

COACHES CORNER



'I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.'
Michael Jordan

'Most people never run far enough on their first wind to find out they've got a second.'
William James

Two quotes this week – One referring to the fact that failure is part of the sport and it is what you learn from it, that makes you a better athlete. The second relates to being able to give that little more each time and going beyond your boundaries.

This is a quiet month after States and a little down time for most swimmers over the holidays. We start our new squad set up this coming week (Mon 7th Oct) and start to prepare for the next major events on the calendar. For National and Senior Squad that will be State LC Age and Open competitions and for the Junior State it will be the State Sprints, although a number of Juniors State swimmers are close to qualifying for State Age and should try and gain these times.

I will be conducting interviews with all swimmers in National, Senior and Junior State squad over the next week during swimming sessions and doing a group meeting with all JX swimmers (date TBC). These interviews will be conducted with the swimmer and a parent/guardian and will take approximately 20 mins. I will have a list at the pool for swimmers/parents to book a time slot over the coming week.

We had a good number of swimmers and swims at state short course; let's see if we can improve on that at state long course.

PRESIDENTIAL COMMENTS

I would like to take this opportunity to say hello to all as the new president for the Lilydale Swimming Club. I am honored to accept this responsibility. I started with the club in 2011 when my daughter, Cailin joined and have more recently become involved with the committee as the Lilydale district delegate for Metro East. I am looking forward to the challenges and rewards in working with the club committee, swimmers and parents in 2013/14.

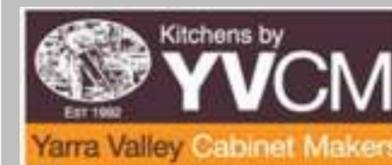
On behalf of the club and myself, I would like to thank Phil Jones for all the work and commitment he has provided during his presidency. He is leaving the club in a fantastic position for the future. I would also like to thank Deb Moody for her tireless work on the committee looking after uniforms for all the swimmers over the past 4 years, which is greatly appreciated by all involved in the club. This role has been taken on by Chris Rafferty (Michael's Mum – Senior Squad), so please contact her if you need a new uniform.

I thought it appropriate in the new role to embarrass myself by participating in the recent commando course with a number of the LSC swimmers. This was both physically challenging and rewarding, but my body told me a different story the next day. During the course it was fantastic to watch the swimmers team work at play, by the support they provided to each other to conquer the obstacles around the course. We competed in two teams of ten with a winner declared on the day, but feel all participants were victorious, both as individuals and as a club.

I am look forward to meeting you all throughout the year and with your continued support at the club we can strive to achieve the goals of all involved at the Lilydale Swimming Club.

Stephen Millar

SPONSORS



Answer to August QON
LSC was founded according to the website in 1903/1904. It is one of the oldest clubs in Victoria.

Reminder:

Bakers delight dough raiser deal continues – we are DRN 38 available at Mooroolbark & Chirnside Park stores.

Useful websites:

www.lilydaleswimclub.org.au
www.swimmingvictoria.org.au
www.metroeastswimming.com.au
www.swimming.org.au

Question of the newsletter (QON)

Who was the olympian who swam for the club?

September
2013

Head Coach: Jay Roberts
Email: lilydaleesc@hotmail.com



UP-COMING EVENTS

Targeted Events: Where a coach is in attendance

State Qualifying meets

(Swimmers aiming for State and National qualifying times):

- Saturday October 12th & Sunday October 13th – Vic Open Water Championships. Venue: Hazelwood Pondage, Churchill.
- Saturday October 26th & Sunday October 27th – Vic Long Course Distance Qualifying Meet. Venue: MSAC outdoor pool.
- Saturday November 2nd – Vicentre Classic LC Qualifying Meet. Venue: MSAC indoor pool. (13 & under session closed)
- Sunday November 17th – DVE Qualifying LC Meet. Venue: Watermarc, Greensborough.
- December 14th-19th – Victorian Age LC Championships. Venue: MSAC outdoor pool.

Encouragement Meets

(Junior swimmers & first time competitors):

- Sunday October 13th – 7-10 Metro East Selection Trials. Venue: Aqualink, Fraser Place, Forest Hill.
- Sunday October 27th – Metro North vs Metro East (an invitational meet from those swimmers who qualify from October 13th) Venue: Watermarc, Greensborough.
- Sunday November 3rd – Tigersharks Novice Meet. Venue: Casey ARC, Narre Warren.
- Sunday November 10th – 7-10 Finals (an invitational meet from those swimmers who qualify from October 13th) Venue: MSAC indoor pool

Any questions on how to enter – don't hesitate to ask!

CONGRATULATIONS JADE HUTCHINSON (US)



Jade qualified for the State School Championships at MSAC for the 50 m breaststroke final for 10 year old girls. She came 5th and was picked to represent Victoria at the School Sport Australian Championships held in Adelaide from September 8th to 14th. Jade flew over with the team and had a fantastic week.

She had a very successful week in the pool swimming all personal bests (pb). Her first event was the 4x50 medley relay. Victoria came in 6th place. Jade swam the breaststroke leg and did a pb of 44 seconds. Her main event was the 10 year old girl 50 m breaststroke where she came second in her heat with a pb of 42.78 sec. This meant she made it to the final which was on the Friday morning. Jade swam another pb in the final and placed 5th. Her time was 42.48 sec and there wasn't even a second between 2nd and 5th. She did a wonderful job and had a fantastic time.

Thanks Sam Hutchinson for the photo and write up.

METRO EAST AGGREGATE MEET



LSC had 13 swimmers that competed over two consecutive Sundays (15th & 22nd September) at our home pool in Kilsyth. Against very strong competition many personal bests were swum in the 50metre events. Points were scored towards the aggregate over the two Sundays. Congratulations to the following swimmers pictured left. Cade Cavanagh came third in the 9 year old boys, Stephanie Waller came second in the 10 year old girls, Kelly Watt came second in the 11 year old girls & Emma Watt came third in the 11 year old girls' event. Thanks to all parents from Lilydale (we hosted the event) who helped make these two days successful for the district and swimmers involved.

BLUE FIN LC RESULTS

LSC had 13 swimmers represent the club in this meet held on Sunday 15th September at MSAC. They swam a total of 58 swims recording an impressive 50 personal bests, attaining 8 State Long Course qualifying times and 5 state sprint qualifying times. All that hard work is paying off. Congratulations to Olivia Baker, Tarni Cavanagh, Jayden Cichowski, Sarah Dobson, Jamie Elliott, Kimberley Gilling, Ashleigh Harrison, Jamie McLauchlan, Cailin Millar, Michael Rafferty, Merinda Reid, Nicholas Rowe & Mickaela Walles.



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Many happy returns to those celebrating in October:

Kimberley Gilling	Monique Vabec
Tyler Elliott	Erin Stevenson
Julianna Smith	Merinda Reid
Kaylah Fall	Daniel Ringer

OUT OF POOL ACHIEVEMENTS

Congratulations to:

Lauchlin McGrath who spoke beautifully about his journey in swimming so far at the Kings swimming school graduation on Sunday 22/9/13 at Billanook College. Well done!

Tyler Elliott & Kyla Millar (Cailin's little sister) for 'graduating' at the ceremony above.



The commando course was a fun and team bonding experience. We were in two teams of all ages. First we talked about trust and team work then we did a practice lap of the course. When we were back at the start, we raced the other team. Our team lost! Some of the challenges were swimming across a dam, swinging over a giant puddle, going through an underground tunnel, going in and out of upright pipes and climbing over a log wall. My favorite activity was the swing. The rope didn't reach the other side so I fell in the muddy water. Everyone else did too. Over all the day was fun and exciting and I would love to do it again. Thanks to Tarni Cavanagh, Glen and Robyn for photographs and write up!

NEW MEMBERS

A warm welcome is extended to the following new members to the club:

Kayla-Jane Hor (Hayden's little sister)
Baylee O'Connor
Emma Watt

Kelly Watt
Ashleigh Watt

SOCIAL ACTIVITIES

FUNDRAISING

Invoices for those who bought equipment through the club have been sent out – could those amounts be put in the fundraising account as soon as possible. Please remember to place any outstanding chocolate money in the fundraising account also.

Fundraising account: BSB 633108 110776366

On the 11th August at the LSC encouragement meet there was a total of \$3533.30 raised for the club. This included \$256.00 from the raffle held. Well done to everyone involved.

LSC INVITATIONAL

ON WEDNESDAY 16th OCTOBER AT 5.30 PM THERE WILL BE AT THE KILSYTH CENTENARY POOL A MEET WITH GOYDON SG, MT EVELYN SWIMMING SCHOOL AND KINGS SWIMMING SCHOOL.

NEXT ISSUE

More results
Guest reporters
Answer to QON