

Metro East 2017 7-10s Team

Metro East Clubs,

Congratulations on your athletes who qualified for the Metro East 7-10s Team (see attached table).

This team will compete at the 2 meets below:

- North V East 7-10s: Sunday 22 October 2017 at Watermarc Greensborough. This is a “friendly” between Metro East and Metro North for the Ray Goad/ David Cook Trophy which commemorates their involvement in junior swimming in their respective Districts is up for grabs for the team with the highest point score.
- SV 7-10s: Sunday 5 November 2017 @ MSAC

Team Captains: Isabella French (MLC Aquatic) & Ryder Cheesman (Surrey Park)

Team Managers: Peta Barry (Surrey Park) & Megan Rogers (Nunawading)

Head Coach: Aaron Whelan (Nunawading)

In order to make the team a more cohesive and organised team Metro East has appointed a head coach to oversee the team. The role is to help the club coaches that attend and ensure the athletes are ready to race at their best. It is also a chance for younger coaches to be mentored by experienced coaches. If clubs are unable to send coaches to either meet, the head coach will also look after these athletes.

We also ask that the coaches work together as a team, especially when it comes to the relays. The Head Coach will require the club coaches to have their swimmers involved in relays ready and together before the relay teams marshal.

The Swimmers on the team will each receive an email with their events & relays and other instructions for the day. Please remind swimmers to know what events they will be swimming (due to several swimmers being unable to swim at the North V East Meet, the teams are different to the teams for the SV 7-10s).

Time Keeper Roster

Club	No.
Nunawading Swimming Club Inc	10
Mlc Aquatic	2
Ringwood Swimming Club Inc	2
Surrey Park Swimming Club	1
Total	15

Metro East asks the clubs to do the following:

- 1) If you are unable to send a coach to either or both of the meets please email east.meets@hotmail.com so the head coach can look after those swimmers
- 2) Remind their athletes to remember which events & relay teams they are in.
- 3) Organise their time keepers ahead of time.

This meet has no bearing on the competitor's entry to the Metro 7-10's competition at MSAC on November 5. That is, the placings at this meet do not alter a swimmers' eligibility to participate at the Metro 7-10's.

Congratulations on your athletes selection on the team, we look forward to their successful swims in the coming month.

Regards
Metro East Competitions Committee

Team	Name	Age Group	Gender	Back stroke	Breast stroke	Butterfly	Freestyle	Total	Nth Vs East 22nd Oct 17	MSAC 5th Nov 17
Boronia Amateur Swimming & Lif	Penney, Samuel	8	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Cggs Aquatic Inc.	Ashdown Moore, Chase	8	Boys	Yes			Yes	2	Yes	Yes
Cggs Aquatic Inc.	Ashdown Moore, Blake	10	Boys		Yes	Yes		2	Yes	Yes
GenAquatic Swimming Club	Czech Seidel, Liika	9	Girls	Yes	Yes	Yes	Yes	4		Yes
Hawthorn Swimming Club Incontro	James, Audrey	10	Girls	Yes	Yes		Yes	3		Yes
Kew Swimming Club	Guthridge, Paige	8	Girls	Yes			Yes	2	Yes	Yes
Kew Swimming Club	Cran, Hugh	10	Boys	Yes	Yes	Yes	Yes	4		Yes
Kew Swimming Club	Watkins, Will	10	Boys	Yes	Yes	Yes		3	Yes	Yes
Kew Swimming Club	Lewena, Kate	10	Girls		Yes	Yes		2		Yes
Lilydale Swimming Club Inc	Faulkner, Kailey	8	Girls	Yes	Yes		Yes	3	Yes	Yes
Mis Swimming Club Inc.	Kim, Minyong	9	Boys		Yes		Yes	2	Yes	Yes
Mis Swimming Club Inc.	Lyu, Damon	9	Boys		Yes		Yes	2	Yes	Yes
Mis Swimming Club Inc.	Chung, Ryan	10	Boys			Yes	Yes	2	Yes	Yes
Mis Swimming Club Inc.	Lee, Joowon	10	Boys			Yes	Yes	2	Yes	Yes
Mis Swimming Club Inc.	Zheng, Bryan	10	Boys	Yes	Yes		Yes	3	Yes	Yes
Mlc Aquatic	Xie, George	8	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Mlc Aquatic	Sullivan, Ophelia	8	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Mlc Aquatic	Leeton, Bart	9	Boys			Yes	Yes	2	Yes	Yes
Mlc Aquatic	Leeton, Nicholas	9	Boys	Yes		Yes		2	Yes	Yes
Mlc Aquatic	Stokmanis Hall, Isobelle	9	Girls	Yes		Yes	Yes	3	Yes	Yes
Mlc Aquatic	Hennessy, Hugo	10	Boys	Yes				1	Yes	Yes
Mlc Aquatic	Hepburn, Darcy	10	Boys		Yes			1	Yes	Yes
Mlc Aquatic	French, Isabella	10	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Monbulk Aquatic Club	Wheeler, Madison	7	Girls	Yes			Yes	2	Yes	Yes
Nunawading Swimming Club Inc	Dawson, Connor	7	Boys	Yes	Yes		Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Hsu, Adam	7	Boys	Yes			Yes	2	Yes	Yes
Nunawading Swimming Club Inc	Xu, Harold	7	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Harrington, Zara	7	Girls	Yes	Yes		Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Liu, Olivia	7	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Wu, Emily	7	Girls	Yes	Yes		Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Gee, Lewis	8	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Geisler, Sanaa	8	Boys	Yes	Yes	Yes	Yes	4		Yes
Nunawading Swimming Club Inc	Liang, Kevin	8	Boys	Yes	Yes		Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Martin, Ryan	8	Boys	Yes	Yes			2		Yes
Nunawading Swimming Club Inc	Rodbard-Bean, Hector	8	Boys		Yes	Yes	Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Wu, Hyuga	8	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Zhang, Melvin	8	Boys	Yes	Yes	Yes	Yes	4		Yes
Nunawading Swimming Club Inc	Dobradi, Kira	8	Girls		Yes		Yes	2	Yes	Yes
Nunawading Swimming Club Inc	Ella, Yu	8	Girls	Yes			Yes	2	Yes	Yes
Nunawading Swimming Club Inc	Giri, Jacinta	8	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Lane, Trinity	8	Girls	Yes	Yes		Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Luong, Amelia	8	Girls	Yes	Yes		Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Maxa, Abby	8	Girls		Yes			1	Yes	Yes
Nunawading Swimming Club Inc	Menelaws, Evelyn	8	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Chan, Lucas	9	Boys	Yes				1	Yes	Yes
Nunawading Swimming Club Inc	Chen, Evan	9	Boys		Yes	Yes	Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Heath, Harry	9	Boys	Yes	Yes	Yes	Yes	4		Yes
Nunawading Swimming Club Inc	Huang, Kevin	9	Boys	Yes		Yes	Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Jones, Jack	9	Boys	Yes	Yes			2	Yes	Yes
Nunawading Swimming Club Inc	Li, Oscar	9	Boys		Yes	Yes		2	Yes	Yes
Nunawading Swimming Club Inc	Pollard, Joel	9	Boys	Yes		Yes	Yes	3		Yes
Nunawading Swimming Club Inc	Rodbard-Bean, Nathaniel	9	Boys	Yes	Yes			2	Yes	Yes
Nunawading Swimming Club Inc	Ronnholm, Brendan	9	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Shen, Ric	9	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Clark, Aleisha	9	Girls	Yes			Yes	2	Yes	Yes
Nunawading Swimming Club Inc	Hardie, Tiana	9	Girls	Yes		Yes	Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Harrington, Mia	9	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Koch, Lily	9	Girls		Yes	Yes		2	Yes	Yes
Nunawading Swimming Club Inc	Lam, Tiffany	9	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Ma, Olivia	9	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Rogers, Camryn	9	Girls		Yes		Yes	2	Yes	Yes
Nunawading Swimming Club Inc	White, Sahlia	9	Girls	Yes	Yes	Yes		3	Yes	Yes
Nunawading Swimming Club Inc	Wierzbowski, Sasha	9	Girls		Yes			1	Yes	Yes
Nunawading Swimming Club Inc	Conn, Noah	10	Boys		Yes			1	Yes	Yes
Nunawading Swimming Club Inc	Cox, Logan	10	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Crichton, Daniel	10	Boys	Yes			Yes	2		Yes
Nunawading Swimming Club Inc	He, Eric	10	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Ward, Hudson	10	Boys	Yes	Yes		Yes	3		Yes
Nunawading Swimming Club Inc	White, Thomas	10	Boys			Yes	Yes	2	Yes	Yes
Nunawading Swimming Club Inc	Arnberger, Mia	10	Girls	Yes		Yes	Yes	3		Yes
Nunawading Swimming Club Inc	Bartlett, Olivia	10	Girls	Yes		Yes		2		Yes
Nunawading Swimming Club Inc	Jansen, Aislinn	10	Girls		Yes			1	Yes	Yes
Nunawading Swimming Club Inc	Liu, Angela	10	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Nunawading Swimming Club Inc	Martin, Alyssa	10	Girls		Yes		Yes	2		Yes
Nunawading Swimming Club Inc	Merrilees, Charlotte	10	Girls				Yes	1	Yes	Yes
Nunawading Swimming Club Inc	Reidy, Sienna	10	Girls	Yes	Yes	Yes	Yes	4		Yes
Nunawading Swimming Club Inc	Rogers, Edolie	10	Girls		Yes	Yes	Yes	3	Yes	Yes
Nunawading Swimming Club Inc	Wilson, Jessica	10	Girls	Yes	Yes	Yes		3	Yes	Yes
Plc Aquatic	Doan, Audrey	9	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Ringwood Swimming Club Inc	Geng, Byron	7	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Ringwood Swimming Club Inc	Theophanous-Maddison, Amelie	7	Girls	Yes	Yes		Yes	3	Yes	Yes
Ringwood Swimming Club Inc	Prarom, Tharwin	8	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Ringwood Swimming Club Inc	Doyle, Lucy	8	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Ringwood Swimming Club Inc	Yeoh, Leia	8	Girls	Yes	Yes			2	Yes	Yes
Ringwood Swimming Club Inc	Doyle, Emily	10	Girls	Yes				1	Yes	Yes
Ringwood Swimming Club Inc	Shen, Nicole	10	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Surrey Park Swimming Club	Swindale, Zoe	7	Girls	Yes	Yes		Yes	3	Yes	Yes
Surrey Park Swimming Club	Miller, Lewis	9	Boys				Yes	1	Yes	Yes
Surrey Park Swimming Club	Cheesman, Kendra	9	Girls	Yes	Yes	Yes	Yes	4	Yes	Yes
Surrey Park Swimming Club	Cheesman, Ryder	10	Boys	Yes	Yes	Yes	Yes	4	Yes	Yes
Surrey Park Swimming Club	Yu, Chauncey	10	Boys	Yes		Yes		2	Yes	Yes
Swe Stars Swimming Club Inc.	Bendschneider, Damon	9	Boys	Yes	Yes	Yes		3	Yes	Yes
Swe Stars Swimming Club Inc.	Watts, Sophie	10	Girls	Yes		Yes	Yes	3	Yes	Yes