



NEWSLETTER

DIAMOND CREEK INVITATIONAL

Thirty two Aquajets swimmers attended this early morning outdoor meet at Diamond Creek last month. Rivalry between our club and local opponents, Mill Park, Diamond Valley, Aquabears and Diamond Creek was high and resulted in some tight finishes throughout the morning.

A number of problems occurred with the timing equipment which meant some of the event placings needed amending. Due to these errors Diamond Creek decided not to present ribbons on the day, but to forward them for clubs to hand out later.

Those swimmers earning individual placings and therefore receiving ribbons were:

Matthew Pane (3 seconds and 1 third)

Mario Rametta (2 thirds)

Halie Welsh (2 firsts, 1 second and 1 third)

Sofiane Khattab (2 seconds)

Grant Trewella (1 first)

Claudia Fruscalzo (4 firsts)

Julian Costa (1 third)

We again had a number of swimmers who achieved PB's, which is great to see. Well done to Nancy,



Caitlyn, Eren and Tony who all swam PB's at their first swim meet. Other PB's for the day included **Naomie** (fly, free), **Stephanie B** (fly, breast), **Halie** (fly, breast, back), **Julian** (fly, free), **Matthew** (fly), **Celeste** (fly), **Frank** (fly), **Stephanie V** (breast), **Christopher** (fly, free) and **Claudia** (fly).

Relay swims are always a highlight of any meet. Our teams again performed exceptionally well with our club earning 4 firsts, 5 seconds and 6 thirds. Excellent team swimming!

In spite of some terrific performances from our swimmers, we were unable to overtake Aquabears, who were overall winners on the day. We finished in third place. Better luck next year Aquajets.

Thankyou to the following parents who performed time-keeping duties on behalf of our club: **Frank Bethke, Alex Boskovski, Ali Khattab, Ange Pane, John Phillips, Vito Rametta, Russell Trewella** and **Thanh Vu**.

December 2005



*Stephanie Anestakis
Daniel Berto
Rebecca Berto
Stephanie Boskovska
Katherine Hesline
Halie Welsh*



Uniform

Swim Caps	\$14
Polo Shirts	\$30
Tracksuits	\$150
Beanies	\$15
Caps	\$15
Training Bathers	
Boys 6 - 14	\$25
Girls 6 - 14	\$35

Available from Maria.

Club swim caps must be worn at ALL meets to ensure Peter can identify you as an **AQUAJETS** swimmer when competing.

It is also recommended that swimmers wear **ROYAL BLUE** bathers (our club colour), during competition.

www.aquajets.com.au



CHRISTMAS BREAK



The last club session for 2005 will be held on **Monday December 19**. Training will break for the Christmas holidays and resume with a PB Challenge on **Sunday January 22**.

Training for the morning / state swimmers will continue over the Christmas period until the State Championships in January. For those swimmers participating in the State Championships, we wish you all good swimming and fast times!

The coaching staff and committee wish all members and their families a very Merry Christmas and a safe and prosperous New Year.

Metro North Age Championships

Congratulations to these swimmers who earned overall places in the Metro North Age Championships:

1st place and Age Champions:

Boys 8 years
Girls 8 years

Abdullah Djebarra
Jessica Tatarskyj

3rd place:

Girls 10 years
Girls 11 years

Claudia Fruscalzo
Hope Henley

They will be presented with their awards at the Metro North Presentation Night to be held in March.

Important Notice from the Treasurer

An invoice for fees will no longer be issued prior to payment. Fees are due on the first Monday of every month when Maria, our treasurer, will be on pool deck to collect them. Fees are to be paid by CASH and placed in a sealed envelope with your family name and amount written clearly on the front. Receipts will be issued upon payment. If you are unsure of your cost of training fees, Maria can be contacted on 9465 5579. Swimmers promoted to a higher squad will be notified of any change in fees.

Please note that payment of January fees is not required, as December fees cover both months.



Swimmer Profile

Swimmer of the Month

Congratulations to our swimmer of the month, Margaret, who always listens and gives 100% effort at every training session she attends.
Well done Margaret!

Name:	Margaret Du
Age:	10
Favourite stroke/s :	Freestyle
What do I like about swimming?	It helps me to relax.
When I'm Older I Want To Be A:	Doctor
Favourite food:	Lots - I can't choose. (Not vegetables)!
Favourite TV show:	The Simpsons.
Favourite movie:	Pokemon Heroes the Movie
Favourite singer:	Hilary Duff
Footy team:	Collingwood
Other sports and hobbies:	Basketball. Keyboard.
My aim in swimming:	To enter competitions, especially relays.

BROADMEADOWS HANDICAP November 26

20 Aquajets swimmers ignored the overcast day and braved the wind to attend this outdoor handicap meet. The scratch events started the day and we had some success, with these swimmers earning medals: **Tara, Eren** and **Grant (gold)**, **Stephanie P, Aneta, Halie** and **James (bronze)**.



The handicap events followed, and for some swimmers, this was a new concept in swimming. Our club had many finalists throughout the afternoon with these children earning place medals: **Sophie (silver)**, **Aneta (bronze)**, **Hope (silver)**, **Stephanie B (gold)**, **Halie (bronze)**, **Tara (silver)**, **Eren (gold)**, **James (gold)**, **Michael (silver)**, **Grant (gold)** and **Frank (silver)**. The parent child relay was well supported with 5 parent child combinations participating from our club. Congratulations to **Tara** and **Lisa** who brought home another medal, this time a bronze. Our relay teams all swam well in the City of Hume handicap relay event, with all 5 earning a spot in the final. This was a terrific effort by our swimmers! The final proved to be an extremely close event with Aquajets 4, **Jenae, Michael, Eren** and **Tony** winning the **gold** and Aquajets 5, **Sophie, Caitlyn, Natasha** and **Mark** coming home in second place and receiving the **silver** medal. Well done team!! Although sunshine was scarce, many of our swimmers got sunburnt so make sure you don't forget the sunscreen, shirt and hat when attending outdoor meets.



METRO NORTH SCRATCH MEET November 26

For a few of our swimmers attending this evening meet at Richmond, it followed the Broadmeadows meet and proved to be a very long day. With Richmond packed to the rafters, it was after 11 pm before the conclusion of the meet. Our swimmers gave their best and we had a few PB's throughout the night. Well done to **Naomie** (back, breast), **Daniela** (breast, free) and **Mario** (back, free), for their PB's. Congratulations to **Grant** for his **GOLD** medal performance in the 50m breaststroke event.

GEELONG OPEN November 19

Halie and **Naomie Welsh** represented Aquajets at this outdoor Geelong Meet. Congratulations to **Halie** who won a bronze medal in the 100m breaststroke and swam a PB in the 200m freestyle and **Naomie** who achieved a huge PB in her 100m fly. Well done girls!

PROFICIENCY NEWS

Results of last months Proficiency Meet at Yarra Plenty have been received. Well done to **Frank Lekkas** and **Naomie Welsh** who both obtained their Bronze Star awards. Congratulations to **Halie Welsh** who achieved the highest Proficiency Award, the **Bar to Gold**. Fantastic effort! Proficiency Meets are run by Metro North two times each season with the next meet to be held in April 2006.

DECEMBER COMPETITIONS December 10 & 11

Swimming Victoria December Competitions are traditionally for those swimmers chasing State Times, or looking for some tough competition in preparation for States. The first weekend of the December Competitions saw **Matthew, Halie, Emma** and **Evan** compete. Well done to **Halie** who achieved a PB for the 100m freestyle, **Emma** a 200m breaststroke PB and **Matthew** who swam a 50m butterfly PB.

REMINDER

Entries for the SV State Championships close **TUESDAY DECEMBER 20** with the SV office. Only swimmers with the required qualifying times can enter.

COBRAM-BAROOGA and ECHUCA WEEKEND December 3 and 4

The weekend began early on Saturday morning with a convoy of cars heading up the Hume. At Nagambie we enjoyed a rest stop and morning tea before continuing on our way to Cobram. After checking in at our accommodation (Club Cobram), it was off to the first swim meet of the weekend. The grounds of the outdoor pool at Cobram were quite nice, however, the 'heated' pool was not as heated as our swimmers would have liked! Coupled with the cool weather and breeze, it proved to be a chilly experience for many.

Regardless, our swimmers soldiered on and we managed some good performances. PB's were hard to come by, however, **Hope, Deanna F, Michael** and **Stephanie P** managed at least one PB each. Place ribbons were awarded to **Grant, Hope, Tara, Matthew, Sofiane, Claudia** and **Ziddane**. Well done swimmers!

After the meet it was back to Club Cobram for some relaxation and play time.

For dinner, we ventured across the border to NSW and the Sportsman's Club, where we also waited for our late arrivals. (Who took 4 hours to drive to Cobram—via Benalla and almost Wangaratta?? And they weren't female!) Driving back to Victoria, the police had the breathalysers out and who should get pulled over? Coach **Peter Higgins**. Of course, he was given the all clear and continued back to Club Cobram.

It was another early start on Sunday as our convoy headed across to Echuca. The day was much warmer, exactly what you expect along the Murray at this time of year, and thankfully so was the pool. **Grant, Matthew, Stephanie A, Tara** and **Sophie** swam at least one PB each, however, **Hope** was in sizzling form, swimming a number of PB's and earning **State Times** for the 100m freestyle and backstroke events. Congratulations!! Medals for placegetters were awarded to **Matthew, Hope, Grant** and **Emma**. Well done!



Everyone enjoys relays and this was no exception, with our club entering 2 teams. Our 13/under team of **Hope, Grant, Stephanie A** and

Ziddane performed admirably but just missed out on a place. Our 15/under team of **Sofiane, Emma, Matthew** and **Tara** swam superbly and, in a nail-biting finish, edged out Ballarat to take the **GOLD**. Top effort swimmers!!

Timekeeping duties were shared throughout the day, so thank you to **Ange Pane, Angela Chambers, Nicole Anastakis, Julie Henley** and **Lisa Bethke**.



Thankyou, also, to **Peter Higgins** for his attendance and coaching over the weekend.

Comments by swimmers and family members who attended the Cobram-Barooga and Echuca weekend:

Stephanie A *It was fun. I liked the rock climbing and tennis. The swim meets were fun and I took some seconds off my time!*

Maria P *A great weekend away! I am looking forward to the next one.*

Hope *It was fun. I liked rock climbing, tennis and the playground. The swim meets were quite fun and I was happy that I got two State Times!*

Matthew *It was great beating Ziddane 9-0 at soccer on the playstation.*

Tara *It was good fun spending the whole weekend with the others. I was rapt about getting a medal for our relay.*

Stephanie P *I liked the playground and rock climbing. I liked the swim meets and improving my times.*

Nicole *Very enjoyable for both children and parents. Looking forward to our next one.*

Caitlyn *We went to NSW for Dinner! I enjoyed sightseeing at Echuca.*

Michael *I had fun. I beat Sof 3-0 at soccer on the playstation.*

Sophie *It was fun. I liked the playground and rock climbing and the teamwork at the playground. I liked the swim meets.*



DATES TO REMEMBER

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Dec 18	PB Challenge & BBQ	TRAC	N/A
Jan 3 - 7	State Open & 12/u Championships	MSAC	December 20 to SV
Jan 9 - 13	State Age Championships	MSAC	December 20 to SV
Jan 15	Benalla Sprints	Benalla	January 3 to Benalla
Jan 22	Metro East Sprints	Nunawading	January 9 to Metro East
Jan 22	Training Resumes / PB Challenge	TRAC	N/A
Feb 4	Lara Summer Handicap Carnival	Lara	December 18 to Lisa
Feb 11	All Junior Eliminations (11 to 14 yrs)	Richmond	January 27 to Lisa
Feb 18	All Junior Eliminations (10 / under)	Richmond	January 27 to Lisa
Feb 18, 19	SV Sprint Championships	MSAC	January 27 to Lisa
Mar 4	Metro Nth Encouragements 10/under	Carey	TBA
Mar 11, 12, 13	Tasmanian Age Championships	THAC	TBA
Mar 18	Metro Nth Encouragements 11/over	Carey	TBA
Mar 26	Club Championships Week 1	TRAC	March 20 to Lisa
Apr 2	Club Championships Week 2	TRAC	March 20 to Lisa

Swim Meets

There are numerous swim meets held in Victoria throughout the year. Details of most swim meets are available on the Swimming Victoria website www.swimmingvictoria.org.au and follow the prompts to events, then programs. Flyers to many meets are also placed on our noticeboard. Flyers for swim meets that our members should attend as a club will be distributed to swimmers individually or via the monthly newsletter.

PB Challenge News

Our November PB Challenge was held in conjunction with the Diamond Creek Invitational Meet. Conditions were a little different from our usual PB Challenges, however, a number of swimmers still managed some PB's and gained valuable points for the challenge.

Stephanie V, Alex, Kendall, Elizabeth, Hope, Daniela, Staphanie B, Aneta and **Tara** continued their perfect PB attendance record. Well done!

The monthly winner with a points score of 86 was **Claudia Fruscalzo**, who has received a small voucher for her efforts.

Current placings are:

1st	Hope Henley	266 pts
2nd	Julian Costa	238 pts
3rd	Grant Trewella	209 pts



Grant
Sofiane
Halie
Steph V

Our next PB Challenge will be held on, **Sunday December 18**. This will be followed by a BBQ for members and their families.

Results from all PB Challenges are posted on the notice board soon after each challenge.

The PB Challenge is for **ALL** club swimmers regardless of age or ability. Your times are recorded and points are awarded for each swim. More points are given for beating your Personal Best times.

Please note, results for most swim meets are posted on the notice board shortly after each meet. Lists of qualifying meets are available from the Swimming Victoria website: www.swimmingvictoria.org.au

PHYSIOTHERAPIST VISIT

Thankyou to **MINH HUYNH** from **Plenty Valley Community Health** who spoke to our swimmers about the importance of warming up before training and competitions, and cooling down afterwards. Minh also demonstrated a number of stretches that are beneficial for our swimmers.

Plenty Valley Community Health is located at: The Northern Hospital, 187 Cooper Street, Epping.
www.pvch.org.au

Harry Potter - Movie Afternoon

Over 30 members and their families recently enjoyed an afternoon of wizardry at a screening of Harry Potter and the Goblet of Fire at Epping Cinemas. Many continued the socializing with dinner afterwards at La Famiglia. A huge **THANKYOU** to **Rita** for organizing another enjoyable social function for our club members.

MARSHALLING

It is important when attending a swim meet that you report to the marshalling area at the time requested by the meet officials. This is usually 3 events prior to your race. An event board is usually on clear display showing the event that is currently being swum. Once you have had your name marked off, you must not leave the marshalling area. You must listen to ensure you know when to take your place behind your correct lane in time for your event. If you are late to, or leave the marshalling area, the officials **MAY NOT allow you to swim your event.**

About the Nationals *April 18, 2005* *by Matthew Pane*

It all started when Peter asked me to do the 5 km swim at Haileybury pool. I thought it was just another swimming competition, and wouldn't be able to swim that distance. My first reaction when Peter asked me, I really didn't want to swim that distance. But, after talking to Peter for a while, he convinced me that I could do it. After all, our normal swim session in the mornings is usually about 5 km, when you add up all the training we do over the morning.

The next thing I knew I was at Haileybury pool. I was really nervous, because it was my first time swimming that distance in a competition. Just before the competition started, I tried to remember what Peter had told me. After my race was over, I was relieved that it was over, but it wasn't as bad as I thought it would have been. While I was in the shower I was told that I had got the National time. I was so excited and I remember saying to my mum that I could have gone harder. When I first agreed to enter this competition I had no idea that this could qualify for the Nationals. I was so excited, I was going to the Nationals!

Later on, Peter had a talk with me about Nationals. He told me I had to swim in open water, the ocean! At that point I wanted to pull out, because I hated swimming in the ocean, especially when you can't see the bottom! Peter also told me the water would be cooler than the water we train in. Another reason to pull out.

Weeks went on and the training sessions became harder and more long distance. It became heaps more mental than physical. The day before my race when I was flying

up to Queensland, all I could think about was, "I can't wait until I finish this race." I was also thinking about what to do, or think about while I was swimming. Like trying to keep up with the fastest people, but not push too hard and lose all my energy. I was nervous and in a way sort of worried because I didn't know what to expect.

On race day, I was nervous. I went for a warm up in the water. It wasn't as cold as I thought it would be. Peter and I had a look at where I would be swimming. I was a little nervous as it was in the OCEAN. I also had butterflies at the same time. There was a large crowd watching. The atmosphere was really exciting. After my warm up, I was a little more relaxed. We went in the water to line up for the start of the race. In our briefing we were told to swim around the buoys. When we were racing I had to lift my head out of the water to see where I was going. After the first lap I felt as if I had been swimming for hours and I had that awful taste of salt water in my mouth. I wanted a drink of water but I knew it had to wait. It was a two lap course. Half way during my next lap I was just hoping it would finish. It was the hardest swim I had ever swam. After the race I took my goggles off. I was so dizzy, but glad it was all over. My muscles were bursting with pain.

Looking back, I realise it wasn't all that bad. I was just nervous about the unknown, and the unexpected. I had never swam in the ocean before. It was a lot harder than swimming in a normal pool. But, after the race I thought, "What was I so nervous about? It wasn't that bad!"

*Congratulations to junior coach Sara Aiezza who received a VCE enter score of 99.05. Among her results was a **PERFECT 50** for Business Management. Well done Sara - DUX of St Monica's 2005!*



CHOCOLATE DRIVE

The incentive chocolate drive for uniform items is now closed for this year. Could all participants please have their money returned to **Russell Trewella** as soon as possible. Thank you for your participation.



DEVELOPMENT SQUAD - REMINDER

A reminder that the 7pm Development Squad is for Monday, Friday and Sunday ONLY. You must not attend Wednesday sessions unless you have made arrangements with Peter or have paid for the extra sessions. Those swimmers continuing to attend without permission will no longer be allowed to swim on Wednesdays. Your co-operation in this matter is requested.

Is it something in the water?

Epping Aquajets swimmers continue to achieve high results at school. Congratulations to **Hope Henley** and **Grant Trewella** for receiving the top awards for Thomastown P.S. at their Grade 6 Graduation. Congratulations, also, to **Tara Bethke** for receiving the DUX award for Year 10 at Bundoora SC.

*Well done to **Kelsey McCloskey-Huckin** who recently competed in the Pacific School Games for athletics. She earned a 4th place in the Long Jump, 14th in the Triple Jump and 3rd in the 4 x 100m relay.*

SHADE TENTS

Members who are attending out door swim meets during the summer swim season may borrow the club SHADE TENTS, which were kindly donated by a grant given by **VicHealth** last year. Please see Peter or Lisa.



WELCOME TO NEW MEMBERS

Welcome to the following swimmers and their families:

Daniel and Rebecca Berto	Rebecca Bradley	Emma, Sarah and Stuart Chambers
Leah and Scott Massari	Lachlan and Mikaela McRedmond	Jessica Tatarskyj

TRAINING EQUIPMENT

Please ensure the following rules are adhered to regarding training equipment left in the club cages:

- All items must be **CLEARLY LABELLED** with the owner's name in permanent marker.
- Drink bottles **MUST NOT** be left in mesh bags. Bottles become mouldy and a health hazard very quickly. Any bottles found in the cage will be removed.
- Bags must be **SECURELY CLOSED** before placing in the cage. Items easily fall out if the toggle is not tight.
- Items **MUST NOT** be borrowed without the owner's permission.
- Bags must be placed **NEATLY** in the cage at the end of each session.

Next committee meeting will be held at TRAC on Monday February 13 at 7 pm. All parents / members are encouraged to attend.

The email address for the Aquajets Social and Fundraising Committee is:
Aquajets_Fun_Raising@hotmail.com

REBEL SPORT—DISCOUNT CARDS

Don't forget to use your Rebel Sport MVP card whenever you shop at Rebel. By showing this card at any Rebel Sport outlet, you will receive a 5% discount on all full priced items (excluding gift vouchers, ski hire and ski lift ticket purchases). PLUS 5% of your purchase comes back to our club!

Extra cards for friends or family can be obtained from Maria Pane or Nicole Anastakis.



Items for the next newsletter are to be submitted to Lisa no later than Monday January 23.

WEB-SITE

The club website is now up and running.

www.aquajets.com.au

Your feedback is most welcome.

ADVERTISING

Advertise your business in the Club Newsletter. It costs as little as \$50 per year, or \$60 for non-registered families that would like to receive a mailed out copy of our newsletter every month. Contact **Nicole** for further enquiries.

Please check the notice board regularly for news items, changes to training sessions, details of upcoming swim meets and details of closing dates. Not all information is available at the time of printing of the newsletter.

Any meet entries that are to be given to Lisa must be handed in with a **FULLY COMPLETED ENTRY CARD** and **FULL PAYMENT** in a sealed envelope with swimmer's name, meet name and amount enclosed written clearly on the front.

If you are unsure how to complete your entry cards, feel free to ask for assistance.



Great Christmas gift ideas for the swimmer in your family:

Flippers

Pull Buoys

Kickboards

(Don't forget to use your discount card if purchasing from Rebel Sport.)

Club Uniform Items

Club Towels

Club Calendars



Club calendars are still available for purchase at a cost of \$14.50. Great value with heaps of great glossy photos for the cost of developing a roll of film! Ideal Christmas gift, especially for grandparents or that special aunty or uncle. See Lisa to purchase before they run out.

ANGE'S TILE GALLERY

Ange Pane
Managing Director

644 Mt. Alexander Road Moonee Ponds 3039
Telephone: 9326 0633 Facsimile: 9326 0603
Mobile: 0418 301 621

Don't forget to mention that you are from Epping Aquajets Swimming Club.

2006 Tasmanian Age Championships

Qualifying Times

MALE	16-18 years	14/15 years	12/13 years		FEMALE	16-18 years	14/15 years	12/13 years
Freestyle					Freestyle			
100	1.13	1.18	1.25		100	1.18	1.20	1.25
200	2.38	2.45	3.00		200	2.50	2.55	3.00
400	5.25	5.45	6.00		400	5.50	5.55	6.00
Backstroke					Backstroke			
100	1.25	1.30	1.40		100	1.30	1.35	1.40
200	3.00	3.10	3.30		200	3.10	3.20	3.40
Breaststroke					Breaststroke			
100	1.35	1.40	1.50		100	1.40	1.45	1.50
200	3.20	3.30	3.45		200	3.30	3.35	3.45
Butterfly					Butterfly			
100	1.25	1.30	1.40		100	1.30	1.35	1.45
200	3.10	3.25	3.45		200	3.20	3.30	3.45
Individual Medley					Individual Medley			
200	3.00	3.10	3.20		200	3.05	3.15	3.20
400	6.00	6.20	6.40		400	6.10	6.30	6.50

TASMANIAN STATE CHAMPIONSHIPS

March 11, 12 and 13

A number of Aquajets swimmers are hoping to attend the **Tasmanian State Age Championships** in March next year. **Swimmers must be aged 12 or over and qualifying times need to be achieved at a qualifying meet in order to participate.** (Refer above). Each member will need to fund their own travelling and accommodation costs, however, we would be hoping to arrange group bookings to try to keep the costs down and for everyone to be travelling as a **TEAM**. In order to start the ball rolling we need to determine numbers of those wishing to attend. Please return the attached reply slip to Lisa as soon as possible, preferably by **December 19**.

TASMANIAN STATE CHAMPIONSHIPS

Reply slip

Family name: _____

No. of Swimmers attending: _____

Qualifying times have been achieved: YES / NO

Other family members attending: Adults: _____ Children: _____

Team travel and accommodation required: YES / NO