



Hi everyone,

Welcome to all of our new members, especially those who have joined us from the Waves learn to swim classes, we hope you enjoy your training at our club, and would like to invite you all to our next major event our TRIVIA NIGHT to be held on Saturday 17th October. It promises to be a fun filled event for all of the family, details will follow shortly.

Cheltenham certainly performed well in the Winter Interclub Relays that were held over the last 5 weeks. We had two teams finish as Premiers Junior E grade and Senior C grade and Senior A grade were runners-up. The swimmers all performed brilliantly and some remarkable individual performances were noted. The club won 2 of the theme nights with a lot of effort and thought going into our costumes. After the formal presentations parents and swimmers met at Hungry Jacks to celebrate our success and the evening was capped off with birthday celebrations, complete with cake for Jenny.

SWIMMER NEWS

Katie Millin is back in training, after returning from the World Championships in Rome. Katie competed in 4 individual events, achieving pbs in all of them. She gained valuable experience and had a fantastic time representing Cheltenham and Swaziland. Well done Katie.

Anthony Ball will be in Queensland (28/8/09 – 30/08/09) competing with the Victorian Silver Target Squad 2012 at the Chandler pool in the

Queensland Short Course Championships. He is competing in 7 events over the 2 days, and we wish him all the best.

VICTORIAN SHORT COURSE CHAMPIONSHIPS 5/9/09 – 6/9/09

Well, they are almost here again. We have a record number of swimmers attending the championships this year. We hope to see many pbs and top 10 finishes.

HELL WEEK

During the second week of the September school holidays our affectionately known Hell week is held for Junior squads and above. During the week a number of guest speakers will be attending

Monday 28 th September	7.30 8.30 am
Maria Bailey	Sports Psychology

Wednesday 30 th September	7.30 8.30 am
Louise Falzon	Sports Dietician

Thursday 1 st October	3.30 4.30 pm
Dr. Karen Holzer	Sports Physician

Any parents or swimmers from other squads are welcome to attend these informative session.

Safeway will be sponsoring a healthy breakfast for those swimming on Wednesday 30th September.

LOOKING FOR NEW MEMEBERS

One of the best ways to advertise our club, and make ourselves known in the district is word of mouth ie. through our members. We are not only looking for competitive swimmers, we would also like to expand our fitness squad. Fitness is an effective way of cross training during the winter months, and allows you to keep in peak physical condition. The club offers 1, 2 or 3 fitness sessions a week. Please feel free to advise any potential club member to ring Cathryn to discuss any of our programs.

SWIPE CARDS

Waves has brought to our attention that not all members are using their entry cards when entering the pool. If you don't have a card, please talk to the staff at Waves, lost cards need to be replaced for a slight fee.

