



# NEWSLETTER

20 AUGUST 2008



## In this issue:

1. Go Club Breakfast info session at Victorian Age SC Champs
2. New Adult Squads
3. 7 - 10 Eliminations
4. Olivia's Beijing Experience

## AUSTRALIAN UNITY GO CLUB BREAKFAST INFORMATION SESSION AT VICTORIAN AGE SC CHAMPIONSHIPS:

Swimming Victoria are inviting all parents to attend the Australian Unity GO Club breakfast sessions at the up and coming Age Short Course Championships held in the marshalling room in the outdoor pool from 8:45am - 9:45am.

Saturday 6 September 2008: Jacqui Louder

The "ins & outs" of Elite Swimming & becoming an Elite Athlete, focusing on developing all the pieces that contribute to becoming a better athlete

Sunday 7 September 2008: Dr Karen Holzer

Medical Information about common illnesses for swimmers

RSVP: [markp@vic.swimming.org.au](mailto:markp@vic.swimming.org.au) by Friday 5 September 2008

## New Adult Squads

Our program at Korowa Girls School continues to expand. Along with our swim school and junior squads we are now offering Adult squads. Please see the attached [flyer](#) for details.

## 7 - 10 Eliminations

The 7 - 10 Eliminations will be held on 26th October at Bayside Aquatic Centre, Mentone Grammar. [Flyer](#) and [entry form](#) now available (attached to this newsletter).

The top 10 from each event will swim at the finals at MSAC on November 16th. If you are not available to swim at the finals you should not enter this event. Top 10 swimmers will also receive a Finals

T-Shirt, swim cap and sew on patch. These will be distributed on the day. The Engine van will be in attendance and some Engine prizes will be given away to some lucky swimmers.

### **Olivia's Beijing Experience**

Our very own Olivia Larkin has just returned from Beijing where she caught up with some of the Olympic Games. Catch the article of her Olympic Experience at <http://www.swimmingvictoria.org.au/>

### **Melbourne Vicentre Swimming Club**

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