



MER Wave



January 2023

MER Wave is back. We are hoping to produce a quarterly newsletter and encourage athletes, coaches, volunteers and carers to submit articles and ideas they feel or found helpful making their experience at MER a positive and fore filling one.

You will find articles from your Vice President, along with important dates, links to training calendars, a reflection on the year that was with some lows but mostly highs as we come out of the covid to what now is the norm.

Editor, Sue Hartley

Important Dates

AGM is Monday 6th February 2023 @ 7.30pm
Knox Italian Club Karoo Road Rowville. We would love to see you there

All athletes, volunteers and coaches should have completed their registration for 2023. If you need assistance or haven't received an email. Please drop us a line

MER Aquatic Inter Club Saturday 4th March
Knox Leisureworks

State games 1st and 2nd July

- Athletes must be registered in 2023
- Athlete must have competed in a club game within the past 12 months (National games is not counted)
- Athlete must also be competent to compete in the sport

More information shortly



Vice President Message

A look at 2022 and what's next.... What a year it was, ups and downs, and finally freedom and back at training for all sports, with interclub and State games, most of all preparations for the selected athletes that attended the National Games in Launceston Tasmania October 2022.

A great loss to MER during the year as we said goodbye to our much-loved Chairperson Jane Glaisher, Jane was the pillar for MER, always ready to help in any way, personally I have missed Jane so much as we were building a great MER Team, with new faces and great people in the leadership team, as well as new coaches and Athlete's leaders and athletes. Jane will always be remembered at MER.

The National games in Launceston were fantastic, our teams did their best, had a good time and many medals were won, so many happy athletes, congratulations to all and to our two MER athletes Justin and Samantha attending the World games in Germany 2023. 2023 is shaping up to be a great year for SOA, with new inclusion all ability programs to help us recruit many more athletes in all sports, Interclub, State games and World games. New programs will be unveiled in the new year for all athletes, coaches and volunteers. Please check all the sports training schedules for 2023, let's make sure we attend all sessions weekly or fortnightly, especially our world games athletes ensuring they are well prepared for the trip to Germany.

A big thanks to our Leadership team, our Coaches, our Athletes' leaders and all our volunteers for their time, their support and for all the hard work they put in during the year. To our athletes... always be proud and happy of what you do, you are all special, ask for help when needed, be ready for the year ahead with a great and positive attitude, praise your fellow athletes, help each other on and off the courts at training and at games, most of all ENJOY and have fun in your sport! Please make sure that you pay your membership fees and have you up to date medical by February, if you are not registered by mid February you will not be able to attend any training. Look after each other as we are a big MER family. Wishing you all a fantastic, happy and safe 2023.

Keep smiling, it's addictive



Michael Migliaccio ViceChair & Bocce coach

Sports Report

Thank you to all our athletes, coaches and volunteers for a wonderful year of sport in 2022. The club was busy with all sports returning and participating in:

- Weekly training sessions
- Interclub tournaments
- State Games at Casey in April
- Qualification for Team VIC
- Team VIC at the National Games in Launceston

It was wonderful to attend these events and see the joy and pleasure of our athletes competing and having fun, striving and achieving their personal goals and meeting and making new connections and friendships.

The club continues to miss our past chair Jane and she will be remembered by all very fondly for all her great effort, friendship and guidance! (and of course her bright red lipstick!)

All our sports would not be able to continue without the time and effort from all our volunteers and coaches – a huge thank you to all for everything you do! It was exciting to welcome new basketball coaches Ilija (coordinator as well), Peter and Shaun as well as Emma in swimming.

We thanked Helen Sullivan for over 30 years of commitment to Special Olympics and Melbourne Eastern Ranges and wish her good health and happiness in this next chapter.

It has been wonderful to welcome Ferntree Gully Tennis Club as an affiliate to our club providing an All Abilities Tennis program each week for MER athletes as well as participants in the community. This program will only continue to grow in 2023!

Tommy @ Fitlife welcomed MER athletes for boxing and fitness training sessions and we look forward to continuing this program in 2023.

Tina @ Viva La Dance provides monthly dance/disco parties for our athletes to attend and we hope you all take the time to let your hair down and have a dance at one of these parties in 2023!

Mike @ Smash Performance Academy welcomed Tim for athletics training and looking forward to more opportunities in 2023.

As for 2023, I am excited to continue working with our club providing sporting opportunities to all. With the World Games in June the club will be busy fundraising and providing activities for all to participate in. Congratulations to Justin and Sam for selection!

I would like to establish links to a netball program for our interested athletes; further enhance our current programs with dedicated volunteers and coaches as well as create more links to our community and in particular special schools to provide opportunities for more athletes to join our great club!

Looking forward to seeing you all soon!

Warm regards

Theodora (MER Sports Coordinator)

SPORTS ARE BACK FOR 2023



Athletics Knox

Date to be advised



Aquatics at Knox Leisureworks

Weekly commencing Sunday 29th January (check your session with your coach)



Basketball at Nunawading Basketball

Stadium Weekly commencing Sunday February 5th from 1-3pm.



Bocce at Knox Italian Community

Club, 99 Karoo Road Rowville

Commencing Friday February 3rd at 6.30pm

weekly until the end of March.

Fortnightly April until the end of September



Tennis

In conjunction with All Abilities Ferntree Gully Tennis Club

Weekly commencing Thursday February 2nd

5.30-6.30pm



Ten Pin Bowling at Chirnside Park

Oz Bowl weekly commencing Saturday 14th

January 9am start

All training schedules are available from your coaches, sport coordinator or can be accessed on our website.

National Basketballers hit the courts.



SOA NATIONAL GAMES 2022



Athletics Athlete – Timothy Chaplin

Aquatics Athletes – Daniel Hartley, Francesca (Frankie) Broley, Justin Williams, Kylie Wilson, Lisa Gerard

Basketball Athletes - Dominic White, Emily Whateley, Hamish Smart, Jesse Van Senten, Justin Arrowsmith, Matthew Whateley, Samantha Fowler, Samantha Godden, Sarah Marie Laycock, Skye Cameron, Taya Hartshorn

Bocce Athletes -Ben McCormack, Bradley McCullum, Bradley Parratt, James McMullen, Jessica Owers, Kristen Lant, Michael Ross, Samantha Turner, Simon Varey

Ten Pin Bowling Athletes - Jacqui Fraser, Rachel Thorpe, Sarah Chaplin

Thank you to our athletes who represented the Club showing excellent sportsmanship and consideration to others throughout the games. Well done! Three Cheers for our Volunteers

