



# COACHES CORNER

Read an interesting article in the December issue of Swimming Australia, referred to a coach being asked to observe another club and comment on the squad and coaches behaviour/training principles during a session. Here are a list of comments he made (**They will sound familiar**)

1. Swimmers arriving to the pool late.
2. Swimmers starting the set late
3. Swimmers leaving the wall late or early, i.e. not leaving on the correct time
4. Swimmers not streamlining or streamlining poorly
5. Swimmers not kicking effectively underwater
6. Swimmers breathing on their first stroke (free & fly)
7. Swimmers swimming with poor technique
8. Swimmers breathing 2 or 3 times inside the flags on turns
9. Swimmers turning poorly and slowly
10. Swimmers pushing off poorly and with no power
11. Swimmers not streamlining in their turns
12. Swimmers breathing on their last stroke in free or fly
13. Swimmers not finishing on the wall
14. Swimmers finishing on the wall poorly
15. Swimmers getting out of the pool for a break in the middle of the training set
16. Swimmers not rehydrating before, during or after training sets.

There were some comments regarding the coach's behaviour too, and I noticed one or two familiarities with my coaching lately. I have promised myself to ensure they are removed from my coaching toolbox and that I work harder to ensure that I am giving you a 100% of myself and my coaching knowledge during each session.

**Are you prepared to work with me and ensure that none of the above 16 comments are part of your training regime??**

Jay

# PRESIDENTIAL MATTERS...

It has been a very busy month leading up to end of year for the club with our Christmas party and Victorian Age Championships. This being the last newsletter for the year I would like to take this opportunity to sincerely thank each and every member of club for their efforts in 2013. It is only through working together that we can achieve so much. It was nice to catch up with the parents and kids that attended the Christmas party and thank you again to all those that help put the day together. Congratulations to all those swimmers who competed in the Victoria Aged Championships with a number achieving PB's and Carly Urquhart making the finals for under 12 200m fly achieving 8<sup>th</sup> in the state. I hope you all have a wonderful and safe Christmas and look forward to seeing you all again in the New Year.

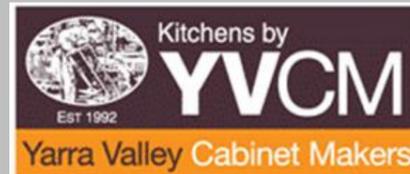


# CONGRATULATIONS

To the following swimmers who were chosen by committee to each receive a \$25 voucher from the Aqua Shop for their efforts in representing the LSC in the recent Vic LC age championship swim meets. They include: Ashleigh Harrison, Brooke Urquhart, Cailin Millar, Carly Urquhart, Jamie Elliott, Jayden Cichowski, Kaylah Fall, Kia-Beth Laidler, Kimberley Gilling, Lenny Krix, Matt Gilling, Michael Rafferty, Phil Windridge, Sarah Dobson and Sarah Urquhart

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

## SPONSORS



### Answer to November QON

There are about 13 families with two or more competitive swimmers

### 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)

Who celebrates a birthday on Australia Day?

December 2013

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



# UP-COMING EVENTS

Targeted Events: Where a coach is in attendance

## 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!

# DECEMBER 8<sup>TH</sup> XMAS PARTY

In lovely weather at Silvan dam we celebrated the festive season. A yummy BBQ lunch was served with swimmers bringing either a salad or dessert to share. Participants played cricket, volleyball and other activities as parents caught up with each other and socialized. The ever popular Kris Kringle was a favourite. Many thanks to those who organized the day and helped with setting up, cooking and packing up.



# SOUTH AUSTRALIAN OPEN WATER CHAMPIONSHIPS 2013

Friday 28<sup>th</sup> November, saw Matt and I head to Adelaide for the SA Open Water Championships. Matt was competing in the 5km event aiming to do 1hour 5 minutes or better to qualify for Nationals in February. Armed with a folder of airline tickets, car rental bookings, hotel reservations and swim entry forms put together by Michelle, I felt confident I could navigate my way to Adelaide and back.

With the help of touch screen technology and Matt we checked in and I was sitting in economy having spoken to no-one in the entire process, hoping this plane was going to Adelaide. I am glad I put deodorant on because economy is very cramped. Of all things to give us they gave us a pie to eat. It is quite a challenge to eat a hot pie without being able to move your arms. It reminded me of the game we played at kids parties where you had to get an apple from a bucket of water with your hands tied behind your back. I had a bite, then Matt, and then started again, sort of a mini Mexican wave on the plane,

Caught up with old coach Lawrence at the swim and then afterwards had lunch with him, Alisha and newborn Mason. He was very interested in how all the swimmers were going, asking about everyone individually. He will be over here in February at the National open water with his swimmers and is keen to catch up with everyone.

## Now the swim:

It was two laps of a 2.5km course with great viewing for spectators. Soon after the start a group of 6 swimmers made a clear gap on the rest of the field with Matt fitting beautifully in 2<sup>nd</sup>/3<sup>rd</sup> place. This group stayed together for the entire race just dropping one swimmer and a few order changes. At the end of the first lap Matt came past swimming in 2<sup>nd</sup> by one 1 – 2 body lengths in 31 minutes 53 seconds. Time wise this was good although you can do the sums and see had to maintain this pace for the 2.5km.

With 1.5km to go Matt made a move on the leading swimmer. Later he told me he felt the leading guy was not navigating well and so he took the initiative and made his move into the lead. With 200m to go I realized he was going to be under 1 hour 5 minutes and so I started to embarrass myself with support, but who cares, no-one (except Lawrence) knew me anyway and I think Matt was too stuffed to realize who the idiot on the bank was. Matt came across the line in 1hour 3 minutes 37seconds and 3 seconds ahead of the 2<sup>nd</sup> swimmer. Great swim!!

What a trip! I had caught the right plane found the right hotel and got Matt to swim on time. He swam a National qualifying time and we got home again – all without Michelle! I felt pretty proud of myself. As a bonus Matt also came home with the gold medal SA championship. So, next February 16<sup>th</sup> anyone who can, should come down to Geelong and support Matt at the Nationals and as a bonus you will be able to catch up with Lawrence.

See you there.

Thanks to Paul Gilling for photo and entertaining report



## FUNKY TRUNKS FUN MEET

On the 7<sup>th</sup> of December, Tarni, Cade and I travelled down to Kerferd Pier to race in the Funky Trunks fun meet. We raced in the 400m kid's race. Before the race the kids got to pick what bathers they wanted to swim in. After we picked what bathers we wanted, we sat back and relaxed, as it was a nice warm day. I was really nervous as this was my first open water event. It was a really fun event and we all enjoyed it very much.

By Cailin Millar (Calin didn't mention it but she won her age group)



Many happy returns to those celebrating in January:

Jayden Cichowski	Jade Hutchinson
Ana Malnar	Myee Stevenson
Ashleigh Watt	Elliot Varas
Cade Cavanagh	Sam Green



Girls relay teams

- 12th in State for Girls 12 & Under 200 LC Meter Medley Relay with a time of 2:24.22 – Cailin, Kimberly, Carly and Brooke.
- 13<sup>th</sup> in State for Girls 12 & Under 200 LC Meter Freestyle Relay with a time of 2:07.30 – Kimberley, Carly, Jade and Brooke.

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## CLUB NIGHTS

(5:00pm warm up):

The next club nights for LSC are on the following dates:

- Friday January 31st
- Friday February 28<sup>th</sup>
- Friday March 21<sup>st</sup>
- Friday May 2nd

All are encouraged to attend.

## FUNDRAISING

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

## NEXT ISSUE

More results  
Guest reporters  
Answer to December QON

# DECEMBER 14<sup>TH</sup> -19<sup>TH</sup> STATE AGE LC CHAMPIONSHIPS



Over six days, in mainly fine weather conditions swimmers have represented LSC at these championships under the guidance of Jay our head coach. There were many impressive swimming results posted both individually and in the two relay teams who swam in the outdoor MSAC pool. Of the 59 swims, there were 29 LC pb's and already 25 qualifying times swum for 2015 championships and one Victorian State Open qualifying time for 2014. Congratulations to all those involved – especially Kimberley Gilling, Brooke Urquhart, Carly Urquhart and Lenny Krix, who swam five or more individual events. Well done to the supportive team of parents and grandparents who assisted.