



# Bendigo Hawks



# Aquatic

## WELCOME

### UPCOMING SWIM MEETS

#### AUGUST

- 21st - Kyneton SC Meet – CLOSED
- 26th-28th - SV Country State Championships – CLOSED

#### SEPTEMBER

- 3rd - Ballarat Top 5 Meet 4 – CLOSED
- 11th - Eaglehawk Winter Series Round 3 – Entries closed Sunday 21st August
- 25th - Echuca Meet – Entries close 2nd September

### UPCOMING EVENTS

5th Sept – New coach Ash Wain starts

7th Sept – Committee Meeting

October – Next social function more information to come

This newsletter sees the end of the short course season and the start of the long course, the busiest time for swimming. The last couple of months have been an extremely busy time for the committee and club members as they have been working hard to secure a new head coach, working towards the Bendigo and Eaglehawk clubs merge and attending or organizing swim meets nearly every weekend. A big thank you goes out to all that have been involved. It is with great pleasure that we announce that all the hard work has finally paid off. We have a new coach starting 5th September and the merger committee is putting the final stages together before we start competing under the new club name 'THE BENDIGO HAWKS AQUATIC'.

This month also comes with sadness, last week Coral Evely made the decision to take a back step from coaching. Coral has been with the Eaglehawk club and around swimming for over 40 years in her many roles as Coach, District Delegate and SV Referee. Coral has dedicated many hours to coaching, assisting parents and children and has been a real assist to the Eaglehawk club. Coral will still be seen around the pool in an official position but feels she is unable to continue her coaching role. Coral on behalf of the Eaglehawk members, committee and swimmers both past and present we wish you all the best for the future and hope to see you around the pool.

## MONTHLY MILEAGE

The month of July saw Julia and Amelia Hunt once again be awarded the cinema tickets for the most training miles swam. Congratulations girls keep up the training; lets see if we can share the tickets around next month.

"Work hard,  
give everything  
100 %

Ashley Callus

# SWIMMING NEWS

We have been busy with many meets attended during the last month. We have had swimmers compete in Ballarat Top 5, Eaglehawk Winter Series, Country Short Course Championships and State Age Short Course. We are heading off to Kyneton this weekend to support their first swim meet and have around 15 swimmers attending.

The club continues to see large numbers competing and many of the younger swimmers are enjoying their swimming. We are able



to get relay teams together and these always create a fun and exciting time at swim meets. The bus trips across to Ballarat are proving to be a popular thing with many people taking advantage of this service. At this stage it is only available for the Ballarat Top 5 but could be extended to other meets. A big thank you to Jamie Sherlock for offering to drive the bus and providing us all with lollipops for the trip – an



Eaglehawk tradition.

Last weekend (13-14th August) saw Alex, Matt, Lachy, Mitchell and Nikaylah all compete at the Country SC Championships in Shepparton. These swimmers worked exceptionally hard to achieve the required qualifying times and performed to the highest standard against some of the best swimmers in country Victoria. There were many PBs broken and Nikaylah broke her own club records in the 50 Breast and 100 Free. Congratulations to all of you on your outstanding achievements. Good luck to Lachy and Alex who will head off to State Age Championships at the end of the month. Thanks Ryan for giving up your weekend to coach and train the swimmers over this weekend, your support is greatly appreciated.

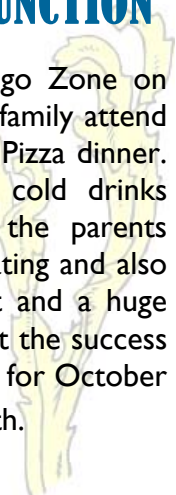
“Don't let anyone tell you that you're not good enough”

**Christian Sprenger**



## SOCIAL FUNCTION

Our first social function was held at the Bendigo Zone on Sunday 31st July. We had over 60 members and family attend to enjoy some skating and laser tag along with a Pizza dinner. We saw 28 pizzas be demolished and many cold drinks consumed. It was great to see so many of the parents exploring their youth and trying their hand at skating and also laser tag. All that attended had a fantastic night and a huge thank you to Rachel and Carl for making the night the success it was. Our next function is already being planned for October so stay tuned for more details in the coming month.



## IMPORTANT INFORMATION

**Clubrooms** – The clubrooms are for the use of all members and their families to enjoy, as these rooms are not cleaned by the YMCA it is up to our members to ensure they stay clean. So please ensure that you put all rubbish in the bins provided and keep our clubrooms clean at all times. The toilets and bins need to be emptied by us, so if you notice that they need attention and you have a spare 10 minutes then please assist us in the area.

**Exercise Equipment** – You will have noticed that there is now sports equipment for use by members located in the clubrooms. All equipment must be used under the direct supervision of a coach. Please do not use this equipment inappropriately as it is for the purpose of training.

**Club Website and Facebook page** – Ensure you check out the clubs website and facebook pages for latest photos, catch up with swimming friends and general information.

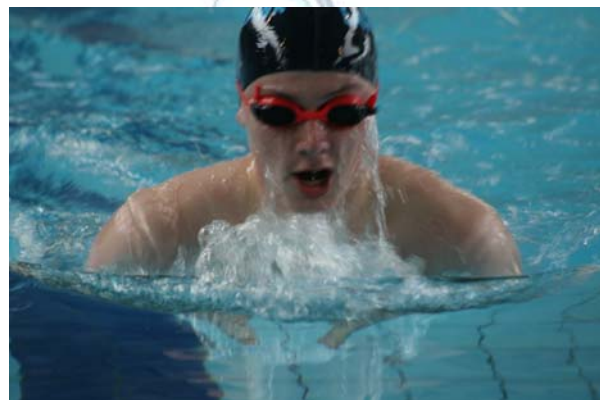
Any suggestions please contact the committee.

## NEW MEMBERS

“It’s not the victories,  
but the defeats that  
strengthen a person”

Sarah Katsoulis

This month we welcome the following families to the Eaglehawk Club, Perry family (Donna, Ben, swimmers Jaimilee, Danielle, Sammantha), Brynhildsen family (Sandra, Rick, swimmers Kaela and Samuel) and Harding family (Michelle, swimmer Aimee). On behalf of the committee and members we welcome you to our club and hope you have an enjoyable and exciting time at the Eaglehawk club. I would like to welcome all new families and swimmers who have joined this season and hope that you are enjoying your time with us.





**Lauren Cox**

**Xanthe  
Sayer-Castle**

**Apryl Start**

**Happy  
Birthday**