



# NEWSLETTER

## METRO NORTH AGGREGATE



Well done to all swimmers who participated in the **Metro North Aggregate** swims this season. This year two teams were entered and both teams performed magnificently each week. Congratulations to **Epping A** who have taken out the **Aggregate C Premiership**. They won in fine style, winning the majority of events each night. Top effort, also, to **Epping B**. Having a smaller team and no senior swimmers, they swam superbly taking out the **Runners-Up** award. Fantastic effort! Thankyou to our volunteer time-keepers for **Aggregate 3: Vito, Rita, Stephanie P, Maria P, John P, and Jerry.**

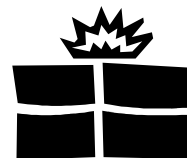


November 2006



### December Birthdays

*Caitlyn Bethke  
Meri Dunimagloska  
Adrian Fruscalzo  
Deanna Fruscalzo  
Van Le  
Dylan O'Neill  
Jessica Tatarskyj*



## SV OPEN WATER CHAMPIONSHIPS and HAZELWOOD SAUNA SWIM

Eight Aquajets swimmers headed to Gippsland on a bleak and cold Saturday October 21 for the SV Open Water Championships and Hazelwood Sauna Swim.

In the 3km Sauna Swim event congratulations go to **Claudia**, who received a silver medal and **Tara**, a bronze medal, in their respective age groups. They were presented with their medals by SV Vice-President, Geoff Hare.

In the 5km Open Water State Championship event, Aquajets had six representatives: **Grant, Matthew, Hope, Sarah, Halie** and **Rebecca**. Fantastic swimming by **Hope** and **Sarah** saw them earn their National Open Water qualifying times for the 2007 National Open Water Championships in April next year. Congratulations and good luck in Perth, girls!

Thank-you to **Peter** for his attendance and coaching on the day.

Also, thank-you to **Stuart** for performing life-guarding duties throughout the practice session the weekend prior.



### 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

Due to the number of external events being run at this time of year, there were no PB Challenges held over the past month.

There have been five PB Challenge days held so far this season. Current places after PB5 are:

1st	<b>Stephanie Pane</b>	246 points
2nd	<b>Gavin Trewella</b>	184 points
3rd	<b>Naomi Gittos</b>	179 points

The next scheduled PB Challenge will be held on **Sunday December 17** which will conclude Sunday and evening swimming sessions for 2006.

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 as soon as possible after each challenge.

## MONTHLY FEES

ALL MONTHLY FEES MUST BE PAID IN ADVANCE AT THE BEGINNING OF EACH MONTH.  
ALL OVERDUE ACCOUNTS SHOULD BE FINALISED IMMEDIATELY, UNLESS PRIOR ARRANGEMENTS HAVE BEEN MADE. ANYONE UNABLE TO PAY THEIR ACCOUNTS IS TO CONTACT MARIA A ON 9465 5579.

## Swimmer Profile

### Swimmer Of The Month

*Well done to Aloisa who has shown renewed enthusiasm for swimming.*



NAME:	Aloisa Budisavljevic
AGE:	10 years
FAVOURITE STROKE / EVENT:	Freestyle and Butterfly
FAVOURITE TRAINING SET:	Diving
LEAST FAVOURITE SET:	Breaststroke Drills
WHAT I LIKE ABOUT SWIMMING:	I feel proud when I've done something well.
OTHER SPORTS / INTERESTS:	Dancing, Collecting Simpsons things.
FAVOURITE FOOD:	Tacos
FAVOURITE TV SHOW:	The Simpsons
FOOTY TEAM:	Collingwood
FAVOURITE MOVIE:	Matilda

## KYABRAM LONG COURSE

**Kirsten, Lauren and Kris** trekked north to swim at the Kyabram Long Course meet held at the Echuca pool on October 29. Congratulations to all three swimmers for achieving at least one PB each. In addition, they each earned places on the day: **Kirsten** (3rd 50m breaststroke), **Lauren** (3rd 100m backstroke) and **Kris** (2nd 50m butterfly, backstroke and breaststroke and 3rd 50m freestyle and 100m freestyle). Well done!

## METRO SOUTH SPRINT MEET

Aquajets had four swimmers attend the District South Sprint Meet held at MSAC on October 22. Both **Lauren** and **Hope** earned 2 PBs, while **Kris** swam 3 PBs on the day. Well done to **Emma** who won the 50m breaststroke event and came 3rd in the 50m freestyle.

## SV DISTANCE COMPETITION

**Grant, Rebecca and Hope** participated in the Long Course Distance Competition held at MSAC the weekend of October 28/29. Congratulations to **Hope** for swimming her way to PBs in the 800m & 1500m freestyle events.

## MELBOURNE VICENTRE

Ten Aquajets swimmers participated in the Melbourne Vicentre Classic held at MSAC on November 4. Well done to the following swimmers who earned at least 1 PB each on the day: **Daniel, Rebecca, Deana H, Matthew, Mario, Halie and Naomie**, with special mention to **Stephanie P** with a huge 7 PBs! Congratulations to our medal winners: **Grant** (silver 50m breaststroke and 100m breaststroke) and **Emma** (silver 50m breaststroke). Top swimming by **Mario** earned him State Times for the 100m freestyle and butterfly events. Fantastic effort!

## EAST vs. NORTH

Congratulations to **Caitlyn M, Kirsten** and **Jessica T** who were selected to represent Metro North at the Metro East vs. Metro North 7-10 competition. Swimmers who achieved top ten places at the Metro North Championships were considered for selection. Well done to place-getters **Jessica** (1st breaststroke, 2nd freestyle, 3rd backstroke and butterfly) and **Kirsten** (3rd freestyle and breaststroke).

## METRO NORTH

**Caitlyn M, Kirsten** and **Jessica T** continued their representation of Metro North at MSAC on Sunday November 19. Swimmers competed against the three other Metropolitan Districts in individual and relay events. All three girls bettered their entry times at least twice each on the day, with congratulations to **Jessica T** for her 3rd places in the freestyle and breaststroke.

## CASEY ENCOURAGEMENT

**Elizabeth** and **Kendall** represented Aquajets at the Casey Tigersharks Encouragement Meet held on October 14. Both girls swam superbly with **Kendall** earning PBs for the 50m backstroke, 50m breaststroke and 50m freestyle events, and **Elizabeth** achieving PBs for the 50m breaststroke and 50m butterfly events. Great swimming girls!

## WERRIBEE LONG COURSE

Well done to Aquajets swimmer, **Deana H** who attended the 18th Annual Werribee Long Course Meet on October 14. **Deanna's** great efforts on the day earned her some fabulous medals. Congratulations **Deanna!**

## MELTON DJERRIWARAH

A return to competition from **Isobel** was well worth waiting for when she attended this long course meet, with **Hope** and **Rebecca**, at Melton on November 11. **Isobel** was in scintillating form winning the prestigious 'Dash-for-Cash' event and earning herself a cash prize. In addition, she achieved a State Time and silver medal for the 100m freestyle event. Congratulations! **Hope** and **Rebecca** also didn't leave empty handed, with **Hope** bringing home 1 gold and 2 silver medals and **Rebecca** a gold and a bronze medal. Well done, girls!



## PROFICIENCIES

**Rosalyn, Kendall, Grant** and **Naomie** attended the Metro North Proficiency Meet at Yarra Plenty on Sunday November 12. Full results have yet to be posted.

## METRO NORTH SCRATCH

The first round of the district scratch meet was held on Saturday November 18 at Richmond with our 13/over swimmers competing. Results have not yet been published, however, congratulations go to our medal winners on the night, **Rebecca, Hope, Grant** and **Emma**. Thankyou to our timekeepers, **Julie, Rita, Nicole, John B, Angela** and **Lauren**. A very special thankyou to **Sophie** and **Elizabeth** for being in charge of the marshalling board.

## FUNDRAISING and SOCIAL UPDATE

### ***Pauls Milk Caps***

Pauls Collect-A-Cap is coming to an end! Final cash-in day will be in February, so any specially marked cap from Pauls 2 and 3 litre milk cartons should be handed in to **Nicole** from our Fundraising team before then. Our club earned **\$214.90** from the recent cash-in day held in November. Thankyou to everyone who has supplied the club with Paul's Milk caps.

### ***Nutritionist***

Our club was fortunate enough to secure the services of **VIS and Australian Swimming Team Nutritionist, Louise Falzon**. Louise spoke to approximately 45 swimmers and parents on Friday November 10 about the importance of nutritional preparation and recovery for swimming. Peter thanked Louise on behalf of the club for an interesting and informative talk. Afterwards, the swimmers and their families enjoyed a delicious supper prepared by **Rita and Maria A**, so a huge thankyou to both of them for their hard work!

(Information sheets are available for anyone who missed out receiving one on the night.)



### ***Rebel Sport VIP Christmas Shopping Night***

Rebel Sport, Northland, is holding a VIP shopping night for MVP cardholders/members on **Wednesday November 29**. A 20% discount will be available to all MVP members between 5.30 pm and 9.00 pm plus 5% of all purchases is returned to our club. MVP cards can be obtained from Nicole of our fundraising team.

### ***Aquajets Annual Christmas Raffle***

Ho! Ho! Ho! It's getting close to that time of year again! Our hard-working fundraising committee are currently putting together some hampers for our Christmas Raffle prizes and we are asking for your help in making our hampers the best ever. We are asking if each family could please donate a small non-perishable gift to place in our hampers. Donations will gratefully be accepted by committee members until December 9.

Books of 10 raffle tickets are currently being handed out to all families, and all money and tickets must be returned by December 13, with the draw taking place at Funfields on **Saturday December 16**.



### ***Funfields Christmas Break-up***

Our annual Christmas get-together will, once again, be held at Funfields in Whittlesea, on **Saturday December 16**. By now, Rita should have received ALL replies from those families wishing to attend.

# Racing Tips

## Start

Relax before you step on the block.  
 Place your feet in the starting position as soon as you get on the block.  
 When you take your mark only think about reacting to the signal.  
 Explode off the block at the signal.  
 Once you enter the water, hold your streamline tight and kick to the surface.  
 Execute a strong breakout stroke to get your body on top of the water and moving fast.

## Strategy

The first part of any race should establish your tempo.  
 Get into the swim with a solid pace and turnover.  
 Strokes should be long and fast.  
 Be quick however keep something in reserve for the end of the race.  
 Use racing skills to take the lead, race others, or draft.  
 If someone next to you is swimming at a faster pace, draft next to the rope.

## Turns

Swim aggressively into each wall letting your last arm stroke start the turn.  
 As quick as you get to the wall, be quick off the wall.  
 In free and back, tuck the head and snap the feet to the wall.  
 In breast and fly, touch with both hands and then push yourself away from the wall.  
 Keep arms and legs close to your core as you turn because you can move them faster the closer they are to your body.  
 Explode off the wall with a big push from the feet.  
 Hold a tight streamline and kick hard to get back to swimming speed.

## Strategy

Maintain your pace in the middle of the swim and race others if around you.  
 Work the 3rd quarter of the race, this is the slowest quarter for most swimmers.  
 Keep long fast strokes with good technique.  
 Increase your turnover and maintain the fastest turnover possible at the end of the race.  
 Maintain long fast strokes and perfect technique through the finish.  
 Keep hips high on fly and breast, keep rolling shoulders on free and back the more it hurts.

## Finish

Reach for the finish as you pass the flags, hold your breath for 3 more seconds.  
 Swim "through the wall" for your finish with fast strokes to the touch.  
 Focus on getting to the wall as fast as you can and out touching anybody.  
 Dive for the touch pad on your last stroke with eyes to the side on freestyle, eyes to the bottom on breast and fly, and a fly kick on backstroke.  
 Touch the pad approximately 6 inches below the water surface, this is the natural place your hand goes during a stroke.



Items for the next newsletter are to be submitted to Lisa no later than **Monday December 11.** Articles from the swimmers are highly encouraged.

Next committee meeting will be held at TRAC on **Monday December 11 at 7.30 pm.** All parents are welcome to attend. New committee members welcome.

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 ★ **Congratulations to Grant Trewella who has won the Year 7 Male Individual General Excellence Secondary School Sports Award for the Northern Metropolitan region. This is the first time in over 5 years that a student from Peter Lalor SC has won such an award. Grant will be presented with his award at LaTrobe University on December 5.** ★  
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## BROADMEADOWS ANNUAL SCRATCH/HANDICAP

Due to extensive works being carried out at the Broadmeadows Pool, the Annual Scratch/Handicap Meet has been cancelled. Unfortunately, Hume Council has been unable to provide a guarantee to the Broadmeadows Swimming Club that the pool will be ready in time. Broadmeadows Swimming Club apologizes for any inconvenience and disappointment that may have occurred, and thanks us for our continued loyalty to their swim meet.

## Calendar 2006/2007

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Nov 25	Broadmeadows Scratch / Handicap	Broadmeadows	CANCELLED
Nov 25	Metro North Scratch 12/under	Richmond	Closed
Nov 26	<b>Diamond Creek Invitational</b>	<b>Diamond Creek</b>	<b>Closed</b>
Dec 2,3	SV December Competitions	MSAC	Entries closed
Dec 3	Echuca Proposed Qualifying Meet	Echuca	Entries closed
Dec 9,10	SV December Competitions	MSAC	Entries closed
Dec 11	Committee Meeting	TRAC	
<i>Dec 16</i>	<i>Aquajets Christmas Breakup</i>	<i>Funfields</i>	
Dec 17	<b>PB Challenge</b>	TRAC	
Jan 3-7	SV Open SWD & 12/u C'ships	MSAC	Entries to SV close Dec 15
Jan 10-14	SV Age Championships	MSAC	Entries to SV close Dec 15

Swim meets are also listed on the Swimming Victoria website: [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)

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

## TELSTRA SWIMMING ASSISTANCE FUND

Epping Aquajets acknowledges the support of



**TELSTRA**  
and the  
**SWIMMING FOUNDATION**



for their most generous donation to our club of a  
**laptop computer** complete with  
Windows XP, Meet Manager and Team Manager.

*Silvana Rametta*

**INDEPENDENT JEWELLER**

**Phone: (03) 9306 0823**

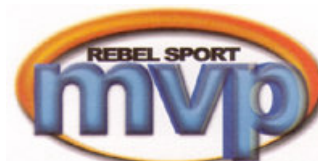
**Mobile: 0411 339 080**

*Fifth Avenue Collection*  
[www.fifthavenuecollection.com/rametta](http://www.fifthavenuecollection.com/rametta)

### 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.



# FUELLING FITNESS FOR YOUR SPORT—SWIMMING

## Training Diet

A high energy, high carbohydrate diet is required for swimmers to support the high-energy demands of training. As swimmers can often train twice per day, high carbohydrate snacks and drinks are essential to aid recovery. Swimmers with high-energy requirements need to increase the number of snacks during the day and make use of energy dense foods.

## Fluid Needs

Most swimmers require at least 2-3 litres per day. On hot days, sweat losses can be significant, especially when training in the sun.

Swimmers can assess how much fluid they lose during a training session by weighing themselves pre and post training. For each kilogram lost, one and a half litre of fluid needs to be replaced.

Sports drinks are suitable fluids during long training sessions as they contain carbohydrates and electrolytes along with fluid.

Warning signs of dehydration include dizziness and light-headedness, muscle cramps, nausea, headaches, dark urine, dry mouth and feeling of extreme heat.

## What Should I Eat Pre-Event?

1. Low fat, high carbohydrate meals 2-4 hours prior to the event along with plenty of fluid.
2. A small snack such as a muesli bar, fruit or dried fruit can be eaten about an hour prior to the race.
3. Examples of pre race meals include:
  - Cereal with low fat milk and a piece of fruit
  - Pancake with syrup and a glass of juice
  - Liquid meals such as Sustagen Sport or a smoothie
  - Sandwiches with low fat fillings
  - Pasta, rice or noodle based meals.

## What Should I Eat/Drink During Competition?

Between events swimmers can refuel by including some high carbohydrate snacks and drinks.

Less than 30 minutes between races: fluids, sports drinks, juices, glucose lollies, fruit

30-60 minutes between races: bread with honey/jam/banana, sports bars, cereal bars or low fat muesli bars

1-2 hours between races: pasta, rice or noodle based dishes with low fat sauce/toppings sandwiches or rolls

More than 2 hour between races: a more substantial meal or meal replacement.

## What About Recovery?

As swimmers can often train twice per day, a recovery snack straight after each training is essential to help refuel the muscles for the following training session. Sports drinks, lollies, fruit, muesli bars, sandwiches and low fat muffins are all great foods for recovery and should be eaten within 30 minutes of a training session or race. Following this a more substantial meal containing both carbohydrates and protein is required.

## Other Nutrition Tips

Before training it is suggested to eat a Breakfast bar, a piece of fruit and a glass of orange juice + a sports drink during training, then followed by breakfast (as suggested above) after the training session.

Swimmers are often eating in the car on the way to and from training. It is important for swimmers to be organised and pack suitable foods and drinks with them for pre and post training.

Do not rely on the foods available at the venue as they may not be appropriate for recovery.

Many female swimmers can struggle to maintain low body fat levels. Athletes watching their body fat levels should follow a low fat diet maximise performance and promote long-term good health.

Swimmers tapering their training before a competition may need to reduce food intake to avoid unwanted gains in body fat.

A multivitamin/mineral supplement may be useful in hard training or when travelling to compete. If you require more information about nutrition supplements, contact a sports dietician in your state.

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**PLEASE ENSURE YOU NOTIFY THE COMMITTEE IMMEDIATELY OF ANY CHANGES TO YOUR CONTACT DETAILS, SUCH AS PHONE NUMBERS AND ADDRESSES.**

**WELCOME TO NEW MEMBERS**

Welcome to the following swimmers  
and their families:

Rachel Johnson

**SUNDAY TRAINING**

Please be advised that there will be **NO TRAINING**  
on **Sunday November 26** (Diamond Creek)  
**Sunday December 3** (Echuca)

**DIAMOND CREEK INVITATIONAL**

We have had another good response to the Diamond Creek Invitational Meet this year with 35 swimmers entered in individual events! A number of relay teams have been entered with swimmers being advised on the day if they are required for relays.

Diamond Creek Swimming Club have asked that we provide three timekeepers for the day, which is equivalent to one lane. A roster will be prepared to ensure no one person has to spend all day on the job. All families will be expected to participate in the roster, and will be included unless Lisa is advised of unavailability prior to the day.

There is no seating at the pool, so it is recommended that you bring your own chairs or blankets to sit on. Shade tents will be provided for anyone requiring shelter.

The toddlers pool will be OUT OF BOUNDS.

Diamond Creek Swimming Club will be holding a BBQ and selling items of food and drink for a small charge.

**GO AQUAJETS!**

*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.*

**FOR SALE**

The club still has a number of pre-loved items for sale, particularly flippers.  
See Lisa asap if interested.

**CLUB CONTACTS**

Coaching	Peter	8300 7707
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Finance	Maria A	9465 5579
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Competitions	Lisa	9467 2914
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Fundraising	aquajets_fun_raising@hotmail.com	
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**SWIMMING VICTORIA RANKINGS**

Check out the rankings page on the Swimming Victoria website where you will find Aquajets swimmers, Hope and Grant listed!

**GO SWIM BAGS**

If there are any 12 years and under swimmers who have not received their Swimming Australia Go Swim Bag over the last 12 months, please see Lisa.