

April 2010

# Shark Tales

## All Junior Competition

Following on from last month's strong results at the Victorian Sprint Championships, it was the turn of our Junior swimmers to shine on the blocks at the finals of the All Junior Competition held at MSAC on the weekend of March 20 and 21.

Once again we had a record number of 32 semi finalists - with 20 swimmers progressing to the finals then 13 medals coming from 9 of our swimmers.

Medallists: Andrew Jarvis - 1st 13yo Breaststroke, 1st 13yo Freestyle  
Paris Vasta - 1st 10yr Butterfly, 1st 10yr Freestyle, 2nd 10yr Backstroke  
Madelyne Scott - 1st 11yr Backstroke  
Cartier Vasta - 1st 8yr Breaststroke  
Sarah Dobie - 2nd 10yr Freestyle, 3rd 10yr Backstroke  
Joshua Furnival - 2nd 10yr Butterfly  
Ryland Brian - 3rd 10yr Backstroke  
Michael Shelev - 3rd 11yr Backstroke  
Cameron Reid - 3rd 10yr Breaststroke

Our other finalists were; Jordan Kirby, James Tzelepis, Ivana Ivosev, Erin Devlin, Mark Evans, Liam Rava and Petar Shelev



Wyndham City Sharks Swimming Club  
[www.wyndhamcityswimmingclub.com.au](http://www.wyndhamcityswimmingclub.com.au)



# Australian Age Championships

Good Luck to our National Age Swimmers competing in Sydney:

Marko Ivosev, Alicia Danaher, Kristy Dellios, Caitlin Eccles, Andrew Jarvis, Natalie Vercher and Jordan Kirby

	Monday April 5	Tuesday April 6	Wednesday April 7	Thursday April 8	Friday April 9	Saturday April 10
<b>Marko</b>	200 Fly	100 Breast	400m IM	200m Breast	100m Fly 200m IM	
<b>Alicia</b>	50m Free 100m Breast	400m IM		100m Fly 200m IM		200m Fly
<b>Kristy</b>		100 Back		200m IM	200m Back	100m Free
<b>Caitlin</b>		200 Fly		400m IM		100m Fly
<b>Andrew</b>	200m Free	100m Fly	200m Back	100m Free	400m Free 50m Free	100m Back
<b>Natalie</b>	200m Free		800m Free	100m Free	400m Free 50m Free	
<b>Jordan</b>				100m Breast		200m Breast
		Girls 4 x 100 Free Relay				Girls 4 x 100 Med relay

The Swimming Australia website will record results live during the championships so be sure to log onto the net and cheer on our swimmers



Back Row: Andrew Jarvis, Paul Taylor (coach), Marko Ivosev, Jordan Kirby  
Front Row: Caitlin Eccles, Kristy Dellios, Alicia Danaher, Natalie Vercher



## Wyndham City Annual General Meeting

Monday May 10 -7:30pm

Venue: WL&EC Meeting Room

Nomination forms are available from the clubrooms - signed forms must be given to Vince Taylor by Monday May 3 2010.

The committee will exist of the Executive (4): President, Vice President, Secretary, Treasurer and 9 general committee members.

### Wyndham City Swimming Club

#### Membership Fees for the 2010/2011 season (May 1 2010 - April 30 2011)

SV have made minor changes to the category names and criteria, as well as a slight increase in fees (effective May 1 2010)

Membership Forms will be available from the club rooms

Category	Description	2010/2011 Fee
Swimmer	Any member who competes in organised competition outside club - a member that gets wet	\$110
Recreational Swimmer	Any member participating in learn to swim or squad training with an affiliated club but does not compete in organised competitions outside the club structure - a member that gets wet	\$60
Registered Official	Any qualified official working at club, district, state or national level	\$20
Life Member	Any active life member of the club who is not registered in any of the other categories	\$20
Non-Swimmer	Any member who does not fall into the swimmer, recreational swimmer, registered official or life member categories. eg; committee members, parents, coaches, etc - members who do not get wet	\$25
Family Rate		\$320

#### Knockout 50m Breaststroke results

1st: Austin Rowe  
 2nd: Max Tilley  
 3rd: Jordan Kirby  
 4th: Marko Ivosev  
 5th: Ryland Brian  
 6th: Jaya Abela

Sponsored by  
OFFICE ZONE FURNITURE

#### Knockout 50m B.B.B. results

1st: Elizabeth Powell  
 2nd: Jayden Brian  
 3rd: Mikaela Leeson  
 4th: Tahliya Zapart  
 4th: Tim Eccles  
 5th: Natalie Vercher

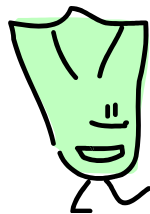
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THE GOOD GUYS



May 22 - 23  
2010 MS Megaswim  
WLEC

July 3  
Wyndham City SC  
meet

The state qualifying times for short course events have changed. Please check out the new times on the SV website or in the clubrooms



## Training Equipment Now Available

Personal training equipment recommended by our coaches and trialled by our National Squad is now available.

Finis silicone short training fins in sizes 3 - 4, 4 - 5, 5 - 6, 6 - 7, 8 - 9, 10 - 11 & 12 - 13 are available to all of our swimmers for \$30 per pair.

Fulcrum paddles (available to our senior swimmers 13 years and over) for \$25 per pair. See Paul



**VICTORIA  
UNIVERSITY**

**A NEW  
SCHOOL OF  
THOUGHT.**

## Nutritional Therapy

Parent and swimmers are invited to have a Nutritional Therapy Consultation at the Victoria University Nutritional Therapy clinics. The students at VU Nutritional Therapy clinic can assist and incorporate treatment ranging from dietary and lifestyle analysis and modification, to supplement recommendation, for the management of specific health conditions, to general wellbeing and performance. Students are supervised by professional, highly experienced dietitians/nutritionists.

The initial consultation is approximately 90 minutes, follow up consultations are approximately 45 minutes.

**St Albans Campus**, Building 2, McKechnie St, St Albans 9919 2625

**Footscray Park Campus**, Building L, Level 0, Footscray 9919 4460

**Consultation Hours:**

Tuesday 9:15-1pm, Wednesday 9:15-5pm, Thursday 9:15-1pm

**Cost:** \$15 - HCC holders, full-time students \$25 - General Public

## Happy April Birthday

- 2<sup>nd</sup> Daniel Stois
- 6<sup>th</sup> Tammy Huynh,  
Jacqueline McClurg
- 14<sup>th</sup> Samuel Tzuntzurkas
- 15<sup>th</sup> Zahra Abela,  
Connar Wooles
- 29<sup>th</sup> Emma Oorloff



# A I J u n i o r s A c t i o n



### Pete's Quote of the Month:

The height of your success is determined by the depth of your belief.



# Swimmer Profiles

**Name:** Tim Eccles

**Nickname:** Timmy

**Age:** 17

**Star Sign:** Taurus

**Squad:** National Development

**Favourite Swimming Stroke:** Butterfly

**Funniest moment at training or competition:** when I was a junior training with Denis, all the boys in the squad got out to go to the toilet and it was only the girls in the water swimming for about half an hour - Denis was not happy!

**Other Sports:** Football, cricket and golf

**Other Interests:** nutrition, joining the MFB (Melbourne Fire Brigade)

**Pets:** Dogs - Rocky and Ivy

**Favourite AFL team:** Carlton

**Favourite Food:** Mum's risotto, Mars Bar Cake    **Favourite TV Show:** Entourage

**Favourite Movie:** American Pie, Any Given Sunday

**My Special Sporting Achievement:** coming 5th at School's Nationals in the 50m fly in 2006. Missing my national time at The Last Blast in the 100m backstroke, then letting my emotions get the better of me, swimming the 100m fly and smashing the national time.



**Name:** Kelcey Brian

**Nickname:** Flash

**Age:** 14

**Star Sign:** Pisces

**Squad:** National Development

**Favourite Swimming Stroke:** Freestyle

**Funniest moment at training or competition:** at a competition, thinking I had my bathers on I took my pants off. I had forgotten that I had gotten changed and had underwear on not bathers. Now Peter calls me Flash

**Other Sports:** none

**Other Interests:** cooking    **Pets:** 1 cat, 3 fish, 16 snails

**Favourite AFL team:** Western Bulldogs

**Favourite Food:** Pancakes with ice-cream    **Favourite TV Show:** Two and a half men

**Favourite Movie:** Mamma Mia

**My Special Sporting Achievement:** Getting my open 200m fly time



**odd spot**

Benjamin Franklin  
invented swim-fins

**LOOK**

**Out for:** This months swimmer of the month is Samuel Tzuntzurkas. Samuel has recently moved up into the junior development squad and is already showing leadership within the squad. He is keen to learn and always takes on feedback. His racing has also shown significant improvement at recent meets. Congratulations to Samuel.

We hope you enjoy reading our newsletter. All contributions are most welcome (photos, competition reports, recipes, jokes, for sale etc) please email: danaher.raelene.r@edumail.vic.gov.au

