



# NEWSLETTER

## WINTER INTERCLUB

Winter Interclub is set to start on **Friday July 7**. A reminder that Winter Interclub runs each Friday night for 5 weeks, so there will be no Friday night training during interclub season. This means **no Friday night training for the month of July and the first week of August.**

This year we have 7 teams and 2 buses! Cost to travel by bus will be cheaper than last year at \$5 per person. A much preferred way of travelling to MSAC—without the stress, high petrol prices and parking fees! It is also more enjoyable for the swimmers to travel as a **TEAM!** Please have your correct bus money in a named and sealed envelope each Friday. With 2 buses there will be plenty of room for everyone, including family members. Don't forget to also bring your entry fee to the pool, which is \$6.

There will be a 'Guess the number of jelly beans' competition on the buses for a small charge, so bring some loose change to have a go.

Swimmers note that you will be representing the Epping Aquajets Swimming Club therefore **club uniform MUST BE WORN** each week.

Six timekeepers will be required each week from our club. Those who volunteer will be given a free pass that can be used for the following week's entry. We also require some team managers. See Peter if you are interested.

## MONTHLY FEES

Please note that all fees must be paid promptly by the **FIRST MONDAY of every month.** Our Treasurer, Maria Aiezza, will be on pool deck on these Mondays to collect fees and issue receipts. (Morning swimmers can pay their fees to Lisa.) Fees handed to another committee member (Peter or Lisa) must be placed in a sealed envelope with name, amount and month written clearly on the front. **If you are having difficulty paying by the due date you MUST contact Maria immediately on 9465 5579. Swimmers whose fees are not paid by the due date may be EXCLUDED from their training sessions unless prior arrangements have been made with our Treasurer.** Please remember, committee members are volunteers. It is unfair to expect them to spend their time chasing late fees.

## SCHOOL HOLIDAY TRAINING TIMES REMINDER:

5 PM GROUP:	5.00 PM—6.30 PM
6.30 PM GROUP:	6.00 PM—7.30 PM
7 PM GROUP:	6.30 PM—7.30 PM

June 2006

## July Birthdays



*Peter Higgins  
 Jake Jones  
 James Murray  
 Mitchell O'Neill  
 Michael Pane  
 Tony Todorovski  
 Grant Trewella*



## 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

The first PB Challenge for Season 2006/2007 was held on **Sunday May 21** with 28 Aquajets swimmers in attendance. It was quite a slow start for most of our swimmers, with PB's few and far between on the day.

Well done to Naomi Gittos who earned the most points with 45.

Current top three positions after Week 1 are:

1st	<b>Naomi Gittos</b>	45
2nd	<b>Scott Massari</b>	33
3rd	<b>Deana Horvat</b>	32

Our next PB Challenge will be held on **Sunday June 25** at 9 am.

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.

## AQUAJETS DISTANCE TIME TRIAL

After the success of last season's Distance Time Trial, we have decided to 'up the ante' this year. Our Distance Time Trial will be held on **Sunday July 2** at 9am with events up to and including the 1500m freestyle event. Entries are to be on Metro North entry forms and handed to Lisa by **Sunday June 25**. There is no cost involved and certificates are awarded to all participants who complete their event.

### EVENTS

12 years/over	1500m freestyle
11 years/under	Choice of 400m or 800m freestyle
Development squad	Choice of 400m or 800m freestyle

## Swimmer Profile

### Swimmer Of The Month

*Stephine has been enthusiastic at all training sessions and is keen to improve her swimming and move to the next level.*



<b>NAME:</b>	<i>Stephine Moisa</i>
<b>AGE:</b>	<i>9 years</i>
<b>FAVOURITE STROKE / EVENT:</b>	<i>Breaststroke</i>
<b>FAVOURITE TRAINING SET:</b>	<i>Diving</i>
<b>LEAST FAVOURITE SET:</b>	<i>Distance sets</i>
<b>WHAT I LIKE ABOUT SWIMMING:</b>	<i>I like the relays because they are fun.</i>
<b>OTHER SPORTS / INTERESTS:</b>	<i>Tennis, TV</i>
<b>FAVOURITE FOOD:</b>	<i>Pizza</i>
<b>FAVOURITE TV SHOW:</b>	<i>The Simpsons</i>
<b>FOOTY TEAM:</b>	<i>Bulldogs</i>

## PRESENTATION NIGHT

Our Annual Presentation Night was held on Saturday May 27 and was a celebration of the achievements of our swimmers throughout Season 2005/2006. Many awards were presented including Winter Interclub pennants, Proficiency Awards and certificates, Handicap Championship medallions as well as trophies to all swimmers who participated in our Club Championships.

Congratulations to our Age Champions for Season 2005/2006:

16 years/over	<b>Evan Russell</b>	<b>Tara Bethke</b>
14/15 years	<b>Matthew Pane</b>	<b>Rebecca Berto</b>
12/13 years	<b>Grant Trewella</b>	<b>Emma Chambers</b>
10/11 years	<b>Daniel Berto</b>	<b>Claudia Fruscalzo</b>
9 years/under	<b>Dylan O'Neill</b>	<b>Jessica Tatarskyj</b>



Our hotly contested PB Challenge results were announced on the night. Swimmers showing consistent improvement throughout the year earned the most points with these swimmers taking out the top 3 places:

1st	<b>Hope Henley</b>
2nd	<b>Grant Trewella</b>
3rd	<b>Julian Costa</b>

The club awards two Perpetual Shields annually to deserving swimmers.



The winner of our **President's Shield** for 2005/2006 is **Deana Horvat**. **Deana** showed tremendous determination and enthusiasm for her sport both at training and at competitions throughout the year. She has improved her PB's markedly, as well as earning many medals along the way including Silver and Bronze medals at the VSSSA State Championships! Congratulations **Deana**!

The **Coach's Award** for 2005/2006 was presented to **Hope Henley**. **Hope** worked extremely hard all season to see her quickly advance to the morning training squad. Her determination and hard work at training has seen her times across all strokes plummet. She earned third place at the Metro North Age Championships in October, and has qualified for and swum at State Championships and State Sprints. **Hope** has already qualified for next year's National Age Open Water Championships! Congratulations **Hope**!



Club Captains for 2006/2007 were announced and congratulations go to **Matthew Pane** and **Tara Bethke** for being selected as Club Captains for the new season.

Thankyou to the committee for organizing the event and a special thankyou to **Frank Bethke** for spending many hours putting together the slide show that was shown on the night.

## MELBOURNE VICENTRE SHORT COURSE MEET

On the 17th of June 2006 14 Aquajets swimmers went to MSAC for the Melbourne Vicentre Short Course Meet. It was an early start and a long day as **Matthew, Daniel, Rebecca Berto, Rebecca Bradley, Halie, Tara, Stephanie P, Stephanie A, Claudia, Adrian, Deanna F, Deana H, Alex** and **Naomie** jumped in the pool. Everybody did really well. **Matthew** broke the 1 minute mark. **Deana H, Deanna F, Rebecca Bradley, Stephanie A, Tara** and **Claudia** all got P.B.'S. **Rebecca Bradley, Halie, Daniel** and **Claudia** all got State qualifying times. It was a great day for all the Aquajets swimmers. Congratulations to all.

By **Claudia Fruscalzo**

## METRO NORTH SHORT COURSE TIME TRIAL

Season 2006-2007 opened with the Metro North Short Course Time Trial held at Carey on Saturday June 3. This meet required qualifying times to enter and proved to be quite a mixed evening for Aquajets swimmers. Some notable PB performances on the night were from **Sarah** (400m free), **Daniel** (200m free), **Rebecca B1** (200m back), **Hope** (200m back), **Frank** (200m breast) and **Grant** (200m breast). A fantastic effort with HUGE PB's in every event went to **Alex** and **Claudia**. Well done girls!

Some State Short Course qualifying times were achieved by our swimmers.

Congratulations to: **Matthew, Rebecca B2, Hope** and **Claudia** (100m free), **Rebecca B1** and **Hope** (100m back), **Emma** and **Claudia** (100m breast), **Matthew** and **Claudia** (100m fly), **Matthew** and **Claudia** (200m free), **Hope** and **Rebecca B1** (200m back), **Emma** and **Grant** (200m breast) and **Matthew** (200 IM).

### A letter from the Horvat family.

*Dear friends,*

*We take this opportunity on behalf of our daughter **Deana** to thank **Peter** and the committee in awarding **Deana** President's Choice Award. As you know **Deana** has only been with the club for the last twelve months and has come a long way. This is a great honour which she will cherish for years to come. We sincerely thank you for taking **Deana** into your hearts and making her part of your close knit community. We are also pleased to share the results of her Special Olympics performance on 27th May at Echuca. She came first and achieved PB's in all her events. Her swim in the 200m Free was a special one whereby she beat the current Victorian champion. Again on behalf of **Deana** a big thank you to all her friends in the pool who have been very supportive and patient, to the Committee and parents and specially to our coach **Peter**.*

*Jenny, Frank and Bianca Horvat.*



### WELCOME TO NEW MEMBERS

Welcome to the following swimmers  
and their families:  
**Vesna Spaseska**

### DANDENONG RANGES ENCOURAGEMENT and RINGWOOD ANNUAL MEETS

On Sunday the 21st of May my sister, **Elizabeth Phillips**, and I went to the Dandenong Ranges Encouragement meet. It was held at the Box Hill pool. I came 3rd in backstroke and got finalist ribbons for fly, breast and free.

Elizabeth did four p.b's and got a certificate for participation.

On Saturday the 10th of June **Deana Horvat**, **Elizabeth Phillips** and I went to the Ringwood swim meet. There was some good competition and we all tried our best. We did some great p.b's including Deana and I who both took 3 seconds off our butterfly times and Elizabeth who did two p.b's.

Well done to all!

By **Kendall Phillips**.

### WERRIBEE SHORT COURSE

As my father and I entered the Wyndham Leisure Centre, we didn't know what we were entering into, as it seemed 'the unknown'. The warm-up for the Werribee Short Course Swim Meet started at 10am. It wasn't very cramped so it wasn't like going through torture although the length of the day just went for too long. The pool was very fast at the start but as the day got older and I got much more tired and worn out my times got slower. I swam 7 out of the 8 swims I entered because after my second last swim I could not swim anymore. I achieved 4 PB's and earned 1 silver medal in my 50m Breaststroke. The time was 5 minutes to 6pm by the time we left without swimming my last race. Although the day went for sooooo long I enjoyed it very much.

By **Grant Trewella**

## FUNDRAISING UPDATE

### ***Presentation Night Raffle***

Thankyou to our Social/Fundraising Committee for organizing our annual Presentation Night Raffle which was drawn on Saturday May 27. Congratulations to our lucky winners:

**Elizabeth and Joe Prattico**  
**Julian Costa**  
**Tony Todorovski**

A huge thankyou to our generous sponsors of the prizes:

**Funfields**  
**Silvana Rametta**  
**Helaire Hairdressing**  
**John Berto and Mitre 10**  
**SportsCo, Epping**  
**Epping Aquajets Swimming Club**

### ***Slices Drive***

Thankyou to the families who supported our Supa-slices drive. Orders have been collated and sent off to our supplier. Delivery is expected to be within the next two weeks.

### ***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***

Our annual chocolate drive will be on again this Winter, with every family expected to participate. Boxes of Caramellos and Freddos will be handed out the week commencing Sunday July 16.

A huge thankyou to **Pauline** and **Jessica Tatarskyj** who have been extremely busy selling chocolates and lollies for our club.

## MOONEE VALLEY JUNIOR MEET

On the 4<sup>th</sup> of June, my brother and I went to the Moonee Valley Junior/Novice Swim Meet at the Footscray University swimming centre. It was a very crowded meet, so it was very hot but the pool temperature was very cool. Grant got a silver medal in his 100m Breaststroke, I swam a 10 second PB in my 50m Freestyle and a 3 second PB in my 50m Breaststroke.

By **Gavin Trewella**

## FOR SALE

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

### *Dates To Remember*

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
June 25	PB Challenge 2	TRAC	
July 2	Aquajets Distance Time Trial	TRAC	June 25 to Lisa
July 7, 14	Winter Interclub	MSAC	
July 9	Metro North Aggregate	Carey	
July 9	Surrey Park Short Course Meet	MSAC	June 26 to Surrey Park
July 10	<i>Committee Meeting</i>	TRAC	
July 16	PB Challenge 3	TRAC	
July 21, 28	Winter Interclub	MSAC	
July 22, 23	SV Open Short Course Championships	MSAC	July 7 to SV
July 30	Eltham Annual Short Course Meet	MSAC	June 23 to Lisa
Aug 4	Winter Interclub (La Porchetta Reservoir afterwards)	MSAC	
Aug 6	Metro North Aggregate	Carey	
Aug 12	Nunawading Short Course Meet	MSAC	
Aug 14	<i>Committee Meeting</i>	TRAC	
Aug 20	PB Challenge 4	TRAC	
Aug 27	PB Challenge 5	TRAC	
Sep 3	SV Age Short Course Championships	MSAC	
Sep 9, 10	SV Age Short Course Championships	MSAC	

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

### **Presentation Night Slide Show DVD**

Once again, **Frank Bethke** has kindly agreed to produce copies of the Presentation Night Slide Show DVD, which will also include photos of Presentation Night. Cost to purchase the DVD of Season 2005/2006 will be \$5 with profits once again going to the club. Production of this DVD is a huge job, so a big thankyou to **Frank** for all his time and effort. Thankyou, also, to other providers of various photos used on the DVD: **Thanh Vu, Julie Henley, Rita Lekkas, Russell Trewella, Lauren Welsh** and **John Berto**. If you wish to purchase a copy, please place full payment in a sealed envelope with your name and the number of DVD's required, to Frank or Lisa by **Friday June 30**.

**Don't forget to hand in your signed Code of Conduct forms before Winter Interclub. (Attached to last month's newsletter).**

### **CLUB NOTICE BOARD**

It has come to my attention that swim meet notices placed on the noticeboard are being removed for personal use. Please note that these notices are for **ALL** club members and must not be removed under any circumstances! Individual copies are attached to the monthly newsletter or can be obtained from our competitions officer, Lisa. Copies of swim meets can also be downloaded from the Swimming Victoria website:

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

Your full co-operation in this matter is appreciated.

**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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