

COACHES CORNER



'You can't put a limit on anything. The more you dream, the farther you get.'

Michael Phelps

'If you cannot be truthful to yourself, what can you believe in or who can believe you.'

Two quotes this week – One by Michael Phelps, if you dream of it, the more chance of getting there. The second relates to being honest to yourself, the more truthful you are to yourself the more likely you are going to succeed.

We are now well in to our new squad set up and things seem to be going well. The only worry I do have at the moment is the number of competitions swimmers are doing and the amount of training they are missing due to these competitions. There is little I can do about this at the moment, as many swimmers have already entered competitions leading up to December. However, I will look in to competitions for the period after Christmas and set up target meets for January to April. **These will be the only events swimmers will enter.** If swimmers want to enter any other meet, they will need to get prior permission from me before entering.

I do realise that this seems like a dictatorship, however, it is for the benefit of the swimmers. Training to improve is more important than competing every weekend. We don't just go and attend exams at school; we go to school to learn for the exams, which are only confirmation of what we have learnt. The same applies to training and competitions.

We had a good number of swimmers competing over the past few weeks with many swimmers gaining PB's, LC State Times and State Sprint times. Well done to you all.

In 34 swims – 30 LC pb's, 7 State LC times & 1 LC State Sprint time.

PRESIDENTIAL MATTERS...

Well- deserved recognition for all their hard work. Presentations to Phil Jones & Deb Moody at the last Lilydale Club night on the 20th September 2013 from current President Stephen Millar



The current committee of LSC is as follows:

President:	Stephen Millar
Vice President:	Paul Gilling
Vice President:	Jerome Koole
Treasurer:	Graham McLauchlan
Public officer:	Ian Laidler
Competitions:	John Ringer
Uniform officer:	Chris Rafferty
Fundraising:	Robyn Woolcock
Sponsorship:	Stuart Elliott

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Answer to September QON

Sir Francis Joseph Edmund (Frank) Beaurepaire swam in the London olympic games in 1908

Reminder:

Bakers delight dough raiser deal continues – we are DRN 38 available at Mooroolbark & Chirside Park stores.

Useful websites:

www.lilydaleswimclub.org.au
www.swimmingvictoria.org.au
www.metroeastswimming.com.au
www.swimmng.org.au

Question of the newsletter (QON)

We have one member born on Xmas Day – name them.

October 2013

Head Coach: Jay Roberts
Email: lilydalesc@hotmail.com



UP-COMING EVENTS

Targeted Events: Where a coach is in attendance

State Qualifying meets

(Swimmers aiming for State and National qualifying times):

- Saturday November 2nd – Vicentre Classic LC Qualifying Meet. Venue: MSAC indoor pool. (13 & under session closed)
- Sunday November 17th – DVE Qualifying LC Meet. Venue: Watermarc, Greensborough.
- December 14th-19th – Victorian Age LC Championships. Venue: MSAC outdoor pool.

Encouragement Meets

(Junior swimmers & first time competitors):

- Sunday November 3rd – Tigersharks Novice Meet. Venue: Casey ARC, Narre Warren.
- Sunday November 10th – 7-10 Finals (an invitational meet from those swimmers who qualify from October 13th) Venue: MSAC indoor pool.

Any questions on how to enter – don't hesitate to ask!

NOTICE OF GENERAL MEETING

A General Meeting is required in order to vote on amendments to the Lilydale Swim Club Constitution.

Venue: Red Earth Room,
125 Brice Ave, Mooroolbark
Wednesday 13th November 2013.

On the clubs website we have the proposed new constitution and the previous constitution (draft constitution). The committee proposes to adapt the model rules as outlined by Swimming Victoria. All are encouraged to attend.

VIC OPEN WATER CHAMPS



Hazelwood October 12 & 13

On Saturday we travelled down to Traralgon to compete in the Open Water Championships. I competed in the 1km event, Michael Rafferty competed in the 2.5 km event and on Sunday Matt competed in the 5km event. We arrived early and it was a beautiful day. Firstly we registered and got our number stamped all over our arms and back and also got our timing band. After that I went and participated in the JX Clinic which was for the 12/U's. That was really good. They talked about drafting off other swimmers and how to go around buoys. After that we all got into the water and put it all into practice which was fun. Then it was time for lunch, a little rest and then our events. Michael was the first to set off for the 2.5 km event. It was one big lap of the lake. He did really well and came 10th in the 13-15 Male category, in a time of 47.33.

I came 3rd in the 12/U female category in the 1 km event in a time of 17.23. On Sunday the weather wasn't so great and the organizers changed the course of the 5 km event. Instead of 2 big laps of the lake, Matt had to do 4 smaller laps. He did really well and came 3rd in 17-18 male category in a time of 1 hour 5 minutes and 2 seconds, which was great.



By Kimberley Gilling (NS)

Thanks to Michelle for the pictures.

LSC INVITATIONAL MEET

On Wednesday 16th October LSC hosted this meet. Thirty four swimmers from LSC, Croydon Swim Club, Mount Evelyn Swim School & Kings Swim School swam in 25 metre and 50 metre events in all four strokes. There were lots of smiles and fun to be had. Many thanks to everyone associated with making it a successful introduction to swimming racing.



SWIMMING REPORT

The Doncaster/Templestowe Swim Club Encouragement Meet was held on Sunday 20th October. Four members of our club partook in this event - Sarah Falkingham, Elliot Varas, Ashleigh Dowling and Fletcher Phillips. The pool was outdoors, and families spectated from the grass surrounding the pool. Fortunately, the sun shone throughout the whole day - the weather couldn't have been any better.

Medals were awarded to first, second and third place getters. Sarah received two second place medals, and Fletcher received a second and third. Ashleigh and Elliot managed to swim a personal best in all their events. It was an extremely enjoyable day.

By Ashleigh Dowling (JX squad)

RESULTS

CLUB NIGHTS

(5:00pm warm up):

Our next club nights for LSC are on the following Fridays:

Friday Nov 15
Friday Dec 6
Friday Jan 31

All are encouraged to attend



Many happy returns to those celebrating in November:

Tiarne Moody	Bree Goodwin
Bailey Garbett	Torrey Kelly
Indigo Lee	



FUNDRAISING

Thanks to everyone who has taken part in fundraising for the club so far this year.

METRO EASTS 7-10 SELECTION TRIALS

On Sunday the 13th October 2013, six excited LSC swimmers aged from 7-10 years turned up for this meet at Aqualink, Nunawading. Due to unforeseen circumstances the meet was cancelled and rescheduled for Saturday 26th October 2013. Five swimmers attended the rescheduled meet and obtained some impressive results. The swimmers: Kayla-Jane Hor, Tyler Elliott, Hayden Hor, Cade Cavanagh, & Jade Hutchinson all swam well. They swam many personal bests (pb's) and will swim in at least an event each - finishing in the top 10 fastest swimmers in their age group in the district.

- Kayla - Jane posted some great times in each of her events in the 7 year old girls. She was fastest qualifier in the backstroke in her age group and finished 4th in the freestyle.
- Tyler swam two pb's in breaststroke and freestyle. He finished in the top ten in breaststroke and backstroke.
- Hayden tried his hardest and swam two pb's in freestyle and backstroke. In a competitive age group he was top 10 in butterfly.
- Cade swam three pb's. In butterfly he broke 50 seconds for the 50 metres and also improved in backstroke and freestyle. His freestyle time was within 0.02 second of breaking 40 seconds. He qualified for all four events.
- Jade continued to improve times in three out of four events. She shaved 3.73 seconds off her butterfly time, 4.53 seconds off backstroke and 2.81 seconds off her freestyle, qualifying for all four events too.

The five represented Metro East in the next day's Metro North versus Metro East meet held at Watermarc in Greensborough. Metro East won the meet with once again many times being improved and lots of fun being had. They will also represent Metro East in at MSAC on 10th November 2013 for the Metropolitan 7-10 competition.



**Lilydale Swimming Club
Xmas Party**

Date: 8th December 2013

Venue: Silvan Dam, York Rd, Silvan.

When: From 11 am
Lunch at 12.30pm
BBQ meat/vegetarian options available

RSVP on notice board

NEXT ISSUE

More results
Guest reporters
Answer to QON