



The Flyer

The Official newsletter of the Eltham Swimming Club Inc.

Feb/March '06

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Don't Forget:

- Eltham Swimming Club AGM 26th April in the Meeting Room at ELC
- Training recommences on Monday 15th May
- Eltham Swimming Club Presentation Night 20th May Slovenian Hall, Research

Registration Number:
A0005787T
PO Box 416, Eltham 3095

PRESIDENT'S REPORT

I hope everyone had a lovely Easter and enjoyed the break (albeit too short!). Hopefully the Easter Bunny was kind to everyone including the big kids amongst us.

Congratulations to all who participated in our annual Club Championships whether you were a competitor, or helped with the running of the meet or cheered loudly from the stands. It was a fantastic weekend and it was everyone's contributions that made it so! It was great to see past swimmers in the water again and parents also having a go. Our swimmers certainly put on a show and some fantastic PBs were achieved.

All Junior Semi Finals and Finals were held at MSAC over the 22nd and 23rd of April and we had a strong contingent of swimmers representing our club. In true Eltham fashion all of our representatives certainly did us proud. See page two for a full meet report.

Just some housekeeping points to be aware of – registrations are due and if you wish to make the most of the \$20.00 discount, completed registration forms need to be received before the end of this month. Our final training session for the season will be held on Friday 28th April to be followed by a sausage sizzle for the children. Our caterers will assume that everyone will be coming that night but if you know that you are unable to make it can you please let Lorraine know (9434 6161) so that we don't over order on supplies.

Finally our AGM was held on the 26th April at the Leisure Centre. If you only ever attend one meeting a year the AGM is the one to go to. All committee positions were up for nomination and we received further nominations for these positions during the meeting. This enabled us to form a new committee whose members are listed on page 2.

I would like to congratulate Sue Sala who is our new President. Peter Tobias as Vice President will join her along with Melissa Tipping as our new Secretary and Rae Goldsworthy is continuing as Treasurer. Congratulations to our new office bearers and general committee members. It goes without saying that without a committee to run the club there is no club! We can all look forward to an exciting and prosperous 2006/2007 season with a new Head Coach and some fresh faces on our committee.

Rob Leenaerts
Retiring President

CALENDAR OF EVENTS

*Event details are correct at time
of publishing*

26 April 2006

Meeting Room @ ELC
Eltham Swimming Club AGM

28 April 2006

Eltham Leisure Centre
*Last day of training & sausage
sizzle*

15 May 2006

Eltham Leisure Centre
Training re-commences

20 May 2006

Slovenian Hall, Research
Eltham Swimming Club
Presentation Night

21 May 2006

Carey Sports Complex,
Bulleen
*Metro North Aggregate
Competition (1st Night)*

3 June 2006

TBA
*Metro North Short Course Time
Trials*

22-23 July 2006

MSAC
*Victorian Open Shortcourse
Championships*

25-28 August 2006

Hobart
*Australian Shortcourse
Championships*

3, 9-10 September 2006

MSAC
*Victorian Age (11/u-18yo)
Shortcourse Championships*

9 October 2006

MSAC
Metro North Championships

TREASURER'S REPORT

Although the Eltham Swimming Club season is fast coming to a close, registrations for the 2006 / 2007 swimming season are due by 15 May 2006.

As a small incentive, if you pay these by 30 April 2006 you will receive a \$20.00 discount off the annual registration fee.

Also don't forget you cannot swim in any Swimming Victoria events unless you are registered as an Eltham Swimming Club member by 15 May 2006.

Again thanks to all those members who are paying their squad fees on time. If you wish, you can pay these fees online over the internet straight to the Eltham Swimming Club's bank account. If you require further information regarding this method of payment please feel free to contact me. Likewise if you have not received a recent squad fee invoice please let me know and I will re-issue one for you.

Hope all the kids enjoyed swimming in the Club Championships.

Rae Goldsworthy
Treasurer

2006/2007 COMMITTEE MEMBERS

COMMITTEE POSITIONS	COMMITTEE MEMBERS
President	Sue Sala
Vice President	Peter Tobias
Treasurer	Rae Goldsworthy
Secretary	Melissa Tipping
General Committee Members	Liz Montanaro Leone Sheppard Rob Leenaerts Kim Arrowsmith Janet Archibald Stephen Key Peter Cacic Ed Kazmierczak

COACH'S REPORT FROM IAIN HEBDEN

To all Swimming Club Members,

We have come to the end of another busy, but successful season, and as a new coach I have enjoyed the last few months as a part of the Eltham Swimming Club team. So far many of the swimmers have responded to the new coaching staff in a way that has enabled many to gain personal bests.

As we are all aware Avan Barker is departing the coaching lineup to concentrate on his career. It is important to acknowledge and appreciate the positive impact he has had in the transition of the club during the 2005-06 season. On behalf of myself, and all of Eltham Swimming Club, I would like to say a huge thankyou to Avan for assisting in the club's survival.

To my squads in particular you have really listened to me, especially in this last month and I find that if we can continue to show the same kind of respect to each other, not only can we achieve the goals you seek, but also have a lot of fun along the way. You have all trained very well and I want you all to know I am very happy with your performance in the pool.

It is very exciting to think about the new season ahead with the arrival of coach Brain Miller as I think he too will have a very big impact on the swimmers performance. As coaches we all have visions and goals for the upcoming season so we do hope you enjoy your break and are ready and raring to go for the new season.

Iain Hebden

COACH'S REPORT FROM AVAN BARKER

The last three months have flown by and we have all been on an interesting and challenging journey. Swimming performances certainly peaked at our Club Championships in early April. Congratulations to each and every swimmer on some fantastic racing. As we arrive at the end of the 2005/2006 season we can look back at the past few months as the beginning of a new era for Eltham Swimming Club.

Our club has had a proud and at times prestigious history. Eltham Swimming Club has been a force to be reckoned with from District level, where we were the reigning A-Grade Aggregate Champions for ten years, to success at State and National level competitions. This was shown to us by our ex-swimmers in the Heroes Races at our recent Club Championships. Some of those ex-swimmers have won State and National medals, most of them have represented Eltham at National level competition and all of them have been members of Eltham's State teams. This is only a small snapshot of the entire history of our club. Given this impressive past there is no reason why our new Head Coach, Brian Miller can't help all of you to reach your own dreams and goals.

As you are all aware I am finishing my coaching duties this Friday to enable me to allow more time for my work commitments. While I have found these past three months both challenging and rewarding I am looking forward to watching you all improve under our new coaching team, headed by Brian, who will be joined by Iain and Matt.

I would like to wish all of you the very best of luck and success for your future swimming careers. This is one of many swimming seasons that I will always look back on with many fond memories.

Avan Barker

ELTHAM SWIMMING CLUB WELCOMES OUR NEW MAJOR SPONSOR...



SWIM MEET REPORTS

CLUB CHAMPIONSHIPS AT CAREY

A highly successful Club Championships unfolded over the weekend of the 8th and 9th of April at Carey Sports Complex in Bulleen. We were all introduced to Brian Miller who begins as our new Head Coach at the start of the new season on May 15. Spectators were in for a treat with some impressive athletic displays in the pool by both young and old. The swimmers all excelled despite a tiring and demanding workload. Some swimmers had at least four races each evening. It was impressive to see high quality racing skills being put into practice.

A huge thankyou is extended to our committee members, parents and volunteers for all getting involved to ensure that the meet ran smoothly. There are far too many names to mention; however from timekeepers to officials and computer technicians and everything else in-between, your assistance was greatly appreciated.

A highlight of the weekend was the brief yet inspiring revival of some of our retired former State and National representatives: Brendon Munro, Andrew and Liz Lamers, Jackie and Katherine Forkosh, Will Hamer, Ryan Scannell, Iain Hebden, Avan Barker, Matt Moulder and Maiken Sedunary. Most of these swimmers have each been involved with Eltham Swimming Club as competitors, coaches and/or committee members for a long time. It was great to see that their extended taper was successful in producing impressive and speedy performances!

Perhaps even more inspiring was the Parents' Race which was a feature of Sunday Night. Congratulations to all participants and a special mention goes to our very own Vice President Peter Tobias who stormed home to victory over the 50m Freestyle race.

ALL JUNIOR SEMI-FINALS AND FINALS

On the weekend of the 22nd and 23rd of April Eltham was well represented at MSAC for the All Junior Semi-Finals and Finals. Over two big days of competition our enthusiastic swimmers impressed everyone with their speedy performances.

Congratulations to Anneliese McDonald, Morgan Barker, Kate Buckland, Isabella Johansson, Melanie Fyffe, Tara Neyland, Alexandra Key, Ryan Leenaerts, Matthew Stirling, Zach Tipping, David McDonald, Zach Cacic and Andrew Leenaerts who all competed at MSAC over the weekend. Most of these swimmers either swam personal best times or came very close to beating their PBs.

Congratulations to Kate Buckland, Matthew Stirling and Andrew Leenaerts who almost qualified to swim in the finals by placing either 11th or 12th. We had four swimmers who swam in the finals on Sunday: Alexandra Key (50m Fly), Kate Buckland (50m Back), Zach Tipping (50m Back) and David McDonald (50m Free & Back).

David McDonald managed to break 28.00 seconds in the 50m Free to clinch a bronze medal in time of 27.63, a fantastic effort! Congratulations to all of our star swimmers.

Eltham Swimming Club acknowledges the support from:

BOLTON STREET FRUIT-MART
130 Bolton Street
Eltham 3095

Don't forget to support them with your business.

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 Craig Lang or Melissa Tipping.

SportsLink Sponsorship – everyone's a winner!

Eltham Swimming Club wins by receiving sponsorship funds paid by SportsLink yearly.

If your insurance is now due, contact John, Lorien, or Carly for fast, efficient Insurance Plans. We specialize in all aspects of insurance – business, house, tradesman and public liability.

SportsLink Sponsorship Insurance Services – helping Eltham Swimming Club win, year after year!

Tel: 03 9877 3366
 Fax: 03 9877 7633
 Freecall : 1800 622 269
 (ex Melb)

UNIFORMS

TEE SHIRTS FOR JUNIORS

I have ordered navy blue tee shirts for the juniors and these will be available Shortly, so be patient! Cost to be determined when finished.

LONG LINED JACKETS

Some parents have made enquiries about the long, polar fleeced jackets that we have sold in the past. These jackets sell for \$150 and have generally been purchased by senior swimmers who train early in the morning. If you are interested in ordering one of these I will require a deposit of \$50. These jackets come in small, medium and large. I will be placing an order in a few weeks so that swimmers have them for the cold mornings. If you are interested please phone me on 9435-2105. The club makes nothing on these jackets. It is simply a service we provide to our members.

Look for our Uniform Pricelist on page 6.

Happy Swimming!

Leone Sheppard

THANK YOU TO OUR SPONSORS!



Peter Cocic
 Manager

Akron
 Engineering Pty Ltd
 77 Freight Drive
 Somerton Vic 3062

Ph: (03) 9308 9733
 Fax: (03) 9308 9744



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Patricia & Richard O'Shea
 Donut King Greenborough



COMMONWEALTH BANK HELPS ELTHAM SWIMMING CLUB

The Club has entered into an arrangement with the local Commonwealth Bank. The Bank has agreed to make a contribution to our fundraising efforts when a member of the club has a loan funded through the bank at Heidelberg. Contributions from the bank will be between \$220 and \$385 depending on the loan type and amount.

The full variety of loans is available for any personal or investment purpose:

- | | | | | |
|-----------------------|-----------|-----------------|-------------|----------|
| New Homes | Refinance | Extensions | Renovations | Holidays |
| Investment properties | Shares | Education funds | | |

Give Angela Davis or Trevor Bell a call on 94585842 to find out more. Not only does the club receive a benefit but the new Manager, Trevor Bell, has assured us that you will receive a very competitive loan as well.

Client details remain completely confidential - at no time is any disclosure made to the club.

GENERAL

The Flyer

The Flyer is printed at the end of each month, so if you wish to add anything, just let us know.

Memorabilia

If you have photos, old Flyers or anything that you think would interest the club, could you please hand it to any

committee person.

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



REMEMBER THE DISCOUNTS!

Rebel Greensborough will provide Eltham Swimming Club members a **5%** discount in 2003/04 by showing their membership card when shopping at Rebel in the Greensborough Shopping Centre.

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!



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.

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

HAPPY BIRTHDAY!

Kate Buckland
Melanie Fyffe
Amy Hyland
Jake Magann
Maiken Sedunary

And to everyone else who has a birthday in

APRIL



UNIFORMS

THEY'RE COMING!!

POLOS -SIZE SMALL

Apologies for the delay in getting new stock in this size polo, however they are on order and should be here in the next few weeks.

March brings us crisp mornings and cool evenings. Buy one of our beautiful hooded polo fleeced windcheaters before the weather breaks!!

\$50 and they last forever

Don't forget to keep warm in the marshalling area before your race by keeping your clothes, shoes and socks on. It is very important to keep your muscles warm before you swim.

The Posse Leader at The Uniform Shop kindly asks that if anyone owes money for an article from The Uniform Shop, could you please pay as soon as possible?



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, long jackets, and tracksuits - **Leone Sheppard 9435 2105**

Don't forget to read The 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.

So make sure you check it out!

UNIFORM PRICES

ENDURANCE BATHERS (NO LOGO, TRAINING ONLY)

Girls-:\$30

Boys-:\$20

(Hurry! Limited stock in boys & girls thus selling out)

LYCRA RACING BATHERS (ELTHAM LOGO)

Girls 6-14 :\$50

Ladies 10-16 :\$55

Boys \$35

(Some available at \$20 as slightly imperfect)

SWIMMING CAPS

Latex \$5

Silicon \$13

HOODED WINDCHEATERS

All sizes S, M, L \$50

BAGS

Eltham logo and colours \$30

TOWELS

90 x 160 cm embroidered with child's name and club logo \$55

ELTHAM POLO SHIRTS

In club colours with logo S, M, L \$30

GIRLS'S 3/4 PANT

Navy with club logo Sizes 10-16 \$30