

MONASH UNIVERSITY SWIMMING CLUB

MUSC ON THE MOVE

President report 23/1/08

Singapore

From all reports that I received all involved had great time in Singapore; this is one example of the benefits that we receive by being part of Monash University. On behalf of the Club I want thank Monash Sport. I want to also mention the great work done by all the parents and coaches who looked after all the swimmers; well done and thank you.

2008

This is the last report for 2008. The Monash Swim Club had a great year in and out of the pool. The numbers in the pool have increased and we also have two new coaches.

I would like to take this opportunity to thank all the committee for a great 2008.

There has also been tremendous assistance from all the parents and swimmers towards the fundraising; this has been greatly appreciated.

2009

The only way we can keep on improving as a club, is by having new members joining the committee and injecting new ideas. The only way to make difference is by joining up and becoming a member; this will give you a vote at the AGM .

I would like to wish everyone the best for the festive season and a prosperous, healthy new year.

Robert Dehaini



BUNNINGS
FUNDRAISING BBQ'S

27th & 28th December –
Notting Hill



COMMITTEE MEMBERS

2008/2009

President:	Rob Dehaini
Vice President	
& Fundraising:	Adam Baker
Secretary:	Michael Dever
Treasurer:	Ross O'Callaghan
Uniforms Officer:	Kelly Henderson
Uniform Sales:	Sharon Dabb
Minutes Secretary	
& Fundraising:	Jane Tompkins
Entries Secretary:	Margaret
O'Callaghan	
Male Grievance Officer:	Mark Chilton
Female Grievance Officer:	Sharon Dabb

UPCOMING EVENTS CALENDAR 08/09

CALENDAR 2009

JAN 3-7	VIC AGE LC CHAMPS
JAN 16-18	VIC OPEN CHAMPS
FEB 8	OPEN WATER 5KM SWIM RENMARK
FEB 14,15	VIC SPRINT CHAMPS
FEB 22	METRO SOUTH ALL JUNIOR ELIMS AT MSAC
MAR 8	EAGLEHAWK
MAR 8	METRO SOUTH CHAMPIONSHIPS MSAC
MAR 17-22	AUST OPENS SYDNEY
MAR 28,29	METRO ALL JUNIORS
APR 13-18	AUST AGE SYDNEY
MAY 22-24	GRAND PRIX 1 CANBERRA
JUN 19-21	GRAND PRIX 2 PERTH
AUG 8-12	AUST OPEN SC BRISBANE
SEPT 18 -20	AUST AGE SC SYDNEY

NEWSLETTER

Please send all submissions to Kelly via email prior to the 25th of each month.

Submission idea's include:

- Presidents report
- Coaches report
- Advertising
- Articles of Interest
- Entries Secretary requests
- Information

ENTRIES

All entries are to be submitted with payment. No Payment will see entries returned.

Speak to Margaret O'Callaghan for further queries.



www.monashswim.org.au

MONASH UNIVERSITY SWIM SQUADS

HIGH PERFORMANCE SQUAD

QUALIFIED FOR AUSTRALIAN NATIONAL CHAMPIONSHIPS (AGE / OPEN / OPEN WATER /
SWD)

ASSESSED AS SUITABLE BY ROSS

NATIONAL DEVELOPMENT SQUAD

QUALIFIED FOR STATE CHAMPIONSHIPS
COMMITTED TO 5 TO 9 SESSIONS / WEEK DEPENDING ON AGE
ASSESSED AS SUITABLE BY GRANT

STATE DEVELOPMENT SQUAD

WISH TO QUALIFY FOR STATE CHAMPS
COMMITTED TO MINIMUM OF 4 SESSIONS / WEEK
ASSESSED AS SUITABLE BY GRANT

JUNIOR STATE SQUAD

8 TO 10 YEARS OF AGE WHO HAVE QUALIFIED FOR STATE CHAMPIONSHIPS
ASSESSED AS SUITABLE BY GRANT

STROKE DEVELOPMENT SQUAD

3 LEVELS

BASIC 1 COMPETENT STROKE FOR 100 METRES
AVERAGE 2 COMPETENT STROKES FOR 100 METRES
ADVANCED 3 COMPETENT STROKES FOR 100 METRES
ATTEND 1 OR PREFERABLY 2 SESSIONS PER WEEK
ASSESSED AS SUITABLE BY LYDIA / ARIANE

RECREATION SQUAD

SWIMMERS INTERESTED IN HEALTH / FITNESS AND MINIMAL COMPETITION
ATTEND 1 OR 2 OR 3 OR 4 SESSIONS / WEEK
ASSESSED AS SUITABLE BY GRANT / TAYLIAH

TRISWIM

ADULT SWIMMERS INCLUDING UNIVERSITY STUDENTS
TRIATHLETES / WATER POLO PLAYERS / FITNESS SWIMMERS
ASSESSED AS SUITABLE BY LYDIA

COACHES TAKE TOTAL RESPONSIBILITY FOR ASSESSMENT
AS FROM 1/1 /09

VICTORIAN SHORTCOURSE OPEN RANKINGS FOR 2008

51 PERFORMANCES by MONASH swimmers have been ranked in the OPEN TOP 25 in VICTORIA for 2008. These include :

Lyarna Graham 16th 50 F/S 9th 100F/S 6th 200F/S 6th 400F/S
 12th 800F/S 7th 50 Back 15th 50FLY
 Kahlia Marsh 25th 50 F/S 13th 200F/S 22nd 100BACK
 23rd 50BREAST 16th 200BREAST 24th 50FLY 19th 100 FLY
 4th 200FLY 20th 100IM 17th 200IM 3rd 400IM
 Isabelle Robinson 18th 400F/S 19th 100BACK 16th 200 BACK 20th 200IM
 9th 400IM
 Zoe Whitfield 10th 400 IM
 Christina Kappas 20th 800 F/S
 Holly Dever 23rd 800 F/S
 Dannielle Costello 24th 800 F/S
 James McNaught 24th 200F/S 22nd 50 BACK 23rd 200 BACK
 Trevor Felix 16th 800 F/S
 Marc Vecchio 23rd 800 F/S
 Michael Dehaini 11th 1500 F/S
 Brendan Kermeen 9th 50FLY 9th 100 FLY 25th 200FLY
 Matt Lyons 22nd 50 FLY 22nd 100 FLY 22nd 100BREAST 19th 200FLY
 24th 100IM 23th 200IM 14th 400IM
 Marko Ivosev 20th 100 BREAST 11th 200BREAST 15th 200FLY 21st 200IM
 9th 400IM



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Bunnings BBQ

We are running a fundraising BBQ at Bunnings at Notting Hill on Saturday 27th and Sunday 28th of December.

We are looking for volunteers to assist with this important activity. Parents who can help should contact Adam Baker on 0400 003 384 and any senior swimmers who can assist should contact Ben Howell or Danielle Costello.

There will be three shifts of 3 hours for each day.

2009 Victorian State Championships

The committee would like to congratulate all our swimmers who qualified for the upcoming State Championships. We wish all of you the best of success and trust you will do the club proud.

Important Note Regarding Entries

It is advisable to enter targeted swim meets through the club so that our coaches now who is attending and how much coaching staff to provide on the day of the meet.

These entries should be placed in the entry box near the club notice board by the date specified by the entry secretary. *Note this date will always be before the official closing date of the meet.*

It is important that payment be included with your entries when submitted through the club. Entries received without payment WILL NOT BE PROCESSED and you may miss out on the meet.

Trophy Cabinet

The club, in co-ordination with Monash Sport will be setting up a trophy cabinet at the Doug Ellis Pool.

Not only will this cabinet display our club's trophies but we would also like to showcase the deeds of our swimmers both past and present. Give some thought to what medals or swimming awards that you have won as a member of the club that you would like to see displayed in the cabinet.

It will hopefully be in place by February.

Club Room

We are setting up the upstairs room at the club to be a club meeting room that will also have exciting audio-visual equipment.

The room is being set up with the support of Monash Sport and will be of great benefit to our membership.

News From Boon in Malaysia

Daniel has been training in KL with the local swim club and he is enjoying himself swimming against the very fast local kids. They range from 12 year olds to 16 year olds. They are fast freestylers, flyers and breaststrokers but Daniel has the edge over them in backstroke! The coach from China only speaks Mandarin so Daniel needs everything interpreted by the multi-lingual Malaysian kids. Most of them speak 3 languages. But Daniel needs no interpretation when she says "fast, fast, fast!".

She is very good and I am impressed. They do a lot of drills, some unusual to Daniel and some similar to what we do with some slight variations. What I like is that they provide breakfast for the kids straight after training and some kids bring their own "mix" (protein/re-hydration) that they take straight after their swims. The coach also brought hardboiled eggs for the kids straight after their gym session. She is obviously teaching the kids to replenish and recover straight after.

The pool is an outdoor 50m. It is clean and the water clarity is great.

Anyway, we are being treated like kings by our family and we are all loving our stay in KL.

A big thank you to Monash Sport for providing this excellent facility

The following parents are on the roster for the club time trial to be held on the 27 of Dec 2008.

Time keepers

1. Robinson
2. Sleeman
3. Tirahardjo
4. Whitefield
5. Wallace Smith
6. Young
7. Zhong
8. Henderson
9. Huddle
10. Sit
11. Oxlade
12. Coates

Breakfast duties

1. Broad
2. Boatman
3. Clark

The club time trials are important part of the club champion's trophy. Any parent who can not attend the duty roster please swap with a parent who can.

The rosters will be displayed on the notice board and also available on email and web site.

Robert Dehaini
0403059441

Filename: December 2008.doc
Directory: C:\Users\dev\Documents
Template: C:\Users\dev\AppData\Roaming\Microsoft\Templates\Normal.
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Title: NOVEMBER 2008
Subject:
Author: Nicole Henderson
Keywords:
Comments:
Creation Date: 19/12/2008 7:26:00 PM
Change Number: 5
Last Saved On: 23/12/2008 11:43:00 AM
Last Saved By: Nicole Henderson
Total Editing Time: 11 Minutes
Last Printed On: 23/12/2008 11:54:00 AM
As of Last Complete Printing
Number of Pages: 6
Number of Words: 1,347 (approx.)
Number of Characters: 7,684 (approx.)