

# COACHES CORNER



*'Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.'*

Norman Vincent Peale

*'Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.'*

Thomas A. Edison

The quotes this week speak for themselves, 80% of success lies within the mind and I've been saying since I got here, each one of you (swimmers, not parents) needs to believe in your own ability & success and plan your pathway, if you do that, you will succeed. I am just your Shepard here to guide you along the right path (sounds poetic).

Christmas is fast approaching and the timetable for Christmas should be out by the time you read this newsletter. Could parents please let me know who will be training over the Christmas period and also if you will be training over January? This will help me plan the sessions better over the break.

Good luck to all those competing at States LC and don't forget the Vic Open Water swims that are on over the Christmas Break.

Have a Very Merry Christmas and a Happy New Year

Jay

## PRESIDENTIAL MATTERS...

It is the season to be jolly with Christmas just around the corner. I am looking forward to the opportunity of catching up with all the members and families at the Christmas party for lots of fun and food, with whom make this a great club.

What a fantastic month it has been watching our club swimmers performance improve as they all strive to achieve their individual goals in recent competitions. Congratulations to the swimmers who have achieved qualifying times to compete in the Victorian age championships and good luck to those try to qualify this weekend. We wish you all the best in your endeavors next month and look forward to watching our junior swimmers within the club emulate their success in the future.

If any of the members at the club need assistance in getting to training sessions or a targeted competition meet, please contact Jay or any of the committee members for assistance.

Club members and families support and promotion to the broader community of our club assist in its growth. If you have any ideas or interested in helping around the club no matter how big or small please feel free to talk to me anytime.

Looking forward to what December brings and seeing you all at the Christmas party. Merry Christmas and Happy New Year to all.

PS Kids don't forget your Santa hats.

**NB:** Please note on the LSC website, the altered timetable for December & January. May every swimmer their families and loved ones have a wonderful Xmas & a safe and healthy 2014.

## SPONSORS



### Answer to October QON

**Nathan Vabec (JX squad) was born on Christmas Day.**

### Reminder:

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

### Useful websites:

[www.lilydaleswimclub.org.au](http://www.lilydaleswimclub.org.au)  
[www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)  
[www.metroeastswimming.com.au](http://www.metroeastswimming.com.au)  
[www.swimmng.org.au](http://www.swimmng.org.au)

### Question of the newsletter (QON)

**How many families in the club have two or more competitive swimmers?**

November 2013

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



## UP-COMING EVENTS

Targeted Events: Where a coach is in attendance

### State Qualifying Meets

(Swimmers aiming for State and National qualifying times):

- December 14<sup>th</sup> -19<sup>th</sup> – Victorian Age LC Championships. Venue: MSAC outdoor pool.

### National Squad

- January 17<sup>th</sup> - 19<sup>th</sup> - Victorian Open LC Championships. Venue: MSAC outdoor pool.

### Senior Squad

- January 17<sup>th</sup> - 19<sup>th</sup> - Victorian Open LC Championships. Venue: MSAC outdoor pool.

OR

- January 25<sup>th</sup> – Metro East Sprint Meet. Venue: MSAC outdoor pool.

### Junior Squad

- January 25<sup>th</sup> – Metro East Sprint Meet. Venue: MSAC outdoor pool.

### Junior Excellence & Junior Development Squad

- January 25<sup>th</sup> – Metro East Sprint Meet. Venue: MSAC outdoor pool.

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

## NEW MEMBERS

A warm welcome is extended to the following new members and their families who have recently joined LSC.

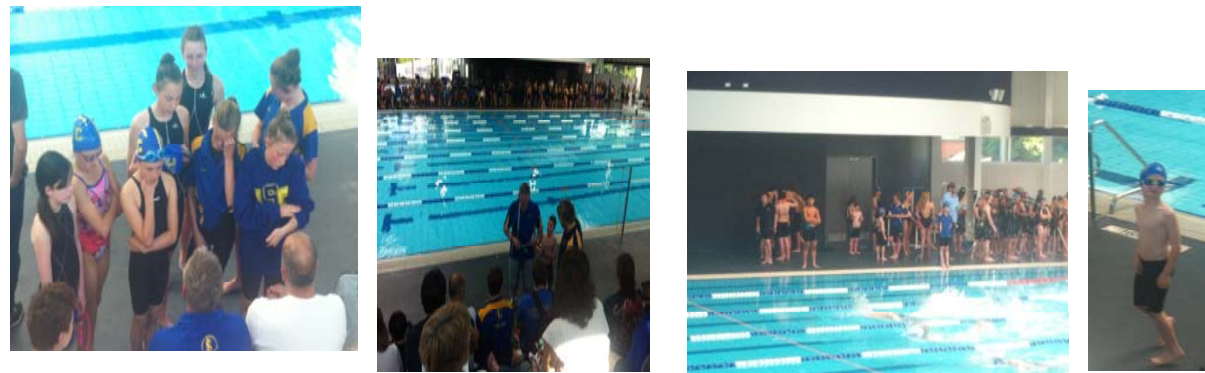
Lily Xu  
Tara Barnewall

We hope you have lots of fun as you train and improve your swimming. Any questions don't hesitate to ask Jay or Eleanor or one of the parents' poolside.

# DVE MEET

On Sunday the 17<sup>th</sup> of November 2013 21 swimmers competed at the DVE meet at "Watermarc" in Greensborough in a total of 66 swims, resulting in 45 pb's, 12 State LC times and 4 State sprint times. It was great to see such a mix of squads turn out and such a large number of Lilydale swimmers competing. It was a fun day with lots of cheering each other on. We now look forward to some solid training leading into the Age State Championships in December.

By Sarah Urquhart (NS)



# METRO EAST INTERCLUB RELAY MEET

At the last Club night held on the 15<sup>th</sup> November 2013, there was a presentation to the Lilydale Bombers team who represented LSC in the relay meets held between 24/5/13 & 19/7/13. They came 'Runners up' finishing second on 50 points in the Junior C Division. They are pictured below with their 'Runners up' pennants.



The Lilydale Hawks represented LSC in the Junior A Division and finished in 4<sup>th</sup> place on 20 points. Congratulations to both teams.

# OTHER NEWS...

Swimmers represented the club successfully at the Casey Tigershark Twilight meet held on the 2/11/13, swimming personal bests and winning medals in their respective age groups. Sarah Falkingham and family also travelled to Kardinia Park in Geelong and swam there on the 17/11/13 and had lots of fun.



Many happy returns to those celebrating in December:

Olivia Baker Nathan Vabec

# CLUB NIGHTS

(5:00pm warm up):

Our next club nights for LSC are on the following Fridays:

- Friday Dec 6
- Friday Jan 31

All are encouraged to attend.

**YOUR NEW CLUB LOYALTY CARD**  
Collect from your club organiser to start saving today!  
**DID YOU KNOW YOUR CLUB LOYALTY CARD ENTITLES YOU TO:-**

- Discount on
  - Race suits • Wetsuits
  - Training suits
  - Technical Training Equipment

**All purchases are 10% off!**  
Remember race suits and wetsuits must be sized and fitted correctly for maximum performance.

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250 Park Street, South Melbourne, 3205  
T: 03 9686 4666 E: aqsmelbourne@aquashop.com.au

**AQUA SHOP National Support Line**  
1300 132 852  
Web: www.aquashop.com.au  
Email: sales@aquashop.com.au

# FUNDRAISING

Thanks to all who have supported the club in fundraising efforts this year. It is much appreciated by all at LSC.

# 2013 METROPOLITAN 7-10 COMPETITION

On Sunday 10<sup>th</sup> November we went swimming at MSAC, for the 2013 Victorian 7-10 Metro Competition. It was in the city, we had to get up early to get there. This was my first really big swimming meet and there were lots of people there swimming and watching us. From Lilydale Swimming Club there was Jade Hutchinson, Cade Cavanagh, Hayden Hor, Tyler Elliott and Kayla-Jane Hor, we all swam great and I think we all got PB's. Cade did awesome in the relays. I really liked that Natasha Elliott and Cade Cavanagh helped me out on the day. We had an awesome day.

By Kayla-Jane Hor (JD Squad)



# CONGRATULATIONS

To the following swimmers were chosen by committee to each receive a \$25 voucher from the Aqua Shop for their efforts in representing the LSC in the recent 7-10 swim meets.



Kayla-Jane Hor Tyler Elliott  
Hayden Hor Cade Cavanagh  
Jade Hutchinson

Thanks to the team at Aqua shop for their continued sponsorship of the club

**Lilydale Swimming Club Xmas Party**

Date: 8<sup>th</sup> December 2013

Venue: Silvan Dam, York Rd, Silvan.

When: From 11 am  
Lunch at 12.30pm  
BBQ meat/vegetarian options available

**RSVP on notice board**

# NEXT ISSUE

More results  
Guest reporters  
Answer to QON