

COACHES CORNER

**"There is water in every lane, so it is OK."
Ian Thorpe (on being in Lane 5 for a final).**

Parents play a huge role in how their Child develops. Many actions taken by parents often have the right idea in mind but in reality have consequences that have a negative effect. Below are some scenarios that may come up in your family and how they may affect your child:

Scenario 1:

Johnny wants to be an Olympic swimmer when he grows up. At this stage in his development he shows no signs of being anything above average in his swimming ability. Johnny's coach asks Johnny to train an extra session each week, so Johnny talks to his parents about it. Johnny isn't allowed to do the extra session because it is difficult to get him to training and he would have to get ready for school at the pool.

Childs Understanding 1:

Johnny learns that unless success is guaranteed it is not worth taking the more difficult road to achieve success.

Scenario 2:

Sophie has had a hard week at school and her training sessions have been ordinary. Sophie's coach is not too happy about how she has trained and let her know. Sophie's parents defend Sophie's actions explaining that she has had a hard week.

Childs Understanding 2:

Sophie learns that when things get hard it's okay to be mediocre.

I am only a young coach but even in my time I have seen the gradual change in kids from those who see the hard road as a challenge and those who see it as a reason to give up. I am proud to say there are few in the Lilydale Swim Club that choose to take the easy option. Next time you come to one of these junctures please think am I teaching my kid the right lesson.

**"Susie had no talent whatsoever. She's a little person who couldn't even make a final at a state meet - coming and showing the world that on sheer guts and determination you can do anything you want!"
Susie Maroney's Coach Dick Caine after her 200 kilometre marathon swim from Mexico to Cuba**

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Encouragement Meet

Casey Vs Lilydale

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SPONSORS



30K Club

Lenny Krix
Lachlan Jones

25K Club

Matthew Gilling

20K Club

Kaylah Fall
Emma McLauchlan
Jamie McLauchlan

RESULTS FOR JUNE

"I saw my name: THOMAS, Petria. Saw my time, 57.72. Saw the number one next to them. I'd done it. Me! Petria Thomas, Olympic champion. The feeling inside was one of pure, utter joy. Excitement, disbelief, relief, hapiness, amazement, the whole works. Id worked so hard. I'd gone through so much, privately, publicly. I'd lost faith in myself and found it again. I'd sometimes stopped believing that I could do it and that I had a purpose in life. I'd come through the darkness, and this, this moment, was the sweetest, most amazing light there could possibly be. I was alive and loving it!"

Petria Thomas, Athens Gold Medallist

This month we have competed at Maribyrnong Encouragement Meet and Tritons SC meet. The results are below:

The Results at a glance:

A total of 11 swimmers have now qualified for State Short Course.

26 Individual Club Records broken at Tritons Short Course and Maribyrnong Encouragement Meet.

Also Jorja-Shae Baker represented Victoria in the U14 Water Polo East Coast Challenge as goal keeper. Jorjas team made it through to the semi's.



ENCOURAGEMENT MEET

Encouraged by action of others.

At our recent Encouragement Meet I was heartened and encouraged to see:

- parents taking on roles they may have never done before.
- a full row of timekeeper chairs.
- Tyler and Eleanor do such a great job with the young swimmers.
- Jeremy Koole as chief timekeeper and Stephen Millar as starter. It is great to see new parents taking on these roles that are central to the club.
- the presence and assistance of parents that did not have kids swimming.
- the older swimmers being so fantastic on the day. They marshaled, they sold sausages, they ran results, they mentored and they guided swimmers from all clubs in a supportive and settled way.
- the work of John Ringer and Daniel Ringer in setting up for the day.
- the nature of the officials and the respect they showed for the kids.
- the spirit of competition and the spread of swimming abilities.
- the generosity of sponsors and families. All races were sponsored.
- the huge fruit basket from Marino brothers (that I didn't win).
- the efforts by Ian and Sue. Both remained calm and gracious in the hot pit of results recording and ribbon awarding.
- the willingness of Councilor Len Cox to be part of the day. He continues to support the club in many important ways.
- the presence of Rowan Alexander from the Bendigo Bank (Mooroolbark). As president I am encouraged to know we have support outside our own resources. The continued hard work by Paul in the area of sponsorship is of great importance to the club.
- the timely arrival of a new notice board feature. Michelle's creative work continues to present the club in a vibrant and inviting way.

A healthy club is one that has a good story to tell. A club where tasks are shared and the focus remains on the swimmers. I saw all this at the Encouragement Meet.

Phil Jones
President



CASEY AND LILYDALE JOINT SESSION



On Saturday the 7th of July, myself, Lawrence and a group of swimmers from our State Target squad attended a morning training sessions at the Casey Tiger Sharks Swimming Club with the clubs Head Coach Ben Hiddlestone and Assistant Coach Julie Jansz. The Tiger Sharks are ranked 3rd in Victoria at State Championships and 12th this year at the Open Age National Championships. Ben is heading to London to support one of his swimmers; Matson Lawson in the Olympics, for the 200m backstroke.

Matthew Gilling and Daniel Ringer trained with the National Age squad with the clubs head coach Ben in the pool, followed by half an hour of dry land training in the gym.

Swimmers in this squad are very close to, or have achieved several national qualifying times and have to attend a minimum of 8 sessions a week in the pool.

Lachlan Jones, Lenny Krix, Kia Laidler, Emma McLauchlan and Phillip Windridge trained with the State Youth squad coached by Julie in the pool and also half an hour of dry land in the gym. Swimmers in this squad are aiming for state medals and national qualifying times and attend a minimum of 5 sessions a week and one dry land.

These sessions allowed our swimmers to meet other National and State qualifying swimmers and to get some advice from Victorias top swimming coaches. Our swimmers trained hard and did a great job representing Lilydale Swimming Club.

-Eleanor Smith

STATE SHORT COURSE TEAM SO FAR

Name	Number of Swims
Joshua Mackinnon	2
Matthew Gilling	2
Carly Urquhart	1
Danielle Alger	9
Jarrood Deith	1
Rebecca Owens	1
Kia Beth Laidler	1
Daniel Ringer	7
Phillip Windridge	1
Asha Puche	4
Jamie McLauchlan	1
Lenny Krix	7
Total of 12 swimmers in 37 events	

Well done to the 12 swimmers already qualified for Short Course State Championships, it is now time for you to refocus your goals towards States performance. Those who are yet to qualify good luck with Maribryngong SC meet, hopefully there will still be many more of you to join these 12!