



NEWSLETTER

NATIONALS

Congratulations and good luck to our National swimmers who will be heading off to Sydney after Easter. **Emma Chambers** will be competing in the girls 13 years 100m Breaststroke event and the girls 13 years 5 km Age Open Water event. **Tara Bethke** will be competing in the girls 16 years 5 km Age Open Water event while **Matthew Pane** will be swimming in the boys 15 years 5 km Age Open Water event.

TRAINING BREAKS

Due to the public holidays, there will be no evening swimming on Good Friday, Easter Sunday and Easter Monday. As Peter will be attending the Nationals there will also be no training on Wednesday April 19. There will also be no training on Sunday April 23 (All Jnr Finals) and Monday April 24 (Open Water Nationals). Thankyou.

Our AGM will be held at TRAC on Sunday May 7 at 9.30 am. All parents and senior members are encouraged to attend.

REGISTRATION FOR NEXT SEASON

With the end of Season 2005/2006 fast approaching, it is now time to register for next season. Please ensure that all forms are completed and handed to our treasurer, Maria, with payment in full by April 30 to take advantage of the discounted registration fees. Maria will be on pool deck on Re-registration Day on April 30 to collect fees and answer any queries you may have regarding fees.

MONTHLY FEES—REMINDER

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.) **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. If you are unsure of the amount of your squad account, or you need to discuss payment of fees, please do not hesitate in contacting Maria on 9465 5579.

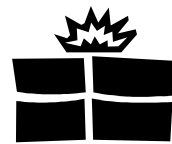
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March/April 2006



April Birthdays

Tara Bethke
Rebecca Bradley
Kate Brown
Stefan Dimitrijovski
Travis Higgins
Scott Massari
Lachlan McRedmond
Linh Nguyen
Paul Rametta



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.

ALL JUNIORS

The second instalment of the All Junior meet was held at Richmond on Saturday February 18 for 8 Aquajets swimmers aged 10 years and under.

A number of PB's were swum during the course of the night. Well done to **Deanna Fruscalzo** and **Eren Mehmet** who swam 3 PB's each and **Madison Schembri** for 2 PB's. **Jessica Tatarskyj**, **Sophie Anestakis**, **Stephanie Pane** and **Claudia Fruscalzo** also swam a PB each.

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 **Deanna Fruscalzo**, **Jessica Tatarskyj**, **Christopher De Bono**, **Claudia Fruscalzo** and **Eren Mehmet**. Congratulations!

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PB CHALLENGE

The PB Challenge for Season 2005/2006 has concluded. Points have been tallied and results have been finalized, with placegetters to be announced at our Presentation Night in May. Well done to all of the swimmers who attended throughout the season, with special mention to **Aneta Boskovska**, **Daniela Dimitri-jovska**, **Hope Henley**, **Elizabeth Phillips** and **Kendall Phillips** who swam at every PB Challenge. Great effort girls (and parents)! Thankyou to the parents who helped with timekeeping and setting up throughout the season, as many hands make light work.

CLUB CHAMPIONSHIPS

With Season 2004/2005 winding down, it was great to finish up with a spectacular Club Championships this year. Record numbers saw an increase in swimmers for many of our age groups, with the girls 12/13 year age group taking out the prize for the most swimmers with 13! Many events had some tight finishes which makes for fantastic racing.

Our Handicap Meet on the final Sunday of the Championships was a new concept for many of our members. With a lot of close finishes, we must thank our hard working judges for a great job— **Vito**, **Julie**, **Mark**, **John**, **Russell**, **Frank H**, zero timekeeper, **Peter**, and our intrepid marshalling guru **Kevin**. A huge thankyou, also, to the many parents who performed time-keeping duties the previous 2 weeks; **Liz**, **Sandra**, **Lauren**, **Rita**, **Mark**, **Terri**, **Marisa**, **Thanh**, **Vito**, **George**, **Julie**, **Igly**, **Jill**, **Russell**, **Maria P**, **Frank B**, **Joe**, **Raelene**, **Karen** and **John C**, and also chief timekeepers **Nicole**, **Rita** and **Alex** and marshals **Ange** and **Kevin**. Without your assistance, we could not run a meet such as this. While we are giving the parents a great round of applause, we must extend this to our brave mums & dads who participated in the Parent/Child event. From one heat last year it grew to four heats and a final in 2006! Great to see!

What better way to round up our Championships with a BBQ. Thankyou to our wonderful organizers, **Rita**, **Nicole**, **Elizabeth** and **Maria P** as well as our chefs-extraordinaire, **Warrick** and **George**. Thank-you to **Coles Epping** and **Safeway Epping** for providing delicious sausages and **IGA Thomastown** for donating the bread.

Our fundraising committee also ran an Easter raffle. Thankyou to those families who donated items and purchased tickets. Our lucky winners were:

- 1st **Stephanie Pane** (hide them from Matthew)!
- 2nd **Peter Higgins** (was this a bribe)?
- 3rd **Julie** (from TRAC)

Club Championships results will be revealed at our Presentation Night on May 27.



OPEN WATER TIME TRIAL

Five Aquajets swimmers attended the 5 km Open Water Time Trial held at Melton Pool on Saturday the 4th of March. Our representatives were **CLUB CAPTAINS: Matthew Pane and Tara Bethke, Hope Henley, Emma Chambers and Rebecca Bradley.**

First timers, **Rebecca, Hope and Emma** all swam fantastically and achieved national qualifying times! Unfortunately, **Hope and Rebecca** have to wait until they turn 13 to use them.

Matthew and Tara, who had both swum the 5 km event before, both swam humongous PB's to also achieve national qualifying times!

Tara, Emma and Matthew will all be heading to Sydney for the 5 km Age Open Water Championships to be held at Manly Dam on the 24th of April. Congratulations and Good Luck!



METRO NORTH 10 & UNDER ENCOURAGEMENTS

The Metro North 10 and Under Encouragements at Richmond were also held on the 4th of March and seven of our junior swimmers attended. They were: **Sophie Anestakis, Christopher De Bono, Deanna Fruscalzo, Eren Mehmet, Stephanie Pane, Elizabeth Phillips and Madison Schembri.** Medals were awarded for 1st to 3rd placegetters and ribbons for 4th to 8th.

Many PB's were swum by our junior swimmers including 4 PB's to **Elizabeth**, 2 PB's each to **Sophie, Stephanie P, Chris, Deanna F and Madison**, and 1 PB to **Eren.**

Two swimmers walked away with a medal each. **Eren** received a Silver in the 50 metre breaststroke and **Chris** received a Bronze in the 50 metre butterfly.

Two of our swimmers also received ribbons. **Deanna F** received a 5th in the 50 metre freestyle, a 6th in the 50 metre backstroke and an 8th in the 50 metre breaststroke, and **Chris** also received a 4th in the 50 metre butterfly. Well Done!

METRO NORTH 11 TO SENIOR ENCOURAGEMENTS

The Metro North 11 to Senior Encouragements held at Richmond on the 1st of April was well attended by Aquajets swimmers. Our club representatives were **CLUB CAPTAINS: Matthew Pane and Tara Bethke, Daniel and Rebecca Berto, Julian Costa, Naomie and Halie Welsh, Alex Reid, Sarah and Emma Chambers, Hope Henley, Grant Trewella, Scott and Leah Massari, Stephanie Anestakis, Frank Lekkas, Mario Rametta, Deana Horvat, Daniela Dimitrijovska,** and two brave parents, **Lauren Welsh and Lisa Bethke.**

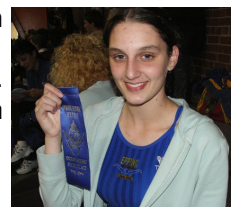
Medals were awarded for 1st, 2nd and 3rd place and ribbons for 4th to 8th place. **Lisa and Lauren** began our successful night in the pool receiving a silver and bronze respectively in the Women's 40 and over 50m freestyle event. Hopefully next year we will see more mums and dads getting involved. Many more medals were won by our swimmers. Medal winners were: **Matthew** (Three Gold), **Rebecca Berto** (Two Gold, One Silver), **Mario** (Two Silver), **Sarah** (One Gold, One Silver), **Emma** (One Gold, One Silver), **Daniel** (One Bronze), **Tara** (One Bronze) and **Deana H** (One Bronze).

Many swimmers also won ribbons. Aquajets who received ribbons were: **Leah** (4th, 5th, 7th, 8th), **Daniel** (5th, 6th, 7th), **Sarah** (5th, 8th), **Halie** (5th, 8th), **Mario** (6th, 7th), **Deana H** (4th, 5th), **Julian** (8th), **Emma** (4th), **Tara** (6th), **Matthew** (7th), **Hope** (8th) and **Daniela** (6th).

As well as placing extremely well in their events, many Aquajets swimmers swam PB's. **Daniel** swam 4 PB's, **Matthew** and **Scott** both swam 3 PB's, **Naomie** and **Sarah** both swam 2 PB's and **Julian, Tara, Daniela and Alex** all swam 1 PB each.

A big thankyou to all the parents who timekept throughout the course of the night; **Nicole, Rita, Sandra, George, Ange, Russell, Jerry, Vito, Zac, Lisa, Lauren and Therese.** Thankyou also to **Stephanie Pane and Sophie Anestakis** who were in charge of the event board for the night.

Congratulations to all placegetters and especially to swimmers who swam PB's. Great effort by all our competitors!



Thankyou to **TARA** for her input and assistance with this month's newsletter, while I was otherwise occupied with club championships.

From the editor.

TASMANIAN AGE CHAMPIONSHIPS

14 Aquajets swimmers made their way to Tasmania for the Tasmanian Age Championships held at the Tattersall's Hobart Aquatic Centre on the 11th, 12th and 13th of March. Our team of representatives were: **CLUB CAPTAINS Matthew Pane and Tara Bethke, Halie and Naomie Welsh, Grant Trewella, Leah and Scott Massari, Frank Lekkas, Hope Henley, Emma, Sarah and Stuart Chambers, Rebecca Bradley and Rebecca Berto.**



Day one began early with most swimmers leaving their accommodation at around 7.30am. The whole team used their warm up wisely leaving them ready for their races physically and mentally. Many PB's were swam throughout the day including PB's to **Matthew, Naomie, Grant, Leah, Frank, Sarah, Rebecca Bradley and Tara.** Well done to **Emma** who along with swimming PB's swam three state qualifying times.

That afternoon, after a break for lunch and a stroll along the wharf to Salamanca Market, we returned for the finals at 3pm. **Emma** swam in the B-final for her 100m freestyle and was also an emergency for the 200m breaststroke final. Our girls 18 & Under 4 x 50m freestyle relay consisting of **Tara, Rebecca Berto, Leah and Sarah** swam well in their final to finish 6th.

Day two began just as early as day one, but our swimmers were still fired up. This showed in the pool with huge PB's being earned in many events. **Matthew** started the day earning himself a PB, state qualifying time and a berth in the final of the 400m freestyle. He also got PB's in the 200m IM and 100m butterfly. **Tara** swam a 6 second PB in her 400m freestyle event and kept her streak going with an enormous 11 second PB in the 200m backstroke and a PB in the 200m IM. **Grant** swam an 8 second PB in the 200m freestyle and swam a state qualifying time in the 100m breaststroke. **Hope** also blitzed her 200m freestyle time by 6 seconds and her 100m butterfly time by 9 seconds. **Leah** beat her 200m IM PB by 10 seconds. **Rebecca Berto** also swam a PB in the same event. **Frank** swam a great 100m breaststroke earning himself another PB and a total of 4 PB's out of 4! **Sarah, Emma and Rebecca Bradley** earned themselves new PB's in the 100m breaststroke. **Stuart** swam his first event on day two and swam a PB also.



Again, we all came back for the finals in the afternoon. **Matthew** swam the 400m freestyle finishing in 7th place. **Grant** finished in 6th place in the 12/13 boys 100m breaststroke. **Emma** competed in the girls equivalent and started in the fastest lane, lane 4. She swam another PB and a national qualifying time to earn herself the gold medal! Fantastic effort. The girls 18 & Under 4 x 50m medley relay of **Rebecca, Halie, Leah and Tara** swam fantastically to finish in 6th—again.

The final day of competition saw our swimmers come out ready to swim more PB's. The first of which was swum by **Tara** with a 5 second PB in the 100m backstroke who also swam a PB in the 100m freestyle to finish the meet with a total of 7 PB's out of 7 events! **Scott** and **Grant** both beat their 200m IM PB's by 4 seconds and **Hope** beat hers by 6 seconds. **Scott, Emma and Hope** also swam huge PB's in their 100m butterfly events. **Scott** swam a 6 second PB, **Emma** a 5 second PB and **Hope** dropped a massive 11 seconds in her race! Congratulations also to **Matthew, Leah, Rebecca Berto and Stuart** who also swam PB's on day three. After 3 hard days of competition, it was great to see so many swimmers still slashing their times and still smiling at the end of the meet.

After all that hard work in the pool we figured it was time we did some sightseeing and concluded our team trip with a tour of the Cadbury Factory which I'm sure was the highlight of the long weekend for a lot of swimmers!

By Tara Bethke

Sunbury Competition - 5th of March 2006

The Sunbury Competition was a wonderful meet that turned out to be a greater success than imagined. By the end of the day, **Rebecca Berto** and **Leah Massari** won four medals. **Grant Trewella** and **Deanna Horvat** won three medals. **Daniel Berto** and **Scott Massari** won one medal. This totalled to sixteen medals. I would like to thank the swimmers on a great performance and Peter for coaching them to swim their best.

By: John & Rebecca Berto

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.



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.

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HIP
POCKET

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.

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.

WELCOME TO NEW MEMBERS

Welcome to the following swimmers and their families:

Meri Dunimagloska
Stephine Moisa

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.

Dates To Remember

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Apr 19-23	Australian Age Championships	Sydney	closed
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	closed
May 27	Club Presentation Night	Epping Memorial Hall	
July 7, 14	Winter Interclub	MSAC	
July 21, 28	Winter Interclub	MSAC	
Aug 4	Winter Interclub	MSAC	

If you are on the SV website, check out the rankings page where you will find Epping Aquajets swimmers **Grant Trewella, Hope Henley, Emma Chambers and Lachlan McRedmond** in the Victorian Age Top Ten.

SCHOOL SWIMMING

Thankyou to those members who have kept me informed about the school swimming results so far. (I apologise if I have left anyone out. If so—please let me know for the next newsletter).

Well done to **Grant, Hope, Aneta, Stephanie B, Isobel, Rebecca Br** and **Tara** who have made it through to the Northern Zone Finals for the VSSSA.

Good luck to **Mitchell** who will be swimming at the VPSSA finals in the Medley and Freestyle Relays. Well done also to **Jessica T, Eren, Claudia** and **Daniel** who swam at their zone/region finals. Good luck to **Jessica** and **Claudia** who have also advanced to the Finals.

Congratulations to **Michael** and **Naomie W** who were awarded medals for the best swimmers in Year 7 for St Monica's, **Halie** and **Matthew** who received medals at the CAS Carnival at Ringwood, and **Alex** and **Rebecca Berto** who also received medals at the ACS Carnival at Nunawading.

PRESENTATION NIGHT

The Aquajets Annual Presentation Night will be held at **Epping Memorial Hall** on **Saturday May 27** at **7pm**. As in recent years it will be BYO food and drink, with the club providing the entertainment and venue, as well as tea, coffee and biscuits. Cost to attend will be **\$20** per swimming member **family**, with extra guests at **\$5** per head. Please complete the attached reply slip and return to the committee in a sealed envelope by **Sunday May 7** together with payment in full.

Family Name: _____

No. attending under family ticket: _____ \$20 enclosed: YES / NO

No. of extra guests attending: _____ \$ _____ enclosed for guests.

Sorry, we are unable to attend.

TOTAL enclosed: \$ _____