

# COACHES CORNER

Hi All,

Well what a great finish to the 2011/12 swimming season. TO finish the year the Club had its first Open Water National Swimmer since 2006, we ran Club Championships out of a full 8 lane pool with much success and we had the first All Junior Medalist the club has ever had.

1<sup>st</sup> Club Championships it was great meet for several reasons,

- 1) It was the first time the Club had used the Tinturn venue and had the option of using 8 lanes for racing.
- 2) Andrew Fisch had his fare well swim as he retires from Club swimming and focuses on Masters.
- 3) 86, yes you read correctly 86 Club records were set or broken over the 2 day meet. I had planned on listing the swimmers who broke records but soon realized I would need another newsletter to fit them all in! Well Done to all who achieved a Club record time!

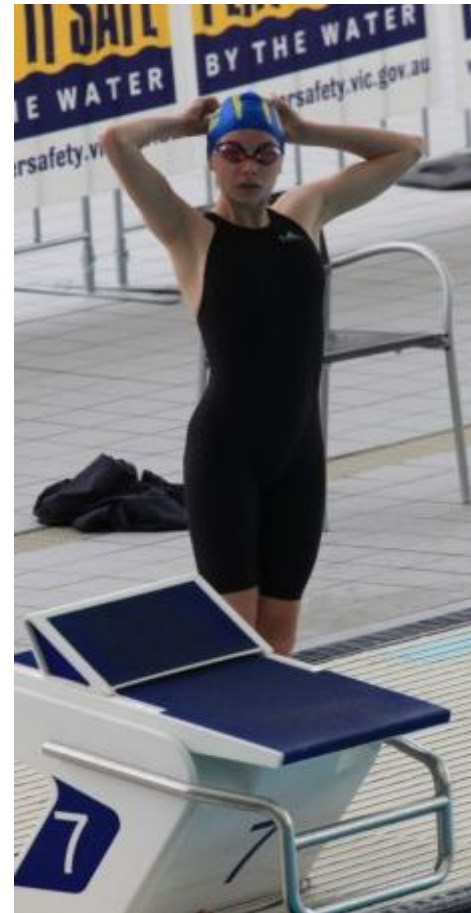
All juniors was another meet that finished up the season and though we had fewer qualified swimmers go through to finals we still had an awesome result.

Emma McLauchlan came  
8<sup>th</sup> for 50m Breaststroke

Kimberley Gilling came  
9<sup>th</sup> for 50m Freestyle and  
2<sup>nd</sup> for 50m Breaststroke

This was a very pleasing result to top off a great year for the Club.

Thanks Lawrence Krauter



In this issue >>>

Coaches Corner  
National Open Water  
Season Wrap Up

March/April  
Issue



Head Coach: Lawrence Krauter  
Mobile: 0402374384  
Email: krauter@live.com.au

A Monthly Insight into the Lilydale Swimming Club

# Splash!!!

## SPONSORS



## National Open Water >>>

On Friday morning the 17<sup>th</sup> February Matthew Gilling travelled over to Perth to compete in his first ever Nationals representing Victoria and in particular Lilydale Swimming Club. Matthew is the first swimmer since 2006 to represent the Club at National Level. He was competing in the 15 years 5km Open Water Championships 2012. Having only qualified 3 weeks prior to the event Matthew had little time to prepare for the event.

Matthew was 1 of 3 Victorians to qualify for the event. It was fierce competition and there were swimmers from all over the country. The winner of Matthew's age group ended up posting the fastest time out of all age groups. The conditions were tough with many swimmers swimming 3-4 minutes outside their personal best time. Mat however managed to notch up his second fastest time on what was a very difficult course.

Matthew's overall place was 31<sup>st</sup> in his event. It was an experience he enjoyed enormously and love to see more of the Lilydale Swimming Club join him next year.

# SEASON WRAP UP 2011/12 >>>

There have many noteworthy occasions through this 2011/12 season, I hope to cover most of them below and offer a chance to reflect on what the Club has achieved:

- Junior Xcellence Award for being in top 30% nationally for % of Jx awardees
- 4 Youth Performance Squad Awardees, up from 2 last year
- Julia Algie won Victorian Deaf Junior achiever award 2011
- Continued Partnership with Luther College
- First Open Water National Swimmer since 2006! Well done Matthew Gilling
- Club Championships run using the whole of Tintern Pool
- 12<sup>th</sup> Ranking in Victorian Open Short Course States, out of about 150+ Clubs in the State
- Introduction of Log Booklets for Training
- From 68 to 88+ Swimmers Memberships
- Matthew Gilling 3<sup>rd</sup>, Deanne Drury 3<sup>rd</sup> and Tiarne Moody 2<sup>nd</sup> overall in the Open Water Summer Series
- Record number of State Age Short Course Qualifiers
- Matthew Gillings competition of the 11.2km "Bloody Big Swim"
- Record number of State Sprint Qualifiers
- Retirement of Andrew Fisch a much loved Member of the Club for approximately 8 years
- New Website design, with greater function and up to date information for our members
- Increased Sponsorship and Fundraising!
- Many, Many, Many Club records broken
- Domination of the Dromana Open Water event!
- Shepparton Bus Trip and Meet
- Newer better functioning squad structure
- Transition booklet for progression through squads!
- The Development of a Club Unique Warm Up routine
- Partnership with Fiona Foley at Inner Fire, Nutritional Medicine
- Largest ever competition group at District, including 36 swimmers at the meet!
- An improved GO CLUB Ranking
- Club awarded and underwater camera grant from Swimming Victoria
- \$3000 of equipment grants from Counsellor Len Cox
- Lawrence Krauter named Victorian SWD Head Coach
- Multiple Victorian Development Squad Swimmers
- And a further commitment to do even better next season!**



## Club Stream TBC

WHEN	WHAT
25 <sup>th</sup> May	Club Night
22 <sup>nd</sup> June	Club Night
15 <sup>th</sup> July	Lilydale Encouragement Meet
20 <sup>th</sup> July	Club Night
17 <sup>th</sup> August	Club Night
21 <sup>st</sup> September	Club Night
19 <sup>th</sup> October	Club Night
16 <sup>th</sup> November	Club Night
25 <sup>th</sup> January	Club Night
1 <sup>st</sup> March	Club Night
TBC March	Club Championships

## District Stream

WHEN	WHAT	WHERE
15 <sup>th</sup> July	Lilydale Encouragement Meet	Kilsyth Centenary Pool
17 <sup>th</sup> June	Maribyrnong Encouragement Meet	MSAC, Indoor Pool
9 <sup>th</sup> September	Aggregate 1	Kilsyth Centenary Pool
16 <sup>th</sup> September	Aggregate 2	Kilsyth Centenary Pool

## V Qualifying Stream Short Course

WHEN	WHAT	WHERE
9-10 <sup>th</sup> June	Warrnambool 2 Day Meet	Warrnambool Aquazone
24 <sup>th</sup> June	CA Tritons S/C Meet	MSAC TBC
29 <sup>th</sup> July	Maribyrnong & Essendon S/C Meet	MSAC TBC
31 <sup>st</sup> -2 <sup>nd</sup> August	Age State Championships	MSAC, Indoor pool