



# NEWSLETTER

## This Month In Photos

Emily shows the silver medal her team won after a great swim at the Echuca Swim Meet.



It's been an enjoyable day in Echuca and we're now heading off to the local RSL for dinner.

Left to right: Seren, Izel, Jessica, Steph, Daniel, Grant, Gavin and Kris after the Metro North Scratch Meet at MSAC.



Gavin gives it everything as he leaves the blocks at MSAC in the 50m Breaststroke.

## Summer

## 09/10



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### January Birthdays

- Brent Mifsud**
- Stephanie Anestakis**
- Daniel Berto**
- Emily Nguyen**

# Echuca December Annual Carnival

On the weekend of the 5<sup>th</sup> & 6<sup>th</sup> December, the team headed 2 hours inland to the Murray River township of Echuca. All of us stayed at the same caravan park and it was great that most families arrived early enough to have a splash in the pool at the park before dinner. In the evening, we made the journey on foot to the local RSL for dinner, having a great time where the parents had a chance to relax and chat. The following morning we drove to the Echuca Swimming Pool for a full day of swimming and basking in the sun. Overall it was a great weekend. We had the opportunity to enjoy each others company and celebrate the summer break up for 2009.

**By Chloe Abdilla**



**Right:** Some of the team have a splash in the pool at the caravan park.



**Above & Below:** The parents and coach relax after a great meal and talk about things other than swimming. Definitely a fitting end to a full on 2009 season.



**Left:** Felix, Van, Minh and John sit in the shade by the pool enjoying the serenity of country life.



**Right:** Emily, Caitlyn, Izel, Sophie & Olivia sit poolside at the Echuca Carnival.



## ***Victorian 12 & 11/Under Championships***

The club wishes to congratulate Chloe, Deanna, Brent and Christian on their terrific results at the recent Victorian 12 & 11/Under Championships held at MSAC on the 19<sup>th</sup> and 20<sup>th</sup> of December. Even though for most it was their first Victorian Championships they each swam PB's. Deanna swam a 1 second PB in the 100m breaststroke, Chloe a 2 second PB in the 100m Butterfly, Christian a 3 second PB in the 100m Breaststroke and Brent swam a 2 second PB in the 100m Freestyle, 2 seconds in the Breaststroke and 1 second in the Backstroke. Well Done!

## ***Victorian Age Championships***

Congratulations to Izel, Sophie, Claudia, Kris, Jessica & Grant who competed at the Victorian Age Championships from the 6<sup>th</sup> to the 10<sup>th</sup> of January at MSAC. Amid extreme competition from not only Victorian swimmers but swimmers from interstate as well as internationally our swimmers swam extremely well achieving many PB's along the way.

## ***Help Wanted***

It would be great if all swimmers and their families could contribute by telling us about a swim meet they went to or offer photos of events you may have competed in.

If you have something to add, please give it to any of the committee members or email it to me at [fabdilla@optusnet.com.au](mailto:fabdilla@optusnet.com.au) so that I can put it in the next newsletter. (Please put your name on the "subject" line as all unidentified emails are deleted) ***Felix Abdilla***

## ***Aquajets Web Site***

Could everyone please note that currently on the Aquajets web site ([www.aquajets.com.au](http://www.aquajets.com.au)) on the home page at the bottom left-hand corner is a form with the title "Sign-Up For Updates". To receive updates such as when a newsletter is available for download, when important swim meet entries close or there is an upcoming PB Challenge, etc. could you please fill in the form to receive such notifications. Your Email Address, First Name and Second Name are all required and once you have pressed "Join Email List" you will be sent a confirmation email. When you open this email there will be a link to click on. Once you have clicked on this link your subscription has been confirmed and you will now receive updates when they are emailed out. This process is entirely safe and your details are not shared with anyone outside of the club. ***Grant Trewella***

## ***Forewarnings & Thank You's***

All parents are been forewarned of a Bunnings BBQ Fundraiser to be held around June. Thank you to the families for their Christmas hamper raffle donations. Your donations were greatly appreciated.

# Coach's Corner

## Setting Controllable Goals

**BY CHRISTOPHER CARR, PhD//Sport and Performance Psychologist**

As I observed the 2008 Summer Olympic Games, I was reminded that athletes who win medals have, for years, had the goal of winning a medal. Yet, it was the daily work and effort that pays off at the Olympic Games.

In the men's 4x100 freestyle relay, the USA team trailed France going into the last 100. But Jason Lezak came from behind and by .08 seconds beat the French world champion and set a world record. After the race, Lezak was quoted as saying to himself that he felt the fatigued before the race.

"Then I changed," he said. "I said, 'You know what? That's ridiculous. This is the Olympics. I'm here for these guys. I'm here for the United States of America. It's more than me. I don't care how bad it hurts, or whatever, I'm just going to go out there and hit it.'"

The rest is Olympic history. But that history began with the goal of Olympic success. It is important to learn how to set goals in order to achieve your own swimming performance goals. As you prepare for this upcoming competitive season, make sure you have followed some important steps to effective goal setting:

Make daily practice goals. Take a notebook (could be your mental training journal) or some 3x5 cards and write down 1-3 goals for each practice. Not just doing what is on the practice schedule, but make the goal specific to your improvement (e.g. achieving 80% of your fast-paced intervals). Just 1-3 goals a day. Then review after each practice. Did you accomplish your goals? Did you make good progress? Then make revisions and be goal-directed at the next practice – every day.

Review your goals each day. Find time to sit down and review the goals you had for that particular practice/meet. Did you achieve the goal? What did you do (or not do) to help you achieve that goal? How can you make the goal more challenging tomorrow? Make this process your own and don't wait for a coach to give you goal direction. The results will be more confidence in yourself when you step up on the starting block.

Learn how to refocus your goals during practice. If you made a practice goal that is going to be tough to accomplish (due to a bad start or change in drills), make the adjustment so you can still find success. Even small successes (finishing a tough set, using a positive cue word) can lead to confidence and focus. As soon as you drift from goals, you lose self-direction and focus.

Good luck to you in your pursuit of your swimming goals and successes...have fun and swim fast!

**"The fight is won or lost far away from the witnesses... behind the lines, in the gym, and out there on the road, long before I dance under those lights." – Muhammad Ali**



## Aquajets 2010 Long Course Calendar

Date	Time	Event	Venue	Closing Date	Swimmers
<b>February</b>					
11	6:30pm	Club PB Challenge	Reservoir		All Athletes
13-14		Victorian Sprint Championships	MSAC	01/02/2010	Qualifying Times
20-21		Australian Open Water Championships	Nagambie	05/02/2010	Qualifying Times
20	8.00am	Metro North All Junior Eliminations	MSAC	12/02/2010	All 14/Under
27		Metro North 10/Under Encouragements	Richmond		All 10/Under
<b>March</b>					
4	6:30pm	Club PB Challenge	Reservoir		All Athletes
6-8		Tasmanian Age Championships	Hobart	22/02/2010	Qualifying Times
13		Metro North 11/Senior Encouragements	Richmond		All 11/Over
16-21		Australian Swimming Championships	SOPAC	01/03/2010	Qualifying Times
20-21		All Junior Finals	MSAC		Qualifiers
28		Metro North Proficiencies?	Yarra Plenty		See Coach
<b>April</b>					
5-10		Australian Age Championships	SOPAC		Qualifying Times
18		Metro North Presentation Day	Yarra Plenty		Awardees

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)

### *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.

## ***A Special Thanks***

On behalf of the club, I would like to give a special thanks to Grant who has put so much effort in to designing and upgrading the Aquajets web site.

Grant has recently given a new look to our website which provides our members with the latest information about the club, upcoming swim meets, meet results, the latest news and much more.

Could I please ask all members to sign up to the new web site allowing you to receive any new updates. <http://www.aquajets.com.au/>

## ***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**

### **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
Web site	Grant Trewella	admin@aquajets.com.au

### **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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Thank you to Minuteman Press Epping for your support.

The next Aquajets Committee Meeting will be held on the 15<sup>th</sup> of March at 7:00pm at Reservoir.