

# Coaches Corner

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Hi All,  
Another month has passed, though this one saw our swimmers compete at State Age Championships. There were many personal best times achieved and again Lilydale stamped its presence on the competition improving on last year's rankings and performances.  
The first night of States saw the male and female open club records crumble within minutes of each other. We also had our first finalist of the meet with Danielle Alger finishing 10<sup>th</sup> in her 50m freestyle.  
At the Saturday morning session we had Jordan Cleyne and Daniel Ringer qualify for the 200m Breaststroke final. The boys later placed 10<sup>th</sup> and 7<sup>th</sup> recording some vital points for the club.  
The last day there were some tired bodies, but we still managed to finish off with some strong personal best times. The best of which was Daniel Ringers 3 second 200m Butterfly PB that saw him placed 8<sup>th</sup>.  
The end result from the meet was that the club had improved on its ranking of 61<sup>st</sup> last year to 52<sup>nd</sup> this year, an exciting 9 place improvement.



Well done to Kimberly Gilling on her well-earned 3<sup>rd</sup> place at the aggregate meets. Kimberley achieved the 3<sup>rd</sup> highest amount of points which were accumulated over the 2 meet series.

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## A Monthly Insight into the Lilydale Swimming Club

# Splash!!!

### New Era at Lilydale >>>

Want to help out the Club?  
The club is always looking for volunteers whether it is as an official on the committee, or just would like to put your hand up to help out!  
If you're interested in helping out, please email Phil Jones at

[lilydalesc@hotmail.com](mailto:lilydalesc@hotmail.com)

ARTICLES NEEDED ANY ONE

### SHORT COURSE STATE QUALIFIERS>>>

Well done to all the State Qualifiers for both Age and Open States. Below is a list of the swimmers and events that the Club has qualified for.

#### Age States

Jordan Cleyne, 7 swims  
 Daniel Ringer, 8 swims  
 Phillip Windridge, 1 swim  
 Danielle Alger, 9 swims  
 Jasmine Delacy, 4 swims  
 Hollie Pogorzelski, 2 swims  
 Asha Puche, 4 swims  
 Julia Algie, 3 swims  
 Sean Moroney, 1 swim  
 Lenny Krix, 4 swims  
 Matthew Gilling, 1 swim  
 Jarrod Deith, 1 swim  
 Kayla Fall, 1 swim  
**TOTAL 46 swims**

#### Open States

Jordan Cleyne, 6 swims  
 Daniel Ringer, 8 swims  
 Phillip Windridge, 1 swim  
 Danielle Alger, 8 swims  
 Jasmine Delacy, 1 swim  
 Asha Puche, 2 swims  
 Jarrod Deith, 1 swim  
 Julia Aglie, 8 swims  
 Andrew Fisch, 8 swims  
**TOTAL 43 swims**

From last year the club has seen a slight increase in Age group Qualifiers, but a massive 400% increase in Open Qualifiers. I would like to congratulate the swimmers who have made it this season and encourage all others to join them for Long Course. Now the target must be to improve on our rankings and results from last year's meet, which I think all swimmers can be confident in achieving.



## What happens on the bus stays on the bus...

By Vasuki Ambekar

What sane person wakes up at 7 o'clock on a Sunday morning? That's right! The dedicated swimmers of Lilydale Swimming Club do. On the bright early morning of 24th of July, the team that was swimming at Shepparton met at Kilsyth pool, ready to jump on the two hired buses for the next 3 hours to make their way down to the Shepparton Short Course Meet. Nothing much happened on the bus trip there as many of us were still half asleep or like Monish, brought a beanie, gloves and warm clothes to sleep on the bus. Although, some comedic relief was provided in the form of Julia, who suggested we draw a moustache on their half drowsy club captain who later clarified, he is capable of growing one himself. Just give him two weeks.

The bus ride back to the Kilsyth pool was where all the action happened. Singing to old classics, playing truth or dare and a whole lot of screaming and shouting. Firstly the singing. Let's just say that none of us will want to try our hand at a solo career. And yes, Lawrence and Alisha sang along too and I'm sorry to say this Lawrence, but you're not going to be winning Australia's Got Talent anytime soon. Then came the truth or dare. Or more like truth, love or like. And each question was the same. Who is or was your love interest. We pretend to give you a choice, but really you don't have one. Then the photos from the day. The best photo was definitely the one of Phil and Jarrod. Who knows what they were up to. All in all it was a very interesting and unique bus trip to say the least. But I'm sure everyone enjoyed it. I know I did.

Oh! By the way we did go to Shepparton for a swim meet. And all the swimmers did an excellent job! There were many PB's and it was a great day of racing. A few of our swimmers got medals so congratulations to them and an overall well done to everyone who participated

### HOW TO OVERCOME PAIN

### Tip no.4 >>>

One of the greatest abilities the mind possesses for the swimmer is its ability to kill pain. The body, so top endocrinologist and mind/body expert Dr. Deepak Chopra tells us, possesses every chemical you will find in a pharmacy or drug store, including morphine, commonly used in hospitals as a painkiller.

It is quite common to read in the newspaper that when a person has lost a limb in a major accident, they often never experienced any pain at the time of the accident, because the mind's powerful immune system instantly released morphine to the affected area, numbing all sensation for the victim. This amazing ability of the mind and body is one that can be utilised easily by swimmers, especially long distance or open water swimmers, and I have used several techniques, which have had remarkable success.

One of the fascinating aspects I discovered about swimmers is that most swimmers have already made up their minds when they are going to feel the pain! For instance, most 400m swimmers tell me that the pain hits at the 320m mark every single time, and that the rest of the race is virtual agony. Believe it or not, this actually becomes a conditioned response, where the body (virtually) goes "OK, we're coming up to the 320 mark ... getting ready to feel the pain, let's feel the pain ... NOW!" ... and, sure enough, the swimmer experiences pain. I have been able to get swimmers to swim pain-free races by introducing a suggestion to their mind that each week they will feel the pain 20m further into the race, until eventually the race is over before the pain may arrive at all. So the first week, instead of feeling the pain at the 320 mark, they expect to feel it at 340, the following week 360, and so on.

This can be achieved in a variety of different ways, but the method I'll mention today is simple self-hypnosis by mental rehearsal, just visualising or imagining in their mind each day the exact mark where they will feel the pain, and delaying it by 20m each week. Then for that week, remind yourself consciously that the pain will not hit until that particular mark. Importantly, this tends to work better than trying to program the mind for a completely pain-free race immediately, which usually the swimmers' belief system is not ready to cope with, all at once. So if pain is a major factor in your swimming (and it is for most swimmers), practice delaying the pain until you find that it lessens substantially or disappears completely.

### SWIMMING PSYCHOLOGY

By Craig Townsend



### Presidents Corner >>>

#### Presidents Corner

Hi swimmers and parents,  
Yet another month has flown by. The training schedule continues at a pace and swimmers are achieving some great results. As always I wish to thank the hard work of the coaches, my fellow committee members and the parents who help out. It is great to see people continue to use their skills and talents for the good of the club.

A highlight from a personal perspective has been the support shown to the club by Yarra Ranges Shire through Councillor Len Cox. This relationship is essential to the club, as we work with current or future pool management and have some input on working groups shaping the style of the new aquatic facility for the Shire.

His contribution of \$1500 has already started to be of benefit to the club. The new (rather large) floor mats used for warm up seem to be attracting positive comments from the swimmers. As mentioned in earlier communication more mats and equipment will follow.

It was also great to see the calendar go up on the web recently. Thanks to those on the committee that prepared it. Our aim is to keep it as current as possible while at the same time as user friendly as we are able. Used with the new handbooks and support from the coaches, it will help swimmers and parents plan how to attack what is a very full program.

Regards  
Phil Jones

