

COACHES CORNER

Unfortunately this will be my last Coaches Corner and the decision to leave, not just Lilydale SC, but swimming all together was not an easy one for me to make. I am very disappointed that I did not fulfil my promise of taking a lot of you to Nationals next year, but I am very confident that despite this little set back, that those of you who remain confident and determined, will make it to Nationals next year or in the near future. I will be watching your progress and work permitting may even get the opportunity to come and watch you in the finals.

I would like to take this opportunity; to thank Lilydale SC for making it possible for me to coach and meet all you wonderful swimmers and thank all those parents and swimmers who supported me during my time with the Club. I wish you all the very best for the future and hope that you all continue to swim and train, you have the potential and the capability to go far.

You can continue to live life the easy way and stay within your comfort zone, or you can make life an enjoyable challenge and see how far you can go and what you can achieve. **“How far you go and how much you achieve in life, is in your own hands and the decisions you choose to make”.**

Once again thank you and I wish each and every one of you all the best for the future.

Jay

PRESIDENTIAL MATTERS...

What a month it has been with the sad resignation of our Head Coach Jay, who is moving on due to personal reasons. I would like to personally thank you for all your support and effort in coaching the squads over the past 11 months. Your experience and expertise in swimming have helped develop and inspire the swimmers to achieve their goals in the sport.

We have a number of excellent replacement candidates for the Head Coach position and position should be filled by during the break.

Great results from our swimmers competing in events over March, it is exciting to see them in competition, achieving personal bests (PB) and getting medals. Congratulations to Lenny Krix who achieved his goal for the year by breaking the 1 minute barrier in 100m Freestyle with a 59.19 time at the DVE Aquatic Meet.

There was a fantastic turn out for Macca's night by the JD & JX squads during the month. All the kids enjoyed a health dinner (salad) and had fun on the playground. It was that successful the other squads want a Macca's night too.

I am looking forward to a big turnout for club invitation night on the 4th April to attract new members. Again any 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 too.

Thank you again for all your support during the month. I hope everyone enjoys their break over the holidays and looking forward to your safe return on 28th April.

Regards
Stephen Millar

EISM CHAMPIONSHIPS

Report by Arne Krix

On Monday, 24th of March the EISM Championships were swum, and the teams of Huntingtower, Luther, Billanook, and many others showed up for battle. Lilydale swim club had 11 members attending in a very strong and competitive field, racing for their respective schools with very good results. **Kia Laidler:** 100m free 4th, **Matt Gilling:** 100m free 3rd, 50m fly 9th & 50m back 7th; **Brooke Urquhart:** 100m free 2nd, 50m back 2nd & 50m breast 3rd; **Carly Urquhart:** 100m free 3rd & 50m fly 2nd; **Ashleigh Harrison:** 50m free 2nd & 50m back 2nd; **Sarah Urquhart:** 50m free 4th & 50m fly 5th; **Emma Mc Laughlan:** 50m free 5th, 50m back 3rd & 50m breast 3rd; **Jamie Mc Laughlan:** 50m breast 9th; **Myee Stevenson:** 50m free 7th; **Igor Ivanenko :** 50m fly 8th, 50m back 9th & 50m free 9th; **Lenny Krix:** 50m free 2nd & 50m breast 1st.

Congratulations and well done to all of these swimmers. Special mention to the following competitors: **Emma** for etching out 2 bronze with very little or no training, due to injury; **Brooke, Carly and Ashleigh** for winning silver medals in hard fought races and **Lenny** for winning the only gold for the night and producing a massive PB of 26:63sec for silver in the 50m free.

Thanks Arne for another parental insight.

SPONSORS



Answer to February QON

Sue Ringer is our registrar 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 recently broke the magical minute for 100m freestyle?

March
2014

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



Warm ups



Kelly Watt in butterfly action.

METRO EAST DISTRICT CHAMPIONSHIPS



Merinda yelling her support

Great competition day by Lilydale Swimming Club at Metro East District Championships on 16th March in between the sun, rain and gusty wind storms. Everyone had a great day with a number of top 10 finishes and both Ashleigh Watt and Ashleigh Harrison being selected to represent the district in the Canberra trip due to top results on the day.

Relays were a part of the event and we put together an U12 & U14 girls teams to compete in the medley and freestyle events, which generated a lot of cheering and shouting by the team. They both achieved fantastic results with a 9th and 12th place finish for U12 and a 5th and 4th place finish for U14 in the medley and freestyle respectively. Everyone had lots of fun on the day.

Report by Stephen Millar



2014 METROPOLITAN ALL JUNIOR COMPETITION

Eleven swimmers from LSC qualified to represent Metro East, the club and themselves at the All Junior Competition held at MSAC on 29th & 30th March. Nine swam on the day. Both boys and girls were represented across most of the 8-14 year age groups. **Kayla Jane Hor** swam the 8 years freestyle finishing 26th; **Tyler Elliott** swam 8 years breaststroke & backstroke finishing 20th in each event with a Pb in his breast; **Hayden Hor** swam the 9 years butterfly and freestyle finishing in 28th & 30th place; **Cade Cavanaugh** swam the 10 years backstroke finishing in 16th & improving his qualifying time immensely; **Jade Hutchinson** swam the 11 years breaststroke finishing 13th; **Kimberley Gilling** swam the 11 years backstroke & freestyle finishing in 13th & 19th place respectively; **Jamie Elliott & Cailin Millar** swam in the 12 year age group in backstroke and breaststroke respectively finishing in 33rd & 15th place. Well done to **Ashleigh Harrison (NS)** who made the preliminary rounds in all four of her 50 metre events in the 13 year age group. She narrowly missed the final of the 50m backstroke coming in 11th place, 19th in butterfly, 25th freestyle & 35th in breaststroke. Great job everyone.

Warrnambool Long Weekend Camp



LSC is again organizing a swim camp in Warrnambool for all athletes 10 years and over. The club would like to have as many athletes attend this camp as possible. Preliminary details are as follows:

Departing:	By bus from KCP approx 5pm Friday 6 June
Returning:	By bus Monday afternoon 9 June
Accommodation:	Warrnambool Beach Backpackers Dormitory Style Accommodation
Event:	Warrnambool Winter Short Course 2 Day Meet (Saturday PM and Sunday AM 7/8 June)
Cost:	TBA (will include accommodation, travel and meals) : Approx \$230
Team Managers:	If you are interested in being a Team Manager for this camp please contact Robyn or Michelle (male & female needed).
Event Flyer:	See club notice board & Swimming Victoria website.

If you are interested in coming along please email the club or put your name up on the notice board. There are a limited number of seats available on the bus so it is imperative that you put your name on the list.

Closing date is Friday 18 April 2014 and a deposit of \$165 is to be paid by this date.

PLEASE NOTE: YOU MUST BE A FINANCIAL MEMBER OF THE CLUB TO BE CONSIDERED FOR THIS CAMP (IE: SQUAD FEES MUST BE UP TO DATE)

Further information will be made available when numbers are confirmed. If you have any questions please contact the committee on lilydaleesc@hotmail.com or speak with Michelle Gilling or Robyn Woolcock.

OPEN WATER WRAP

Over the last couple of months a dedicated group of 3 swimmers (Matt Gilling, Michael Rafferty, Tiarne Moody & Deanne Drury-number 1 cheer squad, unfortunately who was injured and unable to compete this year) left the comfort of the pool and headed for the cold icy water of the ocean to compete in open water competition. Swimming anywhere from 1 km to 5km the swimmers held up the reputation of the open water team from last year. Several times the swimmers finish in the top 10 of their age group, juniors 12-18years. As a group, the swimmers smashed out a whopping 59.3 kilometres over the 4 months!!

Huge congratulations to Matt Gilling for traveling to South Australia, competing in the Open Water Championship and qualifying for the National 5km event- that took place in the middle of February.

The day came and of course Matt was ready to go. Right on 8am the starter sounded and Matt was off. After facing jellyfish throughout the course and being stung Matt came through with an exceptional time of... 1 hour and 6 minutes, you could say that he smashed but the Matt as we all know is too modest and just says it's an alright time.

Thanks to Tiarne Moody for the report



Matt about to finish the 5km. He is on RHS – closest to inflatable craft..



From the past; Lawrence, Aleisha & Mason



Many happy returns to those celebrating in April:

Oliver Duncan & Michael Rafferty

NEW MEMBERS

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

- Sonia Pyrozak
- Matthew Watt
- Igor Ivanenko

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

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CONGRATULATIONS

Well done to the following swimmers who were the February & March recipients of the generous Aquashop \$25 vouchers – **Ashleigh Harrison, Cailin Miller, Georgie Tan, Nicholas Rowe and Tara Barnewall**. Thanks to the staff at Aquashop for their ongoing support of LSC.

VICTORIAN JUNIOR LIFESAVING CHAMPIONSHIPS



Overcast conditions, choppy on-shore waves, cold water, knee-deep seaweed covering most of the beach. It probably was not the scenario the five competitors from Lilydale had in mind when they entered the Victorian Junior Lifesaving Championships at Warrnambool. As the saying goes, however, "That's Surf" and so **Nathan & Monique Vabec** (Lorne), **Kimmy Gilling** (Mordialloc), **Tarni & Cade Cavanaugh** (Mentone) joined the thousand or so other Nippers and got on with the competition. All the individual events were held on the first day and **Kimmy** started off in style winning the U/11 years girls surf race. The rest of the day was a bit of a roller coaster ride but 10 hours later all of the Lilydale kids had competed in at least one final, with **Nathan** finishing a very impressive 4th in the board race. Possibly even more noteworthy were the efforts of the parents who had 2 kids taking part and so had to walk from one end of the beach to the other all day! On Sunday, sunny conditions and clean waves reinvigorated some rather tired bodies for the team events. Club spirit was high as relay teams battled it out on the sand and in the water. With her Mordialloc team, **Kimmy** won two events, while **Cade's** close-knit group of U/10 Mentone boys won 2 gold, 1 silver and 1 bronze medal. During the weekend, all of our competitors overcame a lot of challenges and put in a great effort. Bring on the 2015 season!

Report Robyn Woolcock

LSC INVITATION NIGHT

ALL SWIMMERS AGED 7 AND OVER FOR A NIGHT OF FUN RACING
Friday 4th April 2014

- **Time:** 6pm warm up for 6:30pm start – 8:30pm (approx.)
- **Venue:** **Kilsyth Centenary Pool**, Hawthory Rd, Kilsyth

CONGRATULATIONS TO LENNY KRIX



Congratulations to Lenny Krix on achieving one of his lifetime goals and going under 1 minute with 59.19 seconds in the 100m freestyle at DVE Aquatic Meet in March.



Ashleigh Harrison (NS) participated in the 2014 'Worlds' Greatest Shave'. The big shave happened at her hairdressers on Saturday 15th March. Congratulations Ashleigh on your efforts. She raised about \$3000 towards this event. Well done!

CLUB NIGHTS

(5:00pm warm up):

The next club night for LSC is on the following date:

- o **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.

Chocolate drive: from Thursday 27/3/14 there will be box of Cadbury chocolates available for each family to assist in selling. Thanks in advance for your support of LSC.