



October 2005

Head Coaches Report

The shortcourse season is now behind us and all swimmers now will be gearing up for the longcourse season. For some of our older swimmers, they are concentrating on training for the Commonwealth Games Trials at the end of January next year. For others the main goals will be states then age nationals and for some of our younger swimmers, the 7-10 Competition and All Junior Competition will be their big events for the season. Other important meets coming up include the Pacific School Games in December and the FINA World Cup in Sydney in November. Ashley Delaney is also on the Australian Team for the FINA World Cup in Durban, South Africa in early November, so good luck to Ash on his first Aussie team. All swimmers should have a clear idea from their coach as to how much training they would like you to do and your goal should be to do your best to stick to that training routine. As in most sports, the people who can train most consistently are usually the ones who show the biggest improvements.

Our Nunawading swimmers put in some great performances at the recent Victorian Age Shortcourse Championships. It was great to see the Barclay and Lawson swimmers getting up there and swimming some great PB's as well as winning huge numbers of medals – congratulations to all of you and to your coaches, Nick Veliades and Kate Lynch. Kate and Nick were getting quite competitive with the medal tally for each squad, with Barclay finally just edging ahead to win nearly 30 medals!!

As we move towards October it is finally starting to get lighter during those early mornings and before too long, the sun will be starting to come up just after 5am which seems to make it much easier to get up for training in the morning. Then we get to the end of October and daylight saving takes away that early morning sunrise. I don't think anyone really loves getting up around 4am to come along to training but it is a habit which swimmers of all ages (and their parents) need to become accustomed to it if they are going to thrive in the sport. There is no doubt that it takes some getting used to and will require good time management to make sure you are still getting enough sleep. If swimmers need some ideas about how to cope with it, please ask your coach for some advice. If parents need some hints about how to survive it, then speak to some parents of our National or Barclay swimmers to find out how they manage to get up so early and still cope with full time work.

Nunawading is the current titleholder of the Carey Challenge Cup and the meet is coming up again this year on Saturday 6th November. We will be selecting the team in the next week or so and will be asking those swimmers for their availability. As always, I am sure this will be an exciting event and it is, of course, our intention to defend our title. Go Nuna!!

Til next month,
Mark Thompson.

WELCOME TO NEW MEMBERS

The following swimmers were approved as members of Nunawading Swimming Club at the September Board meeting.

Welcome to;

Michelle Ting, Lucy Walton, Nicholas Smith, Joshua Mackinnon, Eric Lin, Denzel Lin, Matilda Rudd, Alex Ikin, Marihiam Kaloudis, Nathan Begley, Lachlan Begg, Cherryllyn Chong, Jack Currie

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.

Lynch appointed to coach Davis squad.

It gives me great pleasure to announce that as of next Monday 3rd October, Kate Lynch will officially take over as the coach of Davis squad.

Kate, who is currently coaching Lawson squad, has just announced her retirement from competitive swimming and will now coach both Davis and Lawson squads. Kate will be aiming to provide all swimmers with a challenging training environment and with her taking on responsibility for both squads, will also enable a smooth transition between squads once the swimmers reach the necessary standards.

Kate has had a long and successful swimming career, winning numerous medals at state age and open level as well as being a medalist at age nationals. She is also a multiple semi finalist and finalist at open nationals, which earlier this year earned her selection on the team to represent Australia at the World University Games in Turkey last month. As an age group swimmer, Kate also represented Victoria in an international age group competition in Korea.

As a coach, Kate is already proving her ability, with her swimmers from Lawson squad winning in excess of 20 medals at the recent Victorian Age Shortcourse Championships. Kate was also a very popular winner of the prestigious Butler Trophy at the NSC Presentation Night in May this year.

I would like to publicly thank Grant Watson for stepping back into the role of Davis squad coach following Brian's departure as coach early last term. Grant has done a terrific job in continuing the development of the swimmers in the squad during the last few months.

I would like to wish Kate all the best in her move towards becoming a 'career' swimming coach and hope that she can have many years of successful coaching here at Nunawading.

Mark Thompson

TEAM MANAGER'S REPORT

Congratulations and well done to all our club members who have been participating in the Friday night Interclub, which finished for this year on Friday. Results will be published in next months swim news.

Don't forget to say thank you to our Club Captains Bec, Laura Ann and Mitchell, who have been helping out each week with the aggregate swims and the relays.

Thank you to all parents who have time kept each week. As host club for the 5th night, many extra hands were required for a number of other tasks as well. Many thanks to all parents who helped us host the meet.

Liz and John.

DIARY DATES

Date	Competition	Venue	Entries Close
Sunday, October 09, 2005	Nunawading Sprint Meet	Aqualink Nunawading	CLOSED
Saturday, October 15, 2005	Victorian Longcourse Distance Comp	MSAC	Oct 4 th
Sunday, October 16, 2005	PB Challenge, Term 4 #1	Aqualink Nunawading	On Day
Saturday, October 22, 2005	District 7-10 Selection Trials		
Saturday, November 05, 2005	Challenge Cup	Carey – Bulleen	-

Racing Success...

Victorian swimming was in for a treat at the recent Victorian Short Course Age Championships, with the majority of Nunawading age group swimmers at their best. In total 71 medals were won- 26 Gold, 24 Silver, and 21 Bronze. Unofficially Nunawading placed second on the point score. Congratulations to all the swimmers and their coaches for another great meet. Listed below are Nunawading's medallists;

Event 1 Men 11 & Under 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
2 Lim, Edward	11	Nunawading	1:16.65	1:15.34

Event 2 Women 11 & Under 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
2 Groenewald, Stephanie	11	Nunawading	1:16.17	1:14.51

Event 3 Men 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
2 Harriss, Alex	12	Nunawading	2:07.61	2:06.72
3 Little, Llewellyn	12	Nunawading	2:17.08	2:09.80

Event 10 Women 15 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jones, Nadine	15	Nunawading	26.49	26.17

Event 14 Women 17 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
3 Locking, Becky	17	Nunawading	1:04.20	1:05.14

Event 17 Men 11 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
2 Lim, Edward	11	Nunawading	3:07.38	2:57.07
3 Gousskov, Tim	10	Nunawading	3:08.93	2:58.71

Event 18 Women 11 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Groenewald, Stephanie	11	Nunawading	3:02.23	2:57.93

Event 19 Men 12 Year Olds 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Harriss, Alex	12	Nunawading	1:11.99	1:07.32
2 Venning, Alex	12	Nunawading	1:11.73	1:08.87

Event 20 Women 12 Year Olds 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Perring, Roxanne	12	Nunawading	1:20.18	1:14.13

Event 23 Men 14 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Sheppard, Sam	14	Nunawading	1:00.54	1:00.05
2 Pryor, Mitchell	14	Nunawading	1:01.95	1:01.01

Event 33 Women 11 & Under 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
2 Groenewald, Stephanie	11	Nunawading	1:14.96	1:15.08

Event 34 Men 11 & Under 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
2 Lim, Edward	11	Nunawading	1:15.35	1:14.12

Event 35 Women 12 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Perring, Roxanne	12	Nunawading	2:39.12	2:32.47

Event 36 Men 12 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Venning, Alex	12	Nunawading	2:31.24	2:23.64
2 Harriss, Alex	12	Nunawading	2:26.01	2:26.00

Event 40 Men 14 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Sheppard, Sam	14	Nunawading	2:10.33	2:10.31

Event 43 Women 16 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
3 Porter, Rebecca	16	Nunawading	2:50.76	2:51.08

Event 47 Women 18 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
2 Woff, Katelyn	18	Nunawading	1:04.24	1:04.27

Event 51 Women 12 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Perring, Roxanne	12	Nunawading	1:14.28	1:12.58

Event 52 Men 12 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Little, Llewellyn	12	Nunawading	1:05.48	1:06.50
2 Venning, Alex	12	Nunawading	1:09.58	1:06.77
3 Harriss, Alex	12	Nunawading	1:12.91	1:10.60

Event 59 Men 11 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
2 Lim, Edward	11	Nunawading	2:44.60	2:37.97

Event 60 Women 11 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
3 Groenewald, Stephanie	11	Nunawading	2:44.44	2:39.56

Event 61 Men 12 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Harriss, Alex	12	Nunawading	1:16.83	1:15.65
3 Little, Llewellyn	12	Nunawading	1:21.78	1:18.68

Event 65 Men 14 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Pryor, Mitchell	14	Nunawading	25.66	25.24

Event 67 Men 15 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
3 Laidler, Jack	15	Nunawading	2:15.55	2:09.76

Event 69 Men 16 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
3 Sonsie, Rowan	16	Nunawading	1:02.54	1:01.04

Event 72 Women 17 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
2 Locking, Becky	17	Nunawading	2:20.58	2:22.92
3 Stone, Rebecca	17	Nunawading	2:25.04	2:26.94

Event 74 Women 18 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
3 Woff, Katelyn	18	Nunawading	1:01.36	1:01.25

Event 76 Women 11 & Under 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
2 Groenewald, Stephanie	11	Nunawading	1:15.81	1:12.81

Event 77 Men 12 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Venning, Alex	12	Nunawading	2:33.51	2:23.44
2 Harriss, Alex	12	Nunawading	2:28.93	2:23.62

Event 81 Men 14 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
2 Sheppard, Sam	14	Nunawading	2:08.65	2:10.63

Event 83 Men 15 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Laidler, Jack	15	Nunawading	1:06.93	1:05.09

Event 84 Women 15 Year Olds 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
3 Jones, Nadine	15	Nunawading	1:18.31	1:15.70

Event 90 Women 18 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
2 Maniatakis, Michelle	18	Nunawading	2:53.28	2:57.95

Event 93 Women 17 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
2 Parslow, Belinda	17	Nunawading	26.95	27.15

Event 96 Men 16 Year Olds 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
3 Sonsie, Rowan	16	Nunawading	1:03.27	1:02.14

Event 104 Men 12 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Harriss, Alex	12	Nunawading	28.29	27.12

Event 105 Women 11 & Under 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
2 Groenewald, Stephanie	11	Nunawading	2:43.47	2:39.11

Event 106 Men 11 & Under 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
3 Lim, Edward	11	Nunawading	2:45.99	2:39.10

Event 113 Women 15 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Jones, Nadine	15	Nunawading	56.90	57.42

Event 116 Men 14 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
3 Pryor, Mitchell	14	Nunawading	2:27.43	2:20.17

Event 120 Men 12 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
2 Harriss, Alex	12	Nunawading	2:56.15	2:45.31
3 Little, Llewellyn	12	Nunawading	2:53.32	2:46.93

Event 122 Men 11 & Under 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
3 Lim, Edward	11	Nunawading	1:06.22	1:05.22

Event 124 Women 15 Year Olds 100 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Jones, Nadine	15	Nunawading	1:08.02	1:03.97

Event 130 Women 18 Year Olds 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
3 Woff, Katelyn	18	Nunawading	28.29	27.90

Event 132 Women 11 & Under 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
3 Groenewald, Stephanie	11	Nunawading	2:46.70	2:47.50

Event 133 Men 12 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Harriss, Alex	12	Nunawading	59.25	58.34

Event 139 Men 15 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Laidler, Jack	15	Nunawading	2:19.08	2:20.55

Event 147 Men 11 & Under 100 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
2 Lim, Edward	11	Nunawading	1:23.06	1:21.61

Event 149 Men 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Little, Llewellyn	12	Nunawading	2:26.36	2:23.53
2 Venning, Alex	12	Nunawading	2:40.01	2:28.68

Event 153 Men 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Pryor, Mitchell	14	Nunawading	2:07.82	1:59.25

Event 154 Women 14 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
3 Wheatley, Clare	14	Nunawading	2:07.46	2:09.28

Event 155 Women 15 Year Olds 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Jones, Nadine	15	Nunawading	1:06.23	1:05.84

Event 156 Men 15 Year Olds 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
3 Laidler, Jack	15	Nunawading	1:03.70	1:00.92

Event 159 Women 17 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
2 Parslow, Belinda	17	Nunawading	58.29	58.88

Event 161 Women 18 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Woff, Katelyn	18	Nunawading	2:23.22	2:24.84

Event 164 Men 11 & Under 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
2 Lim, Edward	11	Nunawading	31.68	30.03

Event 166 Men 12 Year Olds 100 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Venning, Alex	12	Nunawading	1:10.15	1:06.57
3 Harriss, Alex	12	Nunawading	1:08.71	1:07.95

Event 170 Men 14 Year Olds 100 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Pryor, Mitchell	14	Nunawading	55.94	54.33

Event 177 Women 18 Year Olds 100 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
3 Woff, Katelyn	18	Nunawading	1:09.92	1:10.23

Event 180 Men 14 & Under 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
2 Pryor, Mitchell	14	Nunawading	4:28.84	4:16.84

SQUAD NEWS

HANSON SQUAD

Liz, Susan and Nicola

Congratulations to Luke Brown and Denzil Lin from Hanson Squad at Syndal, as well as Samantha White and David Joseph who medalled in this series of the PB Challenge. Many swimmers have swum at both the Friday night Interclub and PB Challenge, gaining valuable racing experience.

It is great to see the smiling faces of Sonia, Julie, Jack, Eric, Denzel, Charlotte, Alexandra, Cameron and Luke, all from Syndal Hanson, so early on Sunday mornings. Keep up the great swimming.

During term 4 there are a number of competitions for Hanson swimmers which all swimmers should make every attempt to enter. As well as the PB Challenge, all swimmers should enter the Nunawading Sprint meet on the 9th of October and the 7-10 selection trials on the 16th October at Nunawading. This leads on to 7-10 Finals at MSAC later in November.

Hanson at Nunawading is changing nights! The Friday night squad session is changing to a Thursday night commencing in term Four. Hanson will now be Monday, Wednesday. and Thursday from 6.05-7.05 pm and Sat at 6.55-7.55am. Don't forget the skills session from 8.00-9.00am.

Happy swimming

Liz, Susan and Nicola

DAVIS SQUAD

Grant Watson

By the time you read this you will be back in your first week of training. Yes back into it from Monday October 3rd.

This is a very important phase of your training. The break has been relatively short and with some lead into solid aerobic work you all will be back to the fitness condition you were in before the holidays. It is then a matter of training by building up to short rest work and racing as much as you can (Refer to the club calendar). For those of you chasing State times "Don't chase them" – let them just happen. How? By getting the process right and if you don't achieve State times for 2006 State Long Course Championships there is always another time. Have you ever looked at National Age Qualifying times? Have a look and include those times in your short to long term goals.

I hope you had a great holiday and I look forward to seeing you on pool deck.

Grant

ARMSTRONG SQUAD BELINDA

No report provided.

LAWSON SQUAD

Kate Lynch

Congratulations to all of Lawson squad who competed at the recent state short course age championships. Other than the fantastic medal tally of 25 medals there was some great racing and big pb's. It was very evident throughout the meet that your skills such as streamlining, starts, turns and not breathing inside the flags made all the difference, between you and your competitors.

Congratulations to the following swimmers who won medals; **Stephanie Gronewald, Alex Venning, Roxanne Perring, Eddie Lim and Tim Gouskov.**

A special mention must also go to the following swimmers on their top performances.

Kimberly McDonald who had some massive pb's.

Marcus Bordignon who had a perfect meet, swimming all his events in personal best times.

Alex Celick had a great swim in his 200 fs which was a 7 second personal and a very well swum race.

Well Done Legends, but let's not rest on our laurels we have some big comps coming up... let's get stuck into some hard work, with good technique and if all goes according to plan I have a few fun things for you up my sleeves.

Until next time Happy swimming...

Lynchie

WILSON SQUAD

Nicola Whitehorn

Welcome Back!! I hope you all had a great holiday. We have a very busy term ahead with many competitions to enter early on, so get your entries in quick. You all worked so hard last term - let's keep up the good work. Now we have more comps, I'm sure this term will be even better.

I look forward to seeing everyone at comps (competitions) this term, especially those lazy people who didn't enter any last term (they know who they are!).

A copy of the competition schedule will be handed out in the first week of term. With the Nunawading Sprint Meet, PB Challenges, 7-10 Selections, December Comps and more...

Everyone should be aiming to make 3 Sessions a Week, Every Week! This gives you the best chance to improve your swimming and your PB's.

I hope you are all rested and ready for an action packed term, remember Christmas is not far away.

Nicola

SQUAD NEWS CONT'D

BARCLAY SQUAD

Nick Veliades

Swim slowly..... Well
Swim well Faster
Swim fast Easily

The end of another good (winter) season!!!

State champs was another awesome meet for Barclay squad all round. Stand out performers over the meet were Mitch Pryor, who meddled in just about every event he swam highlights being his 100 free 54.?? and his 200free 1.59??. Alex Harriss and Llewellyn Little also meddled in almost everything they swam as well as braking Victorian records in most events. Well done to every one else as well I think every swimmer had a number of events that could be mentioned in this section.

Our next major meet is the Victorian LC Champs followed by Age Nationals. The aim for all swimmers now should be national qualifying times, times for **top 10** at nationals and times to **place** (1st, 2nd, 3rd) at nationals. It's very important to attend as many sessions as possible in this early stage of the season, the more work we can get done now the better our base will be to build on later in the season.

Well I hope every one enjoyed their holiday!!!

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

C U soOn!!
chEerS nlcK

WOODHOUSE SQUAD Simone Savage
No report provided.

OCTOBER BIRTHDAYS

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

Grant	Watson	4-Oct
Nadine	Jones	6-Oct
Ryan	Hooke	7-Oct
Robert	Ilett	8-Oct
Joel	Gardner	10-Oct
Shane	Asbury	11-Oct
Stephanie	Groenewald	12-Oct
Nicole	Porter	12-Oct
Liz	Chanter	14-Oct
Jeremy	Xie	17-Oct
Sarah	Marcus	21-Oct
Roxanne	Perring	25-Oct
Danielle	La	26-Oct
Brandon	Perring	28-Oct
Nicholas	Stragalinos	29-Oct
John	Sutherland	31-Oct

CLUB CAPTAIN'S REPORT

The 2005 swimming season has started with a bang and we are in the full swing of things. We have a fair few meets coming up so keep working hard and achieving great results! Congratulations to all those who competed at the Victorian State Open Championships. The results were great and I hope Pb's were achieved all round! It was great to see our swimmers getting out there and winning medals.

Friday night interclub has been exciting and a new experience for me as a leader. It is great to see our younger swimmers producing Pb's in the pool and I can see that we have some up and coming stars in the club!

Good luck to the swimmers competing at various comps over the next month, swim hard and fast and remember that we are all behind you!

See you round some time!

Laura-Ann

