



# Bendigo Hawks



# Aquatic

## WELCOME

### UPCOMING SWIM MEETS

#### NOVEMBER

- 12th - 7 - 10  
Encouragement Meet –  
Team selected
- 12th - Warrnambool  
Twilight Meet - Entries  
Closed
- 20th - Bendigo East Sprint  
Meet – Entries Closed
- 26th - Shepparton Long  
Course Meet - Entries  
Closed

#### DECEMBER

- 4th – Ballarat GCO Meet –  
Closes 18 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

- 30th Nov – EAH Wind-  
up Meeting
- Time Trials dates TBA
- Xmas Function - Plans  
and dates are being put  
together.

The next few months will be a busy time for our swimming families. We have many swim meets with closing dates within a few days of each other. There will be lots of emails coming and going. Ensure you get your entries in early to avoid disappointment.

The formation meeting held on Wednesday 2nd November at EAH Clubrooms has elected its new committee consisting of 4 Executive and 6 Committee Members and voted in the new clubs constitution.

Congratulations to the newly appointed committee consisting of:

President - Bruce Reid, Vice Presidents - Damien Jennings and Dale Boyd, Secretary - TBC and Treasurer - Sue Dullard, Committee members: Nicole Cox, Wally Stables, Geoff Tyson, Craig Deed, Jan Spenceley and Terry Tzaros. There will be a wind-up meeting held for EAH members on 30th November.

Ash Wain and his coaching team held a Development Day at Eaglehawk which was a great success. It was excellent to see swimmers of all levels come together to get some technique training, bonding of squads along with some fun times. The spread of food at the end of the day was outstanding. Thanks Carl and Sue for manning the BBQ, and all members who attended. A great day was had by all.

Thanks to the great work of [Dale Boyd](#) we have been advised that the [Empowering Eaglehawk](#) organisation will fund the cost of a new projector for our clubrooms. This generous grant is worth up to \$1000.00!! A space on the ceiling was set aside for the installation of a projector at some date in the future. It is great to be able to put in place such a valuable resource so early in the life of our new club rooms. Thanks to Dale and Empowering Eaglehawk for make this possible.

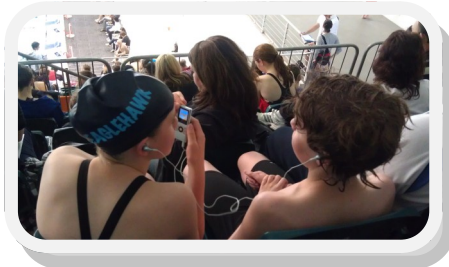
Check out the [Empowering Eaglehawk](#) website to see all the other community organisations they have helped over the last few years. If you have a Bendigo Bank account or a Bendigo Community Telco account ask at your local branch to have it linked to Empowering Eaglehawk. That way we can return the favour and other groups in our community will benefit, *just as we have*.

## SWIMMING NEWS

**Essendon Meet** - What a fantastic meet! This meet was attended by 8 of our senior swimmers, I have never been to a more successful meet. All swimmers in all events swam massive PBs or were very close to their PB times. We saw 5 club records fall (2 each to Lachy and Mitchell and 1 to Dannielle), along with Country and State qualifying times achieved. We

were successful in taking out 2 raffle prizes (congratulations Leanne and Donna). The team spirit on day was great, the cheering from the team was really loud and everyone enjoyed themselves. Well done to the entire team on your outstanding achievements.

Set your goals high, and don't stop until you get there



Sharing a tune with a friend

**JX Forum** - Ash Wain took JX winners (Dannielle, Austin, Jaimie-lee, Lachy and Nikaylah) to MSAC for a day full of information and coaching. The swimmers got an opportunity to meet Olympic swimmers Ash Delaney and Sam Marshall for photos and

autographs. The day included talks on Nutrition, Physiotherapy, Goal Settings and a swim session. JX is a program set up for swimmers aged 9 to 13 who achieve times set by Swim Vic to receive awards throughout the season at Approved swim meets. More information about this can be found on Swim Vic website under Junior Development.



**Kyabram Meet** - 12 swimmers headed off to Echuca for the Kyabram meet, this meet saw PBs to all swimmers. Congratulations to Jemma, Flynn, Sammantha and Sei who were competing in 50 m events for the first time. Well done to all of you on achieving some great times. Outstanding effort from Sei who took out 2 Gold and 2 Silver medals. Well done to Danielle and Sammantha on their medals.

**7 - 10 Competition** - Congratulation to Austin, Lauren, Sammantha, Bradley, Mitchell, Summah-Rose, Rochelle, Dannielle and Olivia on being selected as part of the District 15 team. Great swims from all swimmers with many achieving huge PBs. The Central District finished 2nd overall which was fantastic. The 10/U Girls relay team won Gold in the Free and Medley relays. Congratulations to Mitchell, Dannielle, Olivia, Sammantha, Bradley and Rochelle who all took out top 3 places. Lauren, Summah-rose, Bradley and Austin all swam huge PBs. Well done to Olivia who broke a 37 year club record in the 50 Fly.



**Warrnambool Twilight** - This meet was attending by Lachy, Nikaylah, Dannielle and Jaimi-lee. All swimmers competed really well with Lachy getting a massive 7 seconds in 200 Free and 8 seconds in the 200 Back PBs. Nikaylah secured her spot on the Country and State teams swimming brilliant races in the 50 Free, 100 and 200 Breast.

**Victorian State Age** - Any swimmers who already has qualifying times for States can go online and register for those events. This will avoid leaving entering the meet until the last moment.

## IMPORTANT INFORMATION

**Eaglehawk 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)

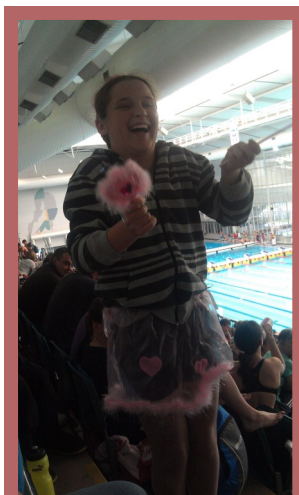
**Training at both Pools** – As we have swimmers and families at both pools, there is a need to ensure that correct information regarding swim meets etc is passed on. Leanne Spofforth will assist Michelle with the role of team manager, one of us will visit the Eaglehawk pool a couple of days a week to offer any assistance to members. All swim meet folders have been updated to include the up and coming swim meet flyers, latest results and qualifying times for Countries and States.

**Swimmer Profiles** - We are looking at including swimmer profiles in the newsletters, a junior and senior swimmer will be selected each month. Should you wish you child not partake in this please advise Michelle Tyson.

**Nominations for Country Championships** – We are still seeking volunteer swimmers (who have not qualified) to assist in the medal presentations for the Country Championships. Any swimmer wishing to take part in this fantastic swimming event can forward their names to the clubs team manager or clubs secretary, The District is also looking for sponsorship for the events. Enquires can be forwarded through to Sue Dullard.

**Contact Details** - Head Coach Ash Wain can be contacted at: [ash.wain.au@gmail.com](mailto:ash.wain.au@gmail.com) or 0407802281.

**Boxing Classes** - Swimmers that are currently training in the Country or State squads are invited to attend boxing sessions at “Punches in Bunches” [www.punchesinbunches.com.au](http://www.punchesinbunches.com.au) with Coach Emma. Session timings are about to change so if you are interested speak with Emma to get updated training sessions. Location is 39 Pratts Park Road, Strathdale. First session is FREE then \$10 a session after that.



## FUN TIMES WITH THE HAWKS





## SWIMMER PROFILES



**Name - Alex Barkmeyer - Club Captain**

**Squad - Hawks/State Squad**

**Greatest Achievement in Swimming -** It would probably have to be achieving State times this year. I've been trying to get state times for a few years now and this year I got two which is fantastic.

**Favourite Food -** Pasta or Pizza

**Favourite Movie -** Donnie Darko

**How long have you been swimming for -** I've been swimming competitively for 7 years

**What is your favourite swimming stroke -** Definitely Backstroke

**Favourite Sports Person -** Ray Allen (Boston Celtics NBA)

**Favourite TV Show -** Supernatural

**What else do you like to do besides swimming -** I just like to relax and do stuff with my mates.

**Favourite Music -** Blink 182 but I like all types of music

**Swimming Goal -** My major goal in swimming is to achieve National times.

**One thing you can't live without -** That's easy, My phone!

**Name - Zoe Deed - Club Captain**

**Squad - Hawks/State Squad**

**Greatest Achievement in Swimming -** Finishing 1st in 50 Free at Independent Country and Co-educational Schools (ICCES) Cup in March 2011

**Favourite Food -** Raspberries

**Favourite Movie -** Marie Antoinette

**How long have you been swimming for -** Since I was 6 months old

**What is your favourite swimming stroke -** Freestyle (then Butterfly)

**Favourite Sports Person -** Alicia Coutts

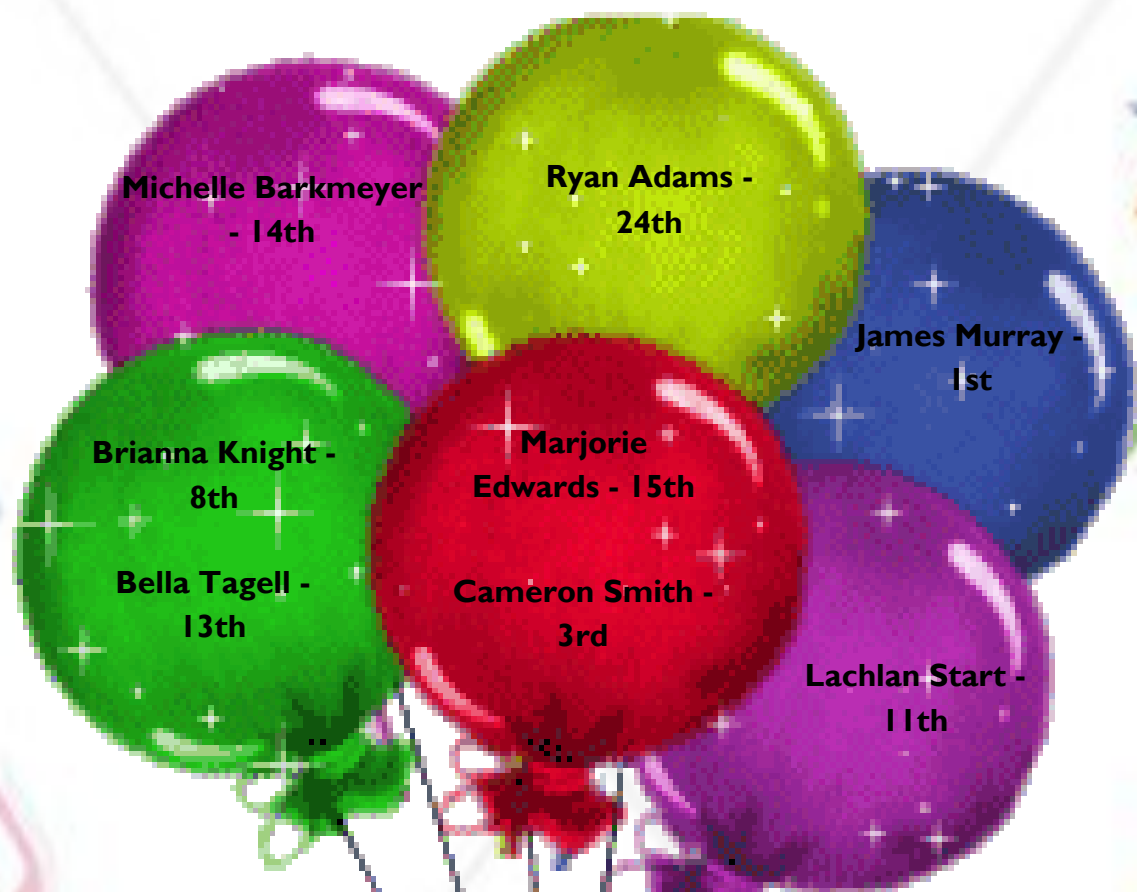
**Favourite TV Show -** Gossip Girl

**What else do you like to do besides swimming -** Volleyball and Viola

**Favourite Music -** Adele

**Swimming Goal -** To swim sub 30 seconds in the 50 Free

**One thing you can't live without -** My alarm clock (set for 5.30 am)



**Michelle Barkmeyer - 14th**

**Ryan Adams - 24th**

**James Murray - 1st**

**Brianna Knight - 8th**

**Marjorie Edwards - 15th**

**Bella Tagell - 13th**

**Cameron Smith - 3rd**

**Lachlan Start - 11th**

# **Happy Birthday**