



RUYTON AQUATIC CLUB

NEWSLETTER



Head Swim Coach's report

Welcome to the first edition of the Ruyton Aquatic Club Newsletter. We hope this newsletter provides you with timely and useful information about Club news, upcoming meets and events, and how our swimmers are going.

It has been exciting to see a number of new swimmers joining the club over recent months. We've had very good attendance and commitment at training. It's important that all swimmers commit to their minimum training sessions and have the necessary equipment to train. Of course, please tell us if there are times when swimmers have other conflicting commitments (eg. camps, performances etc) or are not able to make it, so we can make alternative training arrangements if required.

We are currently at the tail end of the short course season, which will culminate in the Victorian Age Short Course Championships at MSAC from 31 August-2 September and the Victorian Open Short Course Championships on 15-16 September.

There have been quite a number of swimmers who have been competing in various short course events over recent months. We've had some amazing results, with many swimmers continuing to improve and swim PBs and others broadening into other strokes or distances. Some of our swimmers have already achieved State qualifying times including Georgia Woollard, Mia Waters, Abi Richards, Ryan Lobo, Eliza Verwoert, Vanessa Lay, Romanee Derbogosijan, Alessandra Southern and Georgia King. There are a number of others who are pretty close to qualifying and will be trying over the next few weeks to get there. So Ruyton Aquatic is sure to be well represented!

For those swimmers who haven't been actively competing in the short course events, it is a good opportunity to start thinking and planning for the upcoming long course season which starts in September/October. If you are not sure about it, just come along as a spectator to one of the competitions and cheer on the other swimmers. Once you see how much fun it is, and how much the swimmers enjoy competing and improving themselves – you will want to be part of it for sure. And there is usually no fee to attend as a spectator.

And for our younger swimmers who are new to competition, there will be another Ruyton Aquatic Aggregate next month which provides a fun way for our younger and even some of our older swimmers to practice their racing. The table below also provides details of some encouragement meets which are usually pitched at swimmers 12/13 years and under. Encouragement meets are another good way for our younger swimmers to both have fun and find out what it is like to compete.

Our junior State, senior State and National swimmers will also have the opportunity to attend a very exciting training camp in Geelong in early October. This will provide an excellent opportunity to set goals for the long course season, train and team bonding. More information is in this newsletter.

Andrew Goetz
Head Swim Coach

Upcoming competition meets

Meet date	Meet	Location	Closing date for entries
4 August 2018	MLC Aquatic Short Course Meet	MSAC	11.59pm Monday 23 July
11 & 12 August 2018	2018 Metro Short Course	MSAC	11.59pm Monday 30 July
18 August 2018	Nunawading Last Chance Short Course Meet	MSAC	11.59pm Monday 6 August
19 August 2018	DVE Aquatic Last Chance Short Course Meet	MSAC	9pm Monday 13 August
24 August 2018	Ruyton Aggregate #4	Ruyton pool	No entries required Gold coin donation
31 August- 2 September	Victorian Age Short Course Competition	MSAC	11:59pm Monday 20 August
15-16 September	Victorian Open Short Course Competition	MSAC	11:59pm Monday 3 September

For a more detailed list of events, including regional areas refer to the Swimming Victoria events webpage. All members are required to register online through Swimming Victoria each new season. This permits swimmers to train and compete whilst covered by Swimming Victoria's compulsory insurance.

Upcoming encouragement meets

Meet date	Meet	Location	Closing date for entries
26 August 2018	EDA Encouragement Meet	VUT Pool Footscray	Monday 20 August
9 September 2018	Bayside Encouragement Meet	Bayside Aquatics Mentone	Thursday 6 September

You don't need to be a registered swimmer with Swimming Victoria to participate in these meets.

Uniforms

All Ruyton Aquatic swimmers competing at meets are expected to wear the official Ruyton Aquatic uniform (eg. the club polo top or other Club items). By wearing your uniform, you are showing that you are proud to be part of the Ruyton Aquatic Club.

There are a range of uniform items available for purchase including a Club polo top, Club hoodie and Club deck coat.

If you need to purchase Ruyton Aquatic uniform items, we will be sending out an email shortly calling for uniform orders. So stay tuned!



Next Ruyton Aggregate

Our next Ruyton Aggregate is on **Friday 24 August from 6-7pm**. Come along for a fun night of racing with your Ruyton Aquatic Club mates.

The Aggregate provides a great opportunity to record a swimming time, try a new stroke or just get extra swimming practice. It's great fun and there is no shortage of lolly snakes at the end!

Just come along, bring a gold coin donation and parents bring a chair!

Squad equipment

Just a reminder all squad swimmers need to have the following equipment to get the most out of their training sessions:



- **Development (gold, silver and bronze) and fitness squads:** kick board, pull buoy, fins (DMC), goggles, drink bottle (600ml min.) all in a mesh bag.
- **State Target:** all of the above plus pull band, snorkel.
- **State Junior:** all of the above plus pull band, snorkel, small paddles.
- **State Senior/National Squad:** all of the above plus pull band, snorkel, large paddles.

Its a good idea to wear your bathers to all training sessions also!

For advice on the best equipment to buy and where to purchase your swimming gear, check out the information and links in the Ruyton Aquatic Information Booklet on the Ruyton Aquatic Website.

Swimmer profile: Georgia Woollard (National Squad)



Age: 14

Birthday: 24 December 2003 (just made it before Christmas day!)

When did you start swimming? I first joined squad when I was in Prep when Ruyton opened the pool.

What is your favourite food to eat before or after swimming? Before swimming I have a muesli bar. In the mornings I like to eat porridge, but I do love crepes as well on special occasions.

What is your favourite movie or book? I love to watch YouTube and Netflix and TV shows like Brooklyn nine-nine which is a detective comedy show. I love comedy shows.

What is your favourite stroke? I like breaststroke, but I am training to be an IM swimmer so I must get better at butterfly!

How many swimming sessions/hours do you do per week? I do 7 sessions which means I swim twice on a Monday. It is about 17 hours a week in the pool and we swim on average 5 km per session.

What is your favourite or most memorable swimming moment? The day I made my first National time was a very emotional day. I did not know if I had made the time but could hear my Mum and Abi's Mum screaming from the stands so knew I must have made it.

I also love swimming for my school at the GSV carnivals and particularly in the replay events. Go Ruyton!

Who is your favourite Olympic swimmer and why? I follow a lot of swimmers on Instagram and am inspired by all of them and how hard they train.

What is your current swimming goal? My goal is to work on my IM strokes and qualify for Nationals in 2019.

What do you love about swimming at Ruyton? I love swimming with my friends at Ruyton. I also like seeing other swimmers in the other squads competing at aggregates and meets at MSAC and seeing them get the results of their training at meets.

Sizzling sausages

We are having a fundraising sausage sizzle on Saturday 20 October at Bunnings Hawthorn to raise money for the Club! But we need volunteers – either parents or swimmers!

There are four 2 hour shifts to fill between 8am and 5pm, plus clean up. So we are going to need 16 people to help!

We have set up a roster at 'Sign Up Genius'. So if you would like to help, then use the link below to sign up and get sizzling!

<https://www.signupgenius.com/go/30e0a4daeaf29a5f94-ruyton1>

Exciting news....Geelong Training Camp!

We are planning a very exciting training camp in Geelong for our junior State, senior State and National swimmers. The Camp will provide an excellent opportunity to set goals for the long course season, train and team bonding. It won't be all about swimming – there will be some fun activities too – like a trip to Geelong Adventure Park. And we may

even join the Geelong Squad for a session or two!

The Camp is expected to be held over 5 days in the last week of the September/October school holidays – from Monday 1 October to Friday 5 October. We will be using Geelong Grammar facilities – staying at their boarding house and using their pool. We will be emailing forms out very soon so stay tuned!



Committee members

Simon Waters (President)
Natalia Southern (Vice President)
Jennifer McMillan (Treasurer)
Debbie Richards (Secretary)

Jenny Woollard (Committee Member)
Louisa Burbury (Ex officio member)
Linda Douglas (Ex officio member)

Feedback and newsletter items

If you have feedback, ideas or items for future newsletters please email them to aquatics@ruyton.vic.edu.au.