

COACHES CORNER

*"With so many people saying it couldn't be done, all it takes is an imagination."
Michael Phelps*

The first swim meet for the year is now completed. The Warrnambool swim camp and Competition was great exercise in preparing our swimmers for the upcoming short course season. Not only did we get some short course racing done and some new PB's on the board but the group also spent time training in the short course pool which highlighted the importance of turns for the swimmers.

The Meet itself was a great success with 84% of all swims being personal best times. The Club also had a great team result with the Male Relays taking out first place in both Medley and Freestyle as well as finishing 2nd place on accumulative point score. Well done to those involved it was a great weekend and I hope even more can enjoy the camp next year.

The 20k Club seeks to recognize those who train at an intensity and volume that deserves recognition. To be inducted into the 20k Club swimmers must train in excess of 20km for 3 weeks in a row. Further information on the Club can be found on the white board on pool deck.

THE PRESIDENTS CORNER

As president I often ask what keeps kids swimming and more specifically what keeps them swimming at Lilydale. I found the following answers by swimmers to the question, what makes swimming fun (and the opposite), both encouraging and challenging.

Our engagement as parents, the general attitude of the coaches (they are human and will get it wrong sometimes), the way our older swimmers and the leadership group relate to other swimmers all impact on the culture of the club and whether swimming is fun. Let's work together to enhance the outcome for all our kids.

I am sure you will find that your child finds one or many of the following answers important to them. If not have a chat about what makes swimming fun for them and talk to a committee member about the answers. The coaches and committee are keen to keep it FUN.

TOP 10 REASONS SWIMMING IS FUN FOR AGE GROUP SWIMMERS

1. Being with friends
2. Coach compliments and encourages me
3. Being known as a good swimmer
4. Winning races
5. Getting in shape
6. Varied workouts
7. Relays where team comes together
8. Feelings of accomplishment
9. Cheering for each other/coming together as a team
10. Trying to improve my times; Being on a team

TOP 7 REASONS SWIMMING IS NOT FUN FOR AGE GROUP SWIMMERS

1. Getting slower times than my goals
2. Getting lapped in races
3. When other swimmers skip laps or get in front of me
4. When coach yells or threatens me
5. Swimmers who think they are good just because they are fast
6. Parents ask about bad races
7. When parents brag about their swimmer

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Targeted Meets 2012/13

"updated"

Results for JUNE

Warrnambool 2012 Camp

JUNE ISSUE

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RESULTS FOR JUNE

*"I have been visualizing myself every night for the past four years standing on the podium having the gold placed around my neck."
Megan Quann*

Due to the large number of entries for the Warrnambool meet the Club is unable to list all results below. The results can be found on the back of the white board on pool deck.

The Results at a glance:

Club achieved 2nd place at Warrnambool Meet on accumulative point score.

The Boys took the double in the 4*50 Medley and Freestyle relay.

37 Individual Club Records broken, in some cases more than once in each event.

Lenny Krix added 3 swims to the list of State Qualifiers.

Personal Best times by big as 25 seconds.

Many 12 and under swimmers emerged as possible State level competitors in their first SV level meet, with some very impressive times.

To top it off it was an extremely enjoyable weekend and the Club hopes even more members can enjoy it next time around!



20K Club Inductees

Lachlan Jones

Kaylah Fall

Emma McLauchlan

Matthew Gilling

TARGETED MEETS 2012/13

National Stream

WHEN	WHAT	WHERE
16-17 th February	Open Water Nationals	TBC
8-14 th April	Age Nationals	SAALC, South Australia

SV Qualifying Stream Short Course

WHEN	WHAT	WHERE
24 th June	CA Tritons S/C Meet	MSAC
29 th July	Maribyrnong & Essendon S/C Meet	MSAC
31 st -2 nd August	Age State Championships	MSAC, Indoor pool

SV Qualifying Stream Long Course

WHEN	WHAT	WHERE
30 th September	Tiger sharks LC Qualifying Meet TBC	Casey RACE, Cranbourne
13-14 th October	Open Water State Championships	Hazelwood Pondage
4 th October	Surrey Park LC Meet TBC	MSAC, Outdoor pool
24-25 th November	Victorian Qualifying Meet, Week 1	MSAC, Outdoor pool
1-2 nd December	Victorian Qualifying Meet, Week 2	MSAC, Outdoor pool
18-23 rd December	Age State Championships	MSAC, Outdoor pool
2 nd February	Metro East Sprint Meet	MSAC, Outdoor pool
16-17 th February	State Sprint Championships	MSAC, Outdoor pool

District Stream

WHEN	WHAT	WHERE
15 th July	Lilydale Encouragement Meet	Kilsyth Centenary Pool
17 th June	Maribyrnong Encouragement Meet	MSAC, Indoor Pool
9 th September	Aggregate 1	Kilsyth Centenary Pool
16 th September	Aggregate 2	Kilsyth Centenary Pool
14 th October	Metro East 7-10's Selection Trials	TBC
27 th /28 th October	Metro East 7-10's Vs. Metro North	TBC
11 th November	Victorian 7-10's Finals	MSAC, Indoor pool
24 th February	Metro East All Junior Trials	TBC
10 th March	District Championships	TBC
20-21 April TBC	All Junior Semi's and Finals	MSAC, Outdoor pool

Club Stream TBC

WHEN	WHAT	WHERE
22 nd June	Club Night	Kilsyth Centenary Pool
15 th July	Lilydale Encouragement Meet	Kilsyth Centenary Pool
20 th July	Club Night	Kilsyth Centenary Pool
17 th August	Club Night	Kilsyth Centenary Pool
21 st September	Club Night	Kilsyth Centenary Pool
19 th October	Club Night	Kilsyth Centenary Pool
16 th November	Club Night	Kilsyth Centenary Pool
25 th January	Club Night	Kilsyth Centenary Pool
1 st March	Club Night	Kilsyth Centenary Pool
TBC March	Club Championships	TBC

Club Night Events

Date	Event 1	Event 2	Event 3
22 nd June	50 Backstroke	100 Butterfly	
20 th July	50 Breaststroke	100 Backstroke	
17 th August	50 Butterfly	100 Freestyle	
21 st September	50 Freestyle	200 Individual Medley	
19 th October	50 Backstroke	200 Freestyle	
16 th November	50 Breaststroke	100 Butterfly	200 Backstroke
25 th January	50 Butterfly	100 Backstroke	200 Breaststroke
1 st March	50 Freestyle	100 Breaststroke	200 Butterfly

WARRNAMBOOL 2012 CAMP

A STORY BY MATTHEW GILLING

"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level".

Elka Graham

Over the long weekend a group of 20 swimmers endured a 4 hour long bus trip to Warrnambool to compete at the Warrnambool Short Course meet. The Club stayed at the at the Warrnambool beach backpackers.

There were many great PBs swam across the meet with a 84% Pb rate and 37 club records broken over the two days. The male relay teams (photo below) were also a highlight as we dominated all teams in both the medley and freestyle 4*50m achieve first place in both.

After the swimming the group split into two with the older kids going Go-Karting and the younger ones plus Lawrence went bowling (only because he knew that he stood no chance at Go-Karting). There were some fantastic times raced at the Go-Karting with Graham McLauchlan taking out the fastest time in a 25 low closely followed by Daniel Ringer and Lachlan Jones.

There were also many first's on the trip with one of the more notable being Lenny picking up on *sarcasm Yeah!* You heard right Lenny picking up on *sarcasm* (Many similar attempts have been made by Lenny since to work out *sarcasm* none of which have been successful).

The Warrnambool camp was a great fun for all involved and I believe I speak for all that went when I say that we should thank the people at the club that organized it all and Lawrence for... well coaching.

Matthew Gilling

