



### Technique Workshop

The first Powerpoints Technique Workshop at MSAC was on Sunday, October 26; an initiative of our Head Coach, Brenton Ford.

Twenty-one swimmers attended, all eager to improve their stroke. Swimmers watched a video and then later practised drills in the water under Brenton's guidance.

A second workshop is scheduled for Sunday, November 9, starting at 10am and finishing at approx. 12:15pm. Swimmers will again meet outside the outdoor pool marshalling room at MSAC.

All registered Powerpoints members are welcome. The video content will be different but it will be designed to benefit all swimmers, whether or not they attended the first workshop.

### Presentation Evening

**Saturday 6<sup>th</sup> December 2008**

Tuk Tuk Thai Restaurant  
205 Swan Street, Richmond.  
Dinner 7pm. Party after!  
\$50 per person - please pay now.  
Email Archer your booking details.

### Committee news

There was no committee meeting in October, but there are a few things worth mentioning!

- Thanks Anton for organising the new card system so well.
- Thanks to Marijke for registering 12 new members in the past month, and doing this with the new AUSSI database.
- Jobst S, Michael R, Lindsay C, Liz G, Archer T, and many of the junior H20 swimmers, all raised money during Anita's Swimathon.

### Uniform Day

Saturday 18<sup>th</sup> October

Thanks to Deb Adams for bringing down all the club gear to MSAC on Saturday morning.

Please contact Deb if you would like to order any of the club gear. We have available: bathers, hats, towels, caps, jackets, hoodies, t-shirts, etc.

There will be a new t-shirt in 2009, please contact Liz Gosper if you would like to place an order.

Deb – 0417 371 812 & Liz – 0418 505 783

Deb Adams  
working hard at  
MSAC.



### Movie afternoon Sunday 12<sup>th</sup> October

The 'usual' crowd turned up to see an inspirational film called "Young@Heart". No more complaining about those aching bones! A group of elderly people get together to sing and have fun.

### Upcoming social events

**Kilmore Race Carnival** – 22<sup>nd</sup> Nov – please reply email Archer to book in.

**Presentation Night** – see article above – a must do event not to be missed!

**Torquay Swim** – Sat 17<sup>th</sup> Jan – BBQ at Archer's house in Torquay afterwards.

### **Monthly Club Dinner**

1<sup>st</sup> Thursday  
of the month  
after MSAC  
training.