

The Flyer

The Official newsletter of the Eltham Swimming September 06



www.elthamswimmingclub.com.au

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Don't Forget:

- 16 September 2006
Time trails
- 11 October
Eltham Swimming Club
Sausage Sizzle & Fun Night
to Celebrate our Aggregate
Result—All club members
invited to attend.
Eltham Leisure Centre

Registration Number:
A0005787T
PO Box 416, Eltham 3095

President's Report

Another month has flown by with great attendance at most sessions. Friday morning is still poorly attended and I would like to remind those in A and B squad who would rather train on Friday morning instead of Friday night that this option is open to them. I realize that this will not suit all families and that the session is shorter but it may appeal to some who would rather go out on Friday night. I am waiting to hear from the Leisure Centre about the possibility of starting the session earlier. I will let you know when I hear back from them.

I have initiated an Incident/Accident report system for the coaches to complete if there is any injury or accident during training. This will enable the committee to identify and modify risks in and around the facility and ensure an all round safer training environment. You will have noticed that the diving blocks have been replaced at the pool. I hope that you will all get used to them quickly. They are an improvement in safety initiated by the Leisure Centre. Everyone should also have received a copy of the Club's Code of Conduct and Discipline Policy. It is important that all parents and members read and understand the content and that they sign and date the last page and return it to me ASAP.

We still have some wine left over from the Wine fundraiser so if you have enjoyed the bottles you bought and would like some more let me know ASAP - first in for the best stocked cellar.

The bi-annual shopping tour departs on October 7th. Please check out the info later in the Flyer.

Congratulations to our Aggregate Team on a fine performance over the 3 nights and good luck to all our swimmers competing in the State Championships over the next 2 weeks.

See you all at the Pool
Sue

CALENDAR OF EVENTS

Event details are correct at time of publishing

3, 9-10 September 2006

MSAC

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

16 September 2006

Eltham Leisure Center

Time Trials

7 October 2006

Eltham Swimming Club

Annual Shopping Tour 2006

8 October 2006

MSAC

Metro North Championships

11 October 2006

Eltham Swimming Club Sausage

Sizzle & fun night to Celebrate our

Aggregate Result—All club members Invited to attend.

Eltham Leisure Centre

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.

Race practice is essential for a good performance so entering as many events as possible is a great way to increase experience for competitions.

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.



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BATHERS SALE!

We are currently selling off all bathers at amazing, discounted prices as we are getting new styles and stock in by the end of the year. All boys bathers are \$10 and girls \$20 regardless of whether they are ENDURANCE (training) or RACERS (competition). The following is a list of what we have in stock. I hope we have a pair in your size.

BOYS ENDURANCE

Size 8- 6 pairs

Size 10 -7 pairs

Size 12 – 6 pairs

BOYS RACERS

Size 8 – 3 pairs

Size 10 – 8 pairs

Size 12 -2 pairs

Size 14 – 8 pairs

GIRLS ENDURANCE

Size 8 – 8 pairs

LADIES RACERS

Size 8 – 1 pair

Size 10 – 2 pairs

Size 12 – 1 pair

Enjoy your bargains! Stock up for future years! Buy enduros for Christmas presents for all your nephews and little brothers!

See Leone, Sue or Melissa on pool deck

WINDCHEATER SALE

Our polar fleeced, hooded windcheaters have been reduced to \$30. If you like the “extra roomy” look and feel, come and grab one before they all go . Only size medium and large left!

Leone Sheppard

Competition Coordinator Report

What a fantastic Victorian State competition we had! Over the three days of competition our club was represented by an incredibly strong team who did us all proud. All of those swimmers who competed achieved PB's. (too many to mention) To achieve a top 10 result at this level of competition is a huge effort and one to be really proud of. We had several swimmers who were successful at this level. They were:

Lachlan Sheppard - 6th 200IM

Matthew Stirling- 9th 100IM, 4th 50free

David McDonald - 7th 50free

Ryan Leenaerts - 10th 200breast

Congratulations to all these swimmers.

Special mention needs also to be made of Matthew Stirling who put in a brilliant effort and was rewarded with a bronze medal in the 100 free. Well done Matthew!!

Kim Arrowsmith



Peter Cacic
Manager

Akron
Engineering Pty Ltd
77 Freight Drive
Somerton Vic 3062

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

CONGRATULATIONS ! CONGRATULATIONS !

We have two new stars in the club who have worked hard and achieved their first big swimming dream.

Zac Cacic and Adam Vivarini both made state times in freestyle at recent competitions. Well done boys. We hope this is the beginning of many future great times.

STATE TIMES FOR JANUARY 2007 CHAMPIONSHIPS

The Victorian Long Course Championships will soon be upon us. Make sure you check your P.Bs against the current state times required for your age group. Very soon we will be ordering tee shirts for those who are competing (at no cost to you), so swim as many comps as you can if you are close to achieving times.

Good Luck

Leone Sheppard

Classifieds

FOR SALE

One pair of size 3-5 flippers free to good home.

Anyone renovating their bathroom?

One 4 piece metal bath set in almond ivory. Comprises of 62cm towel rail, toilet roll holder, towel ring, toothbrush holder, mounting bracket and screws. Still in packet. \$20

One corner TV unit in pine, chestnut colouring. Perfect condition

\$50

Leone Sheppard 9435-2105

WANTED

Girls Size 14 Blades Bathers.
Contact Liz Mothersole
9439-7926

If you have anything that you don't want anymore or there is something that you are after to buy, then advertise in this section for free and see just what kind of response you get. Give it a go!
E-mail advertisements on to
robleenaerts@iprimus.com.au

Welcome To Our New Members

Justin– Hi, my name is Justin Lai. I am 8 years old in grade 2. I study at Plenty Valley Montessori School. My favorite subject is sport. My favorite sport is swimming. I like computer games such as World of Warcraft and Runescape. I also like writing Chinese.

Jason– Hi, my name is Jason Lai. I am in year 7 at Camberwell Grammar School. ! Am 13 years old. My hobbies include video-games (War of Warcraft; Fire Emblem etc.) and reading Fiction. For sports I do Tennis along with swimming.

Tamika– Hi, my name is Tamika Jende. I am 11 years old and currently in grade 6 at Ivanhoe Girl's Grammar School. I like to swim & dance, I started swimming at Eltham Swim School when I was 6 months old and have enjoyed swimming ever since. I am having a fantastic time at Eltham Swimming Club, everybody is really friendly.

Congratulations to our award winners!



 **Matthew Sharp**
Restaurant Manager

McDonald's Eltham
Cnr Bridge & Bolton Streets
Eltham Vic 3095

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Fax: (03) 9431 2575
m.sharp@optusnet.com.au



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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.

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)

Shopping Tour 2006

Morning Tea Included

Restaurant Lunch

Michelino's Tratteria Restaurant

\$40 per person

Full payment on booking

Departs Eltham Leisure Centre

7:45 am Saturday 7th October 2006 - Return 6 pm

Outlets include:

Diana Ferrari

Converse

Bonds

Siricco Leather Goods

Variety Toys

Peter Andrew Clothing

Olga Berg Design

Christmas Cave

Manchester Express

Richmond Chocolate Factory

The Wineryard

Enquiries and Bookings

Carolyn Foster 0419 321 366

Or talk to anyone on the committee

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HAPPY BIRTH- DAY!

Claire McCormack
Lachlan Sheppard
Lachlan Stirling
Annalise McDonald
James Whiteley

And to everyone else who has a
birthday in
September



Email Melissa

on 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: 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).



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

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www.roshfinancial.com.au

A.B.N. 15 115 632 155

UNIFORM PRICES

SWIMMING CAPS

Latex \$5
Silicon \$13

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

FINGER PADDLES

NOW IN STOCK!! \$14

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



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**