

November 2010

Shark Tales

7-10 Encouragement Meet Heats

Our junior swimmers continued to shine at the 7-10 Encouragement Heats last month. Of 29 swimmers, 19 qualified in the top 10 which allows them to go on to the semi finals held this month. All swimmers swam extremely well, with many achieving big PB's. Congratulations and good luck to the following swimmers who qualified in the top 10 -

Sophie Parton, Stephanie Rankins, Zahra Abela, Ki-Hyun Kim, Caitlin Huell, Monique Separovic-Michie, Abbey Doyle, Imogen Caulfield, Erin Devlin, Ally Hellyer, Kayla Hammersly, Ariana Chase, Tammy Huynh, Joshua Devlin, Jordan Fletcher, John Santi, Ryland Brian, Guy Gatt and Kai Abela.



Wyndham City Sharks Swimming Club
www.wyndhamcityswimmingclub.com.au



2010 Victorian Open Water Championships Hazelwood Pond - October 16

You may of thought Natasha had watched too much 'Finding Nemo' when she followed Dory's instructions to 'Just keep swimming, just keep swimming' in the 1km race of the 20th annual Hazelwood Sauna Swim at Hazelwood pondage.

Natasha said "when we arrived it was wet and muddy because it was raining, I hopped out of the car and went to register, I had to wait in line to get my cap that had the number 171 on the sides, and they wrote 171 all over me with permanent pen as well. I also got a timer and a t-shirt. When we saw other kids go for warm up I decided to go as well. After warm up I had a little rest then I went to get ready for the race."

Whilst mum (Dragana) and Dad (Kym) were freezing on the bank in the cold, wet and windy weather, squelching through the mud, Natasha swam her 1km race in the warm water of the Hazelwood pond.

Natasha thought that the floor was slimy and gooey and Dragana and Kym added that there was a lot of steam coming from the water. Everyone was friendly and helpful, and it was really great to spot a familiar face in Chris Eccles who was there as an official.

Natasha said "I had a heap of fun; I will love to go again next year."

Natasha came 28th in the 10-12 years age group (which is pretty good as a 9 year old) in a time of 26 minutes, 57.80 seconds, this was a 1 minute 48.06 second PB to the pool trial she had done on September 1. A great effort in unfamiliar waters, well done Natasha.



Who's RED Hot?

Nicky Elliot began swimming with the Sharks at the start of 2010 after learning to swim at the Laverton Swimming Pool. Initially Nicky swam in the Competition Development Squad two times per week and has built up to completing a total of five sessions per week in addition to Club Sundays and outside competitions. He has recently moved into the State Development Squad and is very close to reaching his goal of racing at the Victorian Long Course Championships. Good luck Nicky.



Ryland Brian checks out Cameron Prosser's Commonwealth Games gold medal

On Tuesday the 19th of October, a member of The Australian Swim Team who competed at the recent 2010 Commonwealth Games in New Delhi visited the Wyndham City Sharks Swimming Club. Cameron Prosser, who trains at the AIS pool and lives in Canberra talked to Wyndham City Sharks swimmers about his life, his swimming career and how he got to where he is now. Cameron represented Australia at the 2010 Commonwealth Games in New Delhi, swimming the 50m Freestyle in a time of 22.28 in the Semifinals and finished 5th in the final.

Cameron talked about how he used to train with his older brother and his older brother's friends after school at the local pool. He said that it was more of a social thing than a serious training session. He told Wyndham swimmers that he learned to swim after one day getting caught in rip at the beach. He talked about how he made Australian Age Nationals at a later age than normal, qualifying at the age of 17. He also talked about the experience he had at the recent Commonwealth Games, how he swam at the games, the different training schedules he has compared to other swimmers as he is a sprinter. This was a great chance for swimmers to meet an Australian Swim Team Representative, to listen to his experience and to ask questions. It was something new and exciting.

Jordan Kirby

did you know

Since it was first contested at the 1906 Athens Olympic Games, Australia has been a dominant force in the men's 1500m Freestyle.

Frank Beaurepaire won Australia's first medal, a bronze, in this event at London in 1908. Beaurepaire went on to win Bronze twice more at Antwerp in 1920 and again behind Australia's first gold medallist, Andrew Charlton, in Paris in 1924.

Since that first medal in 1906, Australia has won a combined total of 24 medals, or 33% of the total medals awarded, ahead of the USA, 19 medals, 26% and Great Britain with 7 medals, 10%.

Australia has 5 multiple medallists in this event being, Kiernen Perkins and Grant Hackett, both of whom won 2 gold and 1 silver medal, Andrew Charlton, 1 gold and 1 silver, Murray Rose, 1 gold and 1 silver and Frank Beaurepaire 3 bronze.

After winning at least one medal in the 1500 from Melbourne in 1956 until Moscow in 1980, Australia failed to win a medal at either Los Angeles in 1984 or Soul 1988, but returned with a vengeance winning both Gold and Silver at the next 3 successive games, Barcelona 1992, Atlanta 1996 and Sydney 2000.

Of the 24 games at which the men's 1500m Freestyle has been contested Australia has won at least 1 medal 18 times.



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WALNUT BLUEBERRY BANANA BREAD

Ingredients

- *cooking spray
- *1 ripe banana
- *3/4 cup ground flxseed meal
- *2 egg whites
- *1/3 cup agave nectar (natural sweetener found in coles or health food shops)
- *1 cup buttermilk
- *1 tsp baking soda
- *1/2 tsp sea salt
- *3/4 cup wholewheat flour
- *3/4 cup spelt flour
- *1 tsp orange rind, grated
- *1 cup blueberries
- *1/2 cup unsalted walnuts, chopped



Instructions

preheat oven to 190°. Spray a nonstick loaf pan with cooking spray. In a large bowl stir together mashed banana, flaxseed, egg whites, agave and buttermilk. In a separate bowl mix baking soda and salt, flours and orange rind. Combine dry ingredients into banana mixture. Gently fold in blueberries and walnuts. Pour mixture into loaf pan and bake for 45 minutes.

Recipe courtesy of: *Mary Dellios*

Swimmer on the move

Jackie Santi has swum in the National Development Squad at the Sharks since March. She currently completes 5 - 6 training sessions per week as well as our dry land program. Jackie participated in the IM and Breaststroke sessions at the Victorian Development Junior Talent Squad last weekend. Jackie is working towards attaining her first National Age Qualifying time, being within one second of the 100m Breaststroke time and three seconds from the 200m Breaststroke time. Keep up the great work Jackie.



Happy November Birthday

- 4 - Paul Rocks, Olga Xinomilakis, Damien Attia
- 6 - Abbey Sweeney
- 7 - Robbe Dilissen, Eric Mihelcic
- 12 - Rachelle Dubowik, Kayla Hammersley
- 20 - Leigh Ryan
Monique Separovic-Michie
- 25 - Jacob Hutchinson
- 26 - Andrew Takla



Upcoming Meets

MEET	☉	DATE	VENUE	CLOSING DATE
Metro West Championships	☉	November 13,14,20,21	Wyndham	closed
Victorian Age LC Championships	☉	December 17-22	MSAC	
Victorian Open & MC LC Championships	☉	January 14-16	MSAC	
Victorian Sprint Meet	☉	February 12-13	MSAC	

Pete's Quote of the Month:

Our greatest glory is not in never falling, but in getting up every time we do. -
Confucius

Swimmer Profiles

Name: Liz Powell

Nickname: Frizzy Lizzy/Lizz Fizz

Age: 11

Star Sign: Gemini

Squad: State Development

Favourite Swimming Stroke: Butterfly

Funniest moment at training or competition: can't pick

Other Sports: when is there time?

Other Interests: Annoying brother - Max

Pets: dog (Wembley), rabbits (Elvis & Bubblegum), sister (Emma)

Favourite AFL team: West Coast Eagles (why you ask? We lived in Perth!)

Favourite Food: mum's homemade custard & chocolate mousse

Favourite TV Show: Glee

Favourite Movie: None, I love glee to much to care

My Special Sporting Achievement: when I won the BBB Knockout doing Butterfly



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

