

# COACHES CORNER

## IMPORTANT DATE'S FOR END OF 2011/12 SEASON

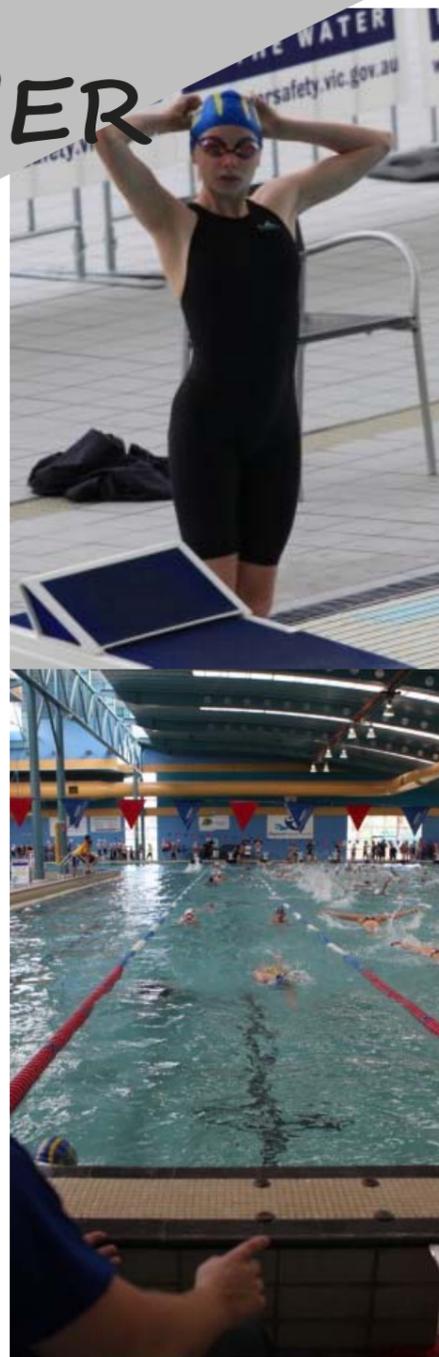
- 1) District Championships 4<sup>th</sup> March
- 2) Labor Day Public Holiday, NO TRAINING
- 3) Last Club Night for Season 2011/12 on 16<sup>th</sup> March
- 4) Parent Information Night 18<sup>th</sup> March
- 5) Club Championships 24-25<sup>th</sup> March
- 6) All Junior Semi's 31<sup>st</sup> March & Finals 1<sup>st</sup> April
- 7) Lilydale Break up Session 2<sup>nd</sup> April
- 8) No Training 3<sup>rd</sup> April to 15<sup>th</sup> April

There are quite a few dates coming up towards the end of the competitive season. Meets like District Champs and All Juniors still are awaiting results and more importantly the Club Championships are coming up very soon!

This Year Club Champs is being held at Tintern 25m Indoor pool, the first time I can remember having the use of the whole facility for this meet! It will offer all events with Age group winners coming from point scores across a maximum 9 different events.

Another highlight will be the parent information night! What I have learnt in my career so far is that swimming is often a confusing sport with lots information not reaching the ears of the parents who make most of the decisions about the swimmers training and competition routines. We are hoping to get as much of this information out to the parents to help all members participate it what is a great sport to the best of their ability.

Thanks Lawrence



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**February**  
Issue

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**A Monthly Insight into the Lilydale Swimming Club**

# Splash!!!

## SPONSORS



## State Sprint Results >>>

The State Sprint Championships was held on the 11-12<sup>th</sup> of February. Lilydale Swimming Club had a record 20 swimmers competing at the event. Our best results included Danielle Alger placing 11<sup>th</sup> in the 50m Breaststroke and the 16 & under 5\*50 Female Relay also coming 11<sup>th</sup>.

Jamie McLauchlan's 50m Butterfly Club record was a great swim also Danielle Alger equal the 15 years Club record of 29.15. Danielle shares the record now with training partner Asha Puche. Another stand out was Myee Stevenson's 2 second Pb in the 50m Freestyle to go 31.73....WOW



## Dromana Open Water Camp >>>

The Dromana Open Water camp was held on the weekend of the 4th of February. It was an action-packed Weekend which included fun and games for the kids, a training session with Rosebud Swimming Club, an Open Water and Surf Life Saving session with Dromana LSC and the main event of the 1.2km and 600m Open Water Swim on the Saturday.

On the day of the swims the weather was perfect – barely any wind and sunny. Twenty swimmers overall competed in the 1.2km and 600m swims from Lilydale, most of which had never swum an Open Water event before. The swimmers achieved fantastic results with 12 out of 220 placing in the top ten and Asha Puche, Matt Gilling, Emma McLauchlan and Jamie McLauchan achieving a podium finish in their age groups. All swimmers finished in the top 20 in their Age Group!

Open Water Swimming is a great way for anybody to stretch and challenge their swimming abilities. It consists of swimming around a plotted course, most commonly marked by buoys in the water and usually within an allocated time limit. It takes place in any body of water, from lakes and rivers to the ocean. It is not as popular as pool swimming, as it is considerably more difficult and unpredictable. There are so many variables you have to be willing to face; such as water temperature, chop, wind, current and the fact you may see marine life. It's great to see so many Lilydale swimmers willing to give it a go!

After the swim, beach games were organised. They were soon over though, as many swimmers told their parents they wanted to jump off the pier. For the next hour or so, swimmers, their siblings and even their parents braved the shallow waters and jumped in!

The fun soon drew to a close, as the club had organised a two-hour training session with Rosebud Swimming Club. Swimmers across all squads were invited to come. Half of the session was like a normal training session on challenging time cycles, while the end was reserved for a bit of fun and games! Relay teams were organised, mixing the two clubs together, and soon a rivalry had been formed. The highlight of the relays was when the swimmers had to jump into the pool without letting their head go underwater, then swim 50m Freestyle continuing to keep their head above the surface!

That evening the swimmers and their families were invited to have dinner at La Porchetta. It was a fun night where swimmers and parents alike could just relax and chat.

Everybody woke up Sunday morning to opposite weather conditions than the day before. There was a light shower, grey clouds filled the sky and the wind was up. Reluctantly, the swimmers and their families filled back down to Dromana beach as the swimmers had an hour and a half session with the Dromana LSC. Nobody was going to let the weather get them down, though, as the morning was a complete success! Parents huddled on the beach as swimmers, instructed by the local Surf Life Savers, played a series of games such as beach sprints, beach relays and Run Swim Run. Even Lawrence got into the action, running in the Run Swim Run leg! The Life Savers even gave everyone a chance to try out their boards. The swell was huge and getting onto them was a struggle, but once you were on it was an awesome experience!

The weekend ended with Fish and Chips on the beachfront.

Thank you to everyone who came and participated in the events of the weekend! A special thanks to Michelle Gilling and Debbie Moody for putting so much effort into organising it, it was a great success and you should be proud of yourselves!

Written by Deanne Drury

## All Junior Trials >>>

31 Swimmers, yes 31 swimmers represented the Club at All Junior Trials all pushing for a berth in the Semi-Finals of the event. All juniors is a competition for swimmers 14 and under. Swimmers in each District race off against others in 50m events, with the top 10 in each age group and event progressing to the Semi-Finals raced at MSAC.

This year was the largest team Lilydale have taken to the event and was one of the biggest in the District. Not only did we have many participants the Club also had many successes. The Club had a high 60% PB's and had many swimmers make the grade for the semifinals.

### Semi-Final Qualifiers:

Kaylah Fall	50m Butterfly
Kimberley Gilling	50m Butterfly 50m Backstroke 50m Breaststroke 50m Freestyle
Ashleigh Harrison	50m Butterfly
Lenny Krix	50m Butterfly 50m Backstroke 50m Breaststroke 50m Freestyle
Kia Beth Laidler	50m Butterfly 50m Freestyle
Emma McLauchlan	50m Butterfly 50m Backstroke 50m Breaststroke 50m Freestyle
Jamie McLauchlan	50m Butterfly 50m Backstroke 50m Breaststroke
Max Reid	50m Butterfly 50m Backstroke

