



# NEWSLETTER

## THIS MONTH IN PHOTOS



Clockwise from top-left: Tara, Jarrad, Chloe, Caitlyn and Sophie at Macca's after the final Metro North Aggregate.

Left to right: Daniel, Stephanie, Kris and Claudia at the Metro North Aggregate.



Samantha at the Metro North Aggregate.

Left to right: Matthew, Deanna, Brent, Seren and Izel at the Melbourne Vicentre August SC.



*August /  
September  
2009*



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### September Birthdays

**Chloe Abdilla**

### October Birthdays

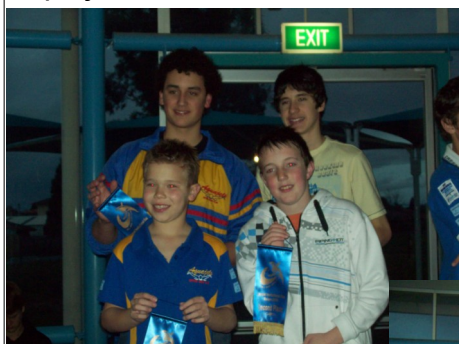
**Samantha Jacobson  
Matthew Johnson**

## MILL PARK INVITATIONAL CUP

On the 12th of July, the Aquajets Swimming Club set out to compete in the Mill Park Invitational Cup at the Mill Park leisure Centre. Six other swim clubs joined us, to what was to be a really enjoyable day. On the day we had a fantastic turnout with just about every Aquajets team member present.

Throughout the course of the day, the team put in 100% and managed to win many events especially the relays, where we were almost unbeatable. Some of the parents competed and took out 1st, 2nd and 3rd in both the males and females 30 and over 50m freestyle events.

Overall, it was a team effort that brought us home in second place proving that the Aquajets are a force to be reckoned with. Well Done All.



## CLUB PB CHALLENGE 2009-2010

The club will be holding it's first PB (Personal Best) challenge for 2009-2010 on Thursday 17th September. Warm up will commence at 6 pm and the events will start at 6.30 pm. All swimmers are encouraged to attend.

# MELBOURNE VICENTRE SC

## 8TH AUGUST 2009

On the 8<sup>th</sup> of August 2009 I competed at the Melbourne Vicentre Short Course Meet to get my state times. My first event was the 100m breast and I came 2<sup>nd</sup> in my heat with a time of 1:37.40 and the state time was 1:44.00. After that event I went down to the cool down pool with Izel and Seren. The next event I had was the 100m freestyle and I came 2<sup>nd</sup> again with a time of 1:16.40, which was 0.48 seconds off my PB, and the state time was 1:18. After that event I went down to the cool down pool again with Deanna, Claudia, Izel, Matthew and Seren and there was an inflatable ride so we all decided to have fun on that. The event after that was the 100m backstroke I came 3<sup>rd</sup> with a time of 1:25.55, which was a state time and a PB of 1 second. Then it was the lunch break and the diving boards were open so we went down there. The 3 metre diving platform was open and was high. After the lunch break was the 50m Butterfly and I was in the last heat and got a time of 38.21, which was second overall, so I got a silver medal! Turns out that at the end of the meet Grant got a bronze medal and had taken off a couple of seconds off his PB as well!

**By Brent Mifsud**



# NUNAWADING SHORT COURSE

On the 15th August, Nunawading had their annual short course meet. It was held in the indoor pool at MSAC. This was an important competition because it was one of the last qualifying meets for short course states.

The competition itself consisted of 2 stages, the morning session for younger swimmers and the afternoon for older, 14+ swimmers. Jessica attended the morning and achieved some very good times and narrowly missing a national time in her 100m breast. In the afternoon, Grant, Gavin and myself swam. Gavin did a great PB in his 50m Freestyle. Grant broke his 2 year old 100m breaststroke PB and I did a 2 and a half second PB in my 100m freestyle.

Overall everyone competed in nine events and did very, very well.

**By Daniel Berto**

# CONGRATULATIONS

Recently, the Victorian rankings for the top 10 swimmers in their age groups in specific events were announced by Swimming Victoria. Six swimmers from the club managed to make these rankings. Well done to the following swimmers for their efforts:

*Tara, Frank, Claudia, Jessica, Brent and  
Chloe*

# GOOD LUCK

A special good luck to the swimmers competing in the Victorian Age Short Course Championships on the 5th & 6th September.

## Swimmer Profile

### *Swimmer of the Month*

**Name:** *Deanna Fruscalzo*

**Age:** *11*

**Favourite Stroke:** *Backstroke*

**Favourite Training Set:** *Diving &  
8 sets Breast, Back and Free*

**Favourite TV Show:** *Gossip girl*

**Other Sports:** *Soccer and Dancing*

**Favourite Food:** *Gnocci*

**Favourite Singer/Band:** *Beyonce*

**Footy Team:** *Richmond*



# COACH'S CORNER

## *Sixteen Values that Swimmers Learn from the Sport*

*BY John Leonard Reproduced from ASCA Newsletter*

We all want our children to learn values from the activities they participate in. Here are 16 values that they gain from swimming, and how they gain them.

1. **Fitness** – every study ever done by scientists say that swimming is the best overall sport to achieve total fitness and health. Inculcating this value at an early age makes it a value for all the life of the individual.
2. **Self-Confidence** – each child learns that they can learn, that they can achieve and that they can struggle and overcome adversity daily in good swimming practice.
3. **Discipline** – No good stroke technique exists without discipline. No good practice session exists without structure and discipline to do what is required when it is required, on a consistent basis. A daily result of good training sessions by the athlete. Best of all, it's self-discipline!
4. **Teamwork** – Swimming is impossible to do as an "individual sport," its way, way too hard! Teammates encourage, lead, follow, and both contribute and receive daily in practice sessions with their friends.
5. **Sportsmanship** – One of the key lessons learned is that everyone has their "moment in the sun" to shine... in practice and in meets. Good coaches teach the lesson that we compete "with" people, not "against" people.
6. **Work Ethic** – No sport requires more physical effort than swimming. Lesser "talents" can outwork (over the long haul) the more talented athlete. Over time, athletes learn that their own efforts produces their own results.
7. **Delayed Gratification** – Very hard in today's youth society! But critical! Swimmers learn that the season (the year, the career) is long, and no one short term result can be called success or failure. What you do in practice today will show up in a week, a month, six months, a year, in a swim meet. Swimmers learn to accept that "things take time" to develop.
8. **Time Management** – Swimmers get better grades "in season." Why? Because with a small amount of time, they are forced to use it well to study. When they are not in practice, they have "plenty of time" and things don't get done. A senior swimmer trains 5 plus hours a day. With school, sleep, eating, studying, there is not much left over. It's forced learning to be effective and efficient.
9. **Dedication** – Swimmers learn as they grow older that one cannot be "all things all the time" and that some sacrifices have to made to achieve in other areas. This is also called "focus" and "concentration." Invaluable life skills.
10. **Skill Improvement** – because of the medium of water that we operate in, successful swimmers pay extreme attention to technique and skills, and more and more so as they improve and swim faster. It's all in the details. Another major life lesson.
11. **Friendship and Respect** – You may not "love" your teammates all the time, but you know how hard they work and you learn to respect that work. You also form friendships based on the solid values on this list. The best kind of friends... ones you share values with, not dope, secrets and aggressions.
12. **Goal Setting** – Swimmers learn at a early age to measure success objectively and how to set new goals to motivate themselves as they climb the ladder of swimming success.
13. **Gender Equity** – Any boy swimming with any girl in practice will tell you that females can practice better (practice tougher) than males. Any female competing with any male, will tell you that males can get up and race when they need to.
14. **Appreciation of your support team** – Mum and Dad keep you swimming. Coach teaches and inspires you. Swimmers learn they stand on other people's shoulders to achieve. Great life lessons.
15. **Courage** – Each swimmer gets to be a "hero" in their lane, in their world every day. Every day they get a chance to test their courage (and succeed and fail in that regard) in practice. Courage is a "developed trait." Swimming develops it well.
16. **Compassion** – Each swimmer succeeds. Each swimmer "fails" from time to time. Swimmers know how it feels. They can learn to support those who are struggling, applaud those who are succeeding, and be inspired by the work of others.

## **NOTICE FROM THE TREASURER**

A reminder to all parents that training fees are payable in advance—the first Monday of each month. I will be on the pool deck on these nights to collect the fees and give out receipts.

If giving money to Peter or other committee members, please place them in a sealed envelope with the details (name, type of fees, month and amount) written clearly on the front.

Could anyone who has outstanding fees please contact me on 9465-5579

Maria Aiezza - Club Treasurer

## **CHOCOLATE FUND RAISER**

It's that time of year when the committee is relying on the members of our club to help raise money by selling chocolates. Thank you to all the families that have taken boxes home and are now in the process of selling them. Once you have sold your chocolates please bring the money back to the club in the envelope provided. Ensure you have put your name on it. There are still a number of boxes available, so if your up to it please see Cathy Abdilla.



Your efforts are really appreciated.

## **COMPETITION ENTRY FORMS**

In the past, the club has had a few issues with our swimmer's competition entry forms. Can all parents please ensure that all details and monies are accurate to make it easier for John to collate and post on time. It would be disappointing if one of our swimmers missed out because their entry form was incorrectly filled out or there was insufficient money. If you have any queries on how to fill out these forms, please see any of the committee members for assistance.

## **HELP WANTED**

As you can see the newsletter has taken on a new look. It has more articles, more photos and important information for all the swimmers. However, it just doesn't go together on its own. To put this newsletter together, a lot of time and effort is taken as information and photos are not always readily available.

It would be great if all the swimmers and their families could contribute by telling us about that swim meet you went to or offered photos of the last meet you competed in.

If you have something to add, please give it to any of the committee members to pass on to me so that I can put it in the next newsletter before the 2nd of October.

Felix Abdilla

***Thank you Daniel and Brent for this month's articles***

## Aquajets Spring & Summer Calendar

Date	Swim Meet	Venue	Entries Close	Comments
<b>September</b>				
5-6	Victorian Age Short Course Championships	MSAC	24/08/2009	Qualifying Times
13	Kilmore Short Course	Kilmore	14/08/2009	All Athletes
17	Club PB Challenge	Reservoir	14/09/2009	All Athletes
<b>October</b>				
1	Club PB Challenge	Reservoir	29/09/2009	All Athletes
4	Metro North Age Championships	MSAC	21/09/2009	All Athletes
10	Metro North 10/u & Open Championships	MSAC	23/09/2009	All Athletes
17	Victorian Open Water Championships	Hazelwood	09/10/2009	For selected swimmers
25	Metro North 7-10 Time Trials	Richmond		All 10/under
31	Melbourne Vicentre Classic	MSAC	01/10/2009	All Athletes
<b>November</b>				
5	Club PB Challenge	Reservoir	02/11/2009	All Athletes
7-8	Victorian Long Course Competition	MSAC		See Coach
21	Broadmeadows Handicap Swim Meet	Oak Park	06/11/2009	All Athletes
22	CA Tritons LC Meet	MSAC		All Athletes
28-29	Victorian December Competition	MSAC		See Coach
<b>December</b>				
3	Club PB Challenge	Reservoir	30/11/2009	All Athletes
5-6	Victorian December Competition	MSAC		See Coach
5-6	Echuca Swimming Carnival	Echuca	25/11/2009	All Athletes
19-20	Victorian 12 & 11/under Championships	MSAC		Qualifying Times
<b>January</b>				
6-10	Victorian Age Championships	MSAC		Qualifying Times
15-17	Victorian Open & SWD Championships	MSAC		Qualifying Times
23	Metro North Scratch Meet	MSAC		All Athletes
<b>February</b>				
4	Club PB Challenge	Reservoir	01/02/2010	All Athletes
6-7	Open Water Time Trial	Nagambie		For selected swimmers
6	Melbourne Vicentre LC	MSAC		All Athletes
13-14	Victorian Sprint Championships	MSAC		Qualifying Times
20	Australian Open & Age Open Water	Nagambie		Qualifying Times
20	All Junior Eliminations	MSAC		All Athletes Under 14
27	Metro North 10/under Encouragements	Richmond		All 10/under Athletes
<b>March</b>				
6	Club PB Challenge	Reservoir	01/03/2010	All Athletes
6-8	Tasmanian Age Championships	Hobart	22/02/2010	Qualifying Times
20-21	All Junior Finals	MSAC		Qualifiers from AJ Elim.

Club events are subject to change.

For full listings and programs please visit [www.aquajets.com.au](http://www.aquajets.com.au) or [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)

## School Holiday Training Schedule (21/09/09 - 04/10/09)

### Week 1 (September 21 - 27)

State/National: No Training

District/Fitness: Tuesday, Thursday, Friday: 6.00pm-7.00pm

State Development: Monday, Wednesday, Friday: 5.00pm-6.30pm

Junior Development: Monday, Wednesday, Friday: 6.00pm-7.00pm

Development: Tuesday, Friday: 6.00pm-7.00pm

### Week 2 (September 28 - October 4)

No training for District/Fitness, State Development, Junior Development and Development squads unless authorised by their coach.

State/National: AM: Mon, Tue, Thu, Fri: 6am-8am

PM: Mon, Tue, Wed, Thu, Fri: 4.30pm-6.30pm

Depending on availability a Surfing or Mountain Bike Riding at Torquay will be arranged for Friday or Saturday.

### Club Contacts

Coaching	Peter	8300 7707
Finance	Maria A	9465 5579
Competitions	John Berto	mmaquajets@hotmail.com
Fundraising	aquajets_fun_raising@hotmail.com	
Secretary	Sandra Berto	mmaquajets@hotmail.com

Don't forget to notify the committee immediately of any changes to your contact details, such as phone numbers or addresses.

### Club 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.



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