



# Lilydale Swim Club NEWSLETTER

November 2014

## Coach's Corner

Lilydale has again seen a very successful past couple of months with many of our junior swimmers advancing to the second round of the 7-10s competition! It is great to see our young determined swimmers following the great results of our state team. It has also been very rewarding to see so many swimmers showing exceptional leadership skills and demonstrating maturity beyond their years.

The breakfast challenge came to a close with many swimmers treating their parents to a delicious meal. Great to see the creativity of the swimmers combined with their wonderful cooking skills. Don't forget to keep filling out your kilometre sheets the winners will be announced soon.

As we look towards the summer we welcome new members and are excited to launch two new programs! An adult swimming program for all abilities on a Thursday morning, parents are of course invited to join. The second program will involve 3 race skill workshops involving diving, tumble turns and correct finishing technique; this program is open to the public as well, so maybe suggest it to your friends or local school. Everyone is welcome and Lilydale members receive the program for free.



Lastly I would like to say a sad goodbye to Eleanor; she has been an invaluable member of the Lilydale coaching team for the past couple of years. She has made taking the helm of this fantastic club an easy transition. Her rapport and knowledge will be sorely missed but we look forward to the occasional visit in the future. I wish her the best of luck in her new job, I think we can all agree she will be very successful!

This summer will have many exciting opportunities, so keep your ears open and eyes peeled for new experiences such as open water swimming, swimming workshops and new social events!

*Ben Craven - Head Coach*



*Farewell to Eleanor - we'll miss you!*

## **Presidential Matters**

While the LC swimming meets have only just begun, there has certainly been no shortage of activity around the club. Our AGM saw the return of the existing members plus the very welcome addition of three new faces. Thanks Sandra Rowe, Troy Nunn and Michelle Lester for putting up your hands!

Though it took a while, the Bunnings BBQ also saw a good turn out of volunteers working for the club. Thanks to all those families whose efforts brought in \$2040 for the club.

Finally it is with regret that we must wish Eleanor “Goodbye and good luck! “ as she heads off to Sydney. Eleanor has been a coach at Lilydale for over two years. During the early part of her career she had to step up very quickly due to the absence of a head coach. Since that time she has blossomed as coach of our junior squads and I know that there will be a lot of swimmers sad to see her go. Thanks for everything, Eleanor.

## **7-10's**

Eight young Lilydale swimmers were among more than two hundred competitors who descended upon Nunawading pool for the Metro East Selection trials. For the first timers it was an eye-opening sight, while for the “veterans” it was a chance to catch up with friends/rivals from other clubs. After negotiating the choppy waters of the warm up, the swimmers took to the pool for the 50m events. With PB's, JX times and places in the Metro East team on the line, the swimmers were determined to do their best. By the end of the day all of the LSC competitors had achieved PB's and, by finishing in the top 10 (out of up to 50 swimmers), six had progressed through to the 7-10 Metro Finals at MSAC. Congratulations Chelsea, Hayden, Cade, Misha, Tara, Alyssa, Kayla-Jane and Scarlett!

LSC has been lucky to quickly secure the services of Duana as our new assistant coach. If you have not yet met her, go up and introduce yourself before or after training.



## **Targetted Meets November**

Sun 16	DVE, Watermarc	(Qualifying)
<b>December</b>		
13-18	Vic Age LC, MSAC	(Qualifiers only)
Sun 28	Rip View Open Water, Pt Lonsdale	
<b>January 2015</b>		
Sat 3	Danger 1000 (Torquay)	
16-18	Victorian Open Championship	
Sat 24	Metro East Sprint Meet	
<b>February 2015</b>		
7-8	Victorian Sprint Championship	
Sun 22	All Juniors Metro East	

### Open water swims

You may have noticed that two of our targeted meets are open water swims. Ben will be in attendance on these days and it would be great to see both swimmers and parents having a go at these races/events. Please note that the Danger 1000 swim on 3rd January is for 12 years and over only.

### LSC Christmas Party

Due to unforeseen circumstances the LSC Christmas Party is now on **Sunday 7th December**. If you have been confused by a multitude of days and dates, take comfort in the fact that you are probably not alone! The venue is **Silvan Dam** and the time is **11.30am**. Details are up on the notice board.

Once again the famous (or infamous) Kris Kringle will be a feature, so keep your eyes out for those \$10 bargains. For those of you who have not had the pleasure of participating in this event, boys buy for boys, girls for girls and siblings are welcome to participate. If you have a young child, please be aware that while each participant ends up with a gift, the initial present may be "stolen" by someone else.



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