

Happy new year!

Welcome to the first club newsletter.

We will email these out monthly and post online to keep everyone up to date. Send any news or photos you would like included to Rhyl.

COMING UP... mark your diaries...

2010 membership	QAL and AUSSI Masters Qld membership expires on 31 Dec 2009	Register online NOW http://aldmastersswimming.org.au/index.php
Saturday 23 January	Sommerville House Swim Carnival South Brisbane	Entries close 13 January Enter online through Aqualicious website
** NEW DATE ** Saturday 20 February	Aqualicious 3rd annual Pool Party Centenary pool	Buy tickets online or at venues www.aqualicious.com.au
12-14 th March	State Shortcourse Championships Cairns	Entries close 12 February 2010. See your Committee about entering

AND THE TROPHY GOES TO....

The Aqualicious Award Winners for 2009 were presented at the Christmas party. Well done to.....

Coach's Award Male	Kevin Spencer
Coach's Award Female	Sharon Forrest
Male Swimmer	Mike Silke
Female Swimmer	Kellie Griffiths
Club Person Of The Year	Lindsay Nutley
Butterfly Swimmer	Mike Silke
Backstroke Swimmer	Ken Koh
Female Breaststroke Swimmer	Megan McLachlan
Male Breaststroke Swimmer	Paul Cunningham
Individual Medley Swimmer	Stephen Miller

THE AQUALICIOUS COMMITTEE

A big thank you to: Ken Koh, Kellie Griffiths and Blair Martin as outgoing committee members, for all of their hard work for the club over the years. The new committee was voted in at the November AGM.

Committee Meetings and contacts

We value your input and energy. If you would like to raise any club issues/ideas/business, please see the committee members so your input can be taken to the meetings. The committee meets monthly on these dates:

16 January 13 February 6 March 2010.

President	Ivan Salhus	president@aqualicious.com.au
Vice Pres	Rhyl Jones McCoy	qal@aqualicious.com.au
Secretary	Kevin Spencer	secretary@aqualicious.com.au
Registrar	Neil Morrison	registrar@aqualicious.com.au
Treasurer	Nathan Brett	nathanbrett001@yahoo.com.au

Phone 0477 127130 Email qal@aqualicious.com.au

FROM THE PRESIDENT – Ivan Salhus

Happy New Year to all.

A big thankyou goes out to all volunteers for their contributions to the club last year. Especially those involved in events such as the Pool Party, Christmas Party and Swim Camp, as well as the various community grants applications and policies. As we are a community organisation, everyone is short on time and we are appreciative of anyone who donates their time to help us out.

Hopefully 2010 is a great year, for you and for Aqualicious! We can only achieve through your efforts!!!

FROM THE SOCIAL COMMITTEE

Each Thursday night dinner after swimming 7:30pm members are invited to an informal dinner and drink. Ask people on the night for venue information.



THE 10 WEEK CHALLENGE RESULTS

Also known as Aqualicious fat busters, Lawrie set us the challenge to increase fitness and lose some kgs over 10 weeks. Trish King, Scientific Officer at the Queensland Academy of Sport said the team's results were "Very impressive!"

Overall the group lost a total of 279 mm from their seven sites and 33.05 kilograms. The biggest absolute loser was Megan McLachlan with 46.7mm (22.06% change). The biggest percentage loss was by Anthony West with 33.8mm (31.95% - that's a third of his total skinfolds!).

FROM THE HEAD COACH - Lawrie Fabian

Hi Chlorine Heads
 Welcome back to training. It is terrific to see so many of you back and keen to train well.
 We will welcome back Trudee next Thursday to pool deck, after the birth of sweet Kody James. Trudee has an amazing background as a world class swimmer, so if you have any questions about swimming, your preparation or any aspect of training, please ask her.



Congratulations to Trudy and Luke.
 Welcome to a cute little Kody James Stafford.

2010 has the potential to be a milestone year for the Aqualicious Swim Team. As many of you know, we are the current State Shortcourse Champions. I would really like for us to defend our title this coming March in Cairns. It will be a tough ask!
 We will need as many of our members as possible to make the effort to get to Cairns and enter their six events.....and SWIM their six events. If we can get all on board, then we will have a great chance of defending the title.

I give you a guarantee, that if you make a commitment to compete in Cairns, and attend as many training sessions per week that you can, Trudee and I will ensure that you will be in the best possible condition to compete well and create a number of PB's. There are 9 weeks until the State C'ships, 36 training sessions!
 Your swim committee are doing their best to support as many of us as possible to compete. Our Team Manager is Darren Hocking (Dazzle) and has found some terrific accommodation which the Committee will tell you about soon.

There are quite a few new swimmers who have joined us recently. Welcome them and show them the spirit of generosity and goodwill for which we are known.

Keep following the black line. Lawrie

AQUALICIOUS SWIMWEAR - ORDER NOW



Aqualicians model swimwear after completing the 1km Noosa ocean swim, November 2009

We want everyone swimming in Aqualicious swimwear in Cairns! Despite many long discussions, the committee has decided to stay with the same swimwear as many people have these already. We will survey you all for input to the 2011 swimwear range. Check out the swimwear range around the pool decks.

You can order online from late January
 Orders will be through the Aqualicious website.
 Sizing, designs and pricing will all be listed.

AQUALICIOUS
BRISBANE AUSTRALIA
 Targeted Meets Calendar 2010

24 January	Sommerville House Short Course
12-14 March	State Short Course Championships Cairns
27th March Saturday	Mooloolaba Ocean Swim 1km M shaped swim off Mooloolaba beach
15 May	Noosa Challengers Long Course
22 May Saturday	2km Noosa Blue Water Ocean Swim 1km Ocean Swim
21 August	Valley Pool Short Course
29 October Friday	Eyeline 1000 Noosa Ocean Swim 1km M shaped 4.30pm start
30 October	Chandler Long Course
11-13 November	Pan Pacific Games Miami
14 November	State Open Water Championships

INCREASE IN SQUAD PASSES

All squad passes at the pool have gone up - the 10 session squad pass is now \$112.50

POOL PARTY NEWS

The Pool party date is now **Saturday 20 February**

- * We will need volunteers to sell tickets in venues –offer your services to Lindsay
- * All swimmers will need to sell 5 tickets each
- * Volunteers required on the night

Keep your eye on email updates coming soon.

CLUB BANK ACCOUNT DETAILS

Aqualicious Aussi Masters Swimming
 Club Incorporated

ANZ Bank
BSB 014 218
Account 2577 49439

If you're transferring funds, don't forget to enter your surname and let the treasurer know!