



NEWSLETTER

The committee and coaching staff welcome back all swimmers and their families after the summer break and look forward to a successful year of swimming in 2006.

January 2006

SV STATE CHAMPIONSHIPS

Congratulations to our representatives at the 2006 Victorian Championship held earlier this month at MSAC:

- Rebecca Berto,
 - Emma Chambers,
 - Sarah Chambers,
 - Claudia Fruscalzo,
 - Hope Henley,
 - Lachlan McRedmond,
 - Matthew Pane,
 - Evan Russell,
 - Grant Trewella
- and
- Halie Welsh.

These swimmers all achieved the required qualifying times for each event entered throughout 2005.



First up were our Open and 12/under swimmers, **Claudia, Hope, Emma, Grant and Evan**. **Claudia** and **Hope** swam PB's in both their events at their first State Championships. **Evan** bettered his entry times in each of his four events. All five swimmers have now qualified for next year's championships. Well done!

The second week was for swimmers 13 to 18 years, with PB's to **Emma, Matthew** and **Lachlan**. Top effort to **Emma** who earned a place in the final of the 13 year old 100m breast-stroke event. She finished with a PB and a 6th place! Fantastic!!!



Two girls relay teams were also entered with both performing extremely well. Great team swimming by **Halie, Hope, Emma, Rebecca** and **Sarah**.

Thankyou to **Peter Higgins** for his attendance throughout the meet.

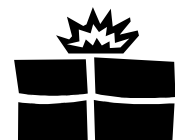


February Birthdays

- Brydie Higgins*
- Kelsey McCloskey-Huckin*
- Kendall Phillips*

21st Birthday Congratulations to Evan Russell

Belated December Birthday Wishes to Deanna Fruscalzo



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.

PARENTS:

The next couple of months is quite a busy time in the swimming calendar. Please ensure that you are aware of any swim meets that your child is to enter, and have all entry forms and payments in before the closing dates. All closing dates will be strictly adhered to, and swimmers will not be chased for entries.

HOT WEATHER:

Please be aware that training may be disrupted on extremely hot days due to large numbers of public swimmers at the pool. If the temperature exceeds 29 degrees at 3pm, training is likely to be cancelled. If you are unsure, Peter can be contacted on 8300 7707 or 0413 409 294.

ALL JUNIORS

The All Junior meet to be held at Richmond on **February 11 and 18** is for junior swimmers aged 14 years and under. (February 11 is for ages 11 to 14 years. February 18 is for those swimmers 10 years and under.) **ALL** junior club members are **strongly encouraged** to enter this competition. Entries should be made on Metro North entry forms and placed in a sealed envelope with payment in full to Lisa by **Monday January 30**. (Due to the summer break, this has been extended from January 27).

2006 Victorian Sprint Championships

The upcoming State Sprints are to be held at MSAC on February 18 and 19. Entries to this meet are restricted to those swimmers who have current **State Qualifying Times** for **each event** they are to participate in. Any swimmer unsure of their eligibility should check with Lisa prior to submitting their entry. Entries are to be made on the gold coloured **2006 Sprint Entry Card** only. These are available from Lisa. **NO OTHER ENTRY CARDS WILL BE ACCEPTED**. Completed entry cards, together with full payment, are to be placed in a sealed envelope with swimmers names on the front and handed to Lisa no later than **Monday January 30**. (This date has been extended from January 27 due to the summer break).

Swimming Victoria have advised that a zero tolerance policy will be enforced for all entries. Any entries that are illegible, inaccurate, incomplete or contain errors will result in the swimmer being excluded from those events. Swimmers will be notified if they have been excluded. To ensure this does not occur, please make sure all entries are neat and correct.

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. 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.

SV 5km OPEN WATER TIME TRIAL

Swimming Victoria will be holding a 5km Open Water Time Trial on **Saturday March 4** at Melton Waves. This is a perfect opportunity to challenge yourself at a long distance swim. For those looking at swimming in the Open Water Nationals in April, this meet will be a qualifying meet, so you can try and achieve the National qualifying time, or improve on your current entry time. Entries are to be made on the Open Water Time Trial entry form and should be placed in a sealed envelope with full payment and handed to Lisa by **Friday February 10**. (Please consult Peter prior to entering this meet).

Tasmanian Age Championships

A formidable team from Aquajets has been forming over the past few weeks to represent our club in **Hobart** on **March 11, 12 and 13**. Flights and accommodation have been booked. A huge thankyou to **Terri Massari** for her time spent organizing our accommodation in Hobart.

Any club swimmer 12 years and over, who has the required Tasmanian State qualifying times (achieved in a **long course** qualifying meet) who still wishes to

participate, will need to arrange their own transport and accommodation. Swimmer's names are to be submitted to Lisa by **Monday January 30** so clearances from Swimming Victoria can be obtained.

Completed entry cards together with full payment of entry fees, are to be placed in a sealed envelope with swimmers names on the front and handed to Lisa no later than **Monday February 13**.

Dates To Remember

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Feb 11	All Junior Eliminations (11 to 14 yrs)	Richmond	January 30 to Lisa
Feb 18	All Junior Eliminations (10 / under)	Richmond	January 30 to Lisa
Feb 18, 19	SV Sprint Championships	MSAC	January 30 to Lisa
Feb 26	PB Challenge	TRAC	n/a
Mar 4	Metro Nth Encouragements 10/under	Carey	February 17 to Lisa
Mar 4	SV 5 km Open Water Time Trial	Melton	February 10 to Lisa
Mar 11, 12, 13	Tasmanian Age Championships	Hobart	Refer to article
Mar 24	Metro Nth Presentation Night	Barry Rd Hall	
Mar 26	Club Championships Week 1	TRAC	March 8 to Lisa
Apr 1	Metro Nth Encouragements 11/over	Richmond	March 3 to Lisa
Apr 2	Club Championships Week 2	TRAC	March 8 to Lisa

BENALLA SPRINT MEET

On January 15, ten Epping Aquajet swimmers, **Emma** and **Sarah Chambers, Hope Henley, Sofiane** and **Ziddane Khattab, Matthew** and **Stephanie Pane, Grant Trewella** and **Halie** and **Naomie Welsh**, trekked up the Hume Highway to Benalla for their annual sprint meet. Top effort to **Hope Henley** who swam PB's in all four of her events. Well done also to **Naomie Welsh** and **Grant Trewella** who each swam a PB.

Congratulations to these swimmers who earned top 3 places throughout the day: **Matthew Pane** (two 1sts, one 2nd and one 3rd), **Emma Chambers** and **Grant Trewella** (each earning a 1st, 2nd and 3rd), **Sofiane Khattab** (two 3rds) and **Halie Welsh, Ziddane Khattab** and **Sarah Chambers** (each gaining a 3rd place). Also well done to the girls relay who finished in 2nd place. Thankyou to **Ange** and **Michael Pane, Angela Chambers** and **Ali Khattab** who performed timekeeping duties on the day.

ROCHESTER COMPETITION

By **Rebecca Berto**



On the 15th of January there was the Rochester Annual Swim Meet. **Rebecca Bradley, Rebecca Berto** and **Daniel Berto** were the only competitors from Epping Aquajets because most of the other swimmers were competing at Benalla which was on the same day.

Although the pool was outdoor and unheated, all three of us tried to have fun freezing (no actually when you have fun it isn't as cold). We jumped in the pool as quickly as we could and swam a good warm up because otherwise our muscles would be even more stiff than usual.

Rebecca Berto received four trophies (a first, a second and two thirds) and one PB. **Rebecca Bradley** received one trophy (second) and three PB's. **Daniel Berto** swam three PB's.

After our individual (B¹ & B²) swims, we then swam in a handicap relay (2x50). Because we swam too fast and came first in our heat by about a third of the pool we weren't allowed to swim in the finals.

Metro Fast Sprint Meet

Metro East held their sprint meet at Nunawading pool on January 22, which was attended by five Aquajet swimmers, **Daniel** and **Rebecca Berto, Rebecca Bradley, Sofiane** and **Ziddane Khattab**. Congratulations to **Rebecca Berto** who received a gold medal for the 50m fly and a bronze for the 50m backstroke event and **Sofiane** who also earned a bronze for the 50m backstroke.

PB Challenge News

December

The PB Challenge for December was extremely well attended with our biggest turnout yet! 41 swimmers participated, which is a great effort.

The monthly winners with perfect points scores of 88 were **Adrian Fruscalzo** and **Michelle Soon** who have received a small voucher each for their efforts. Well done!

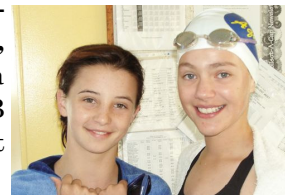
Afterwards, everyone enjoyed a terrific BBQ organized by our hardworking social committee, **Rita, Nicole** and **Maria P.** Thanks, ladies! Also a big thankyou to **Warrick** who joined the ladies in cooking the sausages on the BBQ. Thankyou to all of the families that supplied salads and desserts, and to **IGA Thomastown** a huge thankyou for donating sausages and ALL of the bread.



January

The PB Challenge for January was held on our first day back after the summer break and it was terrific to see 27 swimmers participate. PB's were hard to come by for many, but well done to **Hope Henley** who scored the highest number of points with 48. Well done, Hope!

Alex, Kendall, Elizabeth, Hope, Daniela, Stephanie B and Aneta continued their perfect PB attendance record. Great effort!



As we are now nearing the end of our PB Challenge season, points and current places will no longer be published. Final results will be available at presentation night in May.

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.

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.



STATE CHAMPIONSHIPS

By **Hope Henley**



From the third of January and continuing for two weeks was the excitement of states. Many of us went and were very happy with our results. It was fun and we would all like to go again. In the first week some of us saw great swimmers like Brooke Hanson. That was a highlight. I'd like to congratulate all who competed and wish those who didn't better luck next time.

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

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 February 13.

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.

A huge THANK YOU to **IGA** in **Edgars Road, Thomastown** for kindly donating some sausages and **ALL** of the bread for our BBQ after last month's PB Challenge.

This generosity is very much appreciated by all club members. Please acknowledge their support by shopping at **IGA Thomastown.**



Next committee meeting will be held at **TRAC** on **Monday February 13** 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

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

Newsletter via Email

The computer age is upon us! In order to cut time and money photocopying numerous newsletters each month, we are now looking at providing the newsletter via email. Each page will be in full colour, including all photographs published! Much better than the boring old black and white pages that you currently receive. Black and white copies will still be provided to those who do not have email, or would still prefer hard copies. Photocopies of upcoming swim meets will also still be handed out to all families.

Please advise Lisa asap if you would like to go on the newsletter emailing list.

Note that our website www.aquajets.com.au is up and running and also includes our monthly newsletter in addition to recent meet results.

Social Functions

Our social committee has requested your help in planning our club's social functions for 2006. We ask that all interested families complete the survey below indicating the activities they would participate in, and return it to **Maria P, Nicole or Rita** by February 13. A lot of time is spent behind the scenes organising these events, so this will ensure that only those events that interest our club members are held. Please add to our list if you can think of anything we have not included.

We are also aware that all families are different when it comes to their desire and ability to attend social functions. Note that attendance at these social functions is not compulsory in any way. You may attend as many or as few as you wish.

I would like to take this opportunity to thank our social committee, **Rita, Nicole and Maria P**, for the fantastic functions they have organized so far this season. A great effort!



Family Name (optional): _____

- | | |
|---|---|
| <input type="checkbox"/> Ten Pin Bowling | <input type="checkbox"/> Car Rally |
| <input type="checkbox"/> Movies | <input type="checkbox"/> Lunch after PB Challenge |
| <input type="checkbox"/> Roller Skating/Blading | ___ BBQ |
| <input type="checkbox"/> Dinner | ___ Pizza |
| ___ Restaurant | ___ _____ |
| <input type="checkbox"/> Intencity | <input type="checkbox"/> Trivia Night |
| <input type="checkbox"/> Go Karts | <input type="checkbox"/> Day Trips |
| <input type="checkbox"/> Indoor Rock Climbing | ___ Snow |
| | ___ Shopping Tour |
| | ___ _____ |
| | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |

The listing of any activity above in no way obligates the social committee to hold such a function.