

COACHES CORNER

'The greatest efforts in sports came when the mind is as still as a glass lake'. Timothy Gallwey

'Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever'. Lance Armstrong

Two different quotes this week one referring to the mind and ability to control the body, which is important for us to do this in racing, to enable us to get the most out of our body. The other although from a disgraced sportsman now, the point is still relevant and true, once you quit / give up you can never go back and change that race or part of your life, it will remain with you forever.

Parent's I know there a lot of changes happening, but please bear with me as I try to get the most out of our time in the pool to ensure your child(ren) get maximum opportunity to swim and reach their goals.

My plans to date (although the best laid plans only last to their introduction) are to split the swimming year (May – Apr) in to sections and to complete every section with a local, State or National swim meet. This current period will end at the beginning of September, For those going to State's this will be their main meet, for those not going to State's, I I have selected two other meets for them.

1. JD & JX swimmers to enter; Aggregate Meets on 15 & 22 Sept, this is only 50's and is a good introduction for them. (Some faster JX swimmers may want to enter the meet below)
2. Rest are to enter; ascta Vic & Blue Fin Meet 15 Sept. please enter the morning session as this is also a qualifying session and the PM sessions is not

Both Flyers are on the Club Notice Board – please read and any questions please let me know. After each main cycle we will reduce training a little to allow our swimmers to recover, before beginning our build up again for our next main events. More detail in next month's newsletter.

Last point is our Carnival on 11 Aug, would like to see all swimmers from JD & JX enter our meet, again it is only 50's and you do not need to be a competitive swimmer to enter.

Jay

CONGRATULATIONS

Well done to the following members of the club who have been recognized and included in the following squads and teams:

- **2013/14 Swimming Victoria Development Squads:**



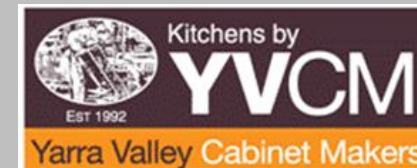
Brooke Urquhart - Junior Talent Squad

Matt Gilling - Distance Squad

- **U/14 2013 Victorian Water Polo Team:** Jorja-Shae Baker



SPONSORS



Answer to June QON

Jay's birthday is the 1/7/1961. He has a couple of 'middle names' Jay's formal name is Julien Christopher Werner Roberts.

Reminder:

Chocolate drive is on 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.swimmng.org.au

Question of the newsletter (QON)

What is Eleanor's star-sign? Does she have a middle name?

July 2013

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



INTERCLUB

District Interclub Relays - I have really enjoyed competing in all 4 interclub relays. There were 2 teams there was the Lilydale Hawks and the Lilydale Bombers, each week the teams changed. I had lots of fun competing in the relays because a lot of my friends were there and I have made some new friends. In the interclub relays the races were freestyle, backstroke, breaststroke and the medley. Personally I enjoyed doing all of the races and in the medley I enjoyed doing the butterfly. The interclub relays are really good race experience!!

By Sarah Falkingham. (JX Squad)

The Lilydale Hawks in Junior A finished 4th on 20 points & Junior C finished 2nd on 50 points. Well done to all who were involved in swimming and officiating at the interclub relay event over the past four meets at Nunawading.

UP-COMING EVENTS

Targeted Events: Where a coach is in attendance

State Qualifying meets

(Swimmers aiming for State and National qualifying times):

- Saturday 17th August – Nunawading SC meet. Venue: MSAC indoor pool.
- Sunday 18th August – MLC Aquatic SC meet. Venue: MSAC indoor pool.
- Friday 30th August – Sunday 1st September – Victorian Age SC Championships. Venue: MSAC indoor pool.
- Sunday 15th September – ascta Vic/Bluefin Acquarius LC encouragement/JX level Meet. Venue: MSAC indoor pool.

Encouragement Meets

(Junior swimmers & first time competitors):

- Sunday 11th August – Lilydale Swimming Club Encouragement Meet. Venue: Kilsyth Centenary Pool.
- Sunday 15th September – Metro East Aggregate Meet Week 1. Venue: Kilsyth Centenary Pool.
- Sunday 22nd September – Metro East Aggregate Meet Week 2. Venue: Kilsyth Centenary Pool.

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



Club records: Remember all swimmers, if you are competing in a qualifying meet other than those listed as targeted on the club's website be sure to email the club with your name and the name of the meet. If you have broken any club records then they can be updated and credited to you.

Bank Accounts - Squad Fees and Fundraising Items: There are two different bank accounts for LSC families to use for payments to the club. Please note: the following bank accounts numbers for payments of fees, uniforms, goggles and social activities

Squad Fees and Swimming Victoria Membership Only

BSB: 633 108 Account No. 107675084

REF: Invoice Number/Name

Uniforms, Caps, Goggles, Social Activities & Chocolates etc.

BSB: 633 108 Account No. 110776366

REF: Invoice Number/Name or Detail/Name



FUNDRAISING

Chocolate Drive: The chocolate drive is well underway with most families picking up their chocolate boxes or choosing to donate \$20 to the club instead. Money is due back to the club by the end of August. Please make sure you put the \$50 into the envelope provided with your **NAME** on it. You can return your money by either; personally giving the envelope to Sue, Michelle or Robyn on pool deck; putting the envelope in the box on the back of the white board on pool deck or directly depositing \$50 into the club's FUNDRAISING ACCOUNT **BSB: 633 108 Account No. 110776366 REF: CHOCS/NAME**

Bakers Delight: Dough raiser cards were mailed out last month for use at the Mooroolbark and Chirside Park stores. 10% of your purchase will be donated to the club by showing the card as you pay. Alternatively stating 'dough raiser #38' will credit this amount to the club. Thanks to all for participating.

Raffle: Thanks to everyone who bought a raffle ticket to support LSC at the encouragement meet.

NEW MEMBERS

Our newest members to the club are:

Oliver Duncan
Indigo Lee
Lachlan McGrath

A warm welcome is extended to you and your families upon joining Lilydale swimming club. May you have much fun as you train and participate in upcoming events. Any questions, don't hesitate to ask Jay, Eleanor or a parent or committee member on pool deck or via email – lilydalesc@hotmail.com

RESULTS

Lilydale Swimming Club swimmers have represented the club at many meets over the past month. These meets have included: Melbourne Vic Centre Winter SC Meet, Surrey Park SC Meet, Fairbanks, DVE Acquatics SC Meet, EDA Encouragement Meet, and Tigersharks Novice Twilight Meet. Many great times have been swum at these events by the swimmers who have included:

Ashleigh Harrison, Cailin Millar, Jade Hutchinson, Sarah Falkingham, Jamie Elliott, Kia Laidler, Meg Laidler, Lauchlin Jones, Luke Jones, Thomas Koole, Kimberley Gilling, Matt Gilling, Phillip Windridge, Carly Urquhart, Brooke Urquhart, Sarah Urquhart, Hayden Hor, Tarni Cavanagh, Jayden Cichowski, Deanne Drury, Daniel Ringer, Myee Stevenson, Merinda Reid, Kaylah Fall, Emma McLauchlan, JamieMcLauchlan and Michael Rafferty.

Victorian Open SC Championships 2013

On the weekend of the 3 & 4 August the club had 3 athletes competing at the Vic SC Open Championships. They were Jayden Cichowski, Phillip Windridge and Matt Gilling.

The boys performed really well considering they had come off a hard week of training in the week leading up to the Championships. Jayden competed in his first Open Champs in 50 Breast and posted a time just shy of his PB. Phil competed in the 50 Fly and 50 Free. He swam well posting a PB in the 50 Free. 50 Fly was also a great swim just outside his PB. Matt competed in the 1500 Free and the 200 Frees, posting a 2 second PB in the 1500 and coming 11th overall and also a PB in the 200 Free. Well done to the boys.

By Michelle Gilling

PRESENTATION

Presentation of JX/YPS Packs and SC Age/Open State Championships Qualifiers

Please note in your diary Wednesday 28 August 7pm after training there will be a presentation to all swimmers who have qualified for JX/YPS, Open and State Age SC Champs followed by pizza/subway. All families and swimmers welcome.

SWIMMER INSIDER

In this spot will be a brief interview with one of the LSC swimmers or officials so we can get to know them better. A guest reporter will be asking the questions and reporting back responses to be shared in next months newsletter. Guest reporters interested in doing the August reporters job please apply via email: lilydalesc@hotmail.com detailing who you would like to interview and why. Everyone is welcome to submit – there are no age limitations.

NEXT ISSUE

More results
Guest reporters
Answer to QON
Swimmer insider
Lilydale encouragement meet
report



The following members recently celebrated birthdays in July:

Mikaela Walles	Meg Laidler
Nicholas Rowe	Aimee Boston
Ashley Presser	

Many happy returns to those celebrating this month:

Jorja-Shae Baker	Jamie Elliott
Ashleigh Harrison	Lauchlan Jones
Jamie McLauchlan	