

## MONASH UNIVERSITY SWIMMING CLUB

**MUSC ON THE MOVE****Presidents Report – Rob Dehaini**

Thank you to all those who attended the dinner at Nachos, it was a good fund raiser, with the club receiving \$168.00.

The Ten pin bowling was also a great success. Everyone had a good time, with thanks to Mishelle and Adam.

Many swimmers ventured up to Hazelwood Pondage, near Morwell for the Victorian Open Water Swimming Championships. Many swimmers won medals but also most did personal best times. Some swimmers have now qualified for the National Open Water Championships.

We have a lot of volunteers that help to make our club very successful. We have had tremendous support at both ASTCA meets we ran in October and for time trials. Thank you very much to all those who gave up their time to help at these club events.

In particular it is terrific to see the swimmers of our club helping out. Thank you to Michael Dever and Kelly Henderson for overseeing the 2 ASCTA Meets.

Congratulations to Marko Ivosev on winning the Don Deeble Award for being the Junior sport person for the Western region of the month of September, 2008.

Well done to all involved at the club, as Monash University Swim Club has been nominated in the top three in Australia for the Go club awards. Thank you to Michael Dever for doing all the paperwork.

The club time trials are held once a month on Saturday morning at the Monash pool. The trials are very important part of the club championship. A roster for the time keeping and breakfast duties will be posted in the weekly newsletter and on the notice board.

Robert Dehaini  
0403059441



**BUNNINGS**  
**FUNDRAISING BBQ'S**

27<sup>th</sup> & 28<sup>th</sup> December –  
Notting Hill

**COMMITTEE MEMBERS 2008/2009**

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

**UPCOMING EVENTS CALENDAR 08/09**

**CALENDAR**

23 <sup>RD</sup> NOV	MONASH MEET AT MARC
29/30 NOV	DEC COMPS
1-8 DEC	SINGAPORE
6/7 DEC	COMPS
13-19 DEC	QUEENSLAND AGE / OPEN CHAMPS
20/21 DEC	11/U , 12 YRS VIC STATE CHAMPS

**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 25<sup>th</sup> of each month.

Submission idea's include:

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

**ENTRIES**

All late fees are now due and need to be paid as soon as possible.

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

Speak to Margaret O'Callaghan for further queries.

**UNIFORMS**

We are very happy to announce that we now have club bathers. We will be taking orders for these starting next week. We do have a sizing kit so you can be fitted correctly. Please see Kelly or Sharon for further details.

Please do not ask to borrow caps!! If you use it, it becomes yours and you will need to pay for it!!

## COACHES NEWS

### Monash University Swim Club Development Squad Program

Grant Watson is introducing an additional swimming program that will reinforce the things swimmers already know plus new topics that cover the wide world of sport of competitive swimming for competitive swimmers 12 years and under.

Topics like goal setting, racing tactics, race preparation, winning and losing, exercise physiology, basic psychology, stroke technique, endurance work, sprint work, dry land activities to improve core body strength, yoga, nutrition, guest speakers and many other related topics.

It is an educational program to make you a better swimmer and equip you with the skills and knowledge that will assist you in achieving your goals in both swimming and life.

There is no strict selection criterion; just swimmers who both Ross and Grant think are ready to be part of the Development program. Swimmers will be invited to participate but regular attendance is required.

Pool location: Variable depth pool plus other venues.

Day: Saturday – Not on competition days but swimmers need to communicate absence to Grant.

Time: 7:00 am to 8:00 am

### MONASH CARNIVAL

It is expected that EVERY Monash swimmer will compete in the Monash Swim Meet on Sunday November 23<sup>rd</sup>. Last year Michael Dever was in charge of the meet and the weather ( it rained continuously for 24 hours on THAT Sunday). Michael is in charge once again ?????

**MONASH AQUATICS** has appointed Personal Trainer Bill Gorgen to conduct the swimmer's gym programs on Tuesday/Thursday nights. This will enable Coach Price to be available to meet with swimmers/parents at 6pm on Monday to Thursday nights (by appointment)

## SWIM CAMPS

### 1. SINGAPORE

There are more than 70 swimmers/parents going on a swim camp to Singapore on the 1<sup>st</sup> December, 2008. The planning for this camp started in November 2007

### 2. COUNTRY TRAINING CAMP 12/13YRS 12-15 JANUARY 2009

It is planned to conduct a swimming camp to KERANG. Swimmers will be billeted with Monash swimmers living in the area. Cost is approximately \$150.00.

### 3. TASMANIA OPENS AND 11YRS AND UNDER 26-28 JANUARY

All Monash swimmers who are 11 and under on the 26<sup>th</sup> January and qualify for the Victorian Longcourse championships will be subsidised to compete in the Tasmania 11/under Championships. Swimmers who are 12 years and over including senior swimmers are encouraged to participate in the OPEN section for experience.

### 4. THREDBO 19-23 JANUARY SENIOR SWIMMERS

All swimmers who are committed to the gym program or 13 years and over and approved by Head Coach are encouraged to go to THREDBO for an incredible experience of altitude training.

### PLANNING

Any swimmer who would like to attend camps 2,3 or 4 please fill out the form below and place it in the club entry box before November 22<sup>nd</sup>.

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### SWIM CAMPS

(Insert Name).....would like to be considered to attend the

following camp.....

## Training to race well and achieve short and long term goals

The one thing that is specific to swimming is water. I am sure you have heard people say, “She or he has a fantastic feel for the water” This is true some swimmers do have a natural feel for the water and others improve their feel for the water with better technique or drills designed to develop a better feel for the water.

But the one thing both swimmers have in common is they need to attend the number of training sessions required by that particular squad, whether it is Junior up to High Performance Squad. The numbers of sessions you need to attend among other things help improve your endurance, body position, speed, technique and the ability to race in competition. We are land creatures learning to move in a specific environment related to our sport – swimming.

Most of us are attracted to swimming at a younger age because we love the feel of the water. How often have you heard Mum or Dad say, “Our children love the water, they swim like fish”.

As we progress through the squad structure the number of training sessions we need to attend increases because you have achieved the reward of going up to a more challenging level and to remain competitive when racing we need to attend the workouts allocated to your squad.

The coach gradually provides the ingredients at each workout to suit each individual. Sometimes a workout is specifically designed for the whole squad team. Participation and contributing to achieve the aims of the workout can be challenging, stimulating and encouraging to others.

We need to be really honest with ourselves and say how I manage my time to attend the training sessions I need to attend to become a better swimmer.

My advice to you is, find out and write down your short and long term goals, learn to manage your time and train the best you can leading up to year 12, where under all probability that will need some reduction in your training due to an increased work load at school.

Above all enjoy your swimming and reap the rewards available to you. Swimmers are great athletes and the best time managers I know.

Grant Watson  
Senior Coach  
Monash University Swimming Club  
Thursday, November 13, 2008

## **Australian Unity Swim Club Of The Year**

At the recent Telstra Swimmer Of The Year Awards Night, held in Sydney, Monash University Swim Club won the award for best swim club in Australia.

Last year we were runner up to Melbourne Vicentre but managed to go one better this year. Robert Dehaini and Michael Dever were present at the awards night and accepted the trophy on the club's behalf.

The club should be proud of its achievements over the last few years and the award is recognition of the hard work of the committees, past and present, the performance of the swimmers at championship level and the dedication of our coaching staff. A special thanks also to Monash Sport who provide a lot of financial assistance.

The awards night was a spectacular affair highlighted by the win of Stephanie Rice as Swimmer of the Year and the sad announcement from the Australian Swim Team Captain Grant Hackett that he was retiring from the sport.

Keep up the good work, train hard and let's see if we can get a club member to these lofty heights.

## **Club Membership now over 100!**

The club has reached a milestone of over 100 members. This is an incredible statistic given that only a few years ago the club had only a dozen members and was in doubt of continuing.

The club is developing a strong core of national and state championship swimmers and now has the support of a strong coaching team.

We have the depth of talent and technical expertise to start challenging the traditional powerhouses of swimming in Victoria.

## **Swim Meet at MARC on 23 November**

A reminder that we are holding our annual long course swim meet at the Monash Aquatic and Recreation Centre on Sunday 23 November. Older swimmers are competing in the morning session and are expected to assist with the meet in the afternoon session. All family members are urged to attend and lend support to this important fundraising event.

## **Monash Sport Club Of The Year**

What a wonderful 12 months it has been for the club with the win of The Australian Unity Australian Club Of The Year and now it has been announced that the club has won the Monash Sport club of the year for the second year in a row.

The award was presented at a special dinner at the RACV Club in Melbourne MC'ed by Sandy Roberts.

Good effort to all those involved and let's see if we can't make it three years in a row!

**The following parents are on the roster for the club time trial to be held on the 15 of Nov 2008.**

Time keepers

1. Felix
2. Ivosev
3. Kappas
4. Lee-Burman
5. Lim
6. Lyons
7. Macdonald
8. Malanina
9. Marsh
10. Menderinos
11. Parkhomenko
12. Phua

Breakfast duties

1. Murrary
2. Nguyen
3. O'Callaghan

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

Time keepers

13. Robinson
14. Sleeman
15. Tirahardjo
16. Whitefield
17. Wallace Smith
18. Young
19. Zhong
20. Henderson
21. Huddle
22. Sit
23. Oxlade
24. Coates

Breakfast duties

4. Broad
5. Boatman
6. 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