

# The Flyer

The Official newsletter of the Eltham Swimming

July'06



www.elthamswimmingclub.com.au

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## Don't Forget:

- **Eltham Shortcourse Meet 30th July**
- 19 August 2006  
Time trials
- **Metro North Aggregate Competition (2nd Night) 16 July**

Registration Number:  
A0005787T  
PO Box 416, Eltham 3095

Our first full month of training has seen lots of happy and enthusiastic faces arriving at the pool for training. All the kids appear to be enjoying their dry land training and are eager to help the coaches transport the equipment from the first aid room to the Crèche. From the complaints I have had at home about sore muscles the extra work seems to be having an effect. However I would like to remind everyone that the Medicine balls are not basketballs and that they were costly so please look after them and to use all the equipment for the purpose it is intended that way it will all last longer and everyone can enjoy the benefits safely. It has been great to see so many consistently turning up for training even through the school holidays you will be sure to see the results. CONGRATULATIONS to our swimmers who competed at the Vic Center Meet many swimming big PBs reflecting their commitment to training.

Unfortunately we have had a couple of incidents where the Coaches or Leisure Center Staff have slept in causing morning training to be delayed or cancelled at the last minute. We are all human and things happen at times that are outside our control so I would ask all parents to make sure that the pool is open and that there is a coach present before they leave their kids at the pool. I appreciate that it may be inconvenient to wait but in the long run it is for your child's safety. On the mornings when the Leisure Center opens specifically for us the kids are not allowed into the water without a coach in attendance so if they wanted to swim anyway they can not. I would also like to remind all parents to collect their child from inside the center after evening training. Especially during the dark winter months there are safety issues with having young children waiting alone outside. We should all be mindful that incidents have occurred in the past (not our members) and that the safety of the kids should outweigh any inconvenience.

At our committee meeting on Friday June 2<sup>nd</sup> the committee discussed recent increases in costs involved in the implementation of Dry Land Training and increased Pool Hire costs. The committee is very reluctant to increase fees at this stage and have instead decided to withdraw the Year 12 VCE discount offered to members undertaking the demanding final year of their schooling. It was decided to honor our commitment to those students in Year 12 at present however the discount will not be available next year. I am sure that everyone appreciates that the increased training times actually represents a reduction in fees and much better value for money, especially as we start to see the results. Meeting the increased costs will also put increased emphasis on our Sponsorship and Fundraising so we urge all members and their families to support the club in any way possible to make sure that we are able to keep our monthly fees at their present level.

To reduce the workload on Rae (treasurer) could everyone where possible pay their fees electronically and promptly? All the details you need can be found on your invoice but if you are new to internet banking like I was feel free to give me a call. You will eventually save time and money doing it this way.

Lastly a reminder for everyone who wants to go the Echuca Meet in December to email me at [dungarvan@telstra.com](mailto:dungarvan@telstra.com) with their cabin requirements - name, days, and number of people staying ASAP so that I can notify the park of our needs. I have extended the cut off until 10<sup>th</sup> July. Refer to the June Flyer for more details.

Sue Sala President

*Event details are correct at time of publishing*

**16 July 2006**

Carey Sports Complex, Bulleen  
*Metro North Aggregate Competition (2nd Night)*

**22-23 July 2006**

MSAC  
*Victorian Open Shortcourse Championships*

**30 July 2006**

MSAC  
*Eltham Shortcourse Swim-meet*

**13 August 2006**

Carey Sports Complex, Bulleen  
*Metro North Aggregate Competition (3rd Night)*

**19 August 2006**

*Eltham Leisure Center  
Time Trials*

**25-28 August 2006**

Hobart  
*Australian Shortcourse Championships*

**3, 9-10 September 2006**

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

**19 September 2006**

*Eltham Leisure Center  
Time Trials*

**9 October 2006**

MSAC  
*Metro North Championships*

**14 October 2006**

*Eltham Leisure Center  
Time Trials*

**3 December 2006**

Echuca  
*Echuca Swim-meet*

**8 December 2006**

*Slovenian Club  
Christmas Party*

## Club Captains

Hi Everybody,

Firstly, a big congratulations to all those swimmers who have participated in competitions in the new season and an extra well done to those who achieved PBs. Your dedication and commitment to training shows in the results that you achieve so once again, congratulations.

As everyone should know, our annual Eltham Swimming Club meet is coming up on the 30<sup>th</sup> of July. Hopefully by now, many of the swimmers will have thought about what events they are going to enter. As this is the second last meet to get official times before short course states, our Eltham meet is a great opportunity for all swimmers to get some last minute improvements on PBs or even have a go at getting a state qualifying time. Race practice is essential for a good performance so entering as many events as possible is a great way to increase experience for competitions.

Don't forget that by entering our swim meet you will be supporting the club and helping to promote all of our generous sponsors. It is extremely important that we endorse our sponsors as they are a key factor in the future of Eltham Swimming Club.

We hope that everyone is enjoying the new training sessions and times and that all are benefiting from training with each of our coaches. Don't hesitate to come and talk to us on pool deck or at the Eltham meet with any queries or questions you might have. We look forward to seeing all of you soon.

Regards,  
Nikki and Ben.



## Property Wealth Seminar

*Alan Harrosh, Director of Rosh Financial Group presents a thorough property investment analysis to illustrate how to create wealth through building a conservative property portfolio.*

*He will outline the basic fundamentals of property investment and show you how to calculate the potential out of pocket expenses involved.*

*The seminar will also outline how to structure your existing finances smarter and the different ways of reducing the monthly interest costs on your home loan.*

Rosh Financial Group Pty Ltd  
Level 50, 120 Collins Street  
Melbourne, VIC 3000

P +613 9419 1878  
F +613 9419 1649  
M 0422 264 558

**This seminar is a must if you have a home loan and have ever wondered how to create real wealth by conservatively buying investment property.**

**When: Wednesday 12<sup>th</sup> July at 6:30pm**

**Where: Eltham Leisure Centre**

**Contact: [robleenaerts@iprimus.com.au](mailto:robleenaerts@iprimus.com.au)**

**9434 6161 (H)**

With the Eltham Annual Swimming competition quickly approaching, it is important that we can perform our best to show other clubs that the Eltham Swimming Club means business.

For the coaches to be able to achieve this we will need a high attendance prior to the competition to get everyone into their right frame of mind, including the correct training preparation and with the inclusion of gym, we have many opportunities to maximise the swimmers performance.

It is fantastic to see that there are a high percentage of swimmers attending already. If we can keep this up you will be stunned by the difference it can make to your competition racing.

Our training regime has also been created to assist swimmers for competitions which the coaches feel are most important to their particular squad. So with all this in mind, let's prepare ourselves as best we can for the 30<sup>th</sup> of July by training hard, concentrating hard, and most of all, having a lot of fun along the way.

Iain Hebden & Matthew Moulder

## Welcome To Our New Members

**Courtney**– Hi, my name is Courtney O'Toole. I am 7 and in grade 2 at Research Primary School. My hobbies are swimming, dancing and netball. I like listening to Nikki Webster and Shannon Noll.

**Maddi**– Hi, I'm Maddi O'Toole. I am 10 years old and in grade 5 at Research Primary School. My hobbies are dancing, swimming and orienteering. I have been swimming for 7 years. I enjoy listening to music and my favorite artists are Kelly Clarkson, Hilary Duff and Greenday. I am enjoying Eltham Swimming Club.

**Sarah**– Hi my name is Sarah Hankinson. I am 12 and in grade 6 at Apollo Parkways Primary School. I have been swimming since I was about 3 here and at Yarra Swim School. I am really excited about swimming at Eltham Swimming Club.

**Konrad**– Profile in next issue.

**Annalise**– Profile in next issue.

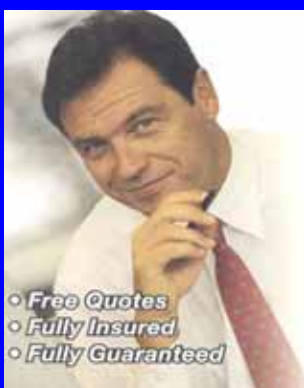
**Kardelene**– Profile in next issue.

## Congratulations to our award winners!



### SQUAD PROMOTIONS CONGRATULATIONS!

Emily Voss and James Foster have both been promoted from D squad to C Squad. Well done!



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*Peter Cacic*  
Manager

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Somerton Vic 3062

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Fax: (03) 9308 9744

## 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.

## 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)

## Swim Meet Coordinator

### Eltham Meet

Look forward to seeing everyone at the next meet at MSAC held by Surrey Park. Just a reminder about our meet on the 30<sup>th</sup> July it is paramount that all Eltham swimmers attend. We have purchased a trophy to award to the best performing Club on the day. Each child's race counts towards points and at the end of the day we total up the points and the club with highest total wins the trophy. Please get your entries in and enter as many swims that you can handle.

### 11<sup>th</sup> Annual Ringwood Swim Meet

10<sup>th</sup> June, 2006

Eltham was well represented at the Ringwood Meet on Saturday. We had about 11 children swimming in the meet and swim they did. PB's were achieved and medals won.

Congratulations to Isabella Shade for bronze in 50 breaststroke, Adam Violi for bronze in the 200 open breaststroke, Morgan Barker for bronze in the 200 open backstroke, Tara Neyland gold for the 50 backstroke and Matthew Stirling for gold in the 50 Backstroke, 50 Butterfly and 50 Freestyle. Well done kids.

### Melbourne Vicentre Short Course Meet

17<sup>th</sup> June 2006

Well done to everyone who attended the Melbourne Vicentre meet on Saturday. Congratulations to Morgan Barker who obtained her 100 Freestyle state time, Matthew Stirling who obtained his 100m IM state time and Ally Keys who swam the 50 Freestyle and obtained her state time, good luck in September kids.

Well done to Courtney Sala, Zach Cacic, Maddison Mothersole, Carla Montanaro and Rebecca Kazmierczak who swam extremely well and achieved various PB's. Also Ally swam the 50m Breaststroke and got her Long Course State Time. It was a very successful day for all the swimmers that attended this meet.

Kim Arrowsmith

## Eltham Swimming Club Proudly Thanks Our

### Sponsors

**AKRON ENGINEERING Pty Ltd**  
**ARMORTON Pty Ltd**  
**AVAN BARKER**  
**BRUMBY'S BAKERY ELTHAM Shop 34 Eltham Village**  
**BOLTON STREET FRUIT-MART 130 Bolton Street**  
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**MUFFIN BREAK Level 3 Food court Greensborough Plaza**  
**ROSH FINANCIAL GROUP**  
**ROBERT LEENAERTS DRAFTING SERVICES Pty Ltd**  
**SHANE ROWE BUILDING SERVICES**

# HAPPY BIRTH- DAY!

Dylan Goldsworthy  
Alex Johansson  
Carla Montanaro  
Konrad Bruhn

And to everyone else who has a  
birthday in  
July



## Email Melissa

on [melissa\\_tipping@bigpond.com](mailto:melissa_tipping@bigpond.com)  
If we have email addresses, it will  
make it easier to send correspon-  
dence.

## Swim Vic Inc - Swimmers Committee

If you, as a swimmer, have any  
issues or ideas, then let this com-  
mittee of swimmers know. Con-  
tact them via email at: [vicswim-  
mers@hotmail.com](mailto:vicswimmers@hotmail.com)

## 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 suffi-  
cient to be recognized as what the  
payment is for, or simply let us  
know that a payment has been  
made (date and amount).

## Classifieds

To help out other people  
within the swimming  
community to Buy,  
Swap or Sell anything  
that they don't want  
from swimming gear to  
old bikes. Anything that  
you don't want any  
more or you are after  
can be advertised here  
for free and we will try  
to sell or find it for you.  
For any enquiries please  
email or talk to Rob  
Leenaerts on  
[robleenaerts@iprimus.c  
om.au](mailto:robleenaerts@iprimus.com.au)

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# LACOR

## 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 colors

\$30

### TOWELS

90 x 160 cm embroidered with

child's name and club logo

\$55

### ELTHAM POLO SHIRTS

In club colors with logo

S, M, L

\$30

### GIRLS'S 3/4 PANT

Navy with club logo

Sizes 10-16 \$30

### JUNIOR TEE-SHIRTS

Come with Eltham logo \$20

### TECH BOARDS

Double as pull buoy and kick

board \$30

## 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](mailto: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

We have a full range of polo's, windcheaters and towels as well as new navy tee-shirts with our Eltham logo for our junior members that sell at \$20 each. We introduced these recently to cater for our juniors who don't quite fit into the size small polo.

Don't forget our tech boards that double as a kick board and pull buoy, available for \$30.

Happy Swimming  
Leone Sheppard

### 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



### 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**