

Hi Orcas,

There's four weeks left of swimming for 2011 and a couple of meets to enter for our competitive members to train hard for!

- **The 5th Club Aggregate, Friday 25th of November**
- **The Diamond Creek Invitational on the 27th of November.** Mill Park entry form. Entries close tomorrow on the 20th of November. This is a good meet and should be finished by Midday at the latest, maybe even earlier. We will have a marquee poolside to cheer on our fellow Orcas!!
- **Important Note!** There will be no training Sunday the 27th Due to the Diamond Creek Invitational
- **Bunning's BBQ, Sunday 04th of December, Mill Park.** IF you can kindly donate a couple of hours to help out at this fund raising opportunity, this would be most appreciated. For more information see Chris Todorov. An attendance sheet is posted on the board at the Mill Park Leisure Centre.
- **Ringwood Sprint Meet, Saturday 10th of December.** Mill Park entry form. I will be accepting entries up until the 25th of November, after this date if you wish to enter you will have to enter online via the Swimming Victoria web site. Entries officially close on the 29th of November.
- **Brand New meet just released! Northcote Encouragement Meet on the 11th of December.** Entries close on the 7th of December. Mill Park entry form.
Northcote is running there inaugural meet & is apart of our district. We are one of the 11 invited clubs that have been asked to attend. Entre is \$4.00 per event.
Note:* Because this meet is new & it may suit members as a better alternative then the Ringwood meet just let me know and I will change it for you. You must let me know by the 25th of November! If members are keen and they wish to do both meets that's fine also.
- **Club Biathlon, Sunday 18th December, Starts 9.30am at the MPLC.** We encourage all members to attend as this is our last event for 2011. An attendance list is posted on the notice board, so make sure you have your name on the list. If your name is not on the list you will not be allowed to participate. There will be no exceptions as we have to pair up the members on the list. Presentations and a BBQ will follow after the Biathlon. This year we will be having the parents swim 50m. It's not compulsory but it will put a lot of smiles on the member's faces! Our members swim 100's of laps all year, all we have to do is 50m so come on and give it ago!!! It's sure to be a lot of fun and we will have the life guards standing by☺.
- **Metro North Scratch Meet. Saturday 21st of January.** I will be accepting entries up until the 18th of December for this meet. This is another meet that we highly recommend entering. It is run in the out door pool at the MSAC and only goes for the morning session.

Getting to know you!

Name: *Mark Tinetti*

Birthday: *February 21 1995 (16)*

Brother/Sister at Swimming: *Kelly (14)*

School & Year: *Penola College, Year 11*

How long have you been doing competitive swimming: *Since I was 11 years old*

Favourite events: *50 Fly, 200 IM*

Least Favourite events: *100 Breaststroke!*

What else do you like about swimming: *Training with the other members, it's a good club, we all get along well!*

Favourite Athlete/Sports person's: *David Bellis 'no Mark, really' ok: Michael Phelps*

Favourite Singer/Band: *Linkin Park!*

Favourite Food: *Pizza*

Least Favourite Food: *Brussel Sprouts*

Other interests/Hobbies: *Basketball, Video games*

Athletic/Sporting/Academic Achievements: *Getting the Bar to Gold proficiency level!*

What do you want to do when you finish school: *Study Law*



Mark Tinetti has been an integral part of the MPSC for many years. This year Mark claimed the Bar to Gold Proficiency which has put him up with the best the MPSC has had to offer.



Getting to know you!

Name: *Aneesha & Genneva Smarrelli (Twins)*

Birthday: *November 5 1999 (12)*

Brother or Sister: *Sister: Reannon (7)*

School & Year: *St Francis of Assisi, Mill Park, Grade 6*

How long have you been doing competitive swimming: *Since March 2011*

Favourite events: *Aneesha: Relays, 50 & 100m Breaststroke & 50 & 100m Freestyle Genneva: 50 & 100m Breaststroke*

Least Favourite events: *Aneesha: Butterfly! Genneva: Butterfly!!!*

What else do you like about swimming: *Aneesha: I like training & its fun & I've made some good friends. Genneva: Learning new techniques.*

Favourite Athlete/Sports person's: *Aneesha: Stephanie Rice. Genneva: Stephanie Rice*

Favourite Singer/Band: *Aneesha: Lady GaGa, Genneva: Jessie J*

Favourite Food: *Aneesha: Pasta, Genneva: Pasta*

Least Favourite Food: *Aneesha: Pumpkin, Genneva: Pumpkin*

Other interests/Hobbies: *Aneesha: Cheer leading, Basketball, Netball & Volleyball, Genneva: Dancing, Volleyball & Basketball*

Athletic/Sporting/Academic Achievements: *Aneesha: Being in the Mill Park Freestyle Relay State Team & achieving the Silver proficiency level. Genneva: I haven't quite ticked the box yet but I'm working on it. Probably the Gold medal at the Yarra plenty Invitational in Breaststroke & The Bronze Star Proficiency level.*

What do you want to do when you finish school: *Aneesha: Personal Trainer or Something to do with swimming? Genneva: Sports Coach, Clothing Designer*

Aneesha & Genneva started swimming at Aquastyle swim school at the age of 4 and came to the MPSC in March 2011. Both members have competed in a number of competitions this year as well as collecting medals and ribbon's at these meets. Both love competing & supporting there club mates. Aneesha & Genneva have both been admired members by there commitment and desire to improve by regularly turning up to training.



Aneesha & Genneva



Aneesha



Genneva

At the last **Proficiency on October 23rd** we had an amazing club attendance with many members achieving there proficiency levels. This was also noted at the Metro North Delegates meeting with MPSC large attendance. For those members that did not achieve there proficiency you have another chance next March on the 25th. There was not a lot in it as some members just missing out by milliseconds and a couple by technical default. All members that participated should be proud of their efforts regardless of the results as all had trained hard for this meet. Well done!!

At the **North v East and Victorian 7-10 Metro Competition** in early November our members performed well yet again taking considerable time of all there strokes they qualified for. Excellent!

We will be distributing the January (New Year) **Holiday Training** program very shortly. For members who wish to jot down in their calendar when training will commence in 2012, Sunday the 15th January 10.30 – 12.00pm. First squad lessons for 2012 will start on 31st January 2012. Please check training times on the Holiday program that will be distributed shortly.

We would like to thank all our members in supporting the **Club Training Sessions** on Friday & Sunday. The Coaches more satisfied that they are giving more attention to all swimmers in both groups instead of an over crowded pool situation which was not manageable.

We wish all the club members that have qualified for the **Victorian LC Age & Open Championships** all the very best of luck!

Kind regards,

Craig Chapman

Team Manager /MILL PARK SWIM CLUB Inc