



The Flyer

The Official newsletter of the Eltham Swimming Club Inc.

May/June'06

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Don't Forget:

- Eltham Shortcourse Meet 30th July
- Metro North Aggregate Competition (2nd Night) 16 July

Registration Number:
A0005787T
PO Box 416, Eltham 3095

PRESIDENT'S REPORT

Welcome back to training for the 2006/07 Season. I know the break was short and passed very quickly but I hope you are all well rested and ready to get back into training. The season is off to a very exciting start, Brian has started officially on pool deck and we look forward to the introduction of his new training schedule commencing Monday June 5th. I hope that all swimmers enjoy and make the most of the new dry land training sessions and I'm sure that it will quickly reflect in your swimming. Brian has put many hours into optimizing our available pool time and formulating a detailed training program that he has already started implementing with Iain and Matt.

Presentation Night was a great night of celebration of your achievements last season. It was wonderful to see nearly all our members there acknowledging each swimmers success. Every Ribbon, Medal, Trophy and Award was the culmination of all your hard work in the pool. I would again like to thank Iain and Avan whose help and support made the evening enjoyable for all. Thank you to Kim for coordinating a great Championships, the first for her, and Peter and Leonie for arranging a fabulous range of Medals and Trophies.

Our first Aggregate night for this season followed on Sunday Night. It was evident that the festivities of the night before hadn't affected our swimmers. Everyone in the team organized and coordinated by Leonie and Steve, excelled themselves and displayed sportsmanship and team spirit that we should all be extremely proud of. You were all great ambassadors of the club. We were the loudest team in the stand and were all hoarse after that very, very exciting last race (we placed 2nd by 3 100ths of a second). See Leonie's report later in the Flyer.

You would have received an email and forms last week regarding Fundraising and the Members information book, If you haven't already returned the forms could you please do ASAP so that we can get to work, if you have lost the email contact Melissa to forward you another. Janet has taken on a huge job with these projects and needs your support to make them worthwhile.

A package for potential sponsors of the club is nearing completion, Sponsorship is very important to the club in helping us meet the costs involved in Coaching and Pool Hire. Everyone will receive a copy of the package and we would like you all to put your thinking caps on and help us unearth potential sponsors. We do not want you to approach them directly but rather let us know who may be interested and Janet will approach them on behalf of the club. They may be family, friends or anyone you know who could benefit from the exposure that Eltham Swimming Club can provide.

Remember this club is your club and anything that you can contribute, no matter how small or how big, goes a long way to making us a great club to belong to.

LASTLY on a social note I have included details on the club excursion to ECHUCA. We had so much fun last year it would be great to see more families this year.

See you on pool deck.

Sue Sala
President

CALENDAR OF EVENTS

Event details are correct at time of publishing

3 June 2006

Carey Sports Complex,
Bulleen

Metro North Short Course Time Trials

10 June 2006

Ringwood Aquatic Center
Ringwood Swim Meet

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)

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

3 December 2006

Echuca

Echuca Swim-meet

Treasurer's report

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.

As reminder to all members please ensure that you pay your fees on time otherwise we will be tracking any unpaid fees to ensure payment is made.

Rae Goldsworthy
Treasurer

ELTHAM SWIMMING CLUB WELCOMES OUR MAJOR SPONSORS...



Alan S. Harrosh B.Com. FPC (UK), MLIA (Dip.)
Director

Level 50, 120 Collins St Melbourne VIC 3000
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Mobile: 0422 264 558
E: alan@roshfinancial.com.au
www.roshfinancial.com.au
A.B.N. 15 115 632 155




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 thank you 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 Brian 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 Hebdon

COACH'S REPORT FROM BRIAN MILLER

Hi everyone, thank you again for your warm welcome to Eltham Swimming Club.

We are already 3 weeks into a new season and I can already see great enthusiasm and potential in all squads.

I am slowly implementing new and varied programs and gym exercises. I am also handing out to all swimmers a swimmers personal profile which needs to be filled out and returned by Saturday 11th June 2006. Also attached to these details are a list of stretches, a nutritional plan, and a swim meet requirements for racing.

Once these profiles are returned I would then like to make time with parents & swimmers and their coach to discuss their individual needs and expectation to achieve their goals. I look forward to a exciting future for the Eltham Swimming Club

Regards,
Brian Miller

Club Captain Report

I would just like to thank everyone who voted for me at presentation night. I am your new Club Captain along with Nikki Milivojac. Our first meet we went to was Aggregates on Sunday the 21st of May. It was great to be part of the team and it was a fantastic night with some great swims/results which has shown with us currently in 3rd spot overall. Great Work!

I am looking forward to meeting/seeing all of you who I don't know personally over the next couple of months.

We have got a great bunch of parents on the committee and if anyone has any ideas that they would like me to forward on to them, then come and see me and I will do so. I hope you all continue to train hard and continue to enter swimming competitions just to see the extent that training has helped you to improve.

Swim Hard

Ben Leenaerts

		<p>Peter Cacic Manager</p>
<p>Akron Engineering Pty Ltd 77 Freight Drive Somerton Vic 3062</p>		<p>Ph: (03) 9308 9733 Fax: (03) 9308 9744</p>

WE'RE ALL GOING TO ECHUCA

The now infamous Eltham to Echuca Meet Weekend will be held on Sunday the 3rd of December.

I realize that December is a very hectic social time but everyone deserves a break so make the weekend off on your calendar. Last year the families that made the trek had a very enjoyable weekend, lots of fun and frivolity. It was a great opportunity for the kids to do something other than swimming together; in fact it was almost a shame to have to go to the pool on Sunday we were all having such a great time.

I have contacted the Echuca Caravan Park where we stayed last year. At present they have no bookings for the cabins on that weekend (GOOD FOR US). They have cabins that accommodate from 4 to 6 people ranging from \$89 to \$95 per night (2 adults) plus \$14 per night for extra adults and \$8 for children. They have a minimum stay of 2 nights so last year some traveled up Friday night and some stayed until Monday, we partied late Saturday night which was hardly great swim meet preparation for the swimmers or their parents for that matter but we all had a great weekend. Caravan & camp site are also available.

If you would like to check out the park you can see it at www.echucacaravanpark.com.au (last year we were in the group of cabins near the playground and tennis courts) and let me know by the 16th of June if you are coming. I will need to know your name, how many people and nights you will be staying, I will contact the park and make a tentative booking for everyone so that we are all situated in adjacent cabins. I will then contact you so that you can contact the park with further details and deposit. I recommend that you book early as last year there were only a small number of cabins left when we booked and some families had to stay elsewhere.

A word of advice from those that have gone before you the Saturday/Sunday night option would be better if you can get Monday off because the drive home was long and arduous after all the weekends "activities".

Hope to see you all there.

Sue

dungarvan@telstra.com



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 REPORTS

METRO NORTH AGGREGATE AT CAREY

CONGRATULATIONS ELTHAM SWIMMERS !!!!!!!

A group of 27 very talented and enthusiastic swimmers competed at our first aggregate at Carey Aquatic Centre on Sunday May 21st. They were on time, came in full club gear and were keen to go! They all swam brilliantly and gave us plenty to cheer about. The atmosphere was terrific and we came in **THIRD PLACE!** Our juniors did us proud and our very small number of senior swimmers competed strongly (some with a very large load of swims). Our little 9U group lead by the experienced Andrew Leenaerts, Lochie Stirling, Ethan Neyland, Amy Clarke, Rhyannon Perkins and Melanie Fyffe were fantastic in their individual races and their two relays. They gave us something to cheer about. It was our largest group of 9U swimmers for some time. Now they have a taste of the excitement of aggregates we hope you will be at the next two meets.

Big thank you to the many swimmers who swam events that they don't normally compete in. But in the true spirit of Eltham they gave it a go because they knew that it helped the club gain points.

Welcome and thanks to Claire McCormack (seniors) who recently started at Eltham and had to swim up an age group and did us proud.

There are two more aggregates this season so if you swam in the first, it is highly likely you will be in the next two. The following dates need to go on your calendar-

Sunday July 16th & Sunday August 13th

Points are tallied at the end of the season and the way we are going we will certainly stay in A grade and finish higher up the ladder!

Big thanks to Brian and Iain for coming along and supporting our swimmers.

I was talking to a senior swimmer after the meet from another club and she commented that "We were watching Eltham!" Obviously we impressed them and they win all the time!

Keep on training hard, put in the sessions and maybe we will finish second at the next aggregate.

Leone Sheppard & Steve Key

ANOTHER STATE TIME!

Congratulations to AnneElise McDonald who achieved a state time in backstroke towards the end of last season. Another competitor from Eltham in the State Short Course in August. We hope this is the beginning of many more to come.

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

GREENSBOROUGH CAKE KITCHEN

GREENSBOROUGH DONUT KING

LACOR

MUFFIN BREAK Level 3 Food court Greensborough Plaza

ROSH FINANCIAL GROUP

ROBERT LEENAERTS DRAFTING SERVICES Pty Ltd

SHANE ROWE BUILDING SERVICES

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

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.

Happy Swimming
Leone Sheppard

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?

GENERAL

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.

Flyer email addresses

- Edited and Published by Ben and Rob Leenaerts
robleenaerts@iprimus.com.au

The Flyer

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

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).

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!

HAPPY BIRTHDAY!

Kirsten Archibald
Morgan Barker
Zac Cacic
Aiden Clarke
Brad Conlan
Grace Hardy
Chris Jones
Alexandra Key
Nikola Milivojac
Kate Muir
Daniel Norrie
Courtney Sala
Kiandra Sala
Zach Tipping
Scott Tobias
Emily Voss
And to everyone else
who has a birthday in
May & June



Remember to Email Melissa

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

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



SWIMMING VICTORIA WEBSITE

Check out [www..swimmingvictoria.org.au](http://www.swimmingvictoria.org.au) for all the information you need about swimming in Victoria.

- Access the latest edition of Swim News, which contains Competition Information
- Check State and National Qualifying Times
- Find out the latest news about the Telstra Dolphins
- Check Competition results
- Links to other swimming websites



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**

Swim Meet Coordinators Report

All Juniors

April 22nd our kids headed off to MSAC to swim in the All Juniors Semi Finals. Our representatives of Eltham Swimming Club swam incredibly well and four children progress through to the finals. David McDonald, Kate Buckland, Zach Tipping and Ally Key well done guys a fantastic effort.

Club Championships

On the 8th and 9th May, we set off to Carey to swim our Club Championships. We had a great attendance and the kids swam with all their heart. PB's were swum by an amazing amount of children unfortunately it was not an official meet. The parents braved the water as well as our past heroes. It was time for the parents to show the kids that you never outgrow a swimming race but our past heroes demonstrated that your swimming friendships continue well past those early morning training sessions. I would like to thank the committee for their hard work, this event could not happen without your involvement. A special thank you to Glenn Neyland and Ross Pavey who donated their time and expertise on both nights.

Of course the racing was only part of the Club Champs, we all attended a very successful presentation night. The excitement on our younger kids faces was something we will not forget. The first presentation night for our young swimmers is a very special occasion. They put new meaning into the phrase walk tall!.

We are back in the pool following the black line. Eyes down, toes up splashing and taking on the new swim year with enthusiasm and relentless passion. Keep it up!

Kim Arrowsmith

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TIME TRIALS

**TIME TRIAL BREAKFASTS WILL
BE CONDUCTED ON THE
FOLLOWING
SATURDAY MORNINGS
7:30 am Start**

**THE NEXT TIME
TRIAL WILL BE
CONDUCTED
ON
SATURDAY
July 1st
At ELC**

**AT THE COMPLETION
OF THE TIME TRIALS A
BBQ BREAKFAST WILL
BE AVAILABLE.
THIS IS A GREAT TIME
TO SOCIALIZE AND A
MUCH NEEDED
FUNDRAISER FOR THE
CLUB.
P.B. MEDALS WILL
ALSO BE PRESENTED
TO EACH SWIMMER
WHO SWIMS A
PERSONAL BEST TIME
AT THE TIME TRIALS**

ELTHAM SWIMMING CLUB COMMITTEE 2006/2007

<u>Member Picture</u>	<u>Committee Member & Details</u>	<u>Member Picture</u>	<u>Committee Member & Details</u>
	Sue Sala President 9719-7217 (H) email:dungarvan@telstra.com		Rob Leenaerts The Flyer 9434-6161 (H)
	Peter Tobias Vice-President 0418136078 (M) email:Peter.Tobias@ge.com		Janet Archibald Sponsorship/ Fundraising 9434-0450 (H)
	Rae Goldsworthy Treasurer 94394309 (H) 0412 376 596 (M)		Kim Arrowsmith Swim Meet Co-ordinator & ESS Liaison 9439-6655 (H) email: Stirling500@aol.com
	Melissa Tipping Secretary 9719- 7731 (H) 0408 372 789 (M) email:melissa_tipping@bigpond.com		Liz Montanaro 9439-3983 (H)
	Steve Key Aggregates 9431-6048 (H)		Ed Kazmierczak Assistant Secretary 9431-5564 (H)
	Leone Sheppard Uniforms 9435-2105 (H)		Peter Cacic 9432-9970 (H)

Non-Committee Positions

Cathy & Stephen McNamara
Catering
9438-2951 (H)
mailto:catherine.mcnamara@dhs.vic.gov.au

Glenn Neyland
Grievance Officer
9439-3994 (H)
mailto:glenn.neyland@bigpond.com