



# NEWSLETTER

## WELCOME

Welcome swimmers and their families to Season 2006/2007. For those of you who are new to our club, we look forward to an enjoyable and successful association. To those who are returning from last season, welcome back and our best wishes for another fantastic year of swimming.

Our Annual General Meeting was held on May 7, and congratulations to the following members who have formed the committee for this coming season:

President:	<b>Warrick O'Neill</b>
Vice President:	<b>Russell Trewella</b>
Secretary:	vacant
Treasurer:	<b>Maria Aiezza</b>
General Committee:	<b>Julie Henley</b> <b>Maria Pane</b> <b>Lisa Bethke</b>

Our Social/Fundraising Committee has volunteered again.

Thankyou to: **Rita Lekkas, Nicole Anestakis, Elizabeth Pratico, Russell Trewella** and **Maria Pane**.

The club relies heavily on these volunteers, so please help them out at any opportunity you can. We still have Secretary and General Committee vacancies for anyone interested.

Also, welcome back to our coaching staff, who have returned for another year:

Head Coach:	<b>Peter Higgins</b>
Development Squad Coaches:	<b>Sara Aiezza</b> and <b>Brydie Higgins</b>

## 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.) **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.

### Monthly Fees for 2006/2007

National Squad	\$80
State Squad	\$65
Junior State, Intermediate and District Squads	\$50
Development Squad	\$35

## May 2006

### May/June Birthdays

*Sophie Anestakis*  
*Aneta Boskovska*  
*Aloisa Budisavljevic*  
*Emma Chambers*  
*Sarah Chambers*  
*Stuart Chambers*  
*Christopher De Bono*  
*Daniela Dimitrijovska*  
*Mohammed Djebarra*  
*Claudia Fruscalzo*  
*Naomi Gittos*  
*Ashna Ismail*  
*Katerina Klimovska*  
*Yen Nguyen*  
*Stephanie Pane*  
*Jessica Pratico*



## 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

### Semi-Finals Saturday April 22

It was terrific to see fourteen Aquajets swimmers qualify for and swim at the All Junior Semi-Finals at MSAC on April 22 - **Jessica T, Christopher, Claudia, Emma, Stephanie V, Mario, Halie, Stephanie A, Deanna F, Hope, Rebecca B2, Grant, Sarah** and **Eren**. Apart from a huge number of PB's being swum, there were also a number of State times achieved. Congratulations to these swimmers: **Christopher** (fly, free), **Claudia** (fly, back, breast, free), **Emma** (fly, breast, free), **Mario** (fly, free), **Hope** (back, breast, free), **Rebecca B2** (back), **Sarah** (back, breast), **Grant** (breast) and **Halie** (breast). Swimmers who placed in the top ten advanced to the finals the following day.

### Finals Sunday April 23

On the 23<sup>rd</sup> of April, 5 members of the Aquajets Swim Team advanced to the finals of the All Junior competition. Many PB's were swum and 3 medals were awarded. Mario Rametta came 2<sup>nd</sup> in Butterfly, Grant Trewella came 1<sup>st</sup> in Breaststroke and Emma Chambers came 1<sup>st</sup> in her Breaststroke with Claudia and Jessica T. making a superb effort. Congratulations to all the swimmers who competed in the Semis and the Finals.

By Grant Trewella

## PB CHALLENGE

The PB Challenge for Season 2006/2007 is set to commence on **Sunday May 21** 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.

## *Swimmer Profile*

### *Swimmer Of The Month*



<b>NAME:</b>	<b>Naomi Gittos</b>
<b>AGE:</b>	<b>11 years</b>
<b>FAVOURITE STROKE / EVENT:</b>	<b>Freestyle</b>
<b>FAVOURITE TRAINING SET:</b>	<b>Pull buoy</b>
<b>WHAT I LIKE ABOUT SWIMMING:</b>	<b>Meeting new people</b>
<b>OTHER SPORTS / INTERESTS:</b>	<b>Netball and football</b>
<b>FAVOURITE FOOD:</b>	<b>Macaroni Cheese</b>
<b>FAVOURITE TV SHOW:</b>	<b>Neighbours</b>
<b>FOOTY TEAM:</b>	<b>Collingwood</b>

## TEN-PIN BOWLING

Forty seven members, family and friends participated in our first social function for the season held at Keon Park Bowl. The night was a lot of fun and a huge thankyou must go to our organiser **Rita** as well as her assistant **Nicole** who both had the big task in determining winners for the night.

Congratulations to **Mario** and **Tara** who are our first bowling champions of the season. Mario received a football and a bowling pin while Tara received a netball and a bowling pin. Thankyou to our prize providers, **Sportspower**, **Epping Plaza** (netball), **John Berto and Mitre 10** (football) and **Keon Park Bowl** (bowling pins). Bowling pins were also awarded to **Julian** and **Sophie** for bowling the lowest scores each and the **CHAMPION TEAM** which included **Jack, Daniel, Michael, Candice** and friend. Rivalry on the parent lanes was extremely fierce with **Lisa** edging out **Lee, Ange** and **Candice** for the prized bowling pin.



## FUNDRAISING UPDATE

The club will be running a Slices drive with flyers out soon. Lots of delicious slices, great for school playlunches and snacks!

Our annual Presentation Night raffle will be held again with the draw taking place on Presentation Night, Saturday May 27. Included in the prizes are beautiful pieces of jewellery kindly donated by **Vito's** sister, **Sylvana**, from the lovely jewellery night held last Monday. All tickets will need to be returned before Presentation Night.

## COMPETITIONS

There are a number of competitions held throughout the season that swimmers may participate in:

**PB Challenge and Club Championships** are held by the club and **ALL** club swimmers should participate in these.

**Metro North Aggregate and Winter Interclub** are relay competitions that the club enters. (Refer to page 7 for more information).

**Epping Aquajets** belong to the Metro North District which runs 5 or 6 swim meets during the season. Swimmers are encouraged to participate in all Metro North meets. Entries for district meets are to be made on Metro North entry sheets and handed to Lisa (our competitions officer) with payment.

There are also many swim meets that various clubs run throughout the year. Swim meets that are recommended by Peter and the club will be advertised on the noticeboard and in the newsletter. Entries for these meets are to be on SV Green Entry Cards and also handed to Lisa with payment.

Swimmers can participate in many other meets during the year if they wish to. Entries for these meets are to be sent directly to the club running the meet, and not to Lisa. Notices about these meets can be found on our pinboard and the Swimming Victoria website ([www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)).

If you are unsure of which meets to participate in, feel free to ask Peter or Lisa for assistance. Lisa can also help if you require assistance completing entry forms.

## AUSTRALIAN AGE CHAMPIONSHIPS & AUSTRALIAN AGE OPEN WATER CHAMPIONSHIPS

My journey to Nationals started early Tuesday 18<sup>th</sup>. We caught our flight later that morning and spent the rest of the day having a look around our hotel and the swimming pool. The pool was huge and it had about 7 pools in total, two 50 metre ones, one 25 metre and a diving pool. There was also a big slide with 3 muck around pools. I got lost like 3 times looking for the change rooms. ☺ The next day it was time to race, I had a big breakfast with Peter, mum and dad back at the unit then we headed off to the pool in our dodgy yellowish Mitsubishi Magna, in which I haven't forgotten to add that Peter dented it when parking before we had lunch at subway. Laugh, laugh! It was ok, we managed to pop it back out. When we got to the pool Peter and I went straight to the pool but the parents were stuck in the exceedingly long line outside. I did a few laps to warm up, surprisingly it wasn't that cold. When I went down to marshal I sat in my seat about three rows behind the front, not very talkative for a change, seeing as I only knew about two people. Then suddenly I realised that I was still wearing my training bathers. I rushed back up to the stands and grabbed my aqua-blades and ran straight to the change rooms and came out just as quick. When I marked my name off the lady remarked jokingly, 'nice of you to show up.' I laughed and sat down. The nerves started to kick in when I was walking to my lane. When I was standing behind my lane I found it hard to breathe. Soon I was in the water and I was trying my heart out. I finished 21<sup>st</sup> overall but minus the New Zealand girl I came 20<sup>th</sup> in Australia. I was about ½ a second off my P.B. doing a 1:21:03 but the main thing is that I had fun! We came back later for the final and watched the girls pump it out. We came home later that night and went home for a well needed sleep.

By Emma Chambers.



On the 22nd of April, my family and I drove to Sydney so that I could swim in the 5km Age Open Water Championships. Throughout that day and the day after, Sunday, I got more and more nervous about my swim as each hour passed. 'What if I can't see where I'm going? What if it's too cold? What if I don't finish?' All these thoughts were running through my head, so I tried as best as I could to block them out.

I went to the dam on Sunday to check it out and hopefully have a practise. Luckily it was open to anybody who wanted to have a swim. The cold shocked me when I first got in, so much that it disrupted my breathing and I had to stop and calm myself down before I could begin again. I was so glad I'd had a practise, because then I wasn't so shocked on the day.

When I arrived at the dam the next day, Monday the 24th, Emma and Matthew were already swimming, so I watched their races for a while. There were tents set up for registration and one for First Aid. As I walked past the First Aid tent I hoped I wouldn't have to go in. I saw many kids inside that tent with thermal blankets wrapped around them and their teeth chattering; a sign of just how cold the water really was.

I registered and got my number, 28, written on my upper arms and shoulder blades. I also received a pink cap with my number on it. Then I had to smear vaseline over my entire body to stop my bathers from chaffing and also to hopefully keep me slightly warmer than I would have been without it. I spoke to Matthew when he finished and he told me to watch out for the rocks on the far side of the dam as it was extremely shallow.

After that it was time for me to go to the pre-race briefing where they told us not to stand up or you'll be disqualified, if you are in trouble raise your hand and a boat will come and get you and also, as Matt said, to watch out for the rocks.

It was then time to get in the water in preparation for the start. The water was freezing and I thought it may have been colder than the day before, if that's even possible. I sat with my body under water for the five minutes until the gun sounded, trying to prepare it to swim for an hour and a half in the cold water.

When the gun sounded, everybody pushed off, some people kicking others in the process. After only a few hundred metres I was already at the back. I tried to keep up to the pack, but I couldn't go any faster. My goggles were fogging up and as I had feared I could barely see where I was going. I really think I need some anti-fog spray or something similar. It was really hard to see the buoys as they were white and there were only 5 of them on a 2.5 km course.

Towards the end of the first lap, I started hurting. In the back of my mind I started hoping that the officials would tell me I was swimming too slow and had to get out, but they didn't. I wasn't going to give up though, so I pushed on.

As I turned the first corner of the second lap I could hear somebody cheering for me. "Go Tara", were the words that spurred me on. Thanks to Emma and Matt and the parents for their support. That cheering made me realise I didn't want to be told to get out and that I was going to finish no matter how hard it was. I knew I was far behind everybody else, but I didn't care.

As I came towards the finish line I felt so proud that I'd completed such a gruelling task. As I touched the touch pads I heard more cheering. I felt like I just wanted to drop to the ground, but I was also cold and hungry, so instead I walked over to my parents, Peter and everybody else. I couldn't believe that I'd finished. It was the hardest thing I've ever done, but I'm glad I did it. I proved to myself that I could make it and that's what I set out to do.

Tara Bethke

**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**

**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>
May 21	<b>PB Challenge</b>	TRAC	
May 27	<b>Club Presentation Night</b>	Epping Memorial Hall	
June 3	Metro North Short Course Time Trial	Carey	May 19 to Lisa
July 7, 14	Winter Interclub	MSAC	
July 9	Metro North Aggregate	Carey	
<b>July 10</b>	<b>Committee Meeting</b>	TRAC	
July 21, 28	Winter Interclub	MSAC	
Aug 4	Winter Interclub	MSAC	
<b>August 14</b>	<b>Committee Meeting</b>	TRAC	

### **SCHOOL SWIMMING**

Further update on school swimming results:

**VSSSA**

Well done to **Isobel, Deana H, Grant, Hope, Rebecca B2, Kelsey and Celeste** for swimming at the VSSSA Finals at MSAC on April 27. **Grant** and **Isobel** each broke a Northern Zone record on their way to the finals - fantastic! Congratulations to **Grant Trewella** for winning a **GOLD** medal in the 50m breaststroke event, and **Deana Horvat** for earning a **SILVER** medal for the 50m freestyle and a **BRONZE** medal for the 50m backstroke, an outstanding effort!

**VPSSA**

Congratulations to **Claudia** and **Jessica T** who swam in the 2006 VPSSA Swimming Finals. Well done, also, to **Mitchell** who competed for his school in both the Freestyle and Medley relays, with his freestyle team finishing with a fourth placing!

Well done also to **Stuart, Emma** and **Sarah** who were placegetters in the AGSV Swimming Competition held on April 26. All three swam PB's with congratulations to **Emma** for a new 50m breaststroke AGSV record!

### **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. For those who have not already done so, could you please complete the attached reply slip and return it to the committee in a sealed envelope **asap** together with payment in full. Thankyou.

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: \$ \_\_\_\_\_

## **WINTER INTERCLUB and METRO NORTH AGGREGATE**

Every season, Epping Aquajets Swimming Club participates in both the Winter Interclub and Metro North Aggregate meets.

Winter Interclub is held at MSAC (Melbourne Sports and Aquatic Centre) and is run over five Friday nights (July 7, 14, 21 & 28 and August 4). Swimmers are placed in relay teams and compete against other club's teams of similar abilities. Senior teams are swimmers 13 years and over, junior teams are 12 years and under. The club usually hires a bus to transport the swimmers to MSAC each week (at a small cost per swimmer). Winning teams at the conclusion of the five weeks receive a premiership pennant.

Metro North Aggregate is held at the Carey swimming pool on three Sunday evenings ( July 9, August 6 and October 15). Swimmers compete in relay teams against other clubs from within our district. The club with the most points at the end of the three nights is presented with a plaque at the Metro North presentation night.

In order for teams to be entered, we require an expression of interest for those willing and able to participate. Please complete the attached slip indicating if you are available for either competition, and return it to LISA no later than **Friday June 2**.

Swimmer's Name/s: (1) \_\_\_\_\_  
(2) \_\_\_\_\_  
(3) \_\_\_\_\_

I/we are available for Winter Interclub:  Every week.

I/we are available on these dates:  July 7       July 14  
 July 21       July 28  
 August 4

I/we are unavailable for Winter Interclub:

I/we are available for Aggregate:  Every week.  
 July 9       August 6  
 October 15

I/we are unavailable for Aggregate:

Bus transport for Winter Interclub required: