

IMPORTANT DATES

- ◆ Surrey Park Long Course Meet 23rd October 2010
- ◆ Victorian Long Distance Comp 6th-7th November 2010
- ◆ Nunawading Long Course Meet 20th November 2010
- ◆ December Comp Week 1 November 27-28th and December Comp Week 2 December 4-5th

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SPLASH!

Lilydale Swimming Club News



Coaches Corner

Recently I have spent some time talking to Strength and Conditioning coaches. Something that was a big part of what they had to say is that, too many athletes believe that the warm up starts when you hit the water/court/field of play. Many poor performances can be contributed to by poor training when the athlete has not warmed up properly, not to mention an increased chance of injury.

Just to reinforce the warm up program that has been put in place for all swimmers I will run through the programs and highlight the significance of each.

First component is the swing routine. These activates all the muscles and gets blood flow to the lower extremities and can benefit range of motion. Many swimmers currently under-do their swinging routine by either not holding the exercise long enough, or not challenging their range of motion. Secondly there are some targeted stretches. These stretches target areas that are generally in need of maintenance in swimming. Some

swimmers do have individual exercises to target individual weakness. If you are unsure what extra stretches to do please contact Paul Gilling— Physiotherapist, he is on pool deck Tuesday nights and Saturday arvo's. Stretches can improve posture which can increase efficiency in the water. Time benefits can be from improved reach through the lats, better body position by opening up the chest.

These next steps are for swimmers in Age Development and Junior Xcel-lence Squads. Swimming involves a lot of work using the chest and lats so its important to balance this by strengthening the shoulder and back. The Thera-Band exercises are to do exactly that. They are also coupled with a few body weight exercises that target the traditionally weaker muscles in swimmers.

From a coaching point of view a swimmer who stay's focused and maintains their Warm Up routine can potentially reach their goals a lot quicker, it is my hope to see all sticking to the routine. - Lawrence

Welcome to new members...



Ashley Anderson



Monique Bordignon



Courtney Smyth



Indianna Reynoldson-Ross

We hope you enjoy training , racing and representing the Lilydale Swimming Club. Welcome from us all!



Lilydale Swimming & Lifesaving Club

www.lilydaleswimclub.org.au

MLC Results

At the recent MLC Meet, the Lilydale Swimming Club was the third highest represented Club with 29 swimmers competing.

Australian Open Multi-Class record was broken by Matthew Haanappel 100m Backstroke 1.21.64

Australian Age Multi-Class records were broken by Matthew Haanappel 50 Freestyle 32.40 and 50 Butterfly 35.52

6 Club Records were broken
Daniel Ringer 16 years 100m Butterfly 1.05.63 and
16 years 200m Butterfly 2.28.84

Kimberly Gilling 8&Under 100m Breaststroke 2.02.04
and 8&Under 50m Breaststroke 55.42

Julia Algie 13 years 200m Backstroke 2.47.64
Danielle Alger 14 years 200m Individual Medley
2.43.73

We also had **3 Medalist's**
Jamie McLauchlan 50m Backstroke 2nd Place
Brooke Smith 50m Freestyle 3rd Place

Victorian Open Water Championships

Congratulations to the 12 swimmers that represented our Club on the weekend. It is fair to say that the conditions were terrible with rain, hail and freezing conditions for the open water swim.

None of our swimmers pulled out of the challenge, with the following great results:

In the 1km swim, our club achieved the following age group results:

Hollie Marie Pogorzelski	19.42.4	6th place
Deanne Drury	20.22.3	6th place
Tiarne Moody	22.33.6	19th place



In the 5km swim our age group results were:

Matthew Gilling	1.21.18.0	10th
Danielle Alger	1.29.18.7	20th
Daniel Ringer	1.30.57.9	24th
Asha Puche	1.32.43.1	26th
Jordan Cleyne	1.33.07.3	25th
Chloe Diggins	1.41.55.8	36th

7-10 Selection trials

Last year the LSC had 2 swimmers represent the Club at the 7-10 District Selection trials.

This year the Club had 13 swimmers. LSC had the third most swimmers represented of all Metro East Clubs.

We also achieved great results, with 7 swimmers qualifying for Districts. They were: Indiana Reynoldson-Ross, Xander Reynoldson-Ross, Kimberley Gilling, Ashley Anderson, Lauren Reid, Jamie McLauchlan and Spencer Cleyne and we achieved 95% PB's!! Go Lilydale!

SWAP Program

Our club is working in conjunction with Swim Victoria and the Croydon Aquatic Centre to provide an 8 week swimming program to encourage swimmers to further their swimming experiences.

All of our coaches, Lawrence, Ann and Tyler have coached a group of 5 swimmers ranging from 6 years to 8 years. Swimmers are in the water with their parents and/or carers and our coaches also interact with the swimmers in the water and have been encouraging their confidence and skill development.

Our Team Captain Jordy Cleyne and National Swimmer Matthew Haanappel have also attended to provide assistance and support.



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Swim Victoria 2010 Top 10 Rankings

The final rankings for the Short Course Season for Lilydale Swimming Club are:

Matthew Gilling 7th place 800m Freestyle
Jordy Cleyne 8th Place in the 50m Breaststroke.

Congratulations to these swimmers for placing in the top ten in the State!

From the Committee

Well the highlight for the Committee this month was the Disco! Our ears are still ringing with the music! Our swimmers really (and I mean REALLY!) let their hair down and danced and danced and then danced some more.

Danielle Alger wins the Dancing Queen Award with Ryder Cleyne taking out the 'Smooth Moves Award' for the evening.

Build-A-Block

The diving block has been a very useful tool in our training program and the results can be seen in the improvement of our swimmers racing starts. The Committee plans to have 3 blocks in total, to use in our program, so that swimmers can practice competition race starts in training. The blocks cost approximately \$1,000 each. A substantial amount of our fundraising funds would need to be allocated towards this purchase. So....we have a "Build-A-Block" project to raise \$500 to put towards a new diving block. Families, friends, businesses, anyone, can purchase a piece of the puzzle to build our block. Each piece will cost \$25 and will display the name of the 'donater' on the puzzle piece. When the puzzle is completed we will have raised \$500 towards the cost of a block and we will install it ASAP. If you would like more information on the "Build-A-Block" project or would like to buy a piece/s, please speak to any member of the Committee.

Club Nights

Club nights are due to commence shortly and we encourage all swimmers to join in the fun. Each swimmer will gain points based on their PB's so EVERYONE has the ability to be the next potential Club Champ.

For new parents, this is a great opportunity to get involved and experience firsthand some of the 'official' duties of competitions, such as, timekeeping, marshalling and check starting.

These nights are FUN nights and another way to practice our race strategies!

Thank-You

Thank you to all the parents for their support during this year—it is always very much appreciated.

Without parental support to get swimmers to training, to assist with Committee duties, to help with timekeeping at competitions, to support fundraising and most of all to CHEER, we wouldn't have the Club that we have.

THANK YOU!

from the Committee of Management



Quote for the month:

"Where the heart is willing, it will find a thousand ways. Where it is unwilling, it will find a thousand excuses."
