

The Flyer

The Official newsletter of the Eltham Swimming Club March 07



www.elthamswimmingclub.com.au

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DON'T FORGET!

Club Champs are soon arriving so get your race entries ready as well as race sponsorship. Swimmers Support YOUR Club

President's Report

Hi All,

I wish to congratulate all swimmers who competed at the Victorian Sprint Championships. All of our members swam to their best and beyond and their performances were a credit to the Club and our Coaches. We have two swimmers representing us at the Australian National Championships in Perth during April. We wish to Congratulate Emma and Sarah on this achievement. We are all very excited for you.

Kim Arrowsmith has resigned as the Competition Coordinator. Kim has performed in this role for 12 months and I wish to thank her for the time that she has given and her commitment to the Club. Kim will continue to take entries for the 10/u and 11/0 Encouragement awards but all entries for the Club Championships should be forwarded to Melinda O'Toole. Entries to any other meet need to be sent to the Club conducting the event. Until the role of Competition Coordinator is filled at the AGM I would ask that all members let me know of significant achievements at Competitions so that they can be given just acknowledgement in the Flyer. As I don't attend all meets I can't guarantee that I will come to hear of them. Also please consider this role on the committee for next year, you don't need any special skills just a bit of time and a computer.

We are now all back into the swing of training and competitions. Our new program at Eltham Leisure Centre commences in March 3rd. This program is less than ideal for many reasons and I wish to reassure everyone that we have exhausted nearly all our options for pool hire at present. There are some options in the wind but we are unable to access these immediately so please bear with us while we work towards a better program for the future. All squads are full for the present however we are still conducting try outs and interested swimmers are being placed on a waiting list. If you know anyone who wishes to join the Club don't let this discourage them as once we have added pool space we will be able to accommodate them.

The time for the AGM is fast approaching. A date will be set soon. At the AGM all committee positions are declared vacant and nominations are sought. Please consider joining this fun and friendly group and doing your bit towards keeping Eltham Swimming Club the great Club it is.

See you at the pool.
Sue Sala



Event details are correct at time of publishing

24th & 25th March 2007

ESC Club Champs

Carey

30th April 2007

ESC End of Season '06-'07

1st May 2007

ESC Start of Season '07-'08

3rd May 2007

ESC AGM

Venue to be Advised

5th May 2007

ESC Club Presentation

Slovinian Club Research

29th July 2007

ESC Club Shortcourse Meet

MSAC

METRO-NORTH CHAMPIONSHIP RESULTS

Many of our swimmers competed in the Age and Open Championships at MSAC

earlier in the season. The following swimmers were place getters in their age groups.

8 year old girls

Isabella Shade - equal 2nd

11 year old girls

Ally Keys - 3rd

11 year old boys

Matthew Stirling -1st

16-17 year old boys

Lachlan Sheppard -2nd

Most Improved 9/Under Boy

Ethan Neyland

Freestyle -14.93 seconds

Backstroke 15.20 (An idea of what is to come! Ethan has taken of 30 seconds since last year!))

A fantastic effort by all these swimmers. Congratulations from all at Eltham

Congratulations to our award winners!



CONGRATULATIONS

A MEDAL AT VICENTRE MEET !

Rebecca Kazmierczak is certainly on a roll at the moment. One week she does a fantastic swim that gives her a state time in butterfly and the next week she wins a gold medal at the Vicentre Meet in the same event.

Ten year old Rebecca has entered this event for State Sprints. Her confidence should be sky high after this achievement. Good luck Rebecca!!

More Success For Eltham!

The Victorian State Sprint Championships were well represented on the weekend of 17th and 18th February. Eltham had its largest group of competitors for two years and we did ourselves proud. Eleven swimmers were involved in fifteen finals! A far cry from the zero representation last year. Doesn't this say a lot about Eltham! Brian Miller you are fantastic and we thank you so much! It was wonderful to see swimmers making their first final. Despite the 38 degree temperature, we all had a terrific time.

Joel Miller kept us in suspense until the very last event, winning GOLD in the breaststroke. It was worth the wait. Some one had to win a medal. Well done Joel once again! The rest of our swimmers did a fantastic effort actually making it to a Victorian final.

We congratulate the following swimmers who were part of the State finals-

Emma Chambers : 4th - breaststroke

Iain Hebden : 5th - backstroke

: 6th - butterfly

Ben Leenaerts : 5th - breaststroke

Ally Key : 6th - butterfly

Claire McCormack : 7th - freestyle (after a knee reconstruction this year!)

: emergency for fly

Kate Buckland : 8th - backstroke

Lachlan Sheppard : 9th - backstroke

: 9th - butterfly

: emergency for breaststroke

Adam Vivarini : 10th - backstroke

Sarah Chambers : emergency for breaststroke

Chris McLeod : emergency for breaststroke

It has been a long time since we have heard the Eltham name repeated over the loud speaker system. We are so important these days, they even asked Brian to present medals!! And didn't we look terrific in our new bathers! Thank you Melissa for outfitting us so well.

Watch out State Short Course in 2008. Eltham are on the move!

Happy Swimming

Leone Sheppard



Ararat Success

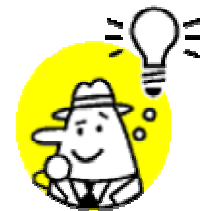
It was cold and wet in the middle of drought stricken western Victoria on the day of the Ararat swim meet-Feb 10th. The annual meet is conducted in an outdoor 50m unheated pool, that is unable to be topped up due to stage 4 water restrictions(the blocks had been removed to remove the terror from the drop to the water). Under such conditions the Eltham swimming club was proudly represented by a force of James who competed well against the best in the district from 11 other clubs. His 3 medals-2 gold (IM And Breaststroke)and 1(backstroke) silver-made the meet a success for the lone Eltham competitor, though the best part of the day was climbing out of the freezing water for the last time.



WELCOME BACK MEG !

Poor Meg spent 10 days in hospital after getting her appendix out. Ouch!!! Meg is in senior squad and the quiet star in our club. She is part of the elite VIS squad and is a champion tri-athlete. Not only is Meg the best in her age group, she even keeps the Open competitors on their toes! Stay tuned to the next Flyer for a big Meg Russell story. Imagine what she will achieve now that the nasty appendix has been removed!!!

Happy Swimming
Leone Sheppard



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A.B.N. 15 115 632 155

Hi Everyone!

Firstly, a huge congratulations to Joel and Emma, our amazing swimmers who won medals at the recent State Championships. Your efforts were extraordinary! Also, well done to all others who participated in both individual races and relays, it was great to see so many Eltham swimmers competing. It was also lovely to see so many swimmers at the recent time trials. These are a great time to not only compete against friends, but to also socialise with other members of the club that you wouldn't normally see. And don't forget that any of the older swimmers are willing to lend a hand! So if you're unsure about anything don't hesitate to see any one of us.

Club Championships is fast approaching, so don't forget to put your entries in! These nights are always fun, providing a fabulous environment for swimmers, both young and old, to compete in.

Finally, make sure you all keep up the great training. Your efforts during your training sessions will reflect themselves at race time and all the hard work will pay off!

See you on pool deck,
Ben and Nikki



Coaches Report

Hi Everyone,

Firstly I would like to thank my fellow coaches, committee and parents for your commitment and efforts during the hectic time since Christmas 2006. I can't believe we are already into March 2007!

In January and February we were rewarded for all that hard work with some very exciting times for our club. We had great results at State Championships – with many finalists and even medallists' at OPEN and Age Group levels – we experienced all levels of emotions at State Championships. This was due to numerous P.B's, disqualifications, missed races, missed finals races, first time State swimmers, first time finalists, the best running start to a relay race I have EVER seen (Thanks to David, Dustin, Ben and Lachlan!!!!), the return of the not-so-old veteran relay team and of course the fantastic GOLD medal performance by Emma Chambers in the girls 14 year old 100m breaststroke and the hard fought BRONZE medal for Joel Miller in the 50m Breaststroke.

In February we had State Sprints with great results yet again. There were many P.B's, finalists and a GOLD medal for Joel Miller. Well done to everyone concerned – I hope you enjoyed these events as much as I did.

We have had many promotions of swimmers into different squads over the past months and I would like to congratulate them on not only their promotions but also on the hard work on training and skills they have displayed to earn their promotion. Keep up the good work in your new squads.

There have also been some fantastic results for our school swimmers at their individual school swimming sports and affiliated school swimming carnivals. There have been some truly amazing results reported to me. Congratulations to you all for performing your great skills and fitness to be rewarded with the accolades of your schools and associations. We are also into the All Junior competition with some great results already and hopefully plenty more to come.

In closing, I would like to thank our swimmers for their hard work at training and in the gym sessions. This has given you great results in the competition pool.

I would also like to congratulate Emma and Sarah on qualifying for the Age Nationals in Perth in April.

In the coming season, we will lift our training and competing to another level so we can enjoy more great results at School, District, State and National competitions.

At this point in time we have three people improving/gaining their coaching credentials: Iain Hebden – Bronze Licence, Matt Moulder – Bronze Licence, Joel Miller – Green Licence. I would like to thank all three for putting in many hours of work to achieve these licences which will undoubtedly make them better coaches and teachers and will also pass on immense rewards to our swimmers and the Eltham Swimming Club as a whole.

Kindest regards
Brian Miller

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Always looking for Sponsorship

Our club is sponsored and supported by local businesses.

Sponsors are advertised in The Flyer, so please, when possible, use these businesses and inform them that you are a member of the Eltham Swimming Club.

It helps the club to have continued sponsorship from these businesses because as a sports club, **we rely on sponsorship!**

If you are able to help, or you know of a business that may be interested, please speak with TBA.

ELTHAM SWIMMING CLUB CHAMPIONSHIPS RACE SPONSORS

It is that time of the year again when championships are on our doorstep and funding is needed for this very important event to go ahead.

This year we will be going outside the club to ask for business donations of \$20.00 per race. We understand that many families like to be a part of sponsoring a race in which their children/grandchildren are a part of and this will most certainly continue.

Family/relatives of Eltham Swimming Club Members will be charged only \$10.00 per race. Business/family names will be printed in our programme as race sponsors and also verbally mentioned over the p.a. prior to race commencement.

Of course we will also be holding our big raffle. If there is any way in which you could support us with an item donation it would be greatly appreciated.

Janet Archibald will be at the next time trials with a list of events available for you to sponsor. Payments can be made cash/cheque or we can invoice you.

Any queries on this please call Janet Archibald on 0407 703351

CLUB CHAMPIONSHIPS

All swimmers are encouraged to attend this fun event especially our new members as this is a great opportunity to start competing in a low pressure environment with your new friends. Club Championships are conducted in a more relaxed manner than other swim meets and we will be using the Skills of Peter McCormack Chief Referee (and Father of Claire) to provide valuable feedback especially to our inexperienced competitors.

- Age Champions are determined for each age group by points scored for each stroke and the I.M (5 races in total)
- Junior Club Champion is determined by points scored from the following events: 100 m Junior Freestyle, 100 m I.M. (Age Groups 13/U), 50 m Butterfly, 50 m Backstroke, 50 m Breaststroke, 50 m Freestyle (Age Groups 13/U) – 6 races in total. Event results are combined across the Age Groups and Junior Freestyle events to determine the winner.

Eltham Swimming Club Champion is determined by points scored from the following events: 200 m I.M., 50 m Butterfly, 50 m Backstroke, 50 m Breaststroke, 50 m Freestyle, 100 m Butterfly, 100 m Backstroke, 100 m Breaststroke, 100 m Freestyle (Age Groups 14/O including OPEN events) – 9 races in total. Event results are combined across the Age Groups and OPEN 50m events to determine the winner.

Full results will be available for viewing on Presentation Night.

*All swimmers are welcome and encouraged to compete in OPEN events and the handicap race, however, these swims will NOT contribute points for the Age Group Champion or the Junior Club Champion Awards.

*The OPEN 200 m Freestyle, the OPEN 100 I.M and the Handicap events do NOT generate points for the Eltham Swimming Club Champion trophy.

*A trophy is awarded for male and female winners of the handicap event. This is a lot of fun and it gives our younger members an opportunity to beat the seniors. Last year the female event was won by an 11yo girl with only 12 months experience. So you have to be in it to win it.

If you have any queries please speak to someone on the committee or your coach

Please Submit all entries to Melinda O'Toole by March 10th

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THANKYOU!!

HAPPY BIRTHDAY!

March

- Kelsey Bonlin
- Rebecca Kazmierczak
- Aaron Lonbardo
- Adam Violi
- Adam Vivarini

And to everyone else who has a birthday in March



Email Melissa

on melissa_tipping@bigpond.com
If we have email addresses, it will make it easier to send correspondence.



AGGREGATE RESULTS

Remember the three nights we spent at Carey barracking like mad and pushing our swimmers to the line. Well..... the results are in. Check this out.....

Relays Eltham 3rd

Individuals

- 1st - Ivanhoe Neons
- 2nd - Eltham
- 3rd - Carey A team
- 4th - Yarra Plenty
- 5th - Doncaster/Templestowe
- 6th - Carey B Team



We thought we may have come third so this is a lovely surprise!! Well done to all those swimmers who helped us out and swam their very best. A second finish is brilliant.



LACOR

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Sunbury Swim Carnival

Eltham was represented by 4 swimmers at Sunbury outdoor pool showing some surprising results with medals achieved by all members. Eltham swimming club was mentioned quite often for race result medal presentations.



Well done Adam, Ben, Ryan & Andrew for a terrific collection of medals and a fun day out. Special congratulations to Adam for collecting 2nd place in the dash for cash and taking home some money for a terrific swim.



GENERAL

The Flyer

The Flyer is printed at the start of each month, so if you wish to add anything, just let Ben or Rob Leenaerts know a week prior to the printing.
robleenaerts@iprimus.com.au

PB Books

Get your PB book now! Swimmers are expected to be responsible for recording their PBs and keeping their PB books up to date. PB books are available from Sue Sala 9719-7217 (H).

Payments Reminder

If you make a payment directly to the Club's bank account either via the internet or at a bank branch, please ensure that the information provided on the statement is sufficient to be recognized as what the payment is for, or simply let us know that a payment has been made (date and amount).

Uniforms

The club has stock of finger paddles @\$14 per pair. When your coach asks you to obtain a pair see Sue, Melissa or Leone.

Notice Board

Remember to read the notice board, as this is the major form of communication for our club. We have swim meet notices put up regularly, as well as other bits of information – such as time trials, fundraising events, and social functions.



Swim Vic Inc - Swimmers Committee

If you, as a swimmer, have any issues or ideas, then let this committee of swimmers know. Contact them via email at: vicswimmers@hotmail.com

Our Discounts

Rebel Sport Greensborough will provide Eltham Swimming Club members a **5%** discount in 2006/07 by showing their membership card when shopping at Rebel in the Greensborough Shopping Centre.

If you forget your card, just quote our rebate code of **448**, or tell the cashier you are a member of the ESC. This will ensure that the sale is logged to the Eltham Swimming Club. At the end of the year, the club will receive a cheque for a minimum 5% of the total amount spent by our members. So the more we spend, the more we get back!



Eltham Bookshop has kindly agreed to give Eltham Swimming Club members a **10%** discount when they produce their membership card with a CASH payment only.

Club uniforms are available Poolside at the following times:

Wednesday nights

7pm – 8pm **Sue Sala or Melissa Tipping**

Saturday mornings

7am – 8:45am **Sue Sala or Melissa Tipping**

Orders

For towels - **Leone Sheppard 9435 2105**