



# NEWSLETTER

## ALL JUNIORS

The first night of the All Junior meet was held at Richmond on Saturday February 11 for 24 Aquajets swimmers aged 11 to 14 years. It was great to see **Naomi Gittos** at her first swim meet, with 3 PB's for the night. Top effort! Other standout performances belonged to **Nancy Do, Grant Trewella, Daniel Berto** and **Hope Henley**, These swimmers also swam at least one PB: **Mikaela McRedmond, Scott Massari, Stephanie Vu, Emma Chambers, Celeste Ward, Stephanie Boskovska, Stephanie Anestakis, Naomie Welsh, Sarah Chambers, Julian Costa, Rebecca Bradley, Caitlyn Bethke, Mario Rametta** and **Daniela Dimitrijovska**. Well done.



Swimmers who achieved a top ten finish received a semi-finalist patch and have earned the right to swim at the Semi-Finals at MSAC on Saturday April 22. Aquajets semi-finalists are **Stephanie Vu, Emma Chambers, Mario Rametta, Stephanie Anestakis, Halie Welsh, Hope Henley, Rebecca Bradley, Lachlan McRedmond, Sarah Chambers** and **Grant Trewella**. Congratulations.

A number of parents / members performed time-keeping duties on the night. Thankyou to **Rita Lekkas, Nicole Anestakis, Lisa Bethke, Tara Bethke, Thanh Vu, Gerry Chambers, Liz Bradley, Sandra Berto, Russell Trewella, Robyn McRedmond, Joe Massari** and **Kevin Henley**. Thankyou, also, to **Peter Higgins** for his attendance and coaching on the night.



The next night for the All Juniors is Saturday February 18 for those swimmers 10 years and under.) Two time-keepers will be required from those parents in attendance.

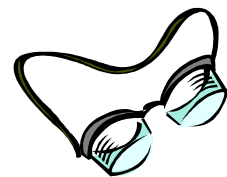
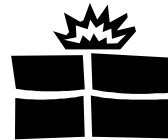
[www.aquajets.com.au](http://www.aquajets.com.au)

## February 2006



### March Birthdays

*Jenae Broomfield  
John Paul Ghaly  
Frank Lekkas  
Onur Ramadan*



## 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.

## *Dates To Remember*

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Feb 18	All Junior Eliminations (10 / under)	Richmond	Closed
Feb 18, 19	SV Sprint Championships	MSAC	Closed
Feb 26	<b>PB Challenge</b>	<b>TRAC</b>	<b>n/a</b>
Mar 4	Metro Nth Encouragements 10/under	Carey	February 17 to Lisa
Mar 4	SV 5 km Open Water Time Trial	Melton	February 17 to SV
Mar 11, 12, 13	Tasmanian Age Championships	Hobart	Closed
Mar 15-26	Commonwealth Games	Melbourne	
Mar 24	Metro Nth Presentation Night	Barry Rd Hall	
Mar 26	<b>Club Championships Week 1</b>	<b>TRAC</b>	<b>March 6 to Lisa</b>
Apr 1	Metro Nth Encouragements 11/over	Richmond	March 3 to Lisa
Apr 2	<b>Club Championships Week 2</b>	<b>TRAC</b>	<b>March 6 to Lisa</b>
Apr 9	<b>Club Handicap Championships</b>	<b>TRAC</b>	<b>March 6 to Lisa</b>
Apr 19-23	Australian Age Championships	Sydney	
Apr 22	All Junior Semi-Finals	MSAC	n/a
Apr 23	All Junior Finals	MSAC	n/a
Apr 24-26	Australian Open Water Championships	Sydney	
May 27	<b>Club Presentation Night</b>	<b>Epping Memorial Hall</b>	<b>tba</b>

[www.aquajets.com.au](http://www.aquajets.com.au)

### **IMPORTANT NOTICE ABOUT TRAINING**

Due to our club participating in the **TASMANIAN AGE CHAMPIONSHIPS** there will be a break in training in March around school holiday time. The last session will be on **MONDAY MARCH 6** (Wednesday March 8 for morning swimmers) with training resuming on **SUNDAY MARCH 19**.  
**We apologise for any inconvenience that you may incur.**

## *Swimmer Profile*

<b>Name:</b>	Nancy Do
<b>Age:</b>	12 years
<b>Favourite stroke/s :</b>	Breaststroke
<b>What do I like about swimming?</b>	It's fun and you get fit.
<b>Favourite food:</b>	Pasta
<b>Favourite TV show:</b>	Home and Away
<b>Favourite band:</b>	Destiny's Child
<b>Footy team:</b>	Collingwood
<b>Favourite thing about school:</b>	My friends
<b>When I'm home I like to.....:</b>	Eat!

## *Swimmer of the Month*



## EAGLEHAWK ANNUAL SCRATCH MEET

A perfect day greeted our team of 11 swimmers at sunny Bendigo on Sunday February 5. The pool was warm and inviting, and produced a number of excellent swims throughout the day. **Scott Massari** and, once again, **Hope Henley** swam magnificently with PB's in every event! Well done.

Our medal tally was quite impressive with these swimmers earning individual places: **Rebecca Berto** (2 gold, 1 silver), **Emma Chambers** (1 gold, 2 silver, 1 bronze), **Deana Horvat** (1 gold, 1 silver), **Grant Trewella** (1 gold), **Matthew Pane** (2 silver, 3 bronze), **Daniel Berto** (2 bronze), **Rebecca Bradley** (1 bronze), **Sarah Chambers** (1 bronze) and **Leah Massari** (1 bronze). To cap off a terrific day of swimming, our girls 13/under relay team of **Hope Henley**, **Sarah Chambers**, **Emma Chambers** and **Rebecca Bradley** were in sizzling form earning gold medals in both the freestyle and medley relay events. Congratulations.

## MELBOURNE VICENTRE LONG COURSE MEET

Thirteen Aquajets swimmers attended one of Melbourne Vicentre's shortest ever meets at MSAC on Saturday February 11. Fantastic swimming by **Deana Horvat** ensured PB's were achieved and a medal tally of 1 silver and 2 bronze were added to her collection. Well done Deanna! Other achievements on the day included a PB and State Times for **Matthew Pane** for the 100m freestyle, 100m fly and 50m free and a PB for the 200m free, a PB and his first State Time for the 100m breaststroke to **Stuart Chambers**, PB's to **Tara Bethke** for the 200m IM, **Halie Welsh** for the 400m freestyle, **Naomie Welsh** for 100m freestyle, **Stephanie Pane** for the 50m breaststroke, **Scott Massari** for 100m freestyle, backstroke and butterfly, **Rebecca Berto** for the 100m freestyle and a bronze medal to **Emma Chambers** for the 100m breaststroke.

## MONTHLY FEES—REMINDER

Just a reminder that our treasurer, Maria, will no longer be issuing monthly squad fee invoices in advance. Maria will be on pool deck on the first Monday of each month to collect fees and issue receipts. It would be appreciated if your fees could be paid promptly by the **first Monday** of every month. (Morning swimmers can pay their fees to Lisa.) If you are unsure of the amount of your squad account, please do not hesitate in contacting **Maria** on **9465 5579**.

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](http://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.

## *P B Challenge News*

The PB Challenge is for **ALL** club swimmers regardless of age or ability. Swims are held for each of the four strokes in race conditions. Your times are recorded and points are awarded for each swim. More points are given for beating your Personal Best times.

Our next PB Challenge will be held at 9 a.m. on **Sunday February 26**.

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



## CLUB CHAMPIONSHIPS

This year's Club Championships will be held on Sunday March 26 and Sunday April 2, with the Handicap Championships following on Sunday April 9. All registered members are eligible and expected to compete on each day of the championships. The program of events form is attached to this month's newsletter.

Entries are to be completed **IN FULL** on the attached Club Championships Entry Form and are to be placed in a sealed envelope together with full payment of \$15 and handed to Lisa by Monday March 6. Entries for all handicap events must include an entry time in **WHOLE SECONDS**.

## HELPFUL HINT OF THE MONTH

It is wise to become familiar with the sound of the starting gun prior to your first race at any swim meet. This will avoid any confusion between the sounds of the race start gun / whistle and false start whistles.

## ALUMINIUM CANS

**Therese (Alex's mum)** would appreciate the donation of any empty aluminium drink cans for her students to use in her school art class.  
Thankyou.



## THANK YOU

A huge **THANK YOU** to **Coles supermarket** in **Epping Plaza** for providing plates, cups and cutlery to the club for our BBQ after the PB Challenge in December.

Another big **THANK YOU** to **Safeway Epping Plaza** for the donation of a voucher which was used to purchase cleaning items that were necessary as per council requirements.

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](http://www.swimmingvictoria.org.au)

## SCHOOL SWIMMING SPORTS

### GOOD LUCK

to all swimmers who will be representing their school in district, zone or interschool swimming sports this year.

Please advise Lisa of your results, so details can be included in a future edition of the newsletter.

## BEHAVIOUR

On a sad note, it was extremely disappointing for our club to receive a complaint about the behaviour of a small number of our members in the marshalling room at the All Juniors on Saturday night. All officials are **VOLUNTEERS** and must be treated with respect at all times. When you are at a swim meet or any of our social functions, you are representing **EPPING AQUAJETS** and it is expected that you behave appropriately. Bad behaviour will not be tolerated and disciplinary action will follow should it continue.



**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.



Items for the next newsletter are to be submitted to Lisa no later than Monday March 27.

**WEB-SITE**

The club website is now up and running.

[www.aquajets.com.au](http://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.

**SALE**

We still have a number of 2006 Calendars available for sale at a **reduced** price. They are full of glossy, colour photos from various events attended by members during 2005. See Lisa if you are interested.

**Next committee meeting will be held at TRAC on Monday March 27 at 7 pm. All parents / members are encouraged to attend.**

**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.



*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.*

**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.

## The Ten Commandments For Parents of Swimmers

Adapted from an article by Rose Snyder, USA Swimming.

- 1. Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do his or her personal best.
- 2. Thou shalt be supportive no matter what.** There is only one question to ask your child: "Did you have fun" If meets and practices are not fun, your child should not be forced to participate.
- 3. Thou shalt not coach your child.** You have taken your child to professional coaches. Do not undermine the coaches by trying to coach your child on the side. Your job is to support and love your child no matter what. The coaches are responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from developing.
- 4. Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should cheer and applaud, but never criticise your child or the coaches.
- 5. Thou shalt acknowledge thy child's fears.** A first swimming meet, 400 free, or 200 IM can be a stressful situation for your child. It is totally appropriate for your child to be scared. Don't yell or belittle him/her. Just assure your child that the coaches would not have suggested the event if he/she was not ready to compete in it.
- 6. Thou shalt not criticize the officials.** If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.
- 7. Respect thy child's coach.** The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticise the coach in the presence of your child. It will only serve to hurt your child's swimming.
- 8. Thou shalt not jump from team to team.** The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracised for a long, long time by the team mates they leave behind. Often times, swimmers who do switch teams never do better than they did before they sought the bluer water.
- 9. Thy child shalt have goals besides winning.** Giving an honest effort regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."
- 10. Thou shalt not expect thy child to become an Olympian.** There are over 60,000 athletes in Australian Swimming. There are only 52 spots available for the Olympic Team every four years (usually a lot less). Your child's odds of becoming an Olympian are about 1 in 1200. Swimming is much more than just the Olympics. Ask your coach why he coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships, and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

### WELCOME TO NEW MEMBERS

Welcome to the following swimmers and their families:

Ashna Ismail  
Jessica Weir  
Isobel Loza

### SURVEY

Don't forget to return your completed social events survey from last months newsletter. Surveys can be handed to Rita, Maria P or Nicole.

### PRESENTATION NIGHT

Our Annual Presentation Night will be held at Epping Memorial Hall on **Saturday May 27**. Please mark this very important date in your calendars.

### TASMANIAN AGE CHAMPIONSHIPS

Good luck to the 14 swimmers who will be representing AQUAJETS in Hobart at the Tasmanian Age Championships on March 11,12 and 13.

Our team of representatives are: **CLUB CAPTAINS Tara Bethke and Matthew Pane, Halie and Naomie Welsh, Grant Trewella, Leah and Scott Massari, Frank Lekkas, Hope Henley, Emma, Sarah and Stuart Chambers, Rebecca Bradley and Rebecca Berto.**



### METRO NORTH ENCOURAGEMENTS

Our District Encouragement Meets will be held on **Saturday March 4** for swimmers **10 years and under** and **Saturday April 1** for all swimmers **11 years and older**. All swimmers are asked to support our district competitions and participate in these encouragement meets. As these are Encouragement competitions, any medallist in District or State Championships are ineligible to enter events for that stroke. Check with Lisa if you are unsure. Please note that these meets are also open to non-registered swimmers and non-competitive registered members. Entries are to be on Metro North entry forms and placed in a sealed envelope with payment in full to Lisa by **Friday February 17** for 10/under and **Friday March 3** for 11/over.

### Newsletter

Please complete the slip below advising how you wish to receive the newsletter, and return it to Lisa by **Monday March 6**. Families who have already advised need not reply.



NAME: \_\_\_\_\_

- 1.  Would like to continue to receive newsletter in paper format.
- 2.  Would like to receive newsletter via email to this email address:  
\_\_\_\_\_
- 3.  Newsletter is not required as I will access it via the web-site at [www.aquajets.com.au](http://www.aquajets.com.au)