

Coaches Corner

"Being your best is not so much about overcoming the barriers other people place in front of you, as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals."

Kieren Perkins

It's been a great start to the Short Course season and while it is still a month from the first targeted meet I feel that the swimmers are back fighting fit. I'm now looking at what cardio gains can be made over the next month, as parents and swimmers it's your responsibility to take advantage of this period and get into as many of your sessions as possible. Working hard now will be of great benefit throughout a very long short and long course season. Part of this has been the Bass Strait swimathon. Swimmers were challenged to swim the same distance as a crossing of Bass Strait in 2 and half hours. 48 Swimmers participated (over half the club) and working in teams and as individuals they set to the task of covering the distance.

Some great signs came from this exercise with some swimmers completing as much as 10km. What was really impressive was the capacity of some of the clubs juniors to handle a heavy workload with swimmers as young as 8 knocking up over 4km. The end results saw the 48 swimmers complete 220km, 20km more than the required distance. This is an average of 4.5km a swimmer!

Please remember that getting the sessions in is extremely important for each swimmer's improvement. Keep in mind we offer a large number of sessions within each squad, not just for flexibility of sessions, but because at some stage as you or your child develops they will be required for further improvement.

Presidents Corner

As you are aware the clubs Annual General Meeting is on the 26th of May. This is an important night for the club. It is an opportunity to both hear from and ask questions of the committee. It is also an opportunity to raise ideas for the coming season.

The committee members, like yourselves, are parents of swimmers at the club. We are not the authority on all things swimming and need the input of supportive and active parents to help the club run smoothly and efficiently for the benefit of all swimmers and parents.

With this in mind I would like to take this opportunity to thank parents who have supported the committee as it manages the swim club. This has come in many forms from time keeping at club nights to standing on the door at the disco. It has also been encouraging to receive emailed suggestions from parents to consider at committee meetings. These have been sent and received in good spirit and have helped shape some of the decisions at meetings.

I would also like to encourage parents to become club members; take an active role when and where you can; consider taking up a committee position or supportive role. The club will also need more parents to train as officials in the coming season. I know it sounds like a long list but when people are matched with the right job and operate in a supportive team environment it can be a great experience.

We are a growing club with challenging goals set for the coming season. Your support is essential to the clubs goals becoming reality. When they are achieved all swimmers will benefit.

With Thanks
Phil Jones
President

**"Body does what mind prefers."
Lenny Krayzelburg**

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MAY ISSUE

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Targeted Meets 2012/13

For your First Swim Meet!

Results for May

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SPONSORS



Results for May

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

Club Championships Awardees

Age Group Champions – Female

9 to 10 Years	Kimberley Gilling
11 to 12 Years	Ashleigh Harrison
13 to 14 Years	Emma McLauchlan
15 to 16 Years	Danielle Alger

Age Group Champions – Male

8 Years and Under	Cade Cavanagh
9 to 10 Years	Max Reid
11 to 12 Years	Jamie McLauchlan
13 to 14 Years	Lachlan Jones
15 to 16 Years	Matt Gilling
17 Years & over	Daniel Ringer

Club Night Awardees

3rd Place	Lachlan Jones	20
2 nd Place	Emma McLauchlan	21
1 st Place	Luke Jones	22
	Jamie McLauchlan	22

AE Smith Trophy

Daniel Ringer

Kath Smith Trophy

Danielle Alger

Distance Shield

Lenny Krix
Danielle Alger

PC Tulk Trophy

Lenny Krix

Sir Frank Beaurepaire Trophy

Matthew Gilling 5km Open Water

Coaches Awards

Junior - Male	Jamie McLauchlan
Junior - Female	Olivia Baker
Senior - Male	Lachlan Jones
Senior - Female	Courtney Smyth

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
9-10 th June	Warrnambool 2 Day Meet	Warrnambool Aquazone
24 th June	CA Tritons S/C Meet	MSAC
29 th July	Maribynong & Essendon S/C Meet	MSAC
31 st -2 nd August	Age State Championships	MSAC, Indoor pool

SV Qualifying Stream Long Course

WHEN	WHAT	WHERE
13-14 th October	Open Water State Championships	Hazelwood Pondage
TBC	1 st State Qualifier	TBC
TBC	2 nd State Qualifier	TBC
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
25 th May	Club Night	Kilsyth Centenary Pool
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
25 th May	50 Freestyle	100 Breaststroke	
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

FOR YOUR FIRST SWIM MEET!

Many new members have joined the club and are yet to enter their first competition. Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information Flyer on the Club Website.
2. Upon arrival, find a place to put your swim bags and/or equipment. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer. Make sure your swimmer checks in with his or her coach!
4. Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.
5. Your swimmer now gets his/her cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. Parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
9. A Program is usually available for sale in the lobby or concession area of the pool or made available online before the day before the meet. It lists all swimmers in each event. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

MEET STARTS

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Most meets are computerized. In most meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "marshalling room". Swimmers should report to their coach for race instructions the report to marshalling with his/her cap and goggles.
3. The swimmer swims his or her race.
4. After each swim:
 - o He/she is to ask the timers (people behind the blocks at each lane) his/her time.
 - o The swimmer is required to do some recovery swimming if a "warm down" pool or lanes are available.
 - o The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer.
5. Generally, the coach follows these guidelines when discussing swims:
 - o Positive comments or praise
 - o Suggestions for improvement
 - o Positive comments
6. Things you, as a parent, can do after each swim:
 - o Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
 - o Take him back to the team area and relax.
 - o This is another good time to check out the bathrooms, get a drink or something light to eat.
7. The swimmer now waits until his next event is called and starts the procedure again. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.
8. Results are usually posted somewhere in the facility.