

October 2011



# Bendigo Hawks



# Aquatic

## WELCOME

### UPCOMING SWIM MEETS

#### OCTOBER

- 16th - Maribyrnong Meet – Entries Closed
- 23rd - Kyabram Meet – Entries Closed

#### NOVEMBER

- 12th - 7 - 10 Encouragement Meet – Nominations Closed (TEAM TBA)
- 20th - Bendigo East Sprint Meet – Closes 31st Oct
- 26-27th – Victorian Qualifying Meet (Week 1) - Online Entries Close 14th Nov

#### DECEMBER

- 3-4th – Victorian Qualifying Meet (Week 2) - Online Entries Close 14th Nov
- 4th - Echuca Annual Meet - Entries close 16th Nov
- 11th - Bendigo Summer Carnival Meet - Entries close 18th Nov
- 17-22nd - Victorian State Age (Qualifying Times) - Online Entries close 5th Dec

### UPCOMING EVENTS

- 2nd Nov – BHA Inaugural General Meeting (Rescheduled)
- Time Trials dates TBA
- Social Function

This is our 5th newsletter for the season and is sure to be filled with lots of interesting information. Progress is being made toward the merging of the clubs with meetings being held with Swimming Victoria during the last week. We are well on our way to getting the final stages completed and will be competing under our new name 'BENDIGO HAWKS AQUATIC' very soon.

Ash Wain has now been on pool deck for over a month and has had the opportunity to talk with many of the members during that time. If you are yet to talk with Ash please take the time to do. There are many new ideas and programs that Ash has been looking into all of which will be implemented and beneficial to all members in the near future.

The weather is starting to warm up and we have seen our senior swimmers and some of the juniors braving the cooler conditions training at the Bendigo Aquatic Centre. Morning training has been extended to 5 days a week with many swimmers taking advantage of this. As the weather warms up we need to remind our swimmers of the importance of applying sunscreen and wearing hats when playing and training outdoors.

Don't forget to checkout the display cabinet and noticeboards next time you are at the Eaglehawk pool. Any suggestions or ideas can be passed on through the committee for their action.

The next few months leading up to Christmas is a busy time for swimming, many competitions close in the next few weeks. If you have any questions regarding competitions please speak with Ash Wain (Head Coach) or Michelle Tyson (Team Manager).

## BHA MEETING

Wednesday 2nd November is the BHA meeting to be held in the clubrooms starting 7.30 pm. This is where the new Bendigo Hawks Aquatic committee will be voted in. All members are encouraged to attend to be kept up to date on the merge.

# SWIMMING NEWS

The Victorian Country Championships are to be held in Bendigo on the weekend of 21-23rd January 2012. District 15 is seeking nominations from junior swimmers who have not qualified for the meet to volunteer as helpers with the medal presentations. This is a fantastic and exciting opportunity for our junior swimmers to be involved in the largest swimming competition held in Country Victoria. Nominations are being taken from interested members and should be passed onto Michelle Tyson (EAH Team Manager) no later than 31st Oct 2011.

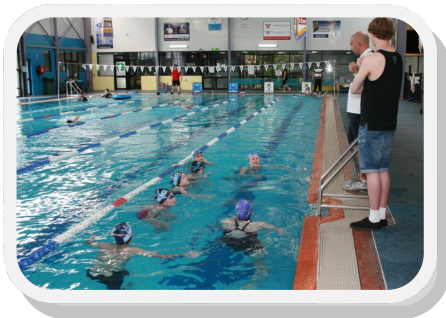
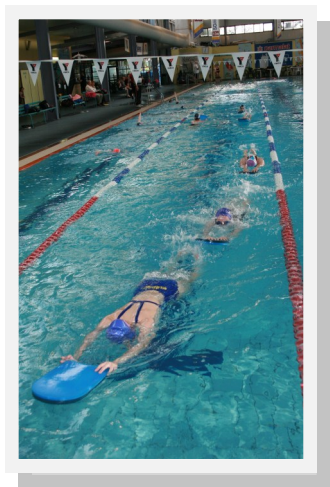
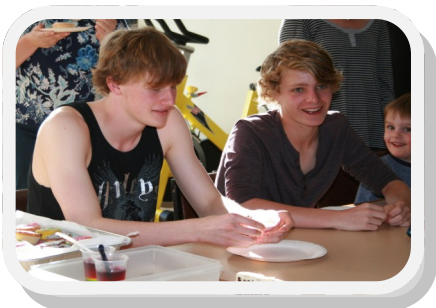
**Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it.**  
**Author Unknown**

This month we have swimmers competing at Maribyrnong/Essendon meet 16th October and Kyabram meet 23rd. A group of our senior swimmers will head to MSAC to swim and try to get some times for State Age in December. The Kyabram meet will be attended by our junior squads seeking to achieve Country times.

The Echuca meet saw many swimmers achieve PBs in most strokes. The day started with club members shouting out the club chant which was followed by Happy Birthday to Nikaylah. As usual the pool was extremely hot however with all our swimmers full of sugar from the cupcakes provided by Leanne we saw many great swims. Congratulations to Mitchell who secured his place on the State team with a massive PB in the 200 Free.

7 - 10 Competition nominations have closed and swimmers will be advised shortly as to whether they have been selected to represent the District.

## CLUB DEVELOPMENT DAY



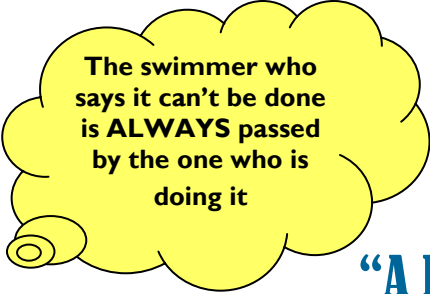
**Commitment  
 =  
 Results**

## IMPORTANT INFORMATION

**Website** – The Eaglehawk website contains all information regarding swimmers times, team manager reports, newsletters and general information. [www.eaglehawkswimmingclub.org.au](http://www.eaglehawkswimmingclub.org.au)

**New members** – welcome to our new members and swimmers from Bendigo club who have now started swimming. We look forward to seeing you all on pool deck over the coming months.

**Communication** – Communication is the key to a successful club. If you have any ideas or suggestions for the next newsletter please contact Cherice or Michelle.



The swimmer who  
says it can't be done  
is **ALWAYS** passed  
by the one who is  
doing it

## “A BIT OF SWIMMING HISTORY”



### Have Faith in yourself!

By Faith Leech

'Exercise for a better life'. As a child I would have had no idea of what that phrase meant but looking back now, I know through personal experience how true it is. My parents lost their first daughter through leukaemia. After my birth they discovered I had digestive problems, not being able to retain food, plus a double curvature of the spine. This resulted in my name, *Faith*. After losing my sister, they had faith that I would survive.

After seeing so many specialists regarding my health (one saying I would be in a wheelchair before I was forty) my parents took me to swimming lessons when I was five, hoping it would improve my back. My teacher (eventually my coach) Gus Froelich, a European swimming champion, who was a great, gentle man. After two years (as I feared the water) finally he got me “water borne”, then understanding my limits, trained and guided me to achieve so much, together with the great love and sacrifices of my parents, I must say my training was not strenuous. From the ages of seven until twelve we would travel to Melbourne at weekends for lessons. After that, it grew to five days a week. All my life I had to have continual spinal treatment from my osteopath and currently my chiropractor. When told recently I've had arthritis in my spine for over twenty years I said, “What? Rubbish—not true!” I'm proud of my weird back. Thanks to swimming, my back has strengthened and I've been kept out of a wheelchair. The point I am trying to make is that no matter what limits or disabilities a person may have, they can improve (and in some cases excel) from exercise, or some form of sport—gently, and with much enjoyment.

During the last 35 years, I have been teaching swimming. My pupils range in age from three years to seventy-eight years, and include those who are afraid, have arthritis, asthma, or who intellectual or physical disabilities. I was very much involved in the Special Olympics, with my 'star' pupil gaining one bronze, two silver and six gold medals in the State and National Games. I was blessed!

For those members who may be unaware of Faith's magnificent contribution to the swimming world some of her achievements keep on reading! **From 8 years**—Records in Victorian under-age freestyle, backstroke and breaststroke; Victorian District Country Championships and Victorian Championships—various strokes and distances.

**At 12 years**—Unofficial world record for 110 yds freestyle (six seconds faster than any time ever recorded). Youngest member of Victorian Team to compete in Australian Championships, gained 3rd place in the 110 yds freestyle.

**At 13 years**—Youngest to win an Australian Open title, plus Victorian Junior and Open Records.

**At 14 years**—Swan fastest 110 yds (166 metres) freestyle in world since 1936—but due to conversion to metric measurements, record not recognised. Was 1/10th of a second outside of the world record Dawn Fraser set a week previously. At Moomba defeated Dawn Fraser and Lorraine Crapp (the first time the three had met in competition together).

**At 15 years (Olympics 1956)** - Gained bronze in 100 metres freestyle behind Dawn Fraser and Lorraine Crapp. Member of the world record breaking team who won gold in the 4 x 100 metres freestyle relay (Dawn Fraser, Lorraine Crapp, Sandra Morgan and Faith).



Michelle Tyson - 15th

Lucy Grimes -  
23rd

Kate Collins -  
9th

Monique Vella -  
14th

Emily Smith -  
26th

Oliver Sanderson  
- 5th

Arkie Donnelly -  
22nd

Francis Gallagher  
- 12th

Grace Lyne -  
29th

**Happy  
Birthday**