



NEWSLETTER

SV OPEN WATER CHAMPIONSHIPS

Congratulations on a superb effort by our 5 representatives, **Matthew, Halie, Tara, Alex and Hope**. at this State Championship Meet.

After a long drive, we converged on Hazelwood Pondage ready to take on the challenge. **Matthew** was first to head out, followed some minutes later by **Halie** and **Tara**, all three swimming in the 5km State Championship event. They showed great courage and fight along the way with **Matthew** finishing the race improving on his National qualifying time. Both **Halie** and **Tara** finished with good times for their first open water swim. In the 3km Sauna Swim event, our two swimmers, **Alex** and **Hope**, swam to coach, **Peter Higgins** instructions beautifully. They were well rewarded for their efforts with **Hope** earning a **Silver** medal and **Alex** coming home with the **Bronze** medal for their age group. FANTASTIC!!!

Thankyou to **Peter Higgins** who

gave up his time to attend the meet and advise the swimmers prior to the race.

***Tara** - It was really hard and easy to get lost. Even so, I still enjoyed the day and will go back next time.*

***Hope** - It was challenging but fun. The sense of direction was almost impossible! I enjoyed the day and will most certainly go back next year.*

***Matthew** - It was an enjoyable, fun day followed by Maccas!!! I was nervous before the race but at the end I was very relieved, happy and had lots of fun with the girls (Halie, Tara, Hope, Alex and Naomie).*

***Halie** - It was a great day, enjoyable and fun. I was nervous at the start, but I think everyone was. At the end I was stuffed!*

***Alex** - The day was fun. Everyone seemed to be swimming around the buoys fine but I seemed to be way out! It was good on the way home because we had McDonalds!*

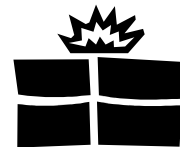


November 2005



December Birthdays

Caitlyn Bethke
Adrian Fruscalzo
Van Le
Dylan O'Neill



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.

DEVELOPMENT SQUAD

THIS NOTICE IS TO PARENTS OF ALL DEVELOPMENT SQUAD SWIMMERS. Training for this squad is **Monday and Friday at 7 pm plus Sunday mornings**. Wednesday sessions were introduced by Peter only for those swimmers having difficulty making the Monday sessions. Due to the lane restrictions that we face, particularly when the warmer weather arrives and the pool usage by the public increases, attendance will need to be strictly limited to the correct sessions. Swimmers requiring to train on Wednesdays instead of Mondays will need to obtain permission from Peter first. **Those swimmers that wish to attend ALL THREE weekday sessions (Monday, Wednesday & Friday) will need to have their squad fees increased accordingly.**

Diamond Creek Invitational

November 20

We have had another good response to the annual Diamond Creek Invitational meet with 32 swimmers entering individual events. A number of relay teams have also been entered and swimmers will be advised on the day if they are required for relay swims.

Diamond Creek Swimming Club have asked that we provide one lane of timekeepers for the day, so a roster will be prepared ensuring no-one has to spend the whole day on the job. All families will be expected to participate in the roster, and will be included unless Lisa is advised of any unavailability.

There is no seating at the Diamond Creek pool therefore you should bring your own chairs and/or blankets to sit on. Shade tents will be provided for anyone requiring shelter.

Diamond Creek Swimming Club will be running a BBQ on the day with food and drinks available for purchase.

This meet will also be doubling as our November PB Challenge, so points will be awarded for all individual swims.

Good luck AQUAJETS!

Due to the Diamond Creek Invitational, Cobram-Barooga and Echuca swim meets there will be **no Sunday training on November 20 and December 4.**



Swimmer Profile

Swimmer of the Month

Stephanie is to be congratulated on her great attitude at training. She has gone from being a follower in the pool to a leader and has taken her training to another level. Well done, Stephanie!

Name:	Stephanie Boskovska
Age:	13
Favourite stroke/s :	Breaststroke and Freestyle
Favourite event:	200m Breaststroke
What do I like about swimming?	It's fun and challenging. Keeps me fit. Social side.
Favourite training set:	Kick sets and endurance.
Favourite TV show:	Lost
Favourite colour:	Blue
Favourite singer:	Mario
Footy team:	Collingwood
Other sports and hobbies:	Soccer, bike riding and running.
My aim in swimming:	To make it to States.
What do I like about Peter?	He pushes us to train hard, but he's funny!

SV DISTANCE COMPETITION OCTOBER 15 & 16

Well done to **Alex** and **Halie** who swam the 800m freestyle event at the Distance Competition at MSAC. This was the first time both girls had swum this event and they both achieved good times. In addition, **Halie** also swam the 200m breaststroke achieving a PB. Great effort girls!

MOONEE VALLEY SPRING CARNIVAL OCTOBER 23

Our small contingent of **James Murray** and **Jenae Broomfield** flew the Aquajets flag at the VUT pool in Footscray. Both swimmers performed admirably achieving some PB's along the way. It was particularly good to again see our swimmers challenge themselves in the longer distances with **James** swimming the 200m freestyle and backstroke races. Well done **James** and **Jenae**!

MLC LONG COURSE MEET November 6

Claudia Fruscalzo was our lone swimmer at MSAC for this MLC long course meet. Although not feeling 100%, **Claudia** managed to plough through the water with enough speed to earn a gold medal for the 50m Backstroke event and State Qualifying times for the 100m Freestyle and 100m Backstroke events. Fantastic effort **Claudia**!

MELBOURNE VICENTRE CLASSIC OCTOBER 29

Nine club swimmers attended this long course meet held at MSAC - **Christopher, Stephanie P, Ziddane, Hope, Alex, Grant, Halie, Matthew** and **Deana H**. The field was of very high quality and although we were unable to bring home any medals, all swimmers worked hard to achieve many long course PB's throughout the day. Well done to **Deana H** and **Stephanie P** who swam PB's in all their events.

VICTORIAN AGE TOP 10 RANKINGS

Check out this year's swimmer's rankings at www.swimmingvictoria.org.au and you will find **Grant Trewella** listed in the Victorian Age Top 10 for 50m breaststroke (long course - 11 yrs/u) and 100m breaststroke (short course - 12 yrs). Well done **Grant**, a top effort!!

METRO 7 - 10 ENCOURAGEMENTS November 13

Sophie, Christopher, Abdullah, Claudia, and **Elizabeth** represented Metro North against the other metropolitan districts at MSAC on Sunday November 13. All five swimmers should be commended on their performances, with a number of PB's being swum. Congratulations to **Claudia** and **Abdullah** who received finalist flashes for top 10 placings on the day.



CHRISTMAS PARTY at FUNFIELDS NOVEMBER 12



What a fantastic day everyone had at Funfields the toboggan park on Saturday November 12. Many of the kids braved the water slides and blaster boats even though sunshine was scarce. The go-karts proved popular once again, especially with **Kendall** and **Deanna** who made up a keen partnership on the track! The toboggans were enjoyed by many, even though the queue was long at times. Fortunately there were no major spills this year. Mini golf was also fun. A few stray balls occurred during the day but players enjoyed themselves regardless. Were there any holes-in one?

Some time after lunch, the immediate area surrounding our shelter turned into a war zone with water bombs flying everywhere! **Michelle** and **Linh** seemed to be popular targets early on, however, all focus turned to coach **Peter** who copped a few bombs from behind later in the day. I wonder how hard training will be for the assailants over the next week or two??

Thankyou to all of the families who kindly donated items for our hamper raffle, which was drawn in the afternoon. Through your generosity we raised \$243 for the club and were able to provide 2 wonderful hampers as prizes. In addition the club provided an additional prize of Aquajet club items.

Congratulations to these lucky winners:

1st	Aneta Boskovska	(hamper)
2nd	Don Trewella	(hamper)
3rd	Renata Todorovska	(club towel and calendar)

Our thanks to the organizers, **Rita, Maria P, Nicole** and **Maria A** for another great day!



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 Anestakis.



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

CHOCOLATE DRIVE

Purchase your uniform items via the Incentive Chocolate Drive.

- 1 box choose from: 1 club cap, 1 club swim cap or 1 club beanie.
2 boxes choose from: 1 pair of boys training bathers (sizes 6 - 14),
 1 pair of girls training bathers (size 6 - 14) or 1 short sleeve club polo shirt (size 6 - 14).
3 boxes 1 pair of tracksuit pants.
4 boxes 1 club towel.
5 boxes 1 tracksuit jacket.
8 boxes choose from: 1 club swim coat or
 1 club tracksuit.



See Russell Trewella if you wish to participate.

Please note that boxes of chocolates sold in the Club Chocolate Drive do not count towards the Incentive Chocolate Drive.

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:

Aloisa Budisavljevic
 Paul Rametta
 Emily Schembri
 Madison Schembri

Items for the next newsletter are to be submitted to Lisa no later than Monday December 12.

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 December 12 at 7 pm. All parents / members are encouraged to attend.

Next social / fundraising sub-committee meeting will be held poolside at TRAC on Friday December 9 at 6.30 p.m.

DATES TO REMEMBER

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Nov 20	Diamond Creek Invitational	Diamond Creek	Closed
Nov 26	Broadmeadows Handicap	Broadmeadows	Closed
Nov 26	Metro North Scratch Meet	Richmond	Closed
Dec 3	Cobram Barooga Summer Meet	Cobram Barooga	November 23 with Cobram
Dec 4	Echuca Qualifying Meet	Echuca	November 23 with Echuca
Dec 10,11,17,18	SV December Competitions	MSAC	November 22 to SV
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	Forest Hill	January 9 to Metro East
Jan 22	Training Resumes / PB Challenge	TRAC	
Feb 4	Lara Summer Handicap Carnival	Lara	December 18 to Lisa
Feb 11, 18	All Junior Eliminations	Richmond	January 27 to Lisa
Feb 18, 19	SV Sprint Championships	MSAC	TBA

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

The onset of daylight savings did nothing to deter the 28 swimmers who fronted for our 5th PB Challenge this season. Perfect attendance at the PB's was continued by **Stephanie V, Alex, Kendall, Elizabeth, Hope, Daniela, Stephanie B, Aneta** and **Tara**. Great effort!

The monthly winner with a perfect points score of 88 was **Christopher De Bono**, who has received a small voucher for his efforts. Honourable mentions go to **Michael** and **Grant** who were not far behind. They have also received a small voucher.

Current placings are:

1st	Hope Henley	259 pts
2nd	Grant Trewella	196 pts
3rd	Julian Costa	192 pts



Naomie W

Our next PB Challenge will be combined with the **Diamond Creek Invitational** swim meet on **Sunday November 20**.

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

TRACK GOLD MEMBERSHIP SPECIAL DEAL

A special deal is available to Parent Members of the Aquajets Swimming Club.

Gold Membership to TRAC is on offer for \$42 per month with no joining fee. See Peter to obtain the required Aquajets card to show at reception when joining.

PROFICIENCY NEWS

Frank Lekkas, Halie Welsh and Naomie Welsh swam at the Proficiency Meet at the Yarra Plenty pool on November 6. Frank and Naomie both applied for their Bronze Star awards, and Halie attempted the Bar to Gold. Results were not yet available at the time of printing. The next proficiency meet will be held at the Yarra Plenty pool in April.

Congratulations to **Mario Rametta** who recently gained his black belt in karate.

Good luck to **Kelsey McCloskey-Huckin** who will be representing Victoria for athletics in the Pacific School Games later this month.

REMINDERS!!!!

If you haven't returned your RSVP for the PB Challenge Sausage Sizzle on December 18, please hand it in to **RITA** a.s.a.p. so catering can be organized.

Also, don't forget to have your **Harry Potter** reply and payment in to **RITA** by December 6.

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.



Great Christmas gift ideas for the swimmer in your family:

Flippers

Pull Buoys

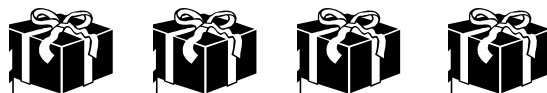
Kickboards

(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.

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.

Thankyou to members for a huge improvement in the standard of Green cards that are now being handed in. Much better than before!!! Just remember to make sure ALL items are completed, including the declaration on the back of the card. If you are unsure how to complete your entry cards, feel free to ask for assistance.

BREASTSTROKE RULES

There are more rules for Breaststroke than any other stroke so make sure you know them well.

SW 7.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

SW 7.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movement of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

OTHER RULES

There have been a few recent amendments to swimming rules.

In backstroke you are now allowed to have your feet above the level of the water, providing there is not a ledge or edge, i.e. You can have your feet high at MSAC however at a pool with a gutter at water level they must be below the level of the water. With breaststroke, you must stay on your front for the whole race, apart from the turn where you may turn onto the side as you come off the wall. 7.4 refers to the split stroke, a new part of this rule allows for a dolphin kick while performing the split stroke. Also make sure your arms and legs are always even, including the touch on the wall which must be with two hands.

PAUL'S MILK CAPS

Thank you to the families who collected Paul's Milk Caps. \$100 will be forwarded to our club by Paul's from the caps handed in at the November Cash-In day. Keep collecting those specially marked caps from Paul's plastic 2 and 3 litre milk bottles, as every cap is worth 10 cents to our club.