

COACHES CORNER



"You will find the key to success, under the Alarm Clock" (Benjamin Franklin)

"Eighty percent of success is showing up" (Woody Allan)

Two quotes to start you off this week, both of which are very appropriate to our sport.

Having now settled in and unpacked my boxes, it is time to take a closer look at the club and its swimmers future. I believe I have been, or will be employed (probation period not up yet) to take the club and its swimmers to the next level. With that in mind and with the options I have regarding time and pool space, I came up with a plan that in time will allow all swimmers to grow and prosper in their chosen sport.

This plan was briefly outlined to swimmers and parents last Friday and will be sent out to all members prior to us returning to our pool. Once it has been released, if anyone has any concerns please feel free to contact me on the following # 0466479932 - **This is my new number and will become my main phone / contact.**

I have also had the pleasure of attending 2 meets (Warrnambool & Vic Centre SC Winter Meet) at both events the swimmers swam well and I was impressed with their spirit and the effort they put into their swims. I look forward to attending many more and especially get to watch our younger competitors compete. We still have a long way to travel along the road ahead, but its path is wide and full of opportunities. With willingness to improve and commitment to training, swimmers will reap the rewards.

Jay



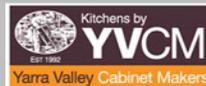
More pictures from the 2013 Presentation Night

NEXT ISSUE

Interclub update
More results
Guest reporters
Welcome to new members.
Answer to QON

June 2013

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Answer to May QON

Jamie E & Jamie M share the same date of birth a year apart and of course the Urquhart twins – Carly & Brooke have the same DOB!

Reminder

Kilsyth Centenary Pool is closed from 26/6/13 – 22/7/13. Please ensure you check the timetable for alternative training during the closure.

Question of the newsletter (QON)

What is Jay's date of birth? Does he have a middle name?

Next Committee Meeting:

June 2013



INTERCLUB



The past few weeks several different swimmers from the talent, junior development and junior excellence squads have been competing in the Metro East Interclub 2013. Two teams have been representing LSC. The teams have been swimming well having competed on May 24th, June 14th and June 28th with another meet on the 19th July to be swum. They have been swimming relays in backstroke, breaststroke, freestyle and medley, with four swimmers in each event. Points are awarded for where the teams place in their division; 5 points for first, 3 points for second, 2 points for third and 1 point for fourth placing.

In Junior 'A' Division the 'Lilydale Hawks' a girls team, have been against three other clubs. As of the 27th June they have compiled 11 points to be 4th in their division. The other team, the 'Lilydale Bombers' is primarily a boys' team. They have been competing in Junior 'C Division' against two other teams. As of the 27th June they have compiled 23 points and are currently sitting 2nd in their division. Many personal bests have been swum and it has been lovely to see the children meeting, socializing and forming new friendships across the squads. Thanks to all those parents who have assisted with time keeping and stepped up to be Team Managers when Eleanor has been unavailable.

UP-COMING EVENTS

Targeted Events: Where a coach is in attendance

State Qualifying meets (Swimmers aiming for State and National qualifying times):

- Saturday 13th July - Surrey Park short course meet. Venue: MSAC indoor pool.
- Sunday 21st July – DVE short course qualifying meet. Venue: Watermarc Centre.
- Saturday 17th August – Nunawading SC meet. Venue: MSAC indoor pool.
- Sunday 18th August – MLC Aquatic SC meet. Venue: MSAC indoor pool.

Encouragement Meets (Junior swimmers & first time competitors):

- Sunday 28th July – Tigersharks Novice Twilight meet. Venue: Casey Arc Aquatic Centre.
- Sunday 11th August – Lilydale Swimming Club Encouragement Meet. Venue: Kilsyth.

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



Winners are grinners – the successful LSC Warrnambool team.



FUNDRAISING

BAKERS DELIGHT LOYALTY PROGRAM – CHIRNSIDE PARK AND MOOROOLBARK STORES

Each family will receive a loyalty card in the post for Bakers Delight that can be used at either the Mooroolbark or Chirnside Park stores. The Swimming Club will receive 10% from every purchase that is made when the card is presented.

We encourage all members of the club, family members, and friends to use these two Bakers Delight stores as often as possible. Please present the card when you purchase, or if your family and friends don't have a card just mention **"dough raiser number 38 before transaction goes through"**. It is very easy and a simple way to raise funds.

WARRNAMBOOL CAMP



On Friday 7th of June the swimmers pictured above began camp – the long bus trip to Warrnambool. Two different buses catered for the younger and older children on the camp, with volunteer drivers John and Steve navigating through the busy traffic conditions. Jerome & Jay ensured the luggage made it to the correct spot. Lots of singing and fun on the young swimmers bus occurred. A relatively incident packed trip saw them five hours later arriving at the Warrnambool backpackers' accommodation.

Next day saw an early start, particularly some of younger swimmers being up before the crack of dawn – breakfasted, then off to the pool for a training session before diving into a healthy lunch before competition started. The Team Managers (Karen, Michael & Jerome) ensured that swimmers saw Jay or Eleanor prior to racing, and getting to events on time. A hardy bunch of parents provided support as they could with time-keeping and other miscellaneous jobs. The night ended with the relays which were hotly contested by lots of clubs. A high-light being the 4x100m freestyle male relay which came first against some top competition. The campers headed back for pizza and bed after the meet.

Sunday morning saw them back at the pool again for the second day of competition. The distance events were a focus this second day with distances ranging from 50-800m across many strokes. Swimmers performed even more impressively with some brilliant personal best times achieved.



Many of the younger swimmers (Under 12 years of age) received ribbons. There were individual trophies for Phil, Matt & Daniel pictured below. The efforts of all swimmers culminated in a strong result for the club. This was highlighted with Lilydale Swimming Club coming second overall for the meet in a points aggregate. Well done team!

The afternoon was full of thrills and spills as the majority of campers went go-karting and enjoyed some leisure time. Cailin and Jade passed some time playing in the park. Pasta Sunday night was apparently "Yum"! Ashleigh's parents did a sterling job catering for the hungry team and managed to fill up some seemingly endless legs along the way!

Monday 10th June saw the campers' en-route back to Kilsyth Centenary Pool. Packing up and then lunching at Colac on the way home. A less incident packed trip in the bus. The trusty bus drivers did a wonderful job. Steve took some magnificent shots of individual and groups of swimmers across the camp. Some of these are shown here in this newsletter. Well done to everyone for your conduct over the course of the camp – only praise forthcoming.

A huge thanks to Karen & Michael, John, Steve, Ashleigh's parents, Jerome, Michelle, the parent supporters & coaches who assisted with making the Warrnambool Camp a success!



Some amazing PB results were obtained over the two days. The following swimmers times improving as noted:

Brooke Urquhart - 72.32 seconds for 800m freestyle & 19.20 seconds for the 400m freestyle.

Sarah Urquhart – 40.66 seconds for 800m freestyle.

Thomas Koole – 39.24 seconds for 200m backstroke.

Sarah Dobson – 14.60 seconds in 200m freestyle.

Brooklyn Fearn -12.66 seconds in the 100m individual medley

Jade Hutchinson who across all events raced improved between 3.92 – 17.32 seconds. An awesome effort!!!

Congratulations to all swimmers aged from 7-18 years who contributed towards a winning points total for the 'away teams'.