers have done a better job with stretching this past month. It is important that swimmers stretch through out the day, when they wake up, when they move around and when they are relaxing.... Deep breaths while stretching is essential.... Swimmers should be ac-

Squad News Cont'd

National Open/Youth Continued...

tively stretching and doing warm up exercises for 15 – 20 minutes before training and slow static stretching for 15 – 20 minutes after training.... This can be a challenge because of our schedule, but we must do it!

Injuries – I am happy to report that injuries have dropped off to virtually nil as we have increased training loads. It is still important that swimmers do their stretching, swinging, warm-up and warm-down routines before and after sessions. Remember to: **“ICE before and after swim sessions”**. To make icing easy – buy two bags of frozen peas and a small foam esky. Freeze the peas at home, ice on the way to the pool in the car, leave the peas in the cooler in the car, ice on the way home, put the peas back in the freezer and the esky on the counter so you don't forget tomorrow.....

Staying healthy – With Spring right around the corner, ALERGIES are coming! Swimmers are often chronic allergy sufferers, primarily because their eyes,

ears, nose and throat is constantly being flushed with water while swimming. Primary immune protectors (saliva, tears, ear wax, etc...) are therefore over flushed and become dried out. These organs then become over sensitive to stimulation resulting in hyper active responses to the environment. So, don't be surprised if you develop allergies while swimming, it's quite common. So, what to do..... Antihistamines – are commonly used and highly recommended. Local food produce is also recommended – Local Fruit, vegetables, Yogurt and Milk. This information is for discussion only and is not a recommendation. Please discuss the best course of action to take with your family physician.

Sunshine – With longer days coming, we will be spending more time out doors in the afternoon. Swimmers need to bring and USE sunscreen in the afternoons!

Megan Davis – Nunawading Life member and sport psychologist has opened a private practise 380

Springvale Rd (Whitehorse Osteopathic Clinic). I strongly recommend Megan if you feel you would like to see her. Wednesdays are the best however she is flexible. 0423 855 005.

Up coming activities- We have had some swimmers turned away from swim meets recently because they didn't get their entries in on time and or didn't provide payment with the

entries. Please be assured entries are your responsibility! Please pay attention to information.

- AIS Meet – November 2-4 – Jason and Andrew**
- Challenge Cup – November 14 – Selection Meet! You will be notified.**
- 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,.....**

HANSON Liz, Belinda & Nicola

Congratulations to our Hanson swimmers who have competed at the following swim meets during October-

- Nuna Sprint Meet
- 7 -10 Encouragement Meet.
- Nuna Long Course meet
- Nth v East District Meet
- PB challenge.

The following swimmers have qualified to swim at the Metro Finals of the 7-10 Meet on 19th November

Mikayla, Georgia, Lauren, Mathew S, Maddy, Josh K, Emily, Natalie, Kate,

Mathew P, Rebecca, Zoe. Rebecca, Lauren. Natalie and Mikayla have qualified in all 4 strokes.-GOOD LUCK TO YOU ALL. Congratulations to all those swimmers who represented the District on the 22nd at Ringwood. It was fantastic to see our District win the trophy.

The most impressive thing about all this racing and competition is the improvements you are all ,making, ESPECIALLY when you concentrate on your technique !!!!!

WELL DONE-Liz C

JUNIOR B Belinda Vickers

No report provided.

JUNIOR A Nicola Whitehorn

It has been a great start to the long course season with numerous PB's at the Nunawading Sprint Meet and Nunawading Long Course Meet. On the 19th November, the following swimmers will represent Metro East in the 7-10 Finals, Nicholas Groenwald, Mitchell Keltie, Marc Vecchio, Monique Bordignon, Alexandra Baulch, Amber Lewis and Georgina Button.

Congratulations to all swimmers on their achievements. So far, 7 swimmers have qualified for the Victorian Long Course Championships in January and 12 swimmers have qualified for the Victorian Sprint Championships in February.

Many swimmers are very, very close to qualifying for State Championships. We must remember: 'We are what we repeatedly do. Excellence, therefore, is not an act but a habit'

In training we must practice 'excellence', from streamlining, to turning, to sprinting. It must be your best streamline, your best turn and your hardest sprint, every time! You must be pushing your limits at each session, to make each session count.-Nicola.

STATE DEVELOPMENT Grant Watson

All of us in State Development squad wish Dylan Matthews and his family all the very best on their return to Canada. I really enjoyed working with Dylan and found his wry sense of humour an addition that brought a lighter side to training. Good luck Dylan what ever you do.

Welcome to our new female swimmer Anaka Lamb who has recently joined State Development Squad.

Please see me for the events you intend entering for December and 2007 State Championships.

Keep up the good work.

Grant

Squad News Cont'd

STATE JUNIOR Kate Lynch

Performance highlights:

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

Place getters at Metro South Meet;

Tim Gousskov, Edward Lim, Marcus Bordignon, Mark Bustard

Place getters at NSC Long Course meet;

Rebekah Keating, Jessica Forster, Liam Fisk, Tim Gousskov, Scott Huang, James Margary, Kilian Tremino, Sean Whitten, Edward Lim, Caradoc Markey, James Macmahon, Marcus Bordignon, Jack Streefkerk.

Place getters at NSC Sprint meet;

Rebekah Keating, Nerice Smith, Matilda Rudd, Kasey Stephenson, Liam Fisk, Scott Huang, James Margary, Edward

Lim, Marcus Bordignon, Caradoc Markey, Jack Streefkerk.

Training:

Hopefully you will have noticed that the training has stepped up over the past couple of weeks. We are now in a hard training phase that requires that you to get **out of your comfort zone**. I have noticed that some of you have stepped up to the challenge and I must congratulate the following stand out performers,

Madeline Pryor, Irene Prescott, Thibault Panassie, Andrew Roberts and Ryan Jasinghe.

With states now less than 2 months away, I challenge all of you to step up to the blocks and see what your made of on a daily basis in the pool and gym!

Finally, welcome to our 3 newest squad members Jack Streefkerk, Renata Terliatan and Jessica Batton. I trust you have settled in well and look forward to working with you in the future.

Until next time... happy swimming, Kate

NATIONAL AGE/ STATE YOUTH

With the long course season just getting going it's good to see many swimmers retaining skills learnt in the short course season. There were some very promising swims at recent meets by a number of swimmers. In particular Roxy – 200Im, 200Fly, and 100Bk

Shane – 200Fly

Over the next month it becomes very important to make all sessions possible as throughout December swimmers have exams as well as other school functions which generally means attendance is less than satisfactory over this period. Please let me know in advance if you are planning to miss any sessions so we can arrange to possibly make up with another session elsewhere.

The competition schedule for the next few months includes Echuca, Challenge Cup and the MLC meet (December comps for a few). The focus of these swim meets is race PRACTISE, not PB's (PB's are still acceptable). Keeping this in mind please do not take any sessions off to compete in meets that

are not on the calendar. I know there are a number of swimmers chasing National Qualifying Times but at this stage it is more important to train properly. When we get to States all swimmers should be swimming PB's and achieving qualifying times there.

C U soon All.....

nIcK

THANKYOU

Thank you to the following time keepers for volunteering their time at the Nunawading Long course meet without them it would have not been possible;

Morning Session

Chief Timekeeper: John Locking

Timekeepers: Julie Pernham, Lee Mahoney, Ann Klamt, David Scott, Brian Mahoney, D. Armfield, M.Chan, L.French, Ines Medica, Lynette Grant, Mr Sheppard, Kevin Harris, Mei Yeoh, M. Darcey-Evans, Marg Day, Julie Campbell, Chris Hanlon, R. Locking, S. Parslow, Elsa Basso.

Also thanks to volunteers from Carey, Melbourne Vic Centre and Bayside.

Afternoon Session:

Chief Timekeeper: John Bordignon

Timekeepers: Michael Venderhorst, Carolyn Panassie, Freda Keung, Cameron Bauch, sue cherry, Ian Roberts, Marina Gousskov, sue Lyon, Ian Venning, David Margary, Geedha Jasinghe, Bill Parry, Cate Walton, Basil Theofanidis, Paul Streefkerk, Jin Forgarty, Chris Hanlon, Jonathon Groenwold, Liz Perring, and two of our swimmers: Brooke Matthews, Kristen Moore also helped out with timekeeping.

SWIM COMMITTEE REPORT

TRACEY GROENEWALD

Hi Swimmers,

Firstly I must congratulate Jack Laidlaw on his recent selection to the 2007 Australian Youth Olympic Festival Team. This is a fabulous achievement.

Next we can not overlook our Open Water swimmers, Sam Sheppard and Laura Martin, who both finished 1st Victorian in their events and Alex Celik a credible 5th.

A wonderful result for these swimmers.

What a busy month October has been for Nunawading swimmers and families. We have held two very successful meets thanks to our amazing competitions officer, Sharyn Pryor. Sharyn kicked into October with our annual Sprint Meet and then followed up with our new Longcourse Meet. We have received very positive feedback about the new format and I welcome any feedback regarding this meet. Please provide any suggestions, etc to me before the 10th November, either by email to tracey7@iprimus.com.au or by speaking to Sharyn or myself on pool deck.

I would like to thank the many people who make these meets possible. We have many people behind the scenes as well as those on pool deck. I would like to acknowledge our catering department who supply sustenance, Audrey Chan our awards officer, our officials, marshalling staff and check marshals who do a fabulous job, our chief timekeepers, John Bordignon and John Locking and last but by far not the least thanks goes to our wonderful parents who gave so generously of their time. We can not run meets without your valued assistance.

I wish all our 7 – 10 finalists the best of luck for the 19th November. I'm sure we will see fabulous performances all round and hopefully lots of PB's. Most of all have heaps of fun.

See you on pool deck.

Regards,

Tracey Groenewald.

Swim Chairperson.

UPCOMING DIARY DATES

2006	Event	Venue	Closing
3-5 Nov	<u>Speedo AIS International</u>	AIS Pool, Bruce	16 Oct
Sat 11 Nov	<u>Junior Swimmer Clinic</u>	Nunawading	
Sat 11 Nov	<u>Challenge Cup (Selected Swim-</u>	Carey Aquatic	Selected
Sun 12 Nov	<u>MLC Aquatic Long Course Meet</u>	MSAC	27 Oct
Sun 19 Nov	<u>7-10 Encouragement Meet</u>	MSAC	6 Nov.
Sun 26 Nov	<u>PB Challenge Term 4 # 2 How it works</u>	Nunawading	
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</u>	Brisbane	10 Nov

NOVEMBER BIRTHDAYS

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

Joshua	Mackinnon	1-Nov
Jonathan	Stone	7-Nov
John	Bordignon	9-Nov
Callum	Sissins	12-Nov
Naomi	Harvey	16-Nov
Alex	Harriss	18-Nov
Kate	Fletcher	18-Nov
Jack	Day	21-Nov
Chris	Keeton	21-Nov
Timothy	Benedict	24-Nov

2007 VICTORIAN STATE CHAMPIONSHIPS

If you qualify for the State Championships in January please ensure you have ordered a "NSC State T-shirt". Order forms are available in the pigeon holes now or at the front reception and are due on the 20th of November.

Obsidian Finance

Home Loans and Commercial Loans

LOOKING FOR A BETTER HOME LOAN

Nunawading Swimming Club is very pleased to announce a new sponsorship of the Club by Obsidian Finance.

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, and
Commercial Loan

made and settled through Obsidian Finance.

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!

FACILITIES AND SUPPORT FOR NSC SWIMMERS

One of the advantages of joining Nunawading Swimming Club is the facilities and support systems offered to swimmers and coaching team.

NSC swimmers train in one of the best 8 lane 50m pools in Victoria, at Aqualink Nunawading. We are also fortunate enough to have the use of a fantastic 8 lane 25m pool at Tintern and pools at Wesley, Glen Waverley, and Syndal in Mount Waverley. The Club also enjoys a strong relationship with Monash Aquatic and Recreation Centre and the National Youth Squad train twice a week at the Victorian Police Academy pool in Glen Waverley.

The newly set-up gym at Nunawading is "one of the best sporting gyms in the country" according to NSC Strength and Conditioning Coach, Simon Moule. Simon, who works with the coaches to design the strength and conditioning program, has recently increased his role to work with more age group swimmers.

Simon's work is complemented by the recently introduced screening program by the physiotherapists from Physiohealth. David Morarty and his team have agreed to provide support to the older age group swimmers over the next 12 months and this program combined with Simon's program will continue to reduce injury and improve strength and control in all swimmers at this level.

The pool hire, sports science, gym and screening programs are heavily subsidized by the Club's learn-to-swim business, Just Swimming.

In 2005/06 the Club spent just over \$100,000 on these expenses and more than \$20,000 on swimmer support to intrastate, interstate and national swim meets.

Without the Club's learn-to-swim business, many of the facilities and support systems would not be available and we thank the 130 teachers who work for the Club in this area for the great work they do.