

# COACHES CORNER

*"Everyone who has been to an Olympics says expect the unexpected. That kind of psychology games does go on, so I'm kind of expecting things to happen but I don't know who from. I think it's kind of silly but I'm prepared for it. I'd probably just laugh it off because it means that they are afraid of racing me, so it's like a huge compliment".*  
**Libby Lenton, world record breaker**

## The Leader and the Sheep!

Just like in the real world, swimming is full of leaders and sheep. In my mind this is one of the methods I use to categorise my athletes which enables me as a coach to identify talented athletes. Just this morning I directed my athletes as to what the next part of the session would entail and instructed them to move to the 15m mark of the pool. I watched to see 3 of my athletes move immediately to the 15m mark, I then watched as the remainder of the swimming group made their way out. I may have read into this far too much, but the 3 athletes who moved immediately where made up of:

- 1) The clubs best Age Group swimmer who holds multiple Club records!
- 2) One of the Clubs best Open Aged swimmers also with multiple Club records!
- 3) A younger swimmer who in the last 6-8 months has progressed through 3 squads!

Each of these athletes is very successful, yet an honest examination of them physically would suggest they not athletically gifted beyond any another athlete in the program?

So why is it that they and many others in similar situations still manage to achieve success? Because they are Leaders!

A Leader will:

- Set their own standards for training attendance,
- Set their own standards for training intensity,
- Set their own standards for race performance,
- And will constantly re-assess those standards,
- And inevitably achieve success!

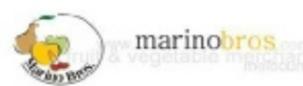
A Sheep will:

- Attend training as often as those around them,
- Train as hard as those around them,
- Perform as well as those around them,
- But inevitably will never surpass those they have been following!

**What Standards do you set?**

***Hard things are put in our way, not to stop us, but to call out our courage and strength.***

## SPONSORS



**August**

Head Coach: Lawrence Krauter

Mobile: 0402374384

Email: krauter@live.com.au



# RESULTS FOR JUNE

*(Preparing for a race)*

*"I try and just relax and reflect on all the work I've done in the past season. That's one of the most important things, remembering your goals and how to swim your races. It's also important to get your mind off racing before you race sometimes".*  
**Ian Crocker**

**The Results at a glance from Maribyrnong and Essendon SC:**

28 Individual Club Records broken at Maribyrnong SC Meet.

Several Medallists including:

Lenny Krix  
 Kaylah Fall  
 Danielle Alger  
 Jamie McLauchlan

**WE ACHIEVED A COMBINED AVERAGE 86% PB's** overall targeted meets this Short Course season. This can be broken down into:

Warrnambool SC Meet	84%
Tritons SC Meet	89%
Maribyrnong & Essendon SC Meet	81%
Average across all SV Meets	<b>84.5%</b>
Maribyrnong Encouragement Meet	94%
Lilydale Encouragement Meet	82%
Encouragement Meets	<b>88%</b>

A total of 13 swimmers in 45 events have now qualified for State SC.

Compared with 11 swimmers in 40 events last year!

**35K Club**  
**Matthew Gilling**

**30K Club**  
 Lenny Krix  
 Lachlan Jones

**25K Club**

**20K Club**  
 Kaylah Fall  
 Emma McLauchlan  
 Jamie McLauchlan



### LSC gets Silver

Lilydale swim club was recently awarded a Silver rating in Swimming Australia's GO CLUB rating system. This ranks us highly with the top clubs in Australia. It is an achievement the swimmers, coaches, parents and committee can be proud of. Below is an extract from Swimming Australia about the program.

The GO Club PB Program is the national swimming club standard that recognises and rewards swimming clubs by measuring their performance across five key areas:

- Memberships
- Administration
- Activities
- Coaching and officiating
- Marketing and promotion

Swimming clubs are the backbone of our sport and it is a key strategic priority of Swimming Australia Limited to ensure that clubs continue to develop and excel. The GO Club PB is a key component to measuring and rewarding your club on its ability. By completing a series of questions that Swimming Australia has identified as having strategic importance, a club can gain a better understanding of their strengths and weaknesses.



## CLUB SPECIALISTS

Unlike many less fortunate Clubs the Lilydale swimming Club has built up a network of specialists to help our athlete's success. A coach cannot write nutrition plans, diagnose injuries or perform massage therapy but can they can refer there athletes to people who can. It is important to understand a top athlete not only is determined by their training and coach but by the way they eat their ability to prevent and if so recover from injury. So this is just a friendly reminder that if you need one of these specialists make sure you use them!

**Fiona Foley** - Nutritional Medicine  
25 Manchester Road, Mooroolbark 90139796

**Paul Gilling** - Physiotherapy  
2 Trezise Street, Warrandyte 98441566

**Alisha Krauter** - Massage Therapy  
5a Melton Grove, Croydon 0418521084

## STATE SHORT COURSE FINAL

Name	Number of Swims
Joshua Mackinnon	2
Matthew Gilling	3
Carly Urquhart	2
Danielle Alger	9
Jarrood Deith	1
Rebecca Owens	1
Kia Beth Laidler	2
Daniel Ringer	7
Phillip Windrigde	2
Asha Puche	4
Jamie McLauchlan	2
Lenny Krix	7
Emma McLauchlan	1
<b>Total of 13 swimmers in 45 events</b>	

## JX AND YPS AWARDEES

Just recently the Junior Xcellence and Youth Performance awards were given out. JX and YPS awards are awarded by Swimming Australia to swimmers that achieve standard times in there age group for certain events (standard times are on the Swimming Australia website). JX caters for swimmers aged between 9-13 years, YPS is from 13-18 years.

Last year the Lilydale Swim Club was awarded a plaque for being in the top 30% of Clubs for JX and YPS qualifiers, an amazing result. Since then we have gone from 13 to 26 JX awardees and 2 to 4 YPS awardees which is truly a fantastic result that I would like to thank all the swimmers and coaching staff for! Below is a list of those who received awards:

Julia Algie	Bronze JX	Ashleigh Harrison	Silver JX
Travis Arnol	Green JX	Jade Hutchinson	Green JX
Tarni Cavanagh	Green JX	Lachlan Jones	Silver JX
Sarah Dobson	Bronze JX	Luke Jones	Bronze JX
Jamie Elliot	Bronze JX	Lenny Krix	Silver JX
Kaylah Fall	Bronze JX	Kia Beth Laidler	Bronze JX
Kimberley Gilling	Gold JX	Emma McLauchlan	Silver JX
Jamie McLauchlan	Gold JX	Cailin Millar	Bronze JX
Hollie-Marie Pogorzelski	Green JX	Michael Rafferty	Green JX
Lauren Reid	Green JX	Maxwell Reid	Bronze JX
Myee Stevenson	Bronze JX	Brooke Urquhart	Bronze JX
Carly Urquhart	Bronze JX	Sarah Urquhart	Bronze JX
Jessica Waller	Silver JX	Mikaela Walles	Green JX
Mathew Gilling	Bronze YPS	Danielle Alger	Blue YPS
Asha Puche	Blue YPS	Julia Algie	Bronze YPS