



Lilydale Swim Club NEWSLETTER

February 2015

Coach's Corner

After an amazing time away exploring and volunteering in Guatemala it was great to come back home to my brilliant swimming team. By all reports Duana handled the club wonderfully and really assisted our State Champions in their sprint preparation.

Lilydale hosted their biggest team since I have joined with 11 swimmers competition in the Victorian Sprint Championships. It was

great to see all our first time swimmers boasting significant personal bests, not letting the pressure of this formal competition sway their performance. Our veteran swimmers battled hard not only in their personal events but also in the girls under 16 5x50 freestyle relay. Congratulations to all swimmers, fantastic to see so many swimmers wearing the Lilydale state cap!

A big congratulations must also go out to Matt Gilling who travels to Perth later in the month to compete in the Open Water National's 5km event. Qualifying for nations comes from years of hard work and dedication, Matt is commended on his efforts.

With our next significant competition many months away its is a great time to go back to basics with our swimming and build ourselves up for Lilydale's biggest and best season yet. With motivation challenges

starting soon, team bonding activities, team nights

and much, much more there's plenty happening for you to become involved in. Say yes to everything, give everything a go and challenge yourself this year!

Bring on 2015!

Ben Craven

Head Coach Lilydale Swimming Club



Presidents Report

The year has certainly started off with a bang with Metro East Sprints, State Sprints and the Australian Open Water Championships (Matt Gilling) within the first few weeks back.

In addition some of our swimmers have also been competing at local open water races and surf lifesaving carnivals. Taking the opportunity to become involved in these event gives the swimmers a chance to use the fitness built up over the past few months and gives them a reason for putting in the hard work at training.

In recent weeks a number of new swimmers have joined our junior squads. If you see these new faces on pool deck, please make both the swimmers and parents welcome. In the past many people have commented that they felt included very early on. Let's continue this LSC tradition.

Robyn

District Championships

Metro East District Championships will be held on Sunday 15th March. Do not be put off by the title as this meet is suitable for all our squads. This is also one of the few meets that offers relay events and LSC would like to enter as many teams as possible.

Medals are awarded for A and B grade.

A grade medallists 12 years and over may be considered for the Metro East Canberra trip in June.

Entries close 24th February.

Help Wanted

For some reason Deanne has decided to spend her time studying for her VCE rather than doing the LSC club record certificates! (Thanks for your efforts, Deanne)

The position is now vacant so if you have some basic computer skills and could spare a few hours about four or five times a year, your help would be greatly appreciated.

Club Notice Board

We are trying to feature a large variety of photos from all parts of being involved in the club on the notice board and would like your help.

If you have any photos that you would like to see up on the board we would love a copy.

Please forward any photos and a brief description to Naomi at nomeb@optusnet.com.au or speak to me (Tara's(JX) Mum) on pool deck.

Thanks!

Coming Up...

LSC Calendar

Sun 22 February	Metro East All Juniors
Sat 28 February	Club breakfast (after training)
Sun 15 March	Metro East District Championships
Fri 20 March	Club Night 5pm
Sat 21 March	Club breakfast (after training)
Sat 28 March	All Junior semi finals
Sun 29 March	All Junior finals
Sun 12 April	Tree Adventures
TBA	Club Championships (mid April/May)
Sun 9 August	LSC Encouragement Meet

Birthdays

February

2nd Tarni C
4th Sarah D
20th Kayla Jane H
26th Emma Mc

March

10th Ryan D
12th Jenny R
13th Brooke U
13th Carly U
16th Jacob V
21st Ande R
25th Kate P



Fundraising and Social Events

Tree Adventures – Belgrave

Sunday 12th of April

It would be great to see everyone there, so come along and have fun with your team mates!

9am at Glen Harrow Park, Old Monbulk Road, Belgrave.

Waiver forms and brochures, with costs are available on the club notice board, make sure you bring along your completed waiver on the day.



Payment needs to be made to the club by March 22nd.

Please be there 30 minutes early and be ready to challenge yourself!

Club Presentation Night

Late May (Date to be confirmed)

“Bogan Bingo” Trivia Night

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

Newsletter Contributions

Have you got something you would like us to put in the newsletter? Photos or swimmers reports on a meet you've been to?

We would like this to be your newsletter, so feel free to contribute.

We can be reached at lilydalesquadnewsletter@gmail.com



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