



NEWSLETTER

WINTER INTERCLUB

Winter Interclub 2006 proved to be our biggest ever with a huge seven teams entered! A total of 55 Aquajets swimmers participated over the five weeks which was a fantastic effort. All teams performed tremendously with many PB's swum throughout the competition.



Congratulations to Junior 2, **Mitchell, Mikaela, Julian, Naomie W, Jack, Eren and Nancy**, who took out the E Grade premiership in fantastic style. Refer to page 3 for Team Manager, **Robyn's** congratulations.

Congratulations, also, to Junior 1, **Christopher, Hope, Claudia, Alex, Daniel, Grant** and **Jessica T** who were runners-up in a class field in A Grade. **Julie** was their Team Manager .



Thankyou to the many parents, brothers and sisters who supported our teams. In particular, those who performed time-keeping and team manager duties: **Maria A, Sara, John B, Sandra, Lisa, Jerry, Stuart, John C, Joe D, Zac, Adrian, Marisa, Julie, Kevin, Brydie, Rita, Terri, Robyn, Ajda, Karen, Maria P, Vito, Michael, Russell and Lauren**. Thankyou to **Peter** for his coaching over the course of the event.

It was great to see most swimmers catching the buses to MSAC each week. At a cost of \$3000, it was well worth it. Bus fees covered approximately half the cost with the remainder being subsidised by the club through its fundraising efforts. Thankyou to **John B** who organized the Jelly Bean competition on the buses each week and also to **Veronica's Pantry** of Watsonia for providing the prizes.

Celebrations were once again held at the conclusion of this year's Winter Interclub at La Porchetta in Reservoir. Thankyou to **Maria A** and **Rita** for their organizing of the function and **Ajda** for her assistance placing the orders.

MONTHLY FEES

ANYONE WITH OVERDUE ACCOUNTS MUST CONTACT OUR TREASURER, MARIA A, IMMEDIATELY ON 9465 5579 UNLESS PAYMENT ARRANGEMENTS ARE ALREADY IN PLACE.

August 2006



September Birthdays

*Nancy Do
Isobel Loza
Mikaela McRedmond
Stephine Moisa
Jack O'Neill
Vesna Spaseska*



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.

PB CHALLENGE

Due to the SV Annual General Meeting and Conference, our July PB Challenge had to be cancelled.

Our next PB Challenge will be held on **Sunday August 20** at 9 am.

Current top three positions after PB Challenge 2 are:

1st	Jessica Tatarskyj	83
2nd	Hope Henley	81
3rd	Stephanie Pane	78

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.

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

Yarra Plenty Invitational Meet

Our club has been invited to participate in this year's Yarra Plenty Invitational Meet to be held at the Yarra Plenty pool on **Saturday August 26**. **ALL** Aquajets swimmers are encouraged to enter with a range of events to cater for most swimmers. Let's see if we can out-perform local rivals, Yarra Plenty and Mill Park! Entries are to be made on Epping Aquajets or Metro North entry forms and are to be handed to Lisa in a sealed envelope with payment of \$2 per event by **Friday August 18**.

Late entries will not be accepted.

Swimmer Profile

Swimmer Of The Month

Deanna has shown fantastic improvement with her swimming technique!



NAME:	Deanna Fruscalzo
AGE:	8 years
FAVOURITE STROKE / EVENT:	Backstroke
FAVOURITE TRAINING SET:	Diving
LEAST FAVOURITE SET:	Tumbleturns (water goes up my nose!)
WHAT I LIKE ABOUT SWIMMING:	It's fun.
OTHER SPORTS / INTERESTS:	Dancing and soccer
FAVOURITE FOOD:	Chocolate and gnocchi
FAVOURITE TV SHOW:	Home and Away
FOOTY TEAM:	Richmond

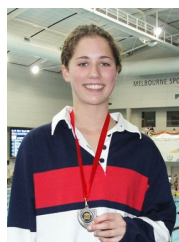
ELTHAM SHORT COURSE



A long day was endured by the 12 Aquajets swimmers who participated in the Eltham Short-course Meet at MSAC on July 30.

The morning started with a warm-up at 8am and with up to 10 heats per event, concluded well after 5pm! Thankyou to **Peter** for lasting the distance.

PB's came thick and fast with **Tara, Rebecca B1, Rosalyn, Jessica P, Stephanie P, Sarah, Alex, Hope, Daniel, Grant** and **Matthew** each achieving PB's throughout the meet. Congratulations to **Alex** who earned her first **State Time** in the 50m freestyle event! Well done to **Matthew, Sarah** and **Rebecca B1** who also achieved new State Times. Competition was fierce, however, Aquajets still managed to bring home four medals - **Hope** (Bronze 200m freestyle and 200m backstroke), **Grant** (Bronze 100m breaststroke) and **Emma** (Silver 100m breaststroke). Well done swimmers!



JUNIOR TEAM 2

As Team Manager of Junior Team 2 at the recent Swimming Victoria Interclub, I would like to congratulate the team on their win in E Grade. Well done guys!!

The team members were: **Julian Costa, Nancy Do, Eren Mehmet, Mikaela McRedmond, Jack O'Neill, Mitchell O'Neill,** and **Naomie Welsh.**

Each week everyone swam so well, I'm sure there was some PB's!! You may not be aware of this, but going into the last night, we were in such a winning position, we could not lose!

I'd like to thank the parents of the team members for their support in timekeeping or just making sure their child was ready to marshall at the right time or friendship. Thanks - it certainly made my job easier and enjoyable.

Again, congratulations. You little Beauty!!!!!!!

Robyn McRedmond

BENALLA SHORT COURSE

On Sunday the 16th of July, 2006, **Sarah** and **Emma Chambers** trekked up the Hume Highway to compete in the Benalla Winter Short Course Meet. **Sarah** received two silver medals (50m back and breast) and a 100m backstroke PB while **Emma** received a gold medal (50m breast) and two bronze medals (50m Back and free). Well done girls!

NUNAWADING SHORT COURSE

A small team of 4 Aquajets swimmers, **Grant, Hope, Claudia** and **Tara**, participated in this high profile meet at MSAC on Saturday August 12. Competition was world class with Brooke Hanson and Danni Miatke present. Each of our swimmers did well managing a number of PB's on the day. New State Times were also earned with congratulations to **Tara** (50m breast), **Claudia** (100m back, 100m IM), **Hope** (100m fly, 100m IM) and **Grant** (50m free). Thankyou to **Peter** for his coaching throughout the day.

STATE OPEN and SWD SHORT COURSE CHAMPIONSHIPS

A top effort by our team of five Aquajets swimmers, **Deana H, Rebecca B1, Emma, Grant** and **Matthew**, who swam at the SC Championships at MSAC on the weekend of July 22 and 23. These swimmers earned the right to compete by achieving open age qualifying times throughout the year. Congratulations to **Deana H, Emma** and **Grant** who swam PB's at the championships!

METRO NORTH AGGREGATE UPDATE - WEEK 2

Well done to our two teams for their efforts on Sunday August 6. Epping A swam superbly winning most of their events easily. Epping B were down on numbers but still managed some terrific performances.

Current standings after week 2:
 Epping A 1st 290 points
 Epping B Equal 2nd 90 points

Thankyou to our volunteer timekeepers, **Vito, Zac, Joe M, Jerry,** and marshalls, **Peter** and **Kevin.**

The final Aggregate for this season is on **Sunday October 15**, where we are hoping for a big turnout.

CAREY SHORT COURSE

Well done to **Grant** who swam at the Carey meet on Saturday August 5 after our late night of interclub celebrations. Although his preparation was not the best, with less than a full night's sleep, he still managed a PB in the 100m freestyle and a Silver medal in the 100m breaststroke!

FUNDRAISING UPDATE

Pauls Milk Caps

Just a reminder that our club is still participating in the Pauls Milk Collect-a-Cap fundraiser. Each specially marked cap from Pauls 2 and 3 litre milk cartons are worth 10 cents to our club! **WASHED** caps (please!!) can be handed in to **Nicole** from our Fundraising team, with our next cash-in day expected to be in October/November this year.

Chocolate Drive

By now all families should have received a box of chocolates to sell for our fundraising efforts. This is our major fundraiser for the year, so we are hoping for everyone's support. All money must be returned to **Russell** by **Wednesday August 30**.



At the end of our club chocolate drive, families that participated in the club chocolate drive will have the option of participating in the incentive chocolate drive to obtain club uniform items or to help fundraise for costs to attend Nationals.

Trivia Night

To date we have received no response to our survey regarding a Trivia Night. Due to lack of interest our proposed Trivia Night will not be going ahead at this stage. If any families are interested please return your survey form from the July newsletter to Rita by **August 30**.

Next committee meeting will be held at TRAC on **Monday September 11 at 7.30 pm**.

All parents are welcome to attend.

New committee members welcome.

FOR SALE

The club still has a small number of pre-loved items for sale including flippers, pull buoys, bags and kick boards. Stocks are limited. See Lisa asap if interested.

Items for the next newsletter are to be submitted to Lisa no later than **Monday September 11**. Articles from the swimmers are highly encouraged.



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.

SV State Age Short Course Championships

Good luck to our team of swimmers who will be swimming in the State Age Short Course Championships next month:

Daniel, Rebecca B1, Rebecca B2, Emma, Sarah, Claudia, Hope, Matthew, Alex, Grant and Halie.

WELCOME TO NEW MEMBERS

Welcome to the following swimmers and their families:

Mellisa Um

Kilmore Annual Short Course Meet

The Kilmore Annual Short Course Meet will be held on **Sunday September 17**. This meet always proves popular amongst our swimmers, and with the pairs events, makes for an enjoyable day. The drive north doesn't take long and we are hoping for another great turnout by our swimmers. Entries are to be on SV Green Entry Cards and are to be handed to Lisa with payment in a sealed envelope by **Friday August 18**. Please indicate your preferred pairs partner on the envelope.

Calendar 2006

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Aug 20	PB Challenge 3	TRAC	
Aug 26	Yarra Plenty Invitational Meet	Yarra Plenty	Entries to Lisa close August 18
Aug 27	PB Challenge 4	TRAC	
Sep 3	SV Age Short Course Championships	MSAC	Entries to Lisa closed
Sep 9, 10	SV Age Short Course Championships	MSAC	Entries to Lisa closed
Sep 11	<i>Committee Meeting</i>		
Sep 17	Kilmore Annual Short Course	Kilmore	Entries to Lisa close August 18
Sep 24	PB Challenge 5	TRAC	
Oct 8	Metro North Championships	MSAC	Entries to Lisa close September 22
Oct 9	<i>Committee Meeting</i>	TRAC	
Oct 15	Metro North Aggregate C3	Carey	
Oct 21	SV Open Water Championships	Hazelwood	
Oct 28, 29	SV Distance Competition	MSAC	
Nov 11	Proposed GO Club Info Session	Ivanhoe	
Nov 12	MLC Long Course	MSAC	
Nov 13	<i>Committee Meeting</i>	TRAC	
Nov 19	Metro North Scratch	Richmond	
Nov 25	Broadmeadows Scratch / Handicap	Broadmeadows	To be confirmed
Nov 25	Metro North Scratch	Richmond	
Nov 26	Diamond Creek Invitational	Diamond Creek	To be confirmed

PB Challenge dates are determined from available dates taking into consideration external events. They are subject to change.

VERONICA'S Pantry

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Silvana Rametta

INDEPENDENT JEWELLER

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Mobile: 0411 339 080

Fifth Avenue Collection
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Season 2005/2006
DVD's are still available
for \$5.
See Frank B or Lisa if in-
terested.
Profits go directly to the
club.

**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.



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 **VicHealth**

PARENT RESPONSIBILITIES

Good parental support is the foundation of a successful swim program. Parents are needed in many areas for the club to function efficiently. Parents of Aquajets swimmers are asked to take an active role in helping the swim team. This includes serving on committees, helping at meets, fundraising and social activities.

Everyone has something to offer. Below are some guidelines that will help you and your swimmer.

- * Keep yourself informed by reading all publications from the club, the notice board and our web page.
- * We want our swimmers to be proud of the job their parents do. When attending meets hosted by other clubs, volunteer to help by being a timer.
- * If you have a special skill and are willing to volunteer that skill to the club, please let us know. Previous officiating experience, computer and graphic arts skills are always needed.
- * Volunteer to serve on the Committee.
- * Support the coach and the team with a positive attitude.
- * See that your swimmer gets the proper rest and maintains a well-balanced diet.

GUIDELINE FOR SUPPORTING YOUR SWIMMER

- * **BE POSITIVE.** Help your child look beyond today and towards his or her goals. Accentuate the positive, eliminate the negative. However, don't exult too loud or long over great results. That could signal your child that he/she can best earn your love through sports success.
- * **BE PATIENT.** Swimmers develop at different paces, but all swimmers need time. No matter how your child seems to be doing in comparison to other swimmers, don't push. When he or she is ready, the big improvement will come. When they get in a slump, as all athletes do, they won't need any extra help feeling poorly about their performances.
- * Never "bug" your swimmer about his or her swimming. It will only irritate your child. Leave it to their coach to dissect the reasons why his/her performance isn't up to par; you put it with love and encouragement.
- * Please make sure that your swimmers arrive to all practices and meets on time. If your child is late, they will not benefit from proper warm ups and/or miss receiving important communications from their coach.
- * **BE A FOLLOWER, NOT A LEADER.** Your swimmer will perform as well as he or she wants to, not as either you or the coach want.
- * Let your child dream big dreams. Big dreams, whether they come true or not, often lead to diligent and disciplined practice habits and to giving full attention to a coach's instructions. Use Olympic-size dreams to make gentle points about the work habits of high achievers.
- * Encourage your child to play other sports at young ages. Experience shows that pre-teen age group swimming success is short lived. Ultimate swimming success at the highest levels stems from a wide foundation in "motor programs".
- * Although swimming has strong individual elements, your child is, most of all, part of a **TEAM.**
- * Teach your child the difference between critical instruction and negative instruction.
- * The single most important thing you can do for your child is to help develop a strong sense of sportsmanship and positive self-image. With your help this will be swimming's best benefit to your child.

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.

HOW TO BE A PERFECT SWIMMING PARENT

DON'T TRY TO TALK TO THE COACH DURING PRACTICE TIMES

Consider the pool deck a classroom. Would you interrupt a classroom teacher in the middle of a lecture? If a coach is not talking to the swimmers, they are thinking, watching and analysing. If you need to ask questions, please wait until practice time is over and the swimmers have left the pool. The coach will be glad to talk with you when they can give their full and undivided attention. (If a coach thinks he can and must talk with you during practice, they will speak to you first.)

THE COACH IS THE COACH

We want your child to relate to his/her coach as soon as possible concerning swimming competition, technique and training. The better the relationship and bond between swimmer and coach, the better the results will be. When parents interfere with opinions as to how the child should swim it causes considerable confusion as to whom the swimmer should listen to. The coach's job is to develop the athlete. Their basic tool of evaluation is congratulations or criticism based on performance. The parent's job is to grow a healthy, functional individual with strong self-esteem. This will develop out of the type of unconditional love that doesn't become confused by sports performance.

WATCHING WORKOUTS

If you choose to watch our practice sessions, you may do so from the seats at the edge of the pool. Avoid the urge to talk, signal, wave to or admonish your child while he/she is in a practice. If you notice a problem, talk to their coach about it at a later time. Avoid timing your child during practice. The repeat times are something for the coach and the child to discuss. If your swimmer has a poor workout, offer encouragement for them to swim better at the next one.

EVENT AND MEET SELECTION

Meets and events are selected to benefit your child and the team. Consult the coach to determine which contests to plan for. For entry and lower level swimmers whose practice emphasis is on technique up to 3 meets in 5 weeks is acceptable. As swimmers reach higher levels coaches plan practice cycles around meets with consideration given to training preparation and meet recovery. Please do not enter your swimmer in a meet without consulting them first. Enter swimmers in events that they have been training for. If your swimmer has not been attending practices regularly leading up to a meet, there is no purpose in entering them in the 1500m just because the rules allow them to swim a 5th event. Enter them in the 1500m because they tell you that their distance training in practice is coming along really well. Never scratch your child from an event without their coach's knowledge.

BE AS STRONG AS YOUR CHILD

Anything worthwhile usually means sacrifice and hard work. Avoid complaining about the practice schedule your child logs every day. When your child needs to be at morning practices during the school year, wake up earlier than they do to get them ready. Make your swimmer realize that you will support them in every way.

COMMUNICATE

Above all, communicate. If you question any aspect of the swim program, please make an appointment and discuss it with a coach.

AT SWIM MEETS

Parents should allow their children as much autonomy as possible at swim meets. Except for entry-level swimmers, parents should not escort their children to the coaching area at a swim meet. Experienced swimmers should report independently to the coach before and after each race.

Try to watch other swimmers on the team and get an idea of where they are improving or what seems to be common strengths or shared skills. Avoid talking to other parents about only what your child is doing well in. Never offer cash or elaborate gifts for swimming successes. This will only make your child fearful of failing.

SWIMMER'S RESPONSIBILITIES

AT PRACTICE

To establish a distraction-free environment that encourages progression and development, all Aquajets swimmers will be expected to:

- * Do each exercise exactly as described in the dryland program.
- * Be on deck ready to begin stretching, dryland or swimming practice at the scheduled starting time for each session.
- * Conform to the following practice rules:
 1. Check goggles and cap before practice starts.
 2. Swim every set without stopping during a lap.
 3. Do legal strokes from wall to wall.
 4. Do streamlined legal turns on all strokes.
 5. Begin each repeat on time and finish at the wall.
 6. Perform all sets and drills exactly as instructed.
 7. Do not hang or sit on lane lines.
 8. Listen attentively during coach's instructions.
 9. Always put equipment back in its proper place.
 10. Avoid vulgar, profane or derogatory language.
 11. Say something positive to a coach or teammate every day.

AND ELSEWHERE

In addition to the above responsibilities, Aquajets swimmers should follow these guidelines as well:

- * Attend all required events.
- * Let your coach know when you must miss two days in a row of practices.
- * Wear a team cap, if you wear a cap, to all "team" events and meets.
- * Support the coach and your teammates.
- * Compliment those around you and be aware of their efforts.
- * Establish goals and train yourself to achieve them.
- * Show your competitors the respect they deserve.
- * Stay informed of club events, happenings and meets.
- * Make sure handouts and announcements given out at the pool get home.
- * Treat swim meet officials with respect; if a problem arises, talk to your coach
- * Work hard and enjoy the benefits that we have to offer.
- * Follow the program your coach has outlined.
- * Have fun and enjoy swimming!

WHAT'S A WORKOUT LIKE?

Workouts are designed by the coach to teach and enhance swimming techniques, endurance, and speed. The principles of specificity, progression and overload are the basis for planning seasonal, weekly and daily practices. Various training aids are used for this purpose such as kick boards, pull buoys, hand paddles and fins. Sets of drills that involve kicking, swimming, and pulling in all four strokes are taught. The coach tries to make each workout both interesting and challenging. The coach will use every opportunity to respond to each individual's effort with equal reinforcement and praise. Swimming improvement is a process of adaptation, refinement and progression. Our coach works hard at practices providing the instruction necessary to learn basic skill acquisition. From that point repetition is encouraged en route to the following level, where the next skill is introduced and the cycle continues.

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

www.aquajets.com.au

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.