

# PRESTON RESERVOIR SWIMMING CLUB NEWSLETTER

May 2017



## OUR COACHES

Catia Pierotti

(Head Coach)

Nicole Lucchesi

Annabelle Stray

Pailene Lim

Molly Cooper

Michael Natalizio

Michael McHugh

## FROM OUR CLUB PRESIDENT

Term 2 is flying by and it has been a busy time for Preston Reservoir Swimming Club. We have had seven new swimmers join the club this term so I'd like to wish them all a big welcome. We also have had three new coaches who are past or present swimmers for the Club start work this term. We welcome Michael N, Molly, Pailene and Michael McH to our coaching team, they have all started coaching a Junior squad with the support of our more experienced coaches Nicole, Annabelle, and Head Coach Catia.

In Term 1 we sent out a satisfaction survey to all the past and present club members. Thanks to those families who took the time to fill out our survey. The results have been analysed and we were really pleased with the overall satisfaction of our coaching team, facilities and Committee. We are trying to be more responsive to email correspondence and the Committee will look at other recommendations that the survey highlighted. We encourage feedback at all times and please don't hesitate to approach your child's coach or email the Club.

The Annual General Meeting is coming up and we would love new members to join us in the management of the Club. No experience is necessary, just a willingness to join our volunteer Committee of Management and help support your child and other families. We meet once a month and try to share the tasks between us. At present the Club is developing our Child Safe Policy and ensuring that we are following the Swim Victoria and Swimming Australia guidelines. We are also building networks with local Swimming Schools and Primary Schools in the area to ensure the future growth of the Club.

I look forward to seeing you at a Swim Comp. soon or at our Intra Club Meet coming up in June. We hope this competition gives all our new swimmers the opportunity to swim in a familiar pool with race like conditions, a great experience for future competitions.

Clare Harris-Fatouris



*Club Merchandise contact  
Penny De Luca 0413015967*

## IMPORTANT DATES 2017

Term 2 Training:

Monday 17<sup>th</sup> April –

Saturday 1<sup>st</sup> July

## REMINDERS

Bring a water bottle to every session

Arrive 5 mins before the start of stretches

Swim caps compulsory

## MEET THE NEW PRSC COACHING STAFF FOR 2017

We would like to welcome Michael Natalizio, Pailene Lim, Molly Cooper and Michael Mc Hugh to the PRSC coaching team. Find out more about some of the new coaches via their profiles below.



### MICHAEL NATALIZIO

Michael is studying Bachelor of Engineering (Hons) and Bachelor of Commerce at Monash Uni Clayton. He swam when he was younger and has been swimming at PRSC for 3 years. His favourite swimming strokes is breaststroke and his favourite event is the 50 m breaststroke and 200 m medley. He rates Michael Phelps as the best swimmer ever and outside swimming also enjoys playing video games.

### PAILENE LIM

Pailene is studying Year 12 at OLMC with Molly. She has been swimming since she was 4 or 5 and continues to swim at PRSC. Pailene's favourite swimming strokes are freestyle and butterfly and her favourite event is definitely the 50 m fly. Pailene rates Stephanie Rice and Mack Horton as the best swimmers ever and outside swimming she likes reading, science and music. She plays the alto and baritone saxophone at school and her favourite book series is Harry Potter.

### MOLLY COOPER

Molly is currently doing Year 12 at OLM with Pailene, she coaches the Tuesday night Juniors. She started swimming when she was 3, when according to her mum, she screamed and cried for the entire first lesson. Thankfully, she grew to enjoy swimming very soon afterwards. Molly swam with PRSC from age 9-15 and especially enjoyed swimming in the Winter Interclub at MSAC with her friends. Her favourite stroke is backstroke and her favourite event is the 50 m free or any relay. Outside of swimming Molly enjoys reading, especially classics and historical novels. Molly also enjoys music as well as being a general music fan she also plays piano, trombone and occasionally attempts to play the guitar.

## FEEDBACK

Your feedback is important to us. Let us know what is working well for you and what we could improve via the club gmail account:

[prestonreservoirswimmingclub@gmail.com](mailto:prestonreservoirswimmingclub@gmail.com)

---

### *Put these Dates in the Calendar*

---

### SUNDAY 28<sup>TH</sup> MAY, 23<sup>RD</sup> JULY, 13<sup>TH</sup> AUGUST

Metro North Aggregates at Watermarc 4.30 pm start

### FRIDAY 16<sup>TH</sup> JUNE

PRSC Intra Club Meet come and join a fun competition with your swimming buddies RSVP 2<sup>nd</sup> June

## MILL PARK ENCOURAGEMENT MEET

Congratulations to all swimmers who participated in the Mill Park meet in late April. PRSC did very well, placing 6<sup>th</sup> overall out of 22 clubs!

Thanks also to the Senior swimmers who assisted on the day with timing our swimmers.



## REMINDER SWIMMING VICTORIA NEW GUIDELINES FOR BATHERS AT COMPETITIONS

Swimming Victoria have implemented a new rule regarding the type of bathers 11/under swimmers can wear at competitions. From 1st July 2017, **swimmers aged 11 years old or younger are NOT allowed to wear knee-length "racing style" bathers at competitions.** Please note that trunk style bathers, aqua short type cuts and mid high lengths bathers are allowed.

If you would like clarification regarding this new rule, please contact the club via email or speak to you child's coach at training.

# INAUGURAL PRSC INTRA CLUB MEET

**PRESTON RESERVOIR**



**SWIMMING CLUB**

## Friday 16th June

6.45pm races start 7pm  
La Trobe University Pool  
Entry fee \$10.00 per swimmer

Open to all junior, inter & seniors (comp & non comp)

Events: 50m fly, back, free, breast and relays.  
All events grouped by age and gender.  
RSVP the club email by 2nd June.

This is a great chance to compete in a friendly club environment and have some fun with your friends. Plus sausage sizzle—buy a sausage and support the club.