



NEWSLETTER

SV AGE SHORT COURSE CHAMPIONSHIPS

Well done to our representatives at the recent SV Age Short Course Championships: **Grant, Hope, Claudia, Alex, Rebecca, Daniel, Emma, Sarah, Halie, Matthew and Rebecca.** Swimmers required qualifying times in order to participate.

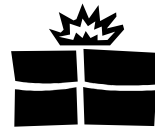
Many of our swimmers improved their entry times with special mention to **Hope** who swam 9 events and improved on her entry time in each one, **Matthew** with 7 PB's out of 8 races and **Claudia** with 6 PB's from 6 starts. Fantastic effort!! Two swimmers broke the 30 second barrier for the 50m freestyle for the first time in an individual event - **Grant** and **Hope!** In doing so, **Hope** scored herself an open qualifying time. **Matthew** also achieved 3 more open qualifying times to add to his 100m fly. Well done, Aquajets! Thank-you to **Peter** for attending most of the sessions even though he was not 100% well.

September 2006



October Birthdays

- Sara Aiezza*
- Hope Henley*
- Deana Horvat*
- Leah Massari*
- Eren Mehmet*
- Elizabeth Phillips*
- Michelle Soon*
- Naomie Welsh*



METRO NORTH CHAMPIONSHIPS

The Metro North Age and Open Championships will be held on **Sunday October 8** at MSAC.

Please note amended starting times: Warm-up 8am, Start 9am.

Entries will only be accepted via the club.

Metro North will not be taking individual entries.

Entries to Lisa close **Friday September 22.**

Late entries will not be accepted under any circumstances.

Please note there will be no training the day of the meet.



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.

SCHOOL HOLIDAY TRAINING TIMES REMINDER:

5 PM GROUP:	4.30 PM—6.30 PM
6.30 PM GROUP:	6.00 PM—7.30 PM
7 PM GROUP:	6.30 PM—7.30 PM

MONTHLY FEES

THERE ARE A NUMBER OF FAMILIES WHO HAVE OUTSTANDING FEES!

ANYONE WITH OVERDUE ACCOUNTS MUST CONTACT OUR TREASURER, MARIA A, IMMEDIATELY ON 9465 5579 UNLESS PAYMENT ARRANGEMENTS ARE ALREADY IN PLACE.

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



PB Challenge 3 was held on Sunday August 20 with 26 Aquajets swimmers participating. Events held were the 50m butterfly, 50m backstroke, 50m breaststroke and 50m freestyle as well as the 100m individual medley. Well done to **Stephanie Pane** who scored the most points for PB Challenge 3 with 74. **Stephanie** receives a Hungry Jacks voucher for her efforts.

Delicious pancakes were on offer after the swimming, with a huge thankyou to our pancake, toppings and drink providers: **Rita, Julie, Maria P, Lauren, Lisa** and **Pauline**. Thankyou also to **Sandra** and **John B** for assisting in the kitchen and cleaning up afterwards.

PB Challenge 4 was held on Sunday August 27, also with 26 Aquajets swimmers in attendance. All 4 strokes were swum over 50m, as well as the 100m freestyle. Congratulations to **Jessica Pratico** who topped the scoring for PB Challenge 4 with 90 points. **Jessica** also receives a Hungry Jacks voucher for her great swimming.

Current top 3 places are:	1st	Stephanie Pane	207 points
	2nd	Gavin Trewella	147 points
	3rd	Hope Henley	129 points

Thankyou 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 Jessica for showing enthusiasm and improvement at training.



NAME:	Jessica Weir
AGE:	12 years
FAVOURITE STROKE / EVENT:	Freestyle
FAVOURITE TRAINING SET:	Warm-up
LEAST FAVOURITE SET:	Backstroke drills
WHAT I LIKE ABOUT SWIMMING:	It's fun. I also like how you get better each time you swim and you improve your times.
OTHER SPORTS / INTERESTS:	Keyboard and beading
FAVOURITE FOOD:	Pizza
FAVOURITE TV SHOW:	Home & Away
FOOTY TEAM:	Collingwood

SUNDAY TRAINING

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

Sunday September 17 (Kilmore Meet)
Sunday October 8 (Metro Nth C'ships)

METRO NORTH AGGREGATE

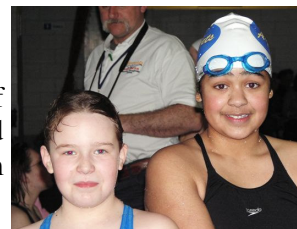
The final Aggregate for this season is on **Sunday October 15** at Carey. We are looking at a big turnout from the club to ensure we continue our fantastic results. Epping A is currently in 1st position with Epping B in equal 2nd. It would be great if we could bring home the C Aggregate Premiers shield, not to mention the quinella if we manage the Runners-Up shield as well! Please advise Peter of your availability by **Friday October 6**.

OPEN WATER CHAMPIONSHIPS and DISTANCE COMPETITION

For those swimmers interested in distance events, the SV Open Water Championships and Traralgon Sauna Swim covers 1km and 3km events and 5km and 10km championship events. This will be held at the Hazelwood Pondage on **October 21** and **22**. The SV Distance Competition has events ranging from 200m to 1500m and will be held at MSAC on **October 28** and **29**. Please consult Peter prior to entering any of these events. Entries for both meets are to be handed to Lisa together with full payment, by **Friday October 6**.

YARRA PLENTY INVITATIONAL

Our first invite to the Annual Yarra Plenty Invitational Meet held on the afternoon of Saturday August 26, saw 23 Aquajets swimmers participate. It was particularly good to see **Margaret, Ashna** and **Stephine M** competing at their first individual swim meet!



Our swimmers performed spectacularly with heaps of PB's throughout the afternoon. Well done to **Hope** (7 PB's), **Grant** (5), **Rosalyn** (5), **Stephanie P** (5), **Stephine M** (5), **Mario** (4), **Adolph** (4), **Daniela** (4), **Gavin** (4), **Jessica T** (3), **Margaret** (3), **Frank** (3), **Jessica P** (3), **Nancy** (3), **Ashna** (3), **Matthew** (2), **Tara** (2), **Alex** (2), **Naomie W** (1), **Halie** (1), **Rebecca B1**(1) and **Daniel** (1).

Large, engraved medals were awarded to third place in each event, with congratulations to these recipients: **Hope** (7 GOLD, 1 BRONZE), **Jessica T** (6 GOLD), **Matthew** (3 GOLD, 2 SILVER, 1 BRONZE), **Grant** (2 GOLD, 1 SILVER, 1 BRONZE), **Mario** (1 GOLD, 2 SILVER, 1 BRONZE), **Tara** (1 GOLD, 1 SILVER, 2 BRONZE), **Lisa** (1 GOLD), **Rebecca B1** (3 SILVER, 3 BRONZE), **Daniel** (1 SILVER, 3 BRONZE), **Halie** (1 SILVER, 2 BRONZE), **Frank** (1 SILVER, 1 BRONZE) and **Stephine M** (2 BRONZE).

Some pretty fast times were swum, which saw a number of meet records tumble. New record holders from Aquajets are: **Mario** (Male 14/15 years 50m Freestyle **27.43**), **Matthew** (Male 14/15 years 100m Butterfly **1:07.39** and Male 14/15 years 100m Freestyle **59.75**), **Hope** (Female 12/13 years 100m Butterfly **1:21.40** and Female 12/13 years 100m Backstroke **1:14.91**) and **Grant** (Male 12/13 years 100m Breaststroke **1:24.07**).

Thankyou, once again, to **Peter** for his attendance at this meet. Thankyou, also, to all of the parents and family members for cheering our swimmers on, and particularly those who performed time-keeping duties: **Rita, Kevin, Zac, Lauren, Terese, Russell** and **Lisa**.

Items for the next newsletter are to be submitted to Lisa no later than **Monday October 9**. Articles from the swimmers are highly encouraged.

Next committee meeting will be held at TRAC on **Monday October 9 at 7.30 pm**. All parents are welcome to attend. New committee members welcome.

www.aquajets.com.au



FUNDRAISING 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!!) 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 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.

In order for our incentive chocolate drive to commence, could all families please return all monies and any unsold chocolates asap.



Movie Day

A movie day is currently being organized by our hardworking social events and fundraising team. Information should be out soon.

Father's Day Raffle

Congratulations to the lucky winners of our Father's Day raffle:

- Zaneta Todorovska** Sleeping bag
- Tony Todorovski** Sports bag and men's pack
- Loza family** Fishing rod and sports cap
- Grant McRobbie (c/- Gittos)** Football and sports cap

WINTER INTERCLUB ROUND-UP

Full results of this year's Winter Interclub have finally been posted on the Swimming Victoria website. Aquajets places were:

Junior 1	Runners-up	Senior 1	4th
Junior 2	Premiers	Senior 2	3rd
Junior 3	3rd	Senior 3	4th
Junior 4	4th		

Well done to all swimmers who participated!

On a disappointing note, our club has been issued with fines totalling \$200 for not supplying sufficient time-keepers each week (refer attached letter from Swimming Victoria). Swimming, as with all sport, requires the assistance of parental volunteers. Please do not rely on other people being the ones always putting up their hands to help. It takes a lot of effort for the club to raise \$200 only to see it being thrown away on fines that should have been avoided!

Welcome back to our jetsetters, the **Anestakis** and **Boskovski** families, who have both recently returned from overseas.

Congratulations to **Frank Lekkas** who has earned the right to compete in Canberra at the National Chess Championships. Frank finished in 2nd place in Victoria!

THANKYOU to **Stephine Moisa** who celebrated her birthday recently with delicious Chupa-Chups for our Friday night swimmers!

Calendar 2006

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>CLOSING DATE</u>
Sep 17 Sep 24	Kilmore Annual Short Course PB Challenge 5	Kilmore TRAC	Entries to Lisa closed
Oct 1	PB Challenge	TRAC	
Oct 8	Metro North Championships	MSAC	Entries to Lisa close September 22
Oct 9	<i>Committee Meeting</i>	TRAC	
Oct 15	Metro North Aggregate C3	Carey	
Oct 21, 22	SV Open Water Championships	Hazelwood	Entries to Lisa close October 6
Oct 28, 29	SV Distance Competition	MSAC	Entries to Lisa close October 6
Nov 11	Proposed GO Club Info Session	Ivanhoe	
Nov 12	MLC Long Course	MSAC	Entries to Lisa close October 20
Nov 12	SV Proficiencies	Yarra Plenty	Entries to Lisa close October 6
Nov 13	<i>Committee Meeting</i>	TRAC	
Nov 19	Metro North Scratch 13/over	Richmond	
Nov 25	Broadmeadows Scratch / Handicap	Broadmeadows	To be confirmed
Nov 25	Metro North Scratch 12/under	Richmond	
Nov 26	Diamond Creek Invitational	Diamond Creek	Entries to Lisa close November 3
Dec 2,3	SV December Competitions	MSAC	
Dec 3	Echuca Proposed Qualifying Meet	Echuca	
Dec 16,17	SV December Competitions	MSAC	
Dec 16	<i>Aquajets Christmas Breakup</i>	<i>Funfields</i>	
Dec 17	PB Challenge	TRAC	

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

FOR SALE

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

Silvana Rametta

INDEPENDENT JEWELLER

Phone: (03) 9306 0823

Mobile: 0411 339 080

Fifth Avenue Collection

www.fifthavenuecollection.com/rametta

Season 2005/2006
DVD's are still available
for \$5.
See Frank B or Lisa if inter-
ested.
Profits go directly to the
club.



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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 **VicHealth**

ENTRY CARDS

It is important that the GREEN ENTRY CARDS used when submitting your entries to swim meets are completed in full to ensure your entry is processed correctly.

The following are the most common items that are either incorrectly completed, or not completed at all:

- **Registration Number** - This is comprised of the first three letters of the swimmer's surname plus the first two letters of their first name plus their birth date in the form of ddmmyy. Eg. John Smith born on 2 April 1988 will have a registration number of **SMIJO020488**.
- **Event Numbers** - These are found by searching the program of events for the age group, stroke and distance desired. Ensure you check for 'boys' or 'girls' events.
- **Entry Times** - This is by far the most incomplete item on all entry cards received. This should be the fastest time you have recorded in that event in the preceding year. You need to provide details of where and when this time was swum. If swimming the event for the first time, enter NT for 'no time'. **Due to this requirement all swimmers should keep a record of all races swum and times achieved.** (This is particularly important when qualifying times are required and only times from official meets are acceptable.)
- **Contact Details** - Please make sure that you fully complete the contact details on the back of the card. You must also ensure that you sign the declaration.

Due to the large numbers of entries received for some competitions, Peter and Lisa are unable to complete entry cards on your behalf. This is just too time consuming, particularly when having to look up every swimmer's individual times! Swimmers with no times listed on their entry card will be placed in the **SLOWEST HEAT** of that event. Therefore, to ensure you swim in a heat with swimmers of your ability, it is important to keep track of your own times and ensure they are correctly listed on your entry cards.

A number of clubs will not accept incomplete entry cards submitted for their swim meets, therefore incomplete entry cards **may be returned** for completion. Epping Aquajets competition officer will take no responsibility for incomplete entry cards being returned and not meeting any cut-off date.

PROFICIENCY AWARDS

The next Metro North Proficiency Meet will be held at the Yarra Plenty Pool, Sainsbury Avenue, Watsonia, on **Sunday November 12** at 2.30 pm. Proficiency Awards are gained by completing a series of swims, with correct stroke technique and within set time limits. Requirements for each award are on our notice board at TRAC. Cloth badges are

given to successful applicants upon completion. Metal badges can also be purchased upon successful completion of awards. Any swimmer wishing to participate in this Proficiency Meet is to hand the completed entry form below, together with full payment in an envelope, to Lisa by **Friday October 6**.

Name: _____

I wish to apply for the following Proficiency Awards at a cost of \$2.30 per award:

Bronze _____	Silver _____	Gold _____
Bronze Star _____	Silver Star _____	Bar to Gold _____
Total amount enclosed:	\$ _____	