



NEWSLETTER

SV State Age Sprint Championships

Well done to our team of swimmers who qualified for and swam at the SV Sprint Championships that were held in the outdoor pool at MSAC on Saturday the 9th February 2008: **Lauren, Claudia, Jessica, Michelle, Kirsten, Hope, Grant and Kris.**

Our swimmers done well against the competition Jessica, Kris, Grant, Claudia, Lauren and Michelle who all swam at least one PB.

Congratulations also go to Michelle who qualified in breaststroke and swam in her 1st state final competition.

Congratulations also go to Jessica who qualified in breaststroke and swam in her 1st state final competition.

Congratulations go to Claudia who qualified for the freestyle and backstroke finals that were held on Sunday the 10th.

Thank you to Peter for his attendance over the two days of competition.



MLC SC MEET 17.02.08

Two of our club members Lauren and Kirsten Scalone ventured off to Ashburton on the 17th February to swim at the MLC SC meet. Congratulations to Kirsten to achieved her 50mt freestyle state time.

CHANGE OF TRAINING HOURS

Wednesday night training will now commence at 6.00pm instead of 7.00pm It will commence on **Wednesday 5th March 2008.**

REMINDER FROM OUR COMPETITIONS CO-ORDINATOR

All meet entries for all *Metro Nth. Competitions* must be handed in to **Lisa by the date she has set:** they should not be sent direct.

February 2008



March Birthdays

Frank Lekkas



Uniform

Swim Caps	\$14
Polo Shirts	\$40
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

23.11.07

19 Swimmers attended at our last PB Challenge which was held on Friday at 6.30pm on the 23.11.07.

Well done to Stefan who swam 3 huge PB's and earned the most points for this challenge.

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 time. They are then tallied up to determine the overall winner for the season, who will be presented with their award on Presentation Night.

The following dates have been approved for our next 3 PB challenges, for the season 2007-2008:

February 22nd, March 14th and April 4th.

We hope to see as many club members as possible attending the next 3 PB Challenges.

Swimmer Profile

Swimmer Of The Month

Michelle Soon



Congratulations to Michelle for qualifying for her first State Championship Final. She qualified in the 50mt Breast stroke at the State Sprints at MSAC in February.

NAME:	Michelle Soon
AGE:	17 years
FAVOURITE STROKE / EVENT:	Fly and Free
FAVOURITE TRAINING SETS:	Sprints & Drills
FAVOURITE TV SHOW:	Anything on channel 7
FAVOURITE SINGER/BAND:	R & B, and Punk
FOOTY TEAM:	Essendon

COACH'S ADVICE:
(Peter Higgins)

Eat all the colors of the rainbow!

Red:	Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
Orange	Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
Yellow:	Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
Green:	Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
Purple:	Blueberries, blackberries, currants, beets, red cabbage, eggplant
White:	Potatoes, tofu, onions, garlic, whole oats, cauliflower

Water: Is very important for your wellbeing. Each day a person should drink two and a half litres of water. This is because we need to replace all of the water which we lose during the day, through sweating, exhaling and getting rid of waste. We are made up of 95% water so if we don't replenish these stores we are letting our bodies slowly deteriorate through dehydration.

If you eat foods from this list daily your body will have:

Complex carbohydrates, fibre, vitamins (antioxidants), omega 3 fatty acids, folate, minerals such as magnesium. Which are all essential for a healthy nervous system (brain) and circulatory system (heart) and digestive system (bowel)

And you will lower your chances of getting diseases, such as diabetes, obesity, hypertension and liver disease.

Aquajets Club Championships 2007 - 2008

Week 1 April 20 – Week 2 April 27

Events Male			Events Female		
Week 1			Week 1		
1	16/over	100 m Backstroke	2	16/over	100 m Backstroke
3	14/15	100 m Backstroke	4	14/15	100 m Backstroke
5	12/13	100 m Backstroke	6	12/13	100 m Backstroke
7	10/11	100 m Backstroke	8	10/11	100 m Backstroke
9	9/under	50 m Backstroke	10	9/under	50 m Backstroke
11	16/over	100 m Breaststroke	12	16/over	100 m Breaststroke
13	14/15	100 m Breaststroke	14	14/15	100 m Breaststroke
15	12/13	100 m Breaststroke	16	12/13	100 m Breaststroke
17	10/11	100 m Breaststroke	18	10/11	100 m Breaststroke
19	9/under	50 m Breaststroke	20	9/under	50 m Breaststroke
21	12/over	400 m Freestyle	22	12/over	400 m Freestyle
23	11/under	200 m Freestyle	24	11/under	200 m Freestyle
25 Club Pairs (Handicap)					
26 Parent Time Trial (If time permits)					
Week 2			Week 2		
27	16/over	100 m Butterfly	28	16/over	100 m Butterfly
29	14/15	100 m Butterfly	30	14/15	100 m Butterfly
31	12/13	100 m Butterfly	32	12/13	100 m Butterfly
33	10/11	100 m Butterfly	34	10/11	100 m Butterfly
35	9/under	50 m Butterfly	36	9/under	50 m Butterfly
37	16/over	100 m Freestyle	38	16/over	100 m Freestyle
39	14/15	100 m Freestyle	40	14/15	100 m Freestyle
41	12/13	100 m Freestyle	42	12/13	100 m Freestyle
43	10/11	100 m Freestyle	44	10/11	100 m Freestyle
45	9/under	50 m Freestyle	46	9/under	50 m Freestyle
47	16/over	200 m IM	48	16/over	200 m IM
49	14/15	200 m IM	50	14/15	200 m IM
51	12/13	200 m IM	52	12/13	200 m IM
53	10/11	200 m IM	54	10/11	200 m IM
55	9/under	100 m IM	56	9/under	100 m IM
57 Parent/Child (Handicap)					

- Conducted under the rules of Swimming Victoria
- The “one start” rule will apply
- Entries must be accompanied with a flat entry fee of \$15 which covers the 2 weeks of Club Championships
- The club reserves the right to cancel or alter events
- **Entries to Lisa close Monday April 14**
- Warm up 8.00am – Start 8.20am
- Points are allocated for each event towards Age Champion (except the 400m freestyle and 200m freestyle events)
- Age as at **April 30, 2008**

SEASON 2007/2008

AQUAJETS CLUB CHAMPIONSHIP ENTRY FORM

Name: _____

Date of Birth: ___/___/___

Age as at April 30, 2008: _____years

Week 1:

Event No.	Distance	Stroke	Entry Time

Club Pairs:

Partner's Name:	
Entry Time (combined):	

Parent Time Trial:

Parent's Name/s:	
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Week 2:

Event No.	Distance	Stroke	Entry Time

Parent/Child Relay:

Team Name:	
Entry Time (combined):	

Contact phone no.: _____

Amount enclosed: \$ _____

The club would like to thank the following sponsors for their generous gifts which went towards our fundraising activities over the last few months. Without sponsors our fundraising would be even more difficult. All sponsorship is greatly appreciated and our swimmers are the ones that benefit from such activities.



 ★ Michael Stowe ★
 ★ Osteopath ★
 ★ 10 Parker Street, ★
 ★ Williamstown. ★
 ★ Tel: 9399 9441 ★

◆ Ernest Hillier Newmans ◆
 ◆ Shop 4 Walkers Arcade ◆
 ◆ 471-475 Sydney Rd. ◆
 ◆ Coburg. ◆

www.aquajets.com.au

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 E: industelec@bigpond.com
 A: 22 Alfred St
 Blackburn Vic 3130
www.industelec.com.au

INDUSTRIAL AND COMMERCIAL INSTALLATION AND MAINTENANCE

The club would like to thank Indust ELEC for their generous donation. It is most welcomed and appreciated. It is nice to see business willing to help local sports clubs.

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 Nicole Anestakis.



COMMITTEE MEETING

Our next committee meeting will be held at TRAC on Monday 17th March 2008. All members are welcome to attend.

DON'T FORGET TO NOTIFY THE COMMITTEE IMMEDIATELY OF ANY CHANGES TO YOUR CONTACT DETAILS, SUCH AS PHONE NUMBERS AND ADDRESSES.

Items for the next newsletter are to be submitted no later than **Monday 17th March 2008**. Articles from the swimmers are highly encouraged.

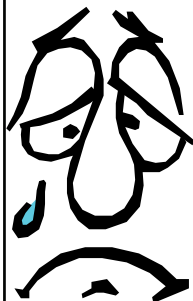
CLUB CONTACTS

Coaching	Peter	8300 7707
Finance	Maria A	9465 5579
Competitions	Lisa	9467 2914
Secretary	Julie	9466 3412
Fundraising	aquajets_fun_raising@hotmail.com	

CALENDAR 2008

DATE	EVENT	VENUE	CLOSING DATE
Sat 16th Feb	All Juniors (8-10yrs)	Richmond	To Lisa Feb. 1st.
Fri. 22nd Feb	PB Challenge	TRAC	6.30pm
Sat 23rd Feb.	Vicentre LC Meet	MSAC	Feb 13th
Sat 23rd Feb.	All Juniors(11-14yrs)	Richmond	To Lisa Feb. 1st.
Sat. 8th March	Tassy State Championships	Hobart	Closed
Sun. 9th March	Tassy		
Mon. 10th March	Tassy		
Fri. 14th March	PB Challenge	TRAC	6.30pm
Sat. 29th March	Funfields Club BBQ	Funfields	TBA
Fri. 4th April	PB Challenge	TRAC	6.30pm
Sat. 5th April	Metro All Junior (Semi-finals)	MSAC	Not applicable
Sun. 6th April	Metro All Junior (Finals)	MSAC	Not applicable
Sun. 20th April	Club Championships (1st week)	TRAC	TBA
Sun. 27th April	Club Championships (2nd week) (Club BBQ after the swimming)	TRAC	TBA

Swim meets are also listed on the Swimming Victoria website: www.swimmingvictoria.org.au
PB Challenge and Club events are subject to change



PLEASE ENSURE YOU HAVE YOUR MEET ENTRIES IN BY THE DUE DATE. ENTRIES HANDED IN LATE WILL NO LONGER BE ACCEPTED.

Embroidery

Anyone that is interested in having embroidery on articles of clothing such as their club towels or club shirts please see Nicole Anastakis.

Names up to 9 letters will cost \$5.00 per name.

There are a range of embroidery designs that can be done on any articles of clothing not just sports gear. (disney motifs etc.)

You will need to see Nicole.



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.