

## The Occasional E-News of H<sup>2</sup>O Swimming Club

### Forthcoming Swim Meets.

- **November 22nd Nunawading.** Entries closed.
- **November 23rd asctaVIC 14 & under Meet.** Entries closed. Anita on pool deck
- **Nov 29; 30 & Dec 6 & 7 December Comp** Entries Closed
- **December 20-21 2008** Victorian 11/u & 12 Years Championships. Qualifying times apply. **Entries close Monday 8th December at midday.**
- **January 3rd—7th 2009** Victorian Age (13—18 years) Long Course Championships at MSAC. Qualifying times apply and ALL State and NT Squad swimmers are expected to compete if qualified. **Entries Close Monday 15th December at NOON.**
- **February 14 & 15th Victorian Sprint Championships.** This meet is limited to 50m races only and great fun, All swimmers who qualify will be expected to compete.

Flyers for all of the above meets have been sent in previous emails. Please let me know if you need them resent.

### Bits 'n Pieces

#### State Championships Entry Fees

We have just received notice from Swimming Victoria re entry costs to the 2009 Victorian Championships (12 & 11/U, Age and Open & SWD). It has been brought to my attention that an incorrect amount has been published on the Swimming Victoria website for this event. As per the published SV Fees and Charges document on the Membership page at [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au), the cost of individual entries is \$15 and the cost of relay events is \$40. This has now been updated.

#### Swimming Pathway

I recently had a query from a parent and thought all parents may want to understand the 'big picture' of how swimming works.

- Club Nights/School Comps
- Encouragement Meets
- Other Meets
- All Juniors (under 14's)
- Qualify for States
- Compete at States
- Make a final
- Win a medal
- Qualify for Age Nationals
- Compete at Age Nationals
- Make a final
- Win a Medal ) gain selection to one of the Uncle Toby's Development Squads/ Gain selection on a Youth Team for International Competition

- Qualify for Open Nationals
- Swim at Open Nationals
- Make a final
- Win a Medal
- Place on an Australian Team

State Qualifying Times and event information have been sent to all families in previous emails, but please ask if you want me to send again. 50m races are not swum in the Xmas holiday championships. Which is why we encourage all swimmers to begin extending themselves by tackling longer events to expand their repertoire of events. The more races they can qualify for, the better. They have a separate meet called the State Sprints which is held in February for all 50m Races.

The ALL Juniors in March is the next biggest sprint meet in the calendar BUT, if you have won a medal at States in a particular stroke, you are ineligible to compete for that stroke at the ALL Juniors. Hence it opens the comp up for those at a level just below, to win medals. It also introduces kids to a heats/semi finals/final format, the finals combining with kids who come from all over the state, so it is in effect a State Championship.

We will be selecting swimmers to compete in relays to represent H<sup>2</sup>O shortly.

Volume 3, Issue 4. Nov 17th 2008



### Congratulations

Last weekend, Grace Van Veenendaal, Austin Nguyen and Benno Negri competed in the finals of the 7-10 Encouragement Meet.

Benno Negri swam an outstanding race and won the silver medal in his 10 year old age group for 50m Freestyle.

### Club Night

**Saturday December 13th Wesley College Prahran Campus.**

4pm warmup  
5pm races start  
6.30pm finish

A flyer with full details will be sent shortly. This is an ideal time for those competing at States to practice specific events. As we have to be off premises by 7pm, we have decided to hold an end of year club picnic in nearby Fawkner Park.

Although we have traditionally held club nights on a Thursday night, this is no longer possible with our pool hire constraints and hope you are able to attend.

### End of Year

Last coaching session for the year is Friday 19th December. Those competing in State Championships and relays will have special sessions to attend over the Xmas period. These will be printed in the Squad News available early Dec.