



# Bendigo Hawks



## Aquatic

### WELCOME

“WOW” how the year has flown, we have already competed in many competitions and are well on our way to the busy season. I would like to say a huge THANK YOU to Ryan Smith who stepped into the role of head coach for the past few months with the support of Wally, Emma and Alex. Well done Ryan your support to the swimmers was great. Monday 5th September saw new Head Coach Ash Wain start his journey with the Bendigo Hawks Aquatic club. There have been great numbers attending training as we plan for the summer season. Ash we look forward to learning some new skills, drills and techniques in the world of swimming. On behalf of the committee and members we would like to extend a warm welcome to Ash and his family to the Bendigo region. We hope you have settled in and are enjoying your time with us. Please take the time to get to know Ash and the other members of the squads. Ash will be speaking with all swimmers and their families over the coming months to gain valuable information from the swimmers and their families. A sheet will be set up in the clubrooms for families to indicate a suitable meeting time.

#### UPCOMING SWIM MEETS

##### SEPTEMBER

- 25th - Echuca Meet – ENTRIES CLOSED

##### OCTOBER

- To be advised

#### UPCOMING EVENTS

- 5th Oct – BHA Inaugural General Meeting
- October – Next social function more information to come

### BHA MEETING

Wednesday 5th October 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.

#### HAWKS TEAM AT WINTER SERIES



The best things in life are Free, Back, Breast and Fly aren't bad either

Author - Unknown

# SWIMMING NEWS

This month we have headed off to Ballarat and also completed the Eaglehawk Winter Series. Coach Ash will be spending the next few weeks looking at the Swim Vic calendar to determine the meets in which we will be attending over the summer season. An updated calendar will be sent out shortly. Ballarat Round 4 was attended by 11 swimmers, it was a great day with many swimmers finishing off the series on a high with many PBs and great results. The bus trip across was a really fun time and great team bonding experience. We enjoyed some singing, dancing and games along the way, including teaching the club chant to our

newest of members. Congratulations goes to all swimmers on their outstanding achievements. Well done to Jaimi-lee, Dannielle and Sammantha Perry on their fantastic swimming and huge PBs at their first meet for the club. The trip home we stopped in at Maccas for a surprise birthday cake for Julia and Amelia then headed for home. A big thankyou to Ash Sloan for driving the bus we really did appreciate it.



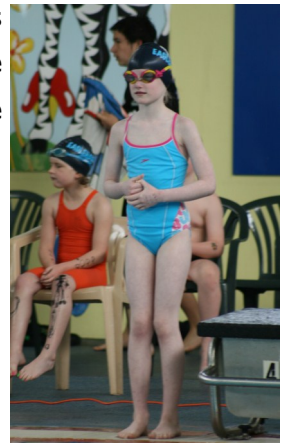
Birthday Girls



BLUE IS THE BEST COLOUR

The final meet of the Eaglehawk Winter series was a great success even though many swimmers had to pull out due to sickness. We had many girls and very few boys which made forming relay teams difficult. All swimmers performed exceptionally well and Coach Ash was on hand for his first coaching at a meet with the club. Great swims from our newest members Kaela, Samuel and Georgia competing for the club at their first meet. Well done to all swimmers on achieving PBs and congratulations to the entire team for all the points earned over the series.

Eaglehawk team finished **3rd** overall.



## CONGRATULATIONS

**Well done to all swimmers who have been upgraded to the next level within training. Continue to train hard for future success.**

**Congratulations to Ryan, Lachy 2nd place and Alex 3rd place at Ballarat. Certificates to Mitchell and Bella.**

**Well done Lachy on taking out 1st place at Eaglehawk Winter Series.**



## 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.

**Training Equipment** – To get the maximum from your training please ensure you arrive at training fully prepared and ready to start training, this includes having a drink bottle, goggles, swim cap and flippers. If you have your own kick board and pull-buoy then please bring these with you.

**Swimming Photographs** – Geoff Tyson has been taking photos at many of the meets for inclusion on the clubs website and newsletters. If you would like a copy of any photos or would like to see any photos of your child, then please see Team Manager Michelle Tyson who has all photos on hard drive. Unfortunately due to costs we are unable to provide photos on a disk however you are free to put them to USB or similar.

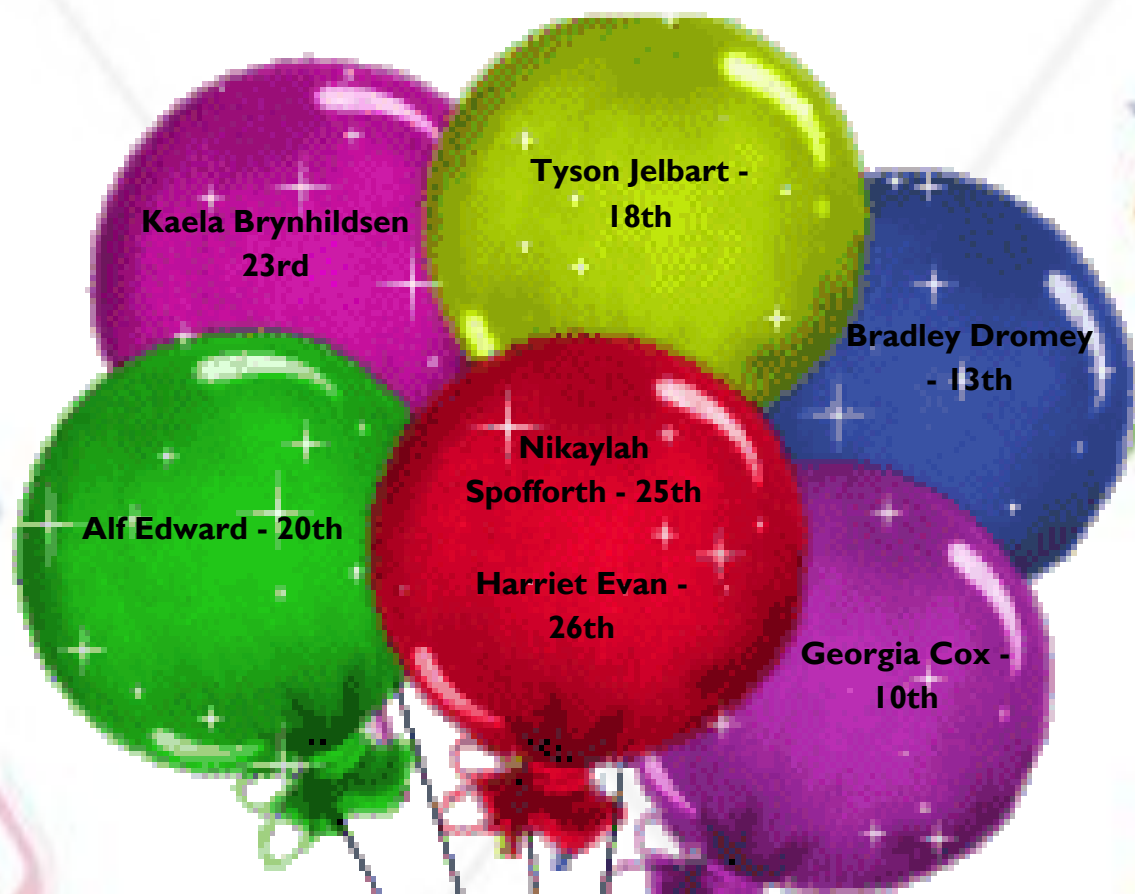
**Morning Training** – Morning training has started again, Monday, Wednesday and Friday 6 am.

## “FUN TIMES WITH THE HAWKS”

“Victory is what happens when 1000 hours of hard work meets a moment of opportunity”

**Annabelle Williams**





**Kaela Brynhildsen  
23rd**

**Tyson Jelbart -  
18th**

**Bradley Dromey  
- 13th**

**Alf Edward - 20th**

**Nikaylah  
Spofforth - 25th**

**Harriet Evan -  
26th**

**Georgia Cox -  
10th**

**Happy  
Birthday**