



COACHES CORNER

Christmas has come and gone and we are already into February. We have a quiet few months ahead with only the junior swimmers with any real competitions. These are;

The Metro East All Juniors Selection Trial on 23rd Feb and All Junior Championships on 29 & 30th Mar.

Would recommend that all 14yrs and under swimmers have a go at the above competitions. For the older swimmers we have;

Melbourne Vic Summer Long Course 23rd Feb and Metro East District Championship on 16th Mar.

Would like to see all swimmers (all age groups) from the club enter the Metro East Comp on 16th Mar as we will be entering relay teams for this meet.

We will be taking a well-deserved break over the Easter Holidays, up until then we will be working on our aerobic fitness in training and also completing a T20, Kick Test and 6 x 50m Test before the break.

I will be talking to most swimmers over the next two weeks, to let them know what they need to concentrate on in competitions. This will ensure that you have every opportunity to get your qualifying times for short course and next seasons' long course states'.

Please remember to get your entries in early for the competitions

Jay

PRESIDENTIAL MATTERS...

What a month it has been with hot weather effecting our training schedule and last minute changes to our holiday timetable. It is nice to get back to normality with kids back at school and the return of the standard training schedule. I hope everyone had a great holiday break and a chance to get away.

We had our first club night for the new year on the 31st January with lots of icy poles for both the kids and parents. Thank you again to all the parents that assisted on the night, without your continued support around the club it would make it difficult to run these fun nights for all.

As the club continues to grow the need for volunteers are vital to running an effective and efficient club. The support in organizing club nights, events for the kids outside of swimming, new technical officials and other activities are important. If you would like to volunteer your assistance to the club on small activities or have professional skills or ideas to benefit the club or just interested in finding out more about the committee or becoming a technical official to support the club in competition please feel free to talk to myself or anyone else on the committee.

Best of luck to the swimmers competing in the upcoming Victorian Sprint Championships and to Matt Gilling competing in the Australian Open Water Swimming Championship in Geelong. Let's all get behind and support our club swimmers competing in next month events.

Regards
Stephen Millar

SPONSORS



Answer to December QON

Ashleigh Watt celebrates her birthday on Australia Day.

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.swimmng.org.au

Question of the newsletter (QON)

Who is the LSC competitions officer?

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

UP-COMING EVENTS

No other competitions to be entered without coach permission

Month	National Squad	Senior Squad	Junior Squad	JX & JD
Feb-14 - National Open Water Titles	Victorian Sprint Champs 8th/9th OR Melbourne Vic Summer LC Meet 23rd	Victorian Sprint Champs 8th/9th OR Melbourne Vic Summer LC Meet 23rd	Victorian Sprint Champs 8th/9th & Metro East All Juniors Selection Trials 23rd	Any Encouragement meet advertised in Feb & Metro East All Juniors Selection Trials 23rd
Mar-14	Metro East District Champs 16 th OR Tigersharks LC Meet 16th	Metro East District Champs 16th OR Tigersharks LC Meet 16th	Metro East District Champs 16 th & All Juniors Comp 29th/30th	KEW Encouragement Meet 2nd OR All Juniors Comp 29th/30th
Apr-14	No Competitions at all			

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

NEW MEMBERS

A warm welcome is extended to the following new members of LSC:

Carol Tao
Olivia Dowling
& Kyla Millar

We trust you will have fun as you train and make new friends in the club. Any questions don't hesitate to ask Jay, Eleanor or any of the parents' poolside.

OPEN WATER AUSTRALIA SWIMMING CHAMPIONSHIPS 2014

Matt Gilling has continued to train well and prepare for these championships which he qualified for late last year in Adelaide. He has competed in some of the open water events held over the past month. At Point Lonsdale he swam in the 'Rip View Swim Classic' placing fourth. At Anglesea in the 'Rock2Ramp' in a 2.5 km swim he was second over the line.

From Friday 14th February to Sunday 16th February 'The Australian Open Water Swimming Championships' are being held in Geelong. Matt will be representing the Club in the 5km race to be held on 16th February starting at 0800 hours. All LSC members and families are very welcome to come down and support Matt and his family at this event. Laurence (former LSC coach) will be attending from Adelaide and would love to catch up with some of his former swimmers.

OTHER RESULTS

LSC swimmers have been very active this past month both in the pool & ocean. Several clubs have been involved in surf lifesaving events and carnivals. Most have had great success. In swimmers represented LSC at 'Road trip to Kardinia' meet, 2014 Yarrowonga/Mulwala Open meet, Waterlions' Australia Day Sprints twilight meet & Metro East Sprint Meet.

The 'Road trip to Kardinia' meet was held in Geelong on a very hot day at the outdoor pool on 28th December 2013. Four swimmers attended the meet and ended up with three medals and some good times in the challenging conditions. Lots of sunscreen and liquids were required for both swimmers and spectators alike!

Merinda Reid contested the '2014 Yarrowonga/Mulwala Open meet' held on the 5/1/14. Merinda and her family were holidaying nearby and decided to enter the meet. Merinda swam very well obtaining PB's in 100m freestyle, 100m breaststroke, 100m backstroke & 50m butterfly. Merinda also came third in the 100m backstroke event, winning her first medal. Well done!

At the 'Waterlions Australia Day Sprints twilight meet' four swimmers represented the club well at this meet held on the 24/1/14. Kayla-Jane Hor, Hayden Hor, Merinda Reid and Indigo Lee contested events. Kayla-Jane swam 3PB's in 50m butterfly, backstroke & freestyle. She came 3rd in the butterfly in her age group & posted a time in the 50m breaststroke. Hayden also swam 3 PB's in 50m butterfly, backstroke & freestyle. Merinda obtained 3 PB's in 50m butterfly, backstroke & breaststroke. Indigo swam in the 50m backstroke & 50m freestyle, gaining experience in racing & posted pleasing times. Great job!

On the 25th January, 21 LSC swimmers were entered in 86 individual entries in the 'Metro East Sprint Meet' held at the MSAC outdoor pool. Everyone swam very well under the direction of Jay. There were 40 PB's swum on the day with some massive time improvements noted. Sarah Falkingham, Lenny Krix, Ashleigh, Kelly & Emma Watt swam PB's every time they went into the water. Sarah achieved an almost 9 second PB in the 100m freestyle. Merinda Reid swam 4 PB's in 5 events, Jamie & Natasha Elliott swam 3 PB's (Natasha also equalled her 50m butterfly time to the 100th of a second!), Kimberley Gilling, Cailin Millar & Carly Urquhart obtained 2 PB's each, while Phillip Windridge, Cade Cavanaugh, Sarah & Brooke Urquhart swam a PB. Everyone tried their personal best and seemed to have a lot of fun on the day. Several swimmers came home with medals. Congratulations to Sarah Urquhart who achieved her first swimming medal. Thanks to all the parents who assisted with time-keeping and provided support before, during and after races.



Many happy returns to those celebrating in February:

Sarah Dobson	Emma McLauchlan
Tarni Cavanaugh	Cailin Millar
Baylee O'Connor	Erin Doupe
Kayla Jane Hor	Georgia Tan
Stephanie Waller	Maddison Edwards-Turner



CONGRATULATIONS

Tarni Cavanaugh, the recipient of a \$25 Aquashop voucher for making her first Victorian Sprints State Team. Thanks to the wonderful staff at Aquashop for their continuing support of the LSC.



IN OTHER NEWS ...

Well done to Natasha Elliott & Tarni Cavanaugh for being nominated for Grade 6 School Captain positions. Good luck to all Preps, Year 7's & Year 11 & 12 students especially, as you start back at school for an exciting year.

DECEMBER 1ST 2013 BALLARAT COMPETITION

On Saturday 30th November & Sunday 1st December some adventurous members of LSC travelled up to Ballarat to compete in this competition. Some stayed in the local caravan park (next door to the pool) and had a fun time eating together and socializing. On a very hot day at the outdoor pool, Michael Rafferty, Hayden Hor, Cade & Tarni Cavanaugh, Merinda Reid, Sarah Falkingham, & Natasha Elliott all attended and represented the Club.

Results as follows:

Michael:	3 rd 100m Freestyle & 200m Freestyle
Hayden:	had fun contesting his events
Cade:	2 nd 50m Freestyle & 3 rd 50m Breaststroke
Tarni:	1 st 100m Butterfly & PB 50m Breaststroke
Merinda:	PB's 50m Freestyle & 50m Butterfly
Sarah:	PB 50m Freestyle
Natasha:	PB 50 m Backstroke

Merinda, Sarah, Natasha & Tarni swam in the Girls Under 12 relays: both the Medley & Freestyle events. They finished 4th in the 4x50m freestyle relay & 5th in the 4x50m medley relay. Lots of smiles to be had!

Thanks to Robyn Woolcock for the picture of the four girls.

CLUB NIGHTS

(5:00pm warm up):

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

- Friday February 28th
- Friday March 21st
- Friday May 2nd

All are encouraged to attend.

FUNDRAISING

Bunnings BBQ to be held on Sunday 28th September 2014 (day after the AFL Grand-final). Volunteers will be required to assist with set up, selling & clean up – more information to come in newsletters and on the notice board.

Ashleigh Harrison (NS) is participating in the 2014 'Worlds' Greatest Shave' in March. She is hoping to raise \$300. As well as shaving her head she is also donating her cut hair to the Pantene Beautiful Lengths Foundation which supports women with cancer by providing them with wigs made from human hair. If anyone would like to support Ashleigh by donating some money they can go to: <http://my.leukaemiafoundation.org.au/ashleighharrison>