



# NEWSLETTER

## METRO NORTH CHAMPIONSHIPS

25 Aquajets swimmers participated in this year's Metro North Age and Open Championships at MSAC on Sunday October 8. For most, this was the first long course meet of the season so PBs were well earned! Great swimming by **Sophie, Stephine M, Stephanie P, Stephanie A, Kendall** and **Jessica P** saw them each achieve some large PBs. Well done!

Congratulations to our 9 swimmers who were rewarded with championship medallions: **Hope** (4 gold, 1 bronze), **Jessica T** (2 gold, 2 silver), **Claudia** (1 gold, 1 silver, 1 bronze), **Emma** (1 gold), **Rebecca B1** (1 silver, 1 bronze), **Matthew** (2 bronze), **Halle** (1 bronze), **Tara** (1 bronze) and **Grant** (1 bronze). Great effort!

Large Metro North Championship ribbons were awarded to 8th place, with the recipients being: **Frank, Daniel, Grant, Matthew, Hope, Kirsten, Caitlyn M, Lauren, Claudia, Rebecca B2, Stephanie A, Rebecca B1, Halle, Sarah, Rosalyn** and **Tara**.

Congratulations to **Jessica T, Caitlyn M** and **Kirsten** who have qualified to represent Metro North on October 22 and November 19 against the other metropolitan districts.

Thankyou to **Peter** for his attendance and coaching on the day and also, to our parent volunteer timekeepers: **Sandra, Maria P, John P, Angela, Lauren, Liz** and in particular, **Kevin** who performed timekeeping duties for the whole day.

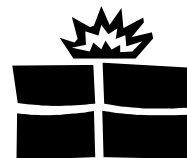


October 2006



## November Birthdays

*Julian Costa  
Adolph Lekkas  
Matthew Pane  
Rosalyn Prattico  
Alex Reid  
Melissa Um  
Celeste Ward*



## 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.

## MONTHLY FEES

ALL MONTHLY FEES MUST BE PAID IN ADVANCE AT THE **BEGINNING** OF EACH MONTH.

ALL OVERDUE ACCOUNTS MUST BE FINALISED IMMEDIATELY, UNLESS PRIOR ARRANGEMENTS HAVE BEEN MADE. ANYONE UNABLE TO PAY THEIR ACCOUNTS MUST CONTACT MARIA A ON 9465 5579.

## PB CHALLENGE

PB Challenge 5 was held on Sunday September 24 with 29 Aquajets swimmers in attendance. Congratulations to **Kendall Phillips** who is the winner of PB Challenge 5 earning 5 PBs and 78 points. Kendall receives a Hungry Jacks meal voucher for her great swimming.

Top three positions after PB Challenge 5 go to:

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

Afterwards the children were greeted with delicious pancakes, fruit, ice-cream and juice.

A huge THANKYOU to our fantastic parents who supplied the morning tea and cleaned up afterwards: **Rita, Maria P, Julie, Sandra, Elizabeth P, Nicole** and **Lisa**. The pancakes must have been delicious as there were no leftovers!!!

Thankyou also, to the parents who support our PB Challenge mornings by assisting with timekeeping and marshalling duties.

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.

## Swimmer Profile

### Swimmer Of The Month

*Well done to Natasha for persevering and still committing to training while injured, by doing many, many pull sets!*



NAME:	Natasha Todorovska
AGE:	15 years
FAVOURITE STROKE / EVENT:	Freestyle and Breaststroke
FAVOURITE TRAINING SET:	Pull
LEAST FAVOURITE SET:	Backstroke kick
WHAT I LIKE ABOUT SWIMMING:	It keeps me fit and is a good way to meet friends.
OTHER SPORTS / INTERESTS:	Footy
FAVOURITE FOOD:	Hawaiian Pizza
FAVOURITE TV SHOW:	Home & Away
FOOTY TEAM:	Richmond

## CANCELLED TRAINING

Please be advised that there will be **NO TRAINING** on the following days:

**Friday November 10** (pm sessions)  
**Sunday November 26** (Diamond Creek)

## METRO NORTH AGGREGATE

The final Aggregate for this season is on **Sunday October 15** at Carey. We are looking at a big turnout from the club to ensure we continue our fantastic results. Epping A is currently in 1st position with Epping B in equal 2nd. It would be great if we could bring home the C Aggregate Premiers shield, not to mention the quinella if we manage the Runners-Up shield as well!

## GOULBURN VALLEY OPEN

On Sunday October 1 **Deana H** and **Kirsten S** swam at the Goulburn Valley Open in Echuca. Congratulations to **Kirsten** who earned 2 gold and 2 bronze medals and **Deana** for her 2 silver medals. A fantastic effort. Well done girls!

## WELCOME TO NEW MEMBERS

Welcome to the following swimmers and their families:

**Kirsten and Lauren Scalone**  
**Caitlyn and Kristin Miles**  
**Erin Jones**

## KILMORE ANNUAL SHORT COURSE

A pleasant Sunday drive was had by 21 Aquajets swimmers and their families when they headed to Kilmore for their Annual Short Course meet. Our junior swimmers were on fire with **Stephine M**, **Stephanie P** and **Sophie** earning PBs in all events. **Frank** also swam well with PBs in every event. Well done to our other swimmers who achieved PBs on the day: **Julian**, **Gavin**, **Hope**, **Alex**, **Rosalyn**, **Grant**, **Jessica T**, **Adolph**, **Rebecca**, **Daniel**, **Daniela** and **Deana H**.

There were a number of Aquajets individual medal winners with congratulations to: **Rebecca B1** (2 gold, 2 silver), **Hope** (2 gold, 1 silver), **Deana H** (2 gold), **Rebecca B2** (1 gold, 1 silver), **Halie** (1 gold, 1 bronze), **Jessica T** (2 silver), **Matthew** (1 silver, 2 bronze), **Grant** (1 bronze) and **Tara** (1 bronze). In addition, many of our swimmers participated in the pairs races. Well done to our successful teams: **Hope** and **Rebecca B2** (gold), **Daniel** and **Julian** (silver), **Frank** and **Grant** (bronze) and **Daniela** and **Rebecca B1** (bronze).

With all swim meets, they would not be a success without our parent helpers. Thankyou to **Terese**, **Rita**, **Kevin**, **Ange**, **George**, **Joe P**, **Sandra**, **Russell**, **Zac** and **John C**. Timekeepers were rewarded at the lunch break with a delicious spread put on by the host club, Kilmore.



Items for the next newsletter are to be submitted to Lisa no later than **Monday November 13**. Articles from the swimmers are highly encouraged.

Next committee meeting will be held at TRAC on **Monday November 13 at 7.30 pm**. All parents are welcome to attend. New committee members welcome.

[www.aquajets.com.au](http://www.aquajets.com.au)



**FUNDRAISING and SOCIAL UPDATE**

**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!!) should be handed in to **Nicole** from our Fundraising team ASAP with our next cash-in day expected to be held shortly.

**Chocolate Drive**

Our club chocolate drive has now concluded with most families selling at least one box of chocolates for the club. Thankyou for your efforts! Funds raised helps to pay for items such as our Annual Christmas function (currently held at Funfields), Winter Interclub buses, shirts for State Long Course Championship participants, Swimmer of the Month gifts, Team Relay entries at a number of swim meets, shirts and subsidies for National Championship entrants, among other items.

Could all remaining money and unsold chocolates be returned asap. Thank-you.



**Movie Day**

Thankyou to **Rita** for organizing the movie day held at the end of the school holidays which was enjoyed by 7 Aquajets families. The swimmers enjoyed a screening of Monster House, followed by some fun at Intencity. The day finished off with a meal at La Famiglia.



**Nutritionist**

It is hoped to hold a gathering on a Friday evening with swimmers and their parents, and engage the services of a qualified nutritionist to advise on healthy eating. Further information will be available once a date has been confirmed.

**Funfields Christmas Break-up**

Our annual Christmas get-together will, once again, be held at Funfields in Whittlesea, on **Saturday December 16**. An information flyer and reply slip will be issued shortly.

**DIAMOND CREEK INVITATIONAL**

Once again our club has been invited to participate in the annual Diamond Creek Invitational Meet to be held at the Diamond Creek pool on **Sunday November 26**. As this is a team meet, ALL club members are requested to enter. Meet flier and entry forms are attached to this newsletter. All entries and payments are to be handed to Lisa no later than **Friday November 3**. Entry forms are to include individual events only. Relay teams will be chosen from individual entries received.

**FOR SALE**

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

## Calendar 2006

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
<b>Oct 15</b>	<b>Metro North Aggregate C3</b>	<b>Carey</b>	
Oct 21, 22	SV Open Water Championships	Hazelwood	Entries closed
Oct 28, 29	SV Distance Competition	MSAC	Entries closed
Nov 4	Melbourne Vicentre Classic	MSAC	Entries to Vicentre close October 20
Nov 11	Proposed GO Club Info Session	Ivanhoe	
Nov 12	MLC Long Course	MSAC	Entries to MLC close October 27
Nov 12	SV Proficiencies	Yarra Plenty	Entries closed
<i>Nov 13</i>	<i>Committee Meeting</i>	<i>TRAC</i>	
Nov 18	Metro North Scratch 13/over	Richmond	Entries to Lisa close November 10
Nov 19	Metro 7-10 Encouragement Meet		Selected swimmers
Nov 25	Broadmeadows Scratch / Handicap	Broadmeadows	To be confirmed
Nov 25	Metro North Scratch 12/under	Richmond	Entries to Lisa close November 10
<b>Nov 26</b>	<b>Diamond Creek Invitational</b>	<b>Diamond Creek</b>	<b>Entries to Lisa close November 3</b>
Dec 2,3	SV December Competitions	MSAC	
Dec 3	Echuca Proposed Qualifying Meet	Echuca	
Dec 9,10	SV December Competitions	MSAC	
<i>Dec 16</i>	<i>Aquajets Christmas Breakup</i>	<i>Funfields</i>	
Dec 17	PB Challenge	TRAC	

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.*

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

*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.

