

COACHES CORNER

Due to other commitments Coaches Corner will be back better than ever next month.

PRESIDENTIAL MATTERS...

After the lull of the season break, the last month has certainly been a lot busier. The short course season has just begun and some of our swimmers have already competed at a couple of meets (including the big weekend at Warrnambool!). The numbers at training have also been on the rise, with really good turnouts in the mornings and on Saturday. For anyone wanting to improve their skills or just try a few different activities, Kilsyth pool is the place to be at 7.30am on a Saturday morning.

The big event of the month was, of course, the Club Championships. Over the two days there was close racing, multitudes of PB's and some great efforts as our swimmers took up the challenge of different events. It also appeared that many of our new swimmers and parents took the opportunity to get to know each other a little better. Thanks to all those people who assisted before, during and after the Championships.

Of course the big end of season event is coming up quickly. Hopefully, I will be able to catch up with you all at Presentation Day/Evening on Saturday 28th June.

Robyn Woolcock

UP-COMING EVENTS – TARGETED MEETS

- Sunday 6/7/14 - Bayside SC Meet; Venue: MSAC. Entries close: 23 June 2014.
- Sunday 10/8/14 - Lilydale Swimming Club Encouragement Meet; Venue: Kilsyth Centenary Pool. Entries close: 1st August 2014.
- Sunday 17/8/14 - MLC SC Meet; Venue: MSAC. (proposed Qualifying Meet) Entries close: 11th August 2014.

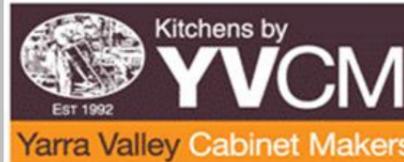
LILYDALE SWIMMING CLUB CHAMPIONSHIPS

On the 24th & 25th May LSC held its annual club championships at the Tintern school pool. Many personal bests were swum over the two sessions of swimming. New bragging rights have been set and lots of new and continuing friendships reinforced. Many thanks to the coaching staff, hard-working committee members and parents who assisted to make this event such a fun time for all swimmers. Well done to all who competed and tried their hardest in new and challenging events.



May
2014

Head Coach: Ben Craven
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Answer to April QON
Kimmy & Tarni
recently went to the NT
with their families.

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.swimming.org.au

Question of the
newsletter (QON)

Which club has Ben
Craven just come
from to coach us at

Lilydale Swimming Club
June Queens Birthday Weekend

Warrnambool 2014

Girls Team Manager – Jo (Merinda's Mum) here, Hi all!! I have been staring at my laptop for the last 10 minutes, trying to decide what to write about.. so many things happened on the weekend, it is hard to choose what to say! I guess what stands out most were how amazingly well behaved all the kids were, this was my first experience, both as a team manager and at the Warrnambool Swim Meet.

A couple of things I'd love to share:

- It's usually a good idea to pack shoes, if you are going on a camp.
- A packet of fantales / trivia questions makes bus trips go quickly
- Who has an amazing singing voice???
- Someone's laugh can keep the girls amused for hours
- The power of the x-box is a powerful thing!
- Go-carting is enjoyable for spectators as well as the drivers!
- Make sure you stay out of one drivers way (adult)
- Flying foxes are best ridden just holding on. (who needs a seat?)
- Boys can make beds!
- Who takes the longest to decide if he wants another piece of birthday cake???
- Is it possible to lose the only pair of long pants you took with you?
- Backpacker lodgings attract interesting people
- John is the best bus driver around, thanks John!
- 5 big shopping bags full of healthy (and some not so healthy) snacks disappear quickly especially when a little brother is around
- One swimmer has nails that are always so glamorous
- Cups of tea taste ok out of backpacker styrene cups!

Thank you to John, Michelle, Paul, Robyn, David and Charlotte for all your support to the "swim team" It was a great weekend! Bring on 2015



More Pictures from Warrnambool:



Warrnambool Long Weekend Camp June 7-9th 2014



A swimmers perspective:

Last weekend, a group of swimmers from our club drove down to Warrnambool in a mini bus, for a swimming camp which included a swimming competition. They stayed at the Warrnambool Beach Backpackers which had many facilities like a pool table, TV, couches and even an Xbox (which the boys loved).

An hour or two after arriving, they headed off to the Aqua-zone swim centre where the competition was being held. At 4.00pm they started off this event and it went on for hours until finally (albeit at 9.00pm), they headed back to get a well-deserved rest for tomorrow's races.

After getting up at 6.30am, the swimmers once again arrived at Aqua-zone for warm ups, this time at 8.00am. After an hour of diving and swim warm ups, the second day commenced. Eventually we got to the medley relays. The boys 4x50m medley relay (Cade, Nick, Jamie and Tom) performed very well and got pipped at the post to still come a good third. The girls' 4x50m medley relay team (Sarah, Kimmy, Tarni & Natasha also swam a very good race and placed a respectable fourth. The girls had organized to do the 4x100m medley relay as well. In this race; Sarah, Kimmy, Tarni & Merinda came a solid seventh (which was a great effort considering how old some of the kids in the other teams were). After packing up their stuff, they all then headed back to the backpackers retreat to have lunch before going go-karting.

When the kids arrived at the go-kart centre, they were really excited. So after the owner explained the rules, the kids made groups and had two fifteen minute sessions each. This really got the adrenaline pumping. In the end they were all drifting around corners and speeding down the straight. A lot of kids agreed that this was the best part of camp.

The next morning the kids woke up, packed up their stuff, had some breakfast and left (although the boys did play a little Xbox). A few minutes later, they stopped at a park in Warrnambool and spent 40 minutes playing on the giant swings and flying foxes before hopping back in the van and leaving.

A few hours later they arrived in Geelong and stopped at McDonalds for a lunch break. Everyone looked through the ginormous menu and ordered their lunch. After about half an hour of ravenous eating, they headed off again for the last leg of their trip.

By Nicholas Rowe (JX Squad)

REMINDER:

Saturday 28th June is the **Lilydale Swimming Club presentation day & laser strike challenge**. *Laser strike* is from 12.30pm-3pm at the corner of Liverpool Road & Mountain Hwy, The Basin & participants are pre-registered. From 4pm a BBQ at Lilydale Lake is being offered. Meat provided by club. Each squad member attending has either a salad or dessert to bring along:

National/Senior/Fitness – desserts

Junior State/JX/JD – salads

BYO soft drinks – **no alcohol permitted**. *Presentations* will occur in the community room post BBQ. Hope to see you there!



Many happy returns to those celebrating in June:

Phillip Windridge Matt Gilling
Fletcher Phillips Deanne Drury
Ashleigh Dowling

*****Apologies to Bailey Chandler who celebrated his birthday in May*****

CONGRATULATIONS

Well done to Kimberley Gilling & Ashleigh Harrison who have been rewarded for fantastic swimming years. They have been selected in the Swimming Victoria Junior Talent Squad & the MetroEast District Team respectively. An awesome effort and richly deserved by both girls.

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Merinda Reid – swam in 7 individual events & 2 relays. She recorded some impressive time improvements from her *seeded times*. Highlights included: 3 seconds in 50m Backstroke; 4 seconds in 100m Freestyle; 6 seconds in 100m Butterfly; 7 seconds in 100m Backstroke; almost 8 seconds in 100m IM, and an awesome 22 seconds in the 200m Freestyle time. She came 4th & 7th in the relays. Well done!

Nicholas Rowe – swam in 9 events individually & a relay. He is to be commended for his effort to challenge himself in swimming the 800m Freestyle to post a time. He came 1st in the 50m Breaststroke and posted times in the 100m IM, 100m Breaststroke, 200m Freestyle & 200m Breaststroke. His relay came 3rd.

Jacob Vulfs – contested 9 events and swam very well. He improved his times impressively. Highlights included: over 1 second in the 50m Breaststroke; 4.5 seconds in the 50m Freestyle; almost 5 seconds in the 50m Backstroke; more than 5 seconds in the 100m IM & over 14 seconds in the 100m Freestyle. He came 2nd in one event in his age group.

Thanks to all the supportive parents who assisted in making the carnival a success.

WARRNAMBOOL SC RESULTS

Eleven LSC swimmers ranging in age from 8-13 years of age competed against swimmers from 23 different clubs. In 62 events they had 82 individual swims and contested 3 medley relays. **Cade Cavanaugh** – posted times in the 100m & 200m IM events gaining a 3rd place in the longer distance. He also placed 1st in the 100m Butterfly, 3rd 50m Backstroke & Freestyle events. In the 100m Freestyle he improved his PB by >1.5 seconds. **Tarni Cavanaugh** – posted some new times in some of the distances and impressively took almost 45 seconds from her 200m Butterfly seed time. Well done! **Jamie Elliott** – swam in 7 events and a relay. He finished 3rd in the 100m Backstroke & 100m Freestyle; 2nd in the 100m Backstroke on day 2. He recorded a 5 second improvement in his 200m Freestyle time and almost 1 second in the 100m Freestyle. Jamie also contested the 400m Freestyle posting a time. **Natasha Elliott** – Tried her hardest to do her best in the 6 events & a relay. She recorded some times in the 200m Freestyle & 200m Breaststroke which hadn't been swum in competition for her before. **Tyler Elliott** – swam in 5 events. He placed 2nd in the 50m Butterfly posting a new time and not being disqualified for the first time in competition! He placed 3rd in the 100m Freestyle where he swam an over 10 second PB, 3rd 50m Freestyle with a 3 second PB & 3rd 50m Breaststroke. **Sarah Falkingham** – showed a marked improvement in all her times from her *seed times* recorded. What a difference 12 months can make! She contested 7 individual events and two relays. Highlights include: Posting times for the 100m Butterfly & 200m Backstroke; an almost 3 second improvement in her 50m Freestyle, almost 9.5 seconds in 100m Freestyle; 5 seconds shaved from 50m Backstroke and an unbelievable 28 seconds in the 100m event. Well done – all that training is paying off. **Kimberley Gilling** – dominated in 7 individual events – placing 1st in all but two events where she placed 2nd. She improved her times in the 200m Breaststroke by more than 3 seconds; almost 1 second in 100m Backstroke; half a second in 100m Breaststroke. An impressive effort! **Thomas Koole** – swam in 6 events and a relay. He was 2nd in the 100m Freestyle improving his time by half a second; 2nd in the 50m Breaststroke recording a 2 second PB. He placed 3rd in 50m Freestyle shaving 1.5 seconds from his time and almost 3 seconds from his 200m Freestyle with a 1.5 second improvement in the 200m IM.

RESULTS

On the 18th May, five swimmers represented LSC at the DVE Aquatic SC Qualifying Meet held at Watermarc in Greensborough. They all swam very well in events and posted some impressive PB's along the way. Congratulations to:

- Cade Cavanaugh** – recorded a 14.5 second PB in the 100m Freestyle event and registered a time in the 100m IM.
- Tarni Cavanaugh** – posted a 5.5 second improvement in the 100m Butterfly and also recorded a PB in the 50m distance for the same event.
- Ashleigh Harrison** – swam PB's in the 100m Free, a 2 second improvement in the 200m IM and an outstanding 34 seconds in the 200m Butterfly.
- Sarah Falkingham** – swam impressively to record PBs in all events contested. A massive 16.3 seconds was shaved from her 100m Backstroke.
- Merinda Reid** – posted time improvements of over 7 seconds in the 100m Freestyle and almost 13 seconds in the 100m Backstroke.

NEW MEMBERS

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

Jackie Wright
Scarlett Wheeler
Misha Wierzbowski
Michael McGuire
Nick McGuire
Christopher Stevenson &
Chelsea Nunn

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

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.