



COACHES CORNER

The season for us is slowly coming to an end and you all have that well deserved break to look forward to. Our last day will be on the 4th April and we will return on the 28th April.

The challenges for the beginning of the season will be to get as many swimmers as possible qualified for Vic State SC Champs.

My first year has gone very quickly and although there has been a lot of improvement from swimmers and their times, I still think we have a long way to go, if we want to make Nationals and do well as a club at Vic States. If you continue to work as well as you have done this year, then I am sure we will reach our targets.

Remember, how far you go and how well you do, is all dependent upon how much you are willing to give and how determined you are to succeed. Sayings like below all have some merit and value. Success is not given on a plate; it is earned through dedication and 1000's of hours of hard work.

"No Pain, No Gain", "Pain is only weakness leaving the body", "Sweat is the first step to Success", "The harder you work and the more determined you are to succeed, the better your chances", or "Everybody fails or has a bad swim, it is the person who learns from his failures and is determine to succeed that will achieve the most".

Enjoy the break and come back refreshed and ready to succeed.

Jay

PRESIDENTIAL MATTERS...

Summer is over for another year, with those hot training sessions in the Kilysth dome hopefully a distant memory.

Our club invitation night is coming up on the 4th April and is an important event to attract new members. Your support on the night will be appreciated to help promote the club and especially having the junior and senior swimmers in uniform to help co-ordinate events and promote the club by talking to the new swimmers.

School swimming competition events have been running over February month with a number of our swimmers producing great results, well done to all those swimmers.

Well done to our swimmers who competed in the recent encouragement meet with a number of top 3 finishes. Great effort by our junior's Tara Barnewall and Alyssa Leaver who competed in the 8 & under 50m backstroke and freestyle events on the day.

Fantastic results from our swimmer in the all juniors trails last month with a number of our swimmers making it through to the all juniors competition at MSAC on the 29th & 30th March.

I am looking forward to meeting both parents and kids at our Macca's night for the junior squads on the Friday 14th March after training. It will be a great opportunity for the kids to interact outside of the pool.

Thank you again to all those who helped out with Club night on the 28th February, it was a great night with 200m backstroke, 100m backstroke and 50m breaststroke events run, with lots of icy poles consumed by all.

Stephen Millar

OPEN WATER AUSTRALIA SWIMMING CHAMPIONSHIPS 2014

By Paul Gilling

Some of you will remember the article on Matt Gilling and his trip to SA to qualify for the Australian Open Water Championships. Well the big day arrived in Feb, so Matt and I headed down the highway to the 'sleepy hollow' of Geelong; home to the 'greatest team of all'; excited, that we might just be lucky enough to bump into the likes of 'Lingi' or Jimmy Bartell or even the great G. Ablett.

This was the event where the best of the best in the nation go head to head out in the ocean. This was 'Top Gun' stuff. So I put the CD on in the car of the soundtrack from Top Gun cranked it up to full, windows down and with the wind in our hair we sped down the highway [hopefully not too speedily!] to the sounds of 'Danger Zone'. Matt managed to sleep the whole way, but by the time we arrived in Geelong, I was pumped. Raising Matt from his sleep we took a quick look at the course before heading off for a meal. The course looked so still and peaceful; little did we realize that under the surface lurked masses of stinging jellyfish.

See following page for continuation of story...

SPONSORS



Answer to January QON

John Ringer is our competitions officer for LSC

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 Lilydale Swimming Club registrar?

February
2013

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
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 and their families:

Izabella Barnett
Georgia Lester

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



Ashleigh Harrison (NS) is participating in the 2014 'Worlds' Greatest Shave'. The big shave is going ahead at her hairdressers on Saturday 15th 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>

OPEN WATER AUSTRALIA SWIMMING CHAMPIONSHIPS 2014 CONT.

Race morning arrived and the conditions again looked good and no mention of jellyfish. The Male open, Male 17-18 year old & Male 16 year old competitors all headed off together. The likes of Jarrod Porter (Olympic 1500m swimmer) and Sam Sheppard (multiple Lorne pier to pub winner) were among the starters. Not surprisingly these two fought it out at the finish with Jarrod just able to out-sprint Sam after 5km of racing.

Matt swam well finishing in 16th place in the Male 17 -18 year old category. His time of 1 hour 6 minutes was not his best, but given the conditions with the 'stingers' he did pretty well. All swimmers came out of the water having been stung multiple times and the first aid tent was working overtime with ice packs. *One part of me felt sorry for him, the other said "good to see him squirming in a bit of pain." "Is that wrong of me to think that way?"*

Thanks to Paul Gilling for his account of the recent open water championships from a parental point of view.

METRO EAST ALL JUNIORS SELECTION TRIALS METRO EAST ALL JUNIORS SELECTION TRIALS

Thirteen LSC members competed at the Metro East All Juniors Selection Trials. We competed at the Glen Waverley outdoor pool. Everyone tried their best. Some got through to the next round and most of the others got PB's. We would like to give a special thank you to Eleanor for timing us and giving great advice to all that were about to swim. Congratulations to all that swam you did a great job. ☺☺

By Sarah Falkingham, Merinda Reid & Tarni Cavanaugh (JS)

Across the day, seventeen LSC swimmers contested 60 individual events. The 11-14 year age groups swam in the morning session, whilst four 8-10 year olds swam the afternoon heats. Swimmers had to finish in the top 10 in butterfly, backstroke, breaststroke or freestyle to be able to progress to the next round. There were some great results on the day with 10 swimmers qualifying for 15 events on the 29th March at the Metropolitan All Juniors to be held at MSAC. All the 8- 10 year olds qualified for a minimum of one event. Some of the highlights of the day included: **Elliott Varas** – performing an almost 15 second PB in the boys 13 years 50m butterfly; **Ashleigh Harrison** qualified for all four strokes in her age group & performed PB's in her butterfly & backstroke swims; **Ashleigh Watt** qualified for the 13 year old butterfly & freestyle with both being PB's. **Sarah Falkingham** did a PB in backstroke; **Jamie Elliott** swam a PB in the breaststroke & qualified in the top 10 in backstroke; **Jacob Vulfs** in the same age group did a PB in the 50m freestyle by almost 2.5 seconds. In the 11 year old girls: **Kimberley Gilling** qualified with the 50m backstroke & freestyle & was 11th in the breaststroke; **Jade Hutchinson & Kelly Watt** qualified in the breaststroke & freestyle respectively. **Cade Cavanaugh** was in the top 10 for his backstroke & was 11th in freestyle in the 10 year old boys; **Hayden Hor** qualified in the 9 year old freestyle & was 11th in the backstroke; **Tyler Elliott** qualified in the 8 years backstroke & breaststroke & recorded a PB in the breaststroke. He finished 11th in the freestyle; **Kyla-Jane Hor** swam in

KEW ENCOURAGEMENT MEET

On the 2nd March 2014, seven LSC swimmers swam at this encouragement meet from the JD & JX squads. In stunning conditions in the outdoor pool and with Eleanor as coach they swam some impressive times and recorded some wonderful results. **Nicholas Rowe** (pictured far left) swam in the boys 11-12 year age group. He obtained a 6.25 second PB in the 50m butterfly placing 3rd; a PB in the 50m breaststroke also placing 3rd and recorded an almost 3 second PB in the 50m freestyle taking out first place. **Bailey Chandler** (pictured middle left) also swam in the boys 11-12 year age group. He posted competitive times in the 50m breaststroke and 50m freestyle, placing 4th.

He placed 3rd in the 50m backstroke. **Jonathon Murphy** (pictured right) swam in the 13 years age group and posted some times in the butterfly, backstroke and freestyle 50m events.

Tara Barnewall & Alyssa Leaver swam in the 8 year old girl events and posted times in the 50m freestyle & backstroke. Tara was unlucky to place 4th both times. **Jacob Vulfs** (pictured 2nd left on bottom shot) swam the 11-12 boys age group too. He swam a 1.5 second PB in the 50m freestyle & a PB in the 50m breaststroke. **Georgia Lester** swam in the 50m events for the 12 year old girls. She posted times in the backstroke, breaststroke and freestyle. It looks as if it was a fun day for everyone who attended.

Thanks to Eleanor Smith for the pictures

2014 VICTORIAN SPRINT CHAMPIONSHIPS

On the 8th and the 9th of February, Lilydale had nine swimmers compete in the Victorian Age Sprint Championships. Over the day we had PBs from most of our swimmers. Everyone enjoyed the day and competing against Victoria's best sprinters was a good experience for all of us. Congratulations to Tarni Cavanaugh for qualifying for her first state event.

By Ashleigh Harrison (NS)



Pictured from left to right at Victorian sprints team presentation held on 6/2/14 are some of the swimmers who represented the club: Cailin Millar, Michael Rafferty, Jade Hutchinson, Emma McLauchlan, Tarni Cavanaugh & Ashleigh Harrison

Picture: Robyn Woolcock

LSC swimmers contested 29 events in the Victorian Sprint Championships. Under the guidance of Jay, the 11-13 year olds swam in the morning, whilst the 13+ year olds swam the afternoon session. Individual swimmers swam 1-4 races over the 50m distance in all four strokes. Everyone swam very well. Out of the 29 swims, were 17 PBs. Our 11 year old girl breast-strokers – Kimberley, Jade and Cailin finished respectively, 13th, 16th & 20th. Emma McLauchlan in the 50m butterfly came within 1/100th of a second off equaling her best efforts previously. Congratulations to: Tarni Cavanaugh, Jayden Cichowski, Jamie Elliott, Kimberley Gilling, Ashleigh Harrison, Jade Hutchinson, Emma McLauchlan, Cailin Millar & Michael Rafferty. Well done to the supportive parents and siblings who cheered them on!



Many happy returns to those celebrating in March:

Lenny Krix	Brooke Urquhart
Carly Urquhart	Jacob Vulfs
Amy Moss	Jenny Ringer

MELBOURNE VICENTRE SUMMER LC MEET

On the 23rd February at MSAC, six swimmers from LSC competed: Sarah, Carly & Brooke Urquhart, Lenny Krix, Kaylah Fall & Phillip Windridge. They swam some great times. **Sarah Urquhart** recorded a time in the 200m Individual Medley. **Lenny Krix** swam a PB in the 100m freestyle, narrowly missing being under the magical minute by four one hundredths of a second posting 1.00.03 seconds. **Carly Urquhart** in the 12-13 years 50m butterfly swam a PB & won the event. She finished 2nd in the 200m butterfly. **Brooke Urquhart** in the same age group swam PB's in the 100m & 200m freestyle. **Kaylah Fall & Phillip Windridge** contested their events to the best of their ability on the day. Great job!



CLUB NIGHTS

(5:00pm warm up):

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

- Friday March 21st
- Friday May 2nd

All are encouraged to attend.

Macca's Night

On Friday 14th March JD and JX will train together from 4.45 - 6pm. All swimmers and their families are then invited to Mooroolbark McDonalds. **BYO money. Obviously everyone will choose the salads (or maybe not?).**

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IN OTHER NEWS It has been heard on the grapevine (no pun intended) that Cailin Millar is a School Captain at the primary school where she attends – well done & congratulations.

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.