



COACHES CORNER

It's been an exciting couple of weeks for Lilydale Swimming Club! We enjoyed our laser strike afternoon, ducking and weaving through the bush trying to overtake bases and shoot our fellow swimmers. Some swimmers did seem far too happy about shooting their coach though.

The presentation evening was a big success and it was fantastic to see the swimmers rewarded for all their hard effort throughout the year. A big thank you must go out to the committee for putting on another fantastic event, their special effort makes nights like that possible. We are always looking for more helpers to volunteer a small amount of time to make a big difference to our budding swimmers.

Ashleigh Harrison recently went to Canberra for a junior training camp. After some rigorous training activities that involved both her mental fortitude and physical endurance she left with an outstanding 10 PBs.

The recent Bayside Swimming Meet provided our swimmers with their first chance to compete against local clubs and our swimmers out did themselves. Every swimmer walked away with one or more PB and some even claimed new best results in every event; a great reward for all those early mornings and late evenings. This has spurred our swimmers on this week - I can sense a reinvigorated group moving towards short course states. I am excited to see what the swimmers can do!

I look forward to hosting our first of many motivation and teambuilding evenings. It will be on the Thursday 24th of July and will cover many important and exciting aspects of swimming. Every swimmer is requested to attend the evening.

Thank you all for your positive feedback it is greatly appreciated! I am enjoying working with all our amazing swimmers, bring on term 3!

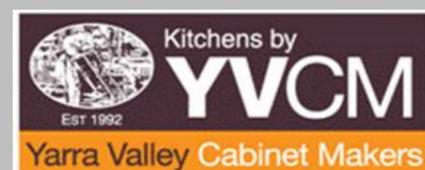
PRESIDENTIAL MATTERS...

Presentation Night is the occasion when LSC comes together to acknowledge the achievements and hard work of both our swimmers and parent volunteers. It was fantastic that so many people brave the wintry conditions to attend the evening and particularly pleasing to see quite a few of our newer families at their first social event. While some of the younger boys might have considered the dessert table to be the highlight, the main event ran very smoothly thanks to the style of MC Paul Gilling.

As it is now officially the end of the swimming year, I would just like to take this opportunity to congratulate all LSC swimmers (award winners or not) on their efforts throughout the past twelve months. I am sure all of you have experienced highs and lows during the season. It is a credit to all of you that you put both the triumphs and disappointments behind you and keep training. With Ben as our innovative coach, the coming year promises to be a time of improvement, success and fun. Enjoy the ride!

Robyn Woolcock

SPONSORS



Answer to May QON

Ben had been coaching at Doncaster/Templestowe Amateur Swimming Club.

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)

Who was recently recognized for all her efforts for the club over many years?

June
2014

Head Coach: Ben Craven
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UP-COMING EVENTS – TARGETED MEETS

- 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.

BAYSIDE SC RESULTS

Several LSC swimmers represented the club at this event held on Sunday 6th July at MSAC across the short course format. Everyone swam well with the following milestones achieved; **Tarni Cavanagh** swam a 1.5 second pb in 100m backstroke; **Sarah Dobson** improved her seed time by .72 second in one of her events and swam to time in her 50m freestyle; **Sarah Falkingham** took almost .3 second from her 200m backstroke time; **Kimberley Gilling** won her event in the 12U 50m breaststroke with a new pb of 40.46 seconds; **Ash Harrison** improved from her seed times 1.5 seconds in the 100m freestyle and almost 3.5 seconds in the 200m IM; **Merinda Reid** swam a pb in her 50m freestyle and an almost 20 second improvement from seed time in the 200m backstroke; **Brooke Urquhart** impressed with times faster than those on entry in the 50m freestyle (.85second). She also had >2.5second improvements in 100m breaststroke, 100m IM & 200m freestyle events; **Carly Urquhart** swam pb's in the 100m butterfly & 50m butterfly; **Sarah Urquhart** swam an almost 5 second personal best in the 200m freestyle & **Misha Wierzbowski** excelled by improving most of her times each swim by between 0.5 second to almost 5 seconds. Well done to all who attended and supported them in this event.

METRO EAST DISTRICT CAMP

Over five days in June, I went on a swimming camp to Canberra with the Metro East District team. We were put into three small teams which consisted of about 7 swimmers and a coach who we would be with us for the entire trip. We had a 10 hour drive to Canberra on day one which was a great chance to get to know everyone in the team and watch a lot of movies.

We started our Canberra experience on Friday at the Australian Institute of Sport (AIS). We had a short skills session in the pool with our coaches where we refined our skills for our competition on the weekend. We then followed our skills session with some recovery. Don't be fooled when the coaches tell you that recovery will be an easy session of just stretching out and relaxing your muscles! The recovery session that we did consisted of doing sprints and ice baths! We had to do a couple of relays to finish off training and build up some soreness in our muscles. Then we were taken into the recovery room. There was a spa bath with water at 38 degrees and an ice bath at 7 degrees. We had to sit in the spa then switch to the ice. We did this four times and by the end, the whole group was cold yet refreshed.

After our training sessions we went to lunch at the AIS which was a great experience. The buffet of food was awesome because they made really healthy food taste really nice. A highlight of the lunch was when we were told that we couldn't all sit at one table and that we had to sit with other athletes. That may sound pretty average but me and another member of the team ended up having lunch with the Australian Men's international basketball team.

After our lunch experience we had a few talks from some people that worked at the AIS. We had a talk from international swimmer Daniel Lester who told us all about his experiences overseas and his swimming journey. We then went on to a nutrition session where we learnt all about competition and training nutrition. Lastly we had a self-massage session where we learnt how to use the rollers and balls correctly and to prevent injury. I really enjoyed these sessions. After all of our talks we went outside and tried some other sports to stretch our muscles and muck around. We played lacrosse and soccer which was very enjoyable

We then had two days of racing at the Ginninderra SC meet. It was great seeing competition from the other states and racing at different pools. Our team did very well with 155 PB's of 190 swims over the weekend. [Ashleigh herself figured in 10 of those PB's according to Ben Craven's report above]

On the last night we had a bonding session where our team went bowling and then to the mountains to view Canberra's lights. This was really fun yet very sad as it was our last team bonding event. Then we were back on the bus for another 10 hours, watching movies, singing songs and swapping contact information. Overall I give the trip a 10/10 and would definitely go back again because I enjoyed the camp so much.

Many thanks to Ashleigh Harrison for her report



Ash Harrison in action at the recent LSC Championships – showing her butterfly style



Many happy returns to those celebrating in July:

Mikaela Walles Meg Laidler
Nicholas Rowe & Tara Barnewall

PRESENTATION DAY

The 28th June saw the annual LSC presentation day being held at the Lilydale Lake Community room. After a communal meal awards were handed out, these included perpetual awards, club night awards, age group results from the club championships, recognizing special highlights of the year and just generally celebrating another swimming year. Congratulations to all who were presented with accolades. Here's to another great year!



A full list of all the placegetters and perpetual trophy winners will be listed in the next LSC newsletter in July.

CONGRATULATIONS

Sue Ringer, one of our tireless and behind the scene workers' has been rewarded with a 'Certificate of Appreciation' from Swimming Australia in early June 2014. She is recognized as a local legend for all her volunteering work for Lilydale Swimming Club.

The Ringer family joined the LSC in August 2004, when children Daniel and Jenny started out with the club. Both Sue and John were quickly involved in all activities to do with the club and committee. While John is more involved with district matters, Sue has stepped up to fulfill many roles within LSC including over those years: fundraising, treasurer, registrar, uniform officer, organizing trophies, BBQ's, Go Club awards and many others. She is the current club registrar and often the behind the scenes person that assists in any way to keep the club going.

We thank her for her continued efforts and are thrilled that her hard work has been recognized with this deserved award.

Thanks to John for his assistance with this report



Matt Gilling & Brooke Urquhart new LSC champions with Ben Craven

LASER STRIKE

Between 12.30pm & 3pm on the 28th June some enthusiastic members of LSC turned up to partake of some fun and team building. Competition was particularly fierce with lots of laughs and shots being taken. Everyone seemed to have a good time. It was a wonderful way to end the swimming year and a novel way to make Ben feel welcomed to the club. Payback is lots of fun!!!!

CLUB NIGHTS

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

FUNDRAISING

Lilydale Swimming Club Encouragement Meet: to be held on Sunday 10th August 2014 is a major fundraising event for the Club. Any and all help is appreciated in order for this event to be a success.

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.



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