

Hi, I'm Ben Craven and I have been a swimming instructor and coach for the past five years. I became involved with swimming at a young age and continued to swim up until I finished high school. Recently I have tried my hand at open water swimming and thoroughly enjoyed it. As a coach I have trained students from learning to float and blow bubbles all the way to state level athletes. I have also been in charge of triathletes and open water swimmers including two adult age group champions. I have been lucky enough to work with many great coaches who have helped me develop my knowledge and passion for swimming.

As a coach I am passionate about motivating my swimmers and making sure they want to be there. Training must be fun, effective and tailored to each swimmer so they can achieve their individual goals. I always think of my squad as a team, we all work together and we all achieve the results. Nothing makes me happier than a swimmer who wants to be there, giving it their all. I am grateful for the opportunity to work with such a fantastic club and I look forward to getting to know everyone over the upcoming weeks.

Ben Craven

PRESIDENTIAL MATTERS...

"Just like to introduce the new coach/president of Lilydale Swimming Club..." It does have a rather familiar ring, doesn't it? Anyway at the risk of being repetitive I would like to extend a warm welcome to our new Head Coach Ben Craven and introduce myself, Robyn Woolcock, (member of the Cavanagh family) as the President of LSC.

I know that some parents and children were very concerned when we lost our third coach in eighteen months. Knowing that the position of president suddenly became vacant and a couple of popular swimmers left, probably didn't allay any fears about the state of the club. These feelings were quite understandable. In just over a month, however, I believe the situation has changed quite dramatically. After our annual April break, training has resumed as usual and Ben and the swimmers have begun to get to know one another. There seems to be a buzz around the pool deck, which was very noticeable at our last Club Night. It was great to see the older swimmers cheering on the young kids during the longer fly events.

In the next few months there are a number of exciting events coming up. The Club Championships, Warrnambool camp and Presentation Night are all events that the swimmers look forward to. Thanks to those parents and swimmers who have already volunteered to assist. *If you have not yet put up your hand, don't worry there are plenty of places left.* Your help is really needed to ensure the events run smoothly and the work is not just left to the same few. Who knows, you may even find you enjoy yourself!

Well, I guess that ends my first report. In closing, I would like to thank our outgoing president Steve Millar, who took the job at very short notice last year and proved to be a hard-working and enthusiastic leader. Steve has kindly elected to stay as a LSC member so that we can benefit from his expertise as an official.

Robyn Woolcock

SPONSORS



Answer to March QON

Lenny Krix recently broke the magical minute for the 100m free.

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 travelled to NT recently and met some famous faces?

April
2014

Head Coach: Ben Craven
Email: lilydalesc@hotmail.com



UP-COMING EVENTS

- 14th May Next LSC Committee Meeting – all are welcome to attend.
- 24th & 25th May LSC Championships – at the Tiintern pool. See below.
- June 7th/8th/9th Warrnambool Camp & Swimming events
- June 28th LSC Presentation Night – more details to follow

LILYDALE SWIMMING CLUB CHAMPIONSHIPS SATURDAY AND SUNDAY, 24th & 25th May 2014

Tintern Schools 25m Pool
(entry via Morinda Street, East Ringwood Mel Ref D7)
Saturday Warm Up @ 1.30pm EVENTS START 2.15pm
Sunday Warm Up @ 10.30am EVENTS START 11.15am
Age as at 24 May 2014

SESSION 1 May 24

SESSION 2 May 25

M	F	Stroke	M	F	Stroke
1	2	400 Freestyle	18	19	400 Individual Medley
3	4	100 Butterfly	20	21	50 backstroke
5	6	200 Backstroke	22	23	200 Freestyle
7	8	50 Fly	24	25	100 IM
9	10	50 Breaststroke	26	27	200 Butterfly
11	12	200 Individual Medley	28	29	100 Backstroke
13	14	100 Freestyle	30	31	200 Breaststroke
15	16	100 Breaststroke	32	33	50 Freestyle
17		1500 Freestyle (Mixed)	34		800 Freestyle (mixed)

Age Group Champions:

1st, 2nd & 3rd Place Trophies are presented in each age group (8 & under, 9-10, 11-12, 13-14, 15-16 and 17 & Over.

Club and Age Champions:

To determine the Club and Age Champions, each swimmers best placing from 9 out of the maximum of 13 events competed in, are used to allocate points. Points allocated overall and within each age group as follows:
Open = 12 points (the overall fastest time recorded), 1st = 10 points, 2nd = 8 points, 3rd = 6 points, 4th = 5 points, 5th = 4 points, 6th = 3 points, 7th = 2 points, 8th = 1 point

Conditions of Entry:

Swimming Victorian Rules & Regulations enforced
One Start rule applies
Entries must be received by Sunday 18 May 6pm. They may be placed in the box on the back of the whiteboard on pool deck.
\$5.00 entry fee per event credit card payment will not be accepted. Fees must be received with entry forms. Entries must be on a supplied Entry Envelope. Envelopes will be available from Ben from Tuesday 6 May). Entry Fees may be made to the Fundraising Account below.

BSB 633 108
Account No. 110776366
REF: SURNAME – CLUB CHAMPS

There will be no changes to events on the day.

Dinner Saturday Night – La Porchetta

At the conclusion of the competition on Saturday we have booked La Porchetta (Heathmont) for dinner. If you would like to attend please put your name down on the notice board or email the club. We hope to see everyone there.

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. The camp at Warrnambool has been confirmed for those athletes listed below that have indicated they would like to attend.

Tarni & Cade Cavanagh	Sarah Falkingham
Merinda Reid	Kimberley Gilling
Natasha & Jamie Elliott	Jacob Vulfs
Thomas Koole	Nicholas Rowe

The bus has been confirmed for these athletes. If there is any other athlete that would like to join the camp you may. You will need to organize your own transport or speak to Michelle or Robyn to organize a lift down with another family as there is no room on the bus. The camp will be for 2 nights this year and will depart early Saturday morning and return Monday afternoon. This will ensure that the athletes get a good night's sleep prior to Day 1 of the meet. The cost has not been finalized, but it will be less than stated earlier with the change to the number of nights of accommodation required. Further details will be sent out once all deposits are received.

If you have not paid the deposit please do so into the Fundraising Account – BSB 633108 Account Number: 110776366. The deposit is \$175 per athlete. Please use the Reference SURNAME and CAMP.

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)



CONGRATULATIONS

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



Pictured are L-R
Georgie Tan, Cailin
Millar, Sarah Dobson
& Ashleigh Harrison.



Many happy returns to those celebrating in May:

Hayden Hor Sarah Falkingham
Dean Bosworth Sarah Urquhart
Kia-Beth Laidler

NEW MEMBERS

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

Bailey Morris & Alyssa Leaver

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

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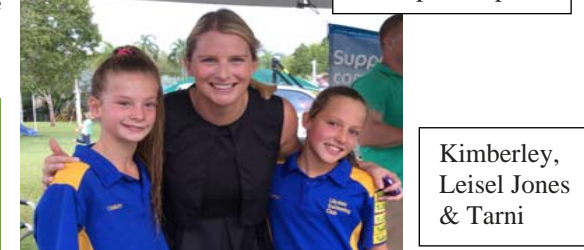
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Daniel Kowalski,
Tarni & Kimmy
at the NT
Championships



Kimberley,
Leisel Jones
& Tarni



Exchanging caps with new friends

NORTHERN TERRITORY SWIM EXPERIENCE

Two of our swimming families attended the 2014 Vorgee Northern Territory Open & Age Swimming Championships held from 13th-16th March. The Cavanaugh's & Gilling's did our club proud. Below are some photographs of them having fun in the sun and meeting famous retired swimmers.

CLUB NIGHT 2/5/14

Many happy and enthusiastic swimmers attended the latest club night held at "The Dome" recently. Congratulations to all who swam the 50 metres butterfly, 100 metres butterfly & 200 metres butterfly events contested on the night. A determined 8 year old had everyone on their feet clapping and cheering as he completed his chosen event – 200 metres butterfly. Well done to everyone for your sportsmanship and solidarity. That is what makes our club the family focused and friendly club that it is today. Thanks once again to the committee for their tireless efforts, Ben & Eleanor and all the parents who helped out to make this club night, and welcome to our new coach a memorable one.

CLUB NIGHTS

Watch this space for further information on when the next club nights are going ahead.

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: Thanks to all families and friends for your support of LSC during this fundraiser. If you haven't already done so money is due back. Please deposit into the fundraising account with family name and chocolates for the reference.

REMINDER:

Directly debiting into the fundraising account or general account takes the hassle out of payments. Details as follows:

General account: **BSB 633108 Account Number 107675084** (For squad fees)

Fundraising account: **BSB 633108 Account Number 110776366** (For fundraising, camp payments etcetera)