



## Monash University Swim Club Incorporated

Welcome to the Monash University Swimming Club. For general swimming enquires please email our Club Secretary Michael Dever at [secretary@monashswim.org.au](mailto:secretary@monashswim.org.au). For coaching and squad matters contact Ross Price at [headcoach@monashswim.org.au](mailto:headcoach@monashswim.org.au) or Grant Watson at [seniorcoach@monashswim.org.au](mailto:seniorcoach@monashswim.org.au) or 0428 359 674.

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## Monash Swimming Club News - 29 September 2008

### Training – Week commencing 29<sup>th</sup> September

Training this week continues as normal while Ross is away enjoying a well earned holiday in New Zealand

### Fundraising Dinner - Monday 29<sup>th</sup> September

A fundraising dinner has been arranged – with 20% of sales generated going back to the Club. The venue is Nachos Cantina 1650 Dandenong Road Oakleigh at 6.30pm. Please add your name to the list on the notice board if you wish to attend.

### Ten Pin Bowling – Sunday 5<sup>th</sup> October

A fun afternoon of Ten Pin Bowling for swimmers & their families has been organized at AMF Bowling Centre, Forest Hill at 12:30pm. The cost will be \$5 for MUSC Swimmers and \$20 for adults. Please fill out RSVP form along with payment and put in the Club mailbox.

### Australian Open Short Course Championships

Congratulations to the following swimmers who competed at the recent Australian Open Short Course Championships: Lyarna Graham, Alex Harris, Marko Ivosev, Brendan Kermeen, Matthew Lyons and Kahlia Marsh.

### Casey Tiger Sharks Encouragement Meet

Congratulations to our younger swimmers who raced last weekend at the Casey Tiger Sharks encouragement meet: Aimee Dabb, James Dabb, Jessica Henderson, Ben Howell and Mikayla Howell. 17 swims with 12 personal best times shared amongst the team

### Patrick Murphy Clinic

Wasn't Patrick Murphy's visit to our swimming club fantastic? Patrick emphasized the importance of getting the little things right! Streamlining, head position, underwater work, breathing, stroke technique, turns, finishes, specific drills and much more. Patrick let us look at his Bronze medal from the Beijing Olympics. Patrick discussed the rewards he has enjoyed by being an Olympian and representing your Australia.

### Meet Entries

Please check the notice board for the closing dates of all meets. All entries need to be verified by either Ross or Grant before submitting them to Margaret O'Callaghan or sending of your own entries

### Up coming Events

**29<sup>th</sup> Sept** – Fundraising Dinner @ Nachos Mexican Cantina

**4<sup>th</sup> Oct** - Otters meet

**5<sup>th</sup> Oct** – Ten Pin Bowling – 12:30pm Forest Hill

**11<sup>th</sup> Oct** - ASCTA Monash Meet

**18<sup>th</sup> Oct** - ASCTA Monash Encouragement Meet

**18<sup>th</sup>/19<sup>th</sup> Oct** - Vic Open Water Champs

**19<sup>th</sup> Oct** - Bayside Meet MSAC

**25<sup>th</sup> Oct** - MLC Meet MSAC (Good meet for 11 & over)

**26<sup>th</sup> Oct** - Metro South Encouragement Meet Bayside Aquatic. Great Meet for all 10 yrs and under