



# Lilydale Swim Club NEWSLETTER

January 2015

## Coach's Corner

2014 has been a fantastic year! We have seen many new swimmers join our group and welcomed 2 new coaches! Well done to everyone for testing your limits and continuing your campaign in becoming the best swimmer you can be! This coming year will bring many new challenges and events so check in regularly and get involved with as much as you can.

Long course States finished last year with many fantastic results and PBs from all swimmers. Though a long week, the time passed quickly as we enjoyed great weather, good company and plenty of excitement every time our swimmers competed. A big congratulations must go out to our seven swimmers: Ashleigh Harrison, Kimberly Gilling, Cade Cavanagh, Kaylah Fall, Carly, Brooke and Sarah Urquhart. It was an honour to see them representing Lilydale so passionately with their intense swimming.

Another highlight in December was the Point Lonsdale Open Water Swim. Bailey Garbett, Bailey Chandler, Nicholas Rowe, Kimberly Gilling, Michael Rafferty and Tiarne all completed the challenging 1.4km event. Parents, coaches and relatives were very impressed with their efforts, cheering them as they crossed the finish line. A special mention should go out to Matt Gilling who finished an impressive 4th in the open age group, while his coach was unfortunately left behind at 26th. It was perfect weather for a great day at the beach. Definitely worth a thought for next year!

2015 will bring in our best season to date with many swimmers qualifying for their very first states and many veterans returning to the pool for some fast paced 50m events. I look forward to seeing everyone when I return from volunteering in Guatemala. I can't wait to start 2015 with so many exciting new events!

**Ben Craven**  
**Head Coach**



# Victorian Age State Championships 2015

Congratulations to the Lilydale State Team that competed in December at the Victorian Age LC Championships. All athletes performed extremely well over a long hot tiring week. Every one of our athletes managed to swim PBs and give 100%. There were many fine performances including Brooke Urquhart who swam in the final of the 800m and 400m free at night and did a PB in both and placed 7th in the 400m free final. Brooke also broke the elusive 30 seconds in the 50m free. Cade Cavanagh who at his first State Championships managed 2 out of 2 PBs in the 50m free and broke the 3 minutes in the 200m back. Ashleigh Harrison also managed 2 PBs in 2 Individual swims in the 50m and 100m free. Kaylah Fall swam extremely well with 2 PBs in the 100m & 200m Backstroke with a huge 3 second PB in the 200m backstroke. Carly Urquhart, as always, did an amazing job in the fly and also swam a huge PB in the 200m free. Sarah Urquhart managed the fastest time of our girls in the 100m free taking nearly 2 seconds off her PB and swimming a low 1.04 and she also swam a big PB in the 200m free. Kimberley Gilling also swam really well finishing her huge week of events with a 5 second PB in the 200m IM and another PB in the 400m free. The relay teams also did exceptionally well with everyone swimming under their entry times prior to the meet and pushing the relay rankings up several places.

Thank you to Ben for being a fantastic coach for all the swimmers over the entire week (and 3 nights) and all the parents and grandparents for their support during the event. Special mention to the athletes themselves who cheered each other on in all the races and gave their all!!!! Also to Tarni and Merinda for coming and supporting the relay teams.

**WELL DONE LILYDALE!**

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## "Road Trip to Kardinia" Swim Meet

On Saturday 27th December Merinda, Sarah F, Tarni, Cade, Kimmy and I all went to the Geelong swim meet. We entered in both of the under 14s relays. Merinda, Kimmy, Sarah F and Tarni came 3rd in the medley relay and Tarni, Sarah F, Merinda and I came 4th in the Freestyle one.

It was funny when one of the others almost did backstroke with their shirt still on! At the end of the day we all came home with at least one medal and I think PBs. The day was lots of fun.

*Written by Tara*



Matt Gilling in the Surf Coast Times Newspaper on winning the 2.5km Porthole Cup at the Anglesea Rock2Ramp. Well done Matt!

summer events

# Swimmers ramp it up at Anglesea

BY ADEM SABAN

ANGLESEA'S Peter Krauknight was buzzing last week, with the annual Rock2Ramp Ocean Swim returning for the 20th year.

Participants competed in one of eight race events. The events were either 7.5 kilometres or 12.5 kilometres.

Trying conditions ensured the competition wasn't easy.

Weather started the December 30 event from sunny, with all races delayed by half an hour.

With waves as high as 1.2 metres at the start line and a decent swell remaining the point, swimmers were given a tough time at the beginning.

In a bid to raise awareness of prostate cancer and in support of the Australia Prostate Cancer Research Organisation, the Porthole Cup made a return – with prize bags being handed out to the competitors ranking in the top three places of the

men's and women's 2.5 kilometre events. The cup was also awarded to the first swimmer across the line at the 2.5-kilometre swim.

Matt Gilling took home this year's cup, improving on last year's second place. He was closely followed by William Paatola in second place, and Glenn Wilson in third.

The women's event was won by Lisandre De Carvalho, followed by Danielle Tulloch and junior swimmer Casey Frazzington in third place.

De Carvalho and Tulloch backed up their efforts in the 12.5 kilometre race, making first and second in the 18-39 age group category.

The open events were a close race, being fought out between Peter Kerr, Guy Kinney and Steve Anony, each finishing within seven seconds of each other.

For the women's open event, Naerati Marshall again showed her strength, finishing ahead of Sophie Thomas and Zoe Whitfield.



Peter Garland (far right) congratulates Matt Gilling, William Paatola and Glenn Wilson on their efforts in the 2.5-kilometre swim. Photos: EMVA & PAPER ROSE PHOTOGRAPHY



Peter Kerr and Naerati Marshall won the open events.



## Fundraising and Social Events

**Tree Adventures – Belgrave**  
 For all Lilydale Swimmers  
 Sunday 12 April 2015

**Club Presentation Night**  
 Late May (Date to be confirmed)

### **"Bogan Bingo" Trivia Night**

For all Parents and Friends (Adults only Event)  
Winter 2015

*All information will be supplied early in the new year via email.*

## **Targeted Meets**

### **February 2015**

7-8 Victorian Sprint Championship

Sun 22 All Juniors Metro East

The All Juniors is one of the main junior meets for the year, it would be great to see as many LSC swimmers as possible competing.



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**Our mailing address is:**

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