

Making Waves

Nunawading Swimming Club Inc.



Official Club
Newsletter

November 2007

CONGRATULATIONS

Congratulations to **Prue Watt** who has been awarded an individual VIS scholarship to assist her to prepare for the 2008 Paralympics.

Congratulations to **Chelsea Carpenter** who has had her current VIS scholarship extended due to her strong performances over the winter.

Congratulations to **Ashley Delaney** who was announced on the Australian All-Stars team for 2006/07 season at the Telstra Swimmer of the Year Awards, held in Sydney on Sunday 4 November 2007.

CHRISTMAS PARTY

The annual NSC Christmas Party is booked in for Friday 14 December 2007 starting at 6:00pm. **A flyer and return slip** is included at the back of this month's Making Waves.

We look forward to seeing all families at the Christmas party.

TAKING THE NEXT STEP

Over the past three years, the depth of swimmers at Nunawading Swimming Club has improved dramatically. Our results as a Club at a Victorian Championship level have been excellent and improvement in the junior levels at meets like the 7-10 Encouragement and All Junior Competitions has been very good. We have also improved our ranking from 43rd in Australia to 6th in Australia at the Australian Age Championships, which is a great effort.

Now is the perfect time for swimmers to take the next step. Listed below are a number of areas that swimmers can improve and focus on daily in an effort to be the best swimmer they can be.

- Turn up to every session you are required to attend with a 'ready to go' attitude. This is particularly important for older athletes;
- Listen to your coach's instructions and do what you are asked to do – this includes focusing on technique and understanding how hard you should be going in each set;
- Take responsibility for your own stroke technique and skill improvement. Your coach will guide you and remind you but ultimately each individual swimmer must take responsibility;
- Stretch on a daily basis, this can be done before and after swimming and at home if you are not training;
- Encourage your training partners in every session;
- Streamline off every start and turn, with a minimum of six butterfly kicks in freestyle, backstroke and butterfly;
- Do not breathe on the first stroke in freestyle or butterfly; and
- Accelerate every turn in training and ensure they are done correctly.

For swimmers aiming to compete at a National level or already competing at a National level, competing well at the Victorian Championships and achieving National Qualifying times are stepping stones towards competing well at the Australian Age & Open Championships.

For swimmers at this level, the work you do in November and December will be critical to your success in March and April. You should be attending every session and applying yourself to the best of your ability in each session. The focus for you is now on competing at a National level and you need to train and act like an elite swimmer.

Gary Barclay, NSC General Manager.

NSC Team Trip to the AIS, Canberra

**Exclusive Reports by Dean Bryant, Celia Glewis, Stephanie Groenewald,
Kristen Moore and Stefania Basso.**

Teloepa Meet Exclusive #1

By Dean Bryant.

Over the long weekend 26 swimmers from the State Youth and National Age squads paid a visit to sunny Canberra for the Teloepa Summer Meet.

The weekend started with an easy eight-hour bus ride broken up into halves with a training session at Albury pool providing an opportunity to stretch the legs and exercise in the sunshine. This was also an ideal time for the coaches and team managers to improve their tans and work on their fly-swatting ability.

Upon arrival at the AIS, all settled into their rooms and a team meeting was called, where swimmers were instructed to eat well, drink well and rest well in preparation for the racing to come. I am pleased to say that all athletes did an exceptional job of choosing the right foods for each meal and keeping their hydration levels up. The evening concluded with a number of team building activities and some light-hearted fun.

With racing due to commence at 12pm it was a relaxed start to the day with a great breakfast and some spare time for the athletes to go shopping, look-around or simply relax. After lunch we took a light stroll over to the pool and took up residence in the stands.

From my perspective, it was an interesting experience walking out onto pool deck of the AIS pool, because the last time I was there, I was standing on pool deck as a nervous 20 year old doing experience coaching with Barry Prime (AIS coach at that time) while Alex Popov (multiple world record holder), Petria Thomas (multiple Olympic gold medallist), Craig Stevens (Olympian), Adam Pine (Olympian) and Sarah Ryan (Olympian) were all in the water going through their paces.

The place has a certain magical feel to it which can't be described, but can only be felt by looking at the photos on the walls of past AIS athletes (including our very own Gary Barclay) and imagining the best of the best standing right there where you stand.

The competition got underway right on time and the swimmers ticked off their first few races with PBs and some great racing.

By mid afternoon the fatigue started to kick in with some races not raced in the same spirit as earlier ones, it was at this time however that the cheering and chanting skills of Alex Harriss and Jess Forster began to kick in, beginning a resurgence of good swimming. In fact, the cheering from the team was so good that a number of other clubs were taken aback by our assault on the peacefulness of the pool.

A number of gutsy swims from the team and some even louder cheers from the mob highlighted day two of the competition. Nunawading's very own Lanky McGees (Sian Murray and Kimbo McDonald) took out the handicap relay, scoring a \$65 Royal Australian Mint coin each for their troubles.

A touching moment for the coaches was when the Nunawading swimmers raced to the other side of the stand to where Geelong were seated, and began to chant 'We love you 'cause your Victorian', and 'Geelong. Geelong. Geelong.' whilst their relay team was swimming. In the end, Geelong returned the favour in the final when the Lanky McGees fronted up for the race and gave us a rousing cheer-along.

The meet finished at a respectable 2:30pm and we were on our way home two hours earlier than originally predicted. A stop at Macca's on the way home provided nourishment for the journey and I am surprised at the team's ability to scoff some rather horrendous looking burgers called "The Pounder", which consisted of four meat patties and pile of cheese. It's going to take weeks to swim that off!

Well done to all those involved! I had a great time and I hope you did too!

Dean Bryant.

Team Managers' Update

Seeing as we're so good at managing, we've delegated all of this month's update writing responsibilities to some of the kids who went on the Canberra trip.

That's all!

Marina and Deb,
Team Managers

Teloepa Meet Exclusive #2:

By Stephanie Groenewald

At 6.00am on Friday morning the bus was buzzing with excitement as National Age and State Uni swimmers headed towards Canberra. We arrived in sunny Albury in time to catch a tan whilst doing a training session with Dean and Celia. After a quick lunch we boarded the bus to endure another 4 hours of Alex's 'Your Mum' jokes. Believe me you don't want to hear them!

The AIS provided a great base for the trip, however, the National Age boys were unsure about the entertainment facilities and managed to fit an XBOX 360 into their luggage.

After a shopping trip the next morning to gain any necessary supplies, we had lunch before proceeding to the pool for the Teloepa Swim Meet. The chanting was fierce, some great PB's swum, including Kasey's 400m Free, Thibault's 100m Fly, Dylan's 100m Back, Tim's 100m Free, Renata's 100m Fly and Stefania whose swim was awesome. Sorry if I missed anyone.

Sunday was more racing and we found Sian and Kimbo had entered the 2 x 50m Handicap relay. Nunawading's cheering reached a crescendo (with the help of Geelong – thanks guys) and brought the 'Lanky Magees' home with a victory.

After three fun-filled, long days we headed home. As Dean promised we stopped at healthy McDonald's for dinner. Needless to say, no trip is without a prank or two. Whilst in McDonalds Killian's wallet mysteriously disappeared and then was miraculously returned back on the bus which earned a few good laughs.

Teloepa Meet Exclusive #3:

By Celia Glewis

Our time away in Canberra was fantastic. Apart from the actual competition side of things where all swimmers gave it their best, it was a great chance to get to know the team better in a very short time.

I am really pleased with how all swimmers conducted themselves on the bus tips, at the AIS and around pool deck. I would happily take any of you again. The thing that impressed me most was the way you all looked out for each other especially, Kristen and Chloe. Both girls showed great examples of encompassing others and in doing that made the trip more rewarding for everybody.

My personal highlight of the competition was seeing you all go for it even when events were very close together (such as 400m free and 100m fly). Also, it was great to see you get back up there and let go of negative feelings even if you were disappointed with a time.

When Sian and Kim.M (National Age) were in a handicapped relay the atmosphere was electric thanks to the cheer squad lead by Alex Harris and Jess Forster. It was great to see Nunawading swimmers supporting their fellow Victorians (Geelong), and then also to see Geelong return the favour. I felt very proud to be part of the group, and really did have to hold back some tears!

The trip home was memorable with Deb and Marina giving out some really creative awards, all swimmers were grinning – a perfect end to a rewarding trip.

Teloepa Meet Exclusive #4: By Kristen Moore and Stefania Basso

On Friday 2nd of November a bus load of swimmers from the State Youth/Uni squad and the National Age squad set off for Canberra and weekend of racing at the AIS pool. On the trip to Canberra we stopped for a short training session and lunch in Albury before continuing our journey. We were all accommodated at the AIS and ate in the AIS dining room, which was a good experience for a number of us.

Saturday was our first day of competition with a number of great races and excellent individual swims. We certainly let everyone know we were there with our loud cheering and team chanting that could be heard by everyone.

The meet continued on Sunday and once again Nunawading set the standard for the day, not only in performance but also in teamwork, friendship and support for the meet. By the time the meet was over most of the team had performed above expectation and were all satisfied with our performances and results. Thanks to the Teloepa Swim Club for running the meet and making us feel welcome.

A great weekend had come to an end with the bus trip home but not before all team members received their "awards" and put up with Alex's jokes.

The weekend would not have been possible without the organization, leadership and support of the coaches, Dean and Celia along with the great work of the team managers Debra and Marina. Thankyou all very much.

SQUAD NEWS

National Youth

Nick Veliades

Firstly, good luck to the year 12 students who are in the middle of their exams – we wish you all the best over the next few weeks.

This time of the year is always busy for many families. With Christmas coming up, as well as our major Victorian Championships, sometimes it is difficult to look past one week at a time. Now is a good time to start planning for the next two months to make sure you don't get caught up being disorganised and time-poor. Be aware of when school finishes, what the training times are for the holidays, when you can work for some extra cash and when the training break is in January. Hopefully doing these simple things now will save time and anxiety later in the year.

Again good luck to the year 12s, it's all over soon!

National Open

Amanda Isaac

Congratulations to Chelsea Carpenter, who recently competed at the World Cup meet in Sydney. After only three weeks of training, Chelsea raced well, and was already showing technical changes in her Breaststroke and Individual Medley events.

All squad members have made significant changes to their technique and their racing model. The challenge is to have these changes become habit and then the athlete is able to execute skills better under pressure.

The National Open Squad are now involved in their second block of preparation. This block of work will be demanding, and being prepared for hard work is important. Swimmers must look after themselves, allow for good recovery, eat well, and continue stretching and ensure to complete any additional strengthening exercises. This next month will build a greater training base to swim from.

Soon, I will be travelling with Prue Watt to the USA. Prue will be part of an all women's Paralympics Team to tour America. Prue will compete in a variety of events including her preferred event, the 100m Butterfly. This will be the last opportunity overseas for all girls to strive towards their Paralympics Trials in March. Prue is aiming to make her second Paralympics Team.

SQUAD NEWS

State Youth / Uni

Celia Glewis

It's great to be back coaching at Nunawading Swimming Club again and wow, have things changed.

With several competitions under our belt it has been great to watch all State Youth swimmers in action. Special mentions go to Stefania, Duana, Brad, Brooke, Kim.L and Kim.C who all achieved PBs at recent competitions. For those of you who didn't see any improvements on paper don't give up, train even harder and find some new ways in training to challenge yourself. Remember your long-term goals.

Please keep up with your sessions (six to seven per week) leading up to the Nunawading Long Course meet and December competitions. This is a great chance to get some better times before State Championships as well as to improve your racing skills. For those of you completing Year 11 and 12, all the best, and I hope to see more of you soon.

State Development

Melissa Klamt

It's only been four weeks, but I feel very privileged to be the coach of such a great group of swimmers!

Congratulations to Chantelle and Henry who attended the most sessions out of everyone in the squad for October. I'd like everyone to be trying to get to as many sessions as possible, I understand it's the pointy end of the school year, however we need to be maximising our training in order to qualify for States. Well done to Meghan, Annika, Chantelle and Henry for their performances at the Melbourne Vicentre meet, all achieving some great personal bests!

Junior A

Nicola Whitehorn

It has been a great start to the long course season. It's great to see so many swimmers keen to achieve state qualifying times for the Victorian Champs in January. Keep up the great work!

We have a few meets coming up over the next few weeks including the MLC Meet, Nunawading Long Course Meet and December Comps. Please attend as many training sessions as possible in the lead up to these meets and State Champs. For swimmers aged 10 years and under we also have the 7-10 Finals on the 18th November. I am looking forward to seeing some amazing swimming over the weeks!

Junior B report on page 9

Your Swimming Questions Answered

This section of Making Waves is your opportunity to get your swimming questions answered. Send in your questions or suggestions for articles to gary.barclay@nunawadingswimmingclub.com.

This month, the featured article extract is about understanding how to best get yourself ready to race on race day.

What Does 'Ready' Feel Like?

By: Wayne Goldsmith www.moregold.com.au

Warming up is something all swimmers do to prepare to swim fast. Why warm up? An effective warm up:

- increases confidence by giving swimmers a feel for the pool, the water temperature, wall, flags, blocks and general conditions, (increases familiarity with the race conditions).
- Increases race readiness through the opportunity to rehearse specific pacing and stroking strategies.

The overall aim of warm up is to get your mind and body "READY" to race fast. How many times has your coach or your swim team friends asked "So, are you ready?" But what does "READY" feel like? What's "ready" for you may not be "ready" for someone else.

Some swimmers like to sit with friends and family, laughing and joking to help them feel ready. Some swimmers prefer to do just the opposite - they need peace and quiet to perform at their best.

Others like to listen to music, some read, a few walk, others talk, some jog . . . there are many ways that swimmers prepare to get the best out of themselves.

The key to an effective warm up is to know what your own personal "READY" feels like before you get to a meet.

It doesn't make sense to prepare for months, commit yourself to training and working hard, eating the right foods and so on then not knowing what actually gets you "ready to race".

One simple way to learn what your "ready" is all about is to write down everything you can about your race day routine. Simple things like the quality and quantity of sleep, your breakfast, your stretches and your pool warm up can have a real impact on your racing performance.

A few little tips to help you get ready on race day:

1. The Swim Meet Program tells you only two things - what lane you are in and what race you are in. All other information is relatively unimportant. Many swimmers get "freaked out" when they look in the meet program and see the entry times listed by the other swimmers. It doesn't matter who you are racing or what times they may have claimed to have done, your job is the same - swim to the best of your ability. If Michael Klim is on one side of you and Alex Popov on the other side, you still have to swim the same race distance, in the same water, in a lane that is the same length and width. The race credentials of other swimmers have no bearing on your own swimming performance.
2. If you are not ready to race, do something about it before the race. Going to your coach at the end of the day and saying "I really wasn't ready to swim fast" is not an excuse for a poor performance. If you are not ready - do something to get ready.
3. Being ready is an individual thing. If you are not feeling ready to swim fast and your swim team friends are off to the showers, don't go with them just to be sociable. If you are not ready to do your best, do more warm up, or rest, or go for a jog, or skip, or eat something, or sleep, or talk to your coach - just do it! You can catch up on the meet chat later.
4. Pack in your swim bag all the things you need to get ready to race. If you are a reader, pack a few books. If you like music, pack your favourite tapes or CD's. If you like to sleep, pack your own pillow. Take what you need to get the job done.
5. Ignore 90% of what you hear said in the change-rooms and marshalling area. Every competitive swimmer has heard questions like "What time do you do?" or "How many sessions a week do you swim?" etc in the marshalling area. Most of it is 100% pure rubbish. The swimmers who try this cheap attempt at "psyching out" are usually the ones who have not prepared for the meet themselves and are looking to make up for their poor preparation by making you feel less confident. Do not listen to them. Or have a clever answer for them. If you get asked "What's your best time", answer "I'll tell you after this race".

Learn how to get ready to race. It is a skill that will make the difference.

For the full article, please refer to http://www.swimmer.com.au/swimming_gen_ready_feeling.php

Diary Dates

Sun 18 Nov	Metro 7-10 Finals MSAC
Sun 25 Nov	Nunawading Long Course Meet ENTRIES HAVE CLOSED EARLY due to an overwhelming number of entries. MSAC
Sat 1, 2 Dec	December Competition MSAC
Sun 2 Dec	PB Challenge - Series 3 week 3 How it Works, Aqualink Nunawading
Sat 8,9 Dec	December Competition MSAC
Sat 8,10 Dec	2008 Aust Open Water Swim Champs Sydney International Regatta Centre
Fri 14 Dec	NSC Christmas Breakup Party NSC Clubrooms
Sat 15 Dec	Challenge Cup Carey Sports Complex
Sat 15-21 Dec	QLD State Champs Chandler
Sat 22 Dec	School Holidays

2008 Diary Dates

Fri 4 - 8 Jan	2008 Victorian Open SWD 12/U Champs MSAC
Fri 11 - 15 Jan	2008 Victorian Age Champs MSAC
Sun 27 Jan	Metro East Sprint Meet MSAC TBC

For further details, please refer to
<http://www.nunawadingswimmingclub.com/competition/eventscalendar.htm>

LA PORCHETTA, BOX HILL

NSC has established a relationship with the very popular restaurant, La Porchetta in Station Street, Box Hill. 10% of anything spent at La Porchetta will be donated back to the club. Members need to produce the Nunawading entry to pool card or Just Swimming lesson cards to have their purchase recorded.

In the hot seat . . .

In each edition of Making Waves, a swimmer will be selected at random, be put in the hot seat and asked a series of probing questions designed to uncover their personality outside the pool.

This month, we would like you to meet funny man and chocoholic, **Jack Currie**.

Favourite food: *Chocolate*.

Favourite movie: *Transformers*.

Favourite subject at school: *Sport*.

Favourite TV show: *Family Guy*.

Favourite stroke or event: *100m back*.

Beach or movie: *Movie*.

Footy team: *Richmond*.

Coach / Squad: *Dean Bryant / State Junior*.

Role model: *Ian Thorpe and my Dad*.

What can't you live without? *Chocolate*

What do you do outside swimming? *Catch up with friends, play basketball and Playstation*.

Nickname? *Butters*.

My dream is to . . . *become a great swimmer and achieve in everything that I do*.

Swimming is . . . *absolutely awesome, it's the best sport and it's always fun*.



Swim Committee Report October 2007

The Swim Committee's last meeting was largely taken up with two items.

The first was planning for the 25 November which is the NSC Long Course Meet at MSAC.

This continues at a great pace and as I write the meet has been closed to any more entries. Over the coming weeks the majority of parents will be approached to help with timekeeping or some other role on the day. It is really important that wherever possible we respond positively to the requests. Sometimes I think it is actually worse to be doing the asking rather than actually doing the job, but I am sure we all appreciate that our swimmers would have no meets to compete at with out volunteers.

Secondly, we spent some time looking forward with the coaches at alternative competition models. This is largely in response to the fact that swim meets are filling sooner, running longer and often don't provide the type of competition that suits all swimmers. We are helping a group of coaches from around the state devise some strategies to address these matters and move the sport forward in a positive manner. There are plenty of details but we will be seeking input from parents and swimmers over the next few months. This could be a very exciting time for swimming in this state.

The Club Breakfast on 10 November was a great success, it was great to see so many swimmers taking in the words of nutritionist Louise Falzon.

As to some other important dates coming up:

- 25 November – NSC Meet at MSAC – All hands on deck
- 14 December – Club Christmas Party
- 4 January – Victorian Open SWD and 12/U Championships commence
- 11 January - Victorian Age Championships commence

Paul Streefkerk
Swim Committee Chair

Suggestions for Making Waves

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

veronika.gouskova@gmail.com

or

gary.barclay@nunawadingswimmingclub.com

Nunawading's New Junior Coaching Strategy



Photography: Melissa Klamt

November Birthdays

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

Joshua Mackinnon – 1st November

Annabel Jaskiewicz – 5th November

John Bordignon – 9th November

Ronan Keating – 9th November

Callum Sissins – 12th November

Joel Watson – 14th November

Katrina Pandey – 15th November

Naomi Harvey – 16th November

Alex Harriss – 18th November

Jack Day – 21st November

Chris Keeton – 21st November

Sally Theofanides – 24th November

A special mention to Chantelle Chapman, whose birthday was on the 31st October but was omitted in the last edition.



Club Records

With the formal conclusion of the short course season, congratulations to the ten girls and eight boys who together broke eighty-one club short course records. I look forward to seeing if such an impressive number of records can be repeated for the upcoming Long course season. Good Luck! Below are the club records for October.

October- Short Course

Ashley Delaney
OPEN 50m Backstroke
24.35 broke record by 0.01 sec

October- Long Course

Roxanne Perring
15/16 200m Butterfly
2.24.18 broke record by 0.63 sec

Sam Sheppard
15/16 1500m Freestyle
16.21.23 Broke record by 7.59 Sec

Belinda Bennett
15/16 800m Freestyle
9.27.33 Broke record by 3.61 sec

Apologies to Adam, Alex, Ashley, Bindy, Chelsea, Emily, Louie, Mitch, Monique, Nadine, Nerice, Nicholas, Roxy, Sam, Samantha and Sharni who are yet to receive their club record certificates. Unfortunately they are taking longer to organize than initially thought. They will be left in your pigeon holes as soon as possible.

Congratulations to the following swimmers who ended the Short Course Season with Victorian Rankings

Adam Parslow
Alex Harriss
Alex Venning
Ashley Delaney
Caradoc Markey
Daniel Aguiar
(#1 12y/o 200m Breast)
Daniel Lee
Dylan Cossari
Edward Lim
(#1 12y/o 50m & 100m Breast)
Jack Currie

Victorian Rankings

Jack Day
(#1 15y/o 50m & 100m Breast)
Jack Laidler
Jack Streefkerk
James Argiro
(#1 15y/o 50m Fly)
James Margary
Jared Clarke
Joshua McKinnon
Kilian Treminio
(#1 12y/o 50m & 200m Back, 50m Fly, 100m IM)
Llewellyn Little
(#1 14y/o 400m IM)
Liam Fisk
(#1 U11y/o 200m Breast)
Mark Bustard
Matt Armfield
Michael McEwin
Mitchell Keltie
Mitchell Pryor
(#1 16y/o 50m Fly)
Nicholas D'Arcy- Evans
Nicholas Groenewald
Phillip O'Brien
Rowan Sonsie
Sam Sheppard
(#1 16y/o 400m & 800m & 1500m Free, 100m & 200m Fly, 800m Free (Open))
Samuel Chan
Samuel Michael Chan
Scott Huang
Shane Asbury
(#1 17-18y/o 800m & 1500m, 1500m (Open) Free)
Stefan Harris
Tim Gousskov
Travis Mahoney
Tyran Groves
Yuriv Burinov
Amber Lewis
Belinda Bennett
Belinda Parslow
Brooke Hanson
Brooke Simpson
Chelsea Carpenter
Emily Zukic

Victorian Rankings

Jaclyn Lee
Jessica Batton
Jessica Beverage
Jessica Forster
Kimberly McDonald
Laura-Ann Wong
Matilda Rudd
Nadine Jones
(#1 17-18y/o 50m & 100m & 200m Free, 100m Back, 50m & 100m Fly, 100m & 200m IM)
Nerice Smith
Rachael McDonald
Rebekah Keating
Renata Terliatan
(#1 14y/o 50m Fly)
Roxanne Perring
(#1 14y/o 100m & 200m Back, 100m & 200m Fly, 100m & 200m IM)
Samantha Asbury
Samantha Bennett
(#1 16y/o 200m & 400m Free, 100m & 200m IM)
Sharni Campbell
(#1 16y/o 50m Free)
Stephanie Groenewald

Congratulations to the following swimmers who ended the Short Course Season with Australian Rankings

Belinda Bennett
Belinda Parslow
Brooke Hanson
Chelsea Carpenter
Emily Zukic
Jaclyn Lee
Jessica Batton
Laura-Ann Wong
Matilda Rudd
Nadine Jones
(# 1 17-18y/o for 100m & 200m IM)
Nerice Smith
Rachael McDonald
Rebekah Keating
Renata Terliatan
Roxanne Perring
Samantha Bennett

Australian Rankings

Sharni Campbell
Adam Parslow
Alex Venning
Ashley Delaney
Caradoc Markey
Daniel Aguiar
Dylan Cossari
Edward Lim
Jack Day
Jack Laidler
James Argiro
James Margary
Kilian Treminio
Llewellyn Little
Liam Fisk
Matt Armfield
Michael McEwin
Mitchell Keltie
Mitchell Pryor
Nicholas D'Arcy- Evans
Nicholas Groenewald
Rowan Sonsie
Sam Sheppard
Samuel Chan
Shane Asbury
Tim Gousskov
Travis Mahoney
Tyran Groves

JUNIOR B SQUAD Stephanie McDonald

Well done to all Junior B swimmers on a successful start to term 4. I am very pleased with the attendance by all swimmers and the standard of swimmers during sessions. Keep up the good work and work on those streamlines!!

Congratulations to all swimmers who competed at Metro East 7-10 selection trials. A number of Junior B swimmers placed in the top 10, so good luck to all those competing at the Metro 7-10 Finals at MSAC on November 18th.

Swimmers please make sure you see me before and after each event at a swimming meet, to receive any last minute feedback and encouragement.

Have you attended 3 sessions this week?? Please make sure your swimming 3 sessions every week.

NSC Christmas Party



WHERE: NSC CLUBROOMS

WHEN: FRIDAY 14th DECEMBER 2007

TIME: 6:00pm ONWARDS

Santa may drop in !!

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

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

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 1st of December 2007** to your social squad representative.

Disco DJ From 7-9pm



NSC Christmas Party Reply Form

Family Name _____

Squad _____

No. of Adults _____

No. of Children _____

(Please tick) We will bring a Salad or a Dessert to share