

December	
17 <sup>th</sup>	No Training
18 <sup>th</sup>	No Training
19 <sup>th</sup>	4.45-6.30pm Age Development Squads 6.00-7.00pm Talent Squad 7.00-8.30pm Junior Xcellence, Senior Sprint Squads
20 <sup>th</sup>	5.00-6.00pm Talent Squad 6.00-7.00pm Junior Development Squad 7.00-8.30pm Age Development and Junior Xcellence Squads
21 <sup>st</sup>	4.45-6.30pm Age Development Squads 6.00-7.00pm Junior Development Squad 7.00-8.30pm Junior Xcellence, Senior Sprint Squads
22 <sup>nd</sup>	4.45-6.30pm Age Development Squad Squads 6.00-7.00pm Talent Squad 7.00-8.30pm Junior Xcellence, Senior Sprint Squads
23 <sup>rd</sup>	5.00-8.00am Age Development and Junior Xcellence 8.00-9.00am Junior Development, Learn 2 Race Squad
24 <sup>th</sup>	No Training
25 <sup>th</sup>	No Training
26 <sup>th</sup>	No Training
27 <sup>th</sup>	8.00-10.30am and 4.00-5.30pm YPS, Age Development and Junior Xcellence
28 <sup>th</sup>	8.00-10.30am YPS, Age Development and Junior Xcellence
29 <sup>th</sup>	8.00-10.30am and 4.00-5.30pm YPS, Age Development and Junior Xcellence
30 <sup>th</sup>	8.00-10.30am YPS, Age Development and Junior Xcellence
31 <sup>st</sup>	No Training
January	
1 <sup>st</sup>	No Training
2 <sup>nd</sup>	No Training
3 <sup>rd</sup>	No Training
4 <sup>th</sup>	4.45-6.30pm YPS, Age Development Squads 6.00-7.00pm Junior Development Squad 7.00-8.30pm Junior Xcellence Squad
5 <sup>th</sup>	5.00-7.30am YPS, Age Development Squads 5.00-6.00pm Talent Squad 6.00-7.30pm Junior Xcellence Squad 7.00-8.30pm Senior Sprint Squad
6 <sup>th</sup>	5.00-7.30am YPS, Age Development Squads 4.45-6.30pm YPS, Age Development Squads 5.00-6.30pm Senior Sprint Squad 6.30-7.30pm Talent, Junior Development Squads
7 <sup>th</sup>	1.30-3.30pm Junior Xcellence Squads 3.30-5.30pm YPS, Age Development Squads
8 <sup>th</sup>	No Training
9 <sup>th</sup>	5.00-7.30am YPS, Age Development Squads 4.45-6.30pm YPS, Age Development Squads 6.00-7.00pm Junior Development Squad 7.00-8.30pm Junior Xcellence, Senior Sprint Squads
10 <sup>th</sup>	5.00-7.30am YPS, Age Development Squads 5.00-7.00pm YPS 5.00-6.00pm Talent Squad 6.00-7.00pm Junior Development Squad 7.00-8.30pm Junior Xcellence Squad
11 <sup>th</sup>	4.45-6.30pm YPS, Age Development Squads 6.00-7.00pm Junior Development Squad 7.00-8.30pm Junior Xcellence Squad
12 <sup>th</sup>	5.00-7.30am YPS, Age Development Squads 5.00-6.00pm Talent Squad 6.00-7.30pm Junior Xcellence Squad 7.00-8.30pm Senior Sprint Squad
13 <sup>th</sup>	No Training
14 <sup>th</sup>	No Training
15 <sup>th</sup>	No Training

# Christmas Holiday Program – 17<sup>th</sup> Dec to 15<sup>th</sup> Jan

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Coaches Corner

Nunawading and Tritons results

Nutrition the extra 5%

From Swimming USA

**November**

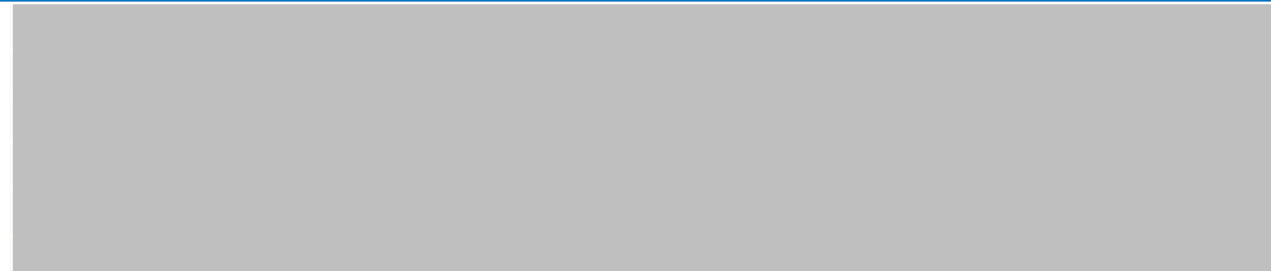
Head Coach: Lawrence Krauter

Mobile: 0402374384

Email: krauter@live.com.au



## A Monthly Insight into the Lilydale Swimming Club



### SPONSORS



### NUNAWADING AND TRITONS RESULTS >>>

Nunawading held their annual Long Course meet on the 19<sup>th</sup> of November. Lilydale had a small team represent the Club at the meet.

Jamie McLauchlan romped in the 200m Backstroke state time by 8 seconds and came within 0.2 of the 50m Freestyle.

Emma McLauchlan represented well in the 50m Freestyle achieving both State Age and Sprint times.

Lenny Krix snatched the 100m Freestyle narrowly with a very controlled swim.

CA Tritons held their meet the day after with another small group representing the club. Swimmers competing on the Sunday meet seemed to excel with 80% of all swims being Personal Best times.

On an Individual level:

Luke Jones got his first state time in 100m Breaststroke and narrowly missed out on achieving the 100m backstroke.

Kia-Beth Laidler came home strong in both the 50m Butterfly and Freestyle to achieve State Sprint time.

Matthew Gilling proved miracles are possible when he amazingly achieved the 50m Breaststroke State time. Those of you who know Matthew will understand why.

Both meets sore some impressive results and where enjoyed by all.

## From Swimming USA >>>

### 10 Commandments for Sport Parents

- I. Thou shall not impose thy ambitions on their child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honour thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

### Victorian Qualifying Meet 1 >>>

The Victorian Qualifying meet is traditionally the last opportunity for swimmers to record Age State Qualifying times. This year we had 16 athletes compete over the first of the 2 weekend. It proved to be a weekend of very successful 200m swims. There were 20 individual 200m races over the weekend, where swimmers knocked an accumulative 1 minute and 48 seconds worth of personal bests.

Some of the big results were:

Julia Algie's 200m Freestyle a 4 second pb and a perfectly split race.

Deanne Drury's 37.09 only .09 off the elusive 36 she had been targeting.

Lachlan Jone's first 400m Individual Medley attempt, which turned out not to be too far from the club record for the event.

Lenny Krix's 200m Breaststroke club record!!!

Jamie and Emma MacLauchlan's demolition of their old 200m Breaststroke pb's

Edward Sims 7 second improvement over 2 swims...WOW

Courtney, Myee and Bronte's great 200m Freestyle pb's

## Age Long Course Qualifiers so FAR!!! >>>

This year has seen the emergence of some young and very talented swimmers within the Club this in addition to what is a strong State Team has left us in very good stead for this year Age State Championships. With the 2<sup>nd</sup> of the Victorian Qualifying meets to go, we already have more Qualifiers in more events than this time last year. I know the team is improving because also have 2 more relay teams this year than we did last. This has been a great outcome for the Club. To recognize the hard work of the swimmers who have qualified I listed all swimmers with Age State Times and the swimmers in relays at this point.

### State Qualifiers: Long Course:

Danielle Alger	6 Swims
Julia Algie	3 Swims
Lenny Krix	5 Swims
Jamie McLauchlan	4 Swims
Emma McLauchlan	1 Swim
Asha Puche	4 Swims
Daniel Ringer	7 Swims
Luke Jones	1 Swim
Rebecca Owens	1 Swim

**14&Under Female 4\*50m Freestyle and Medley Relays**  
Julia Algie, Emma McLauchlan, Kia-Beth Laidler and Myee Stevenson

**14&Under Male 4\*50m Freestyle Relay**  
Edward Sims, Lachlan Jones, Lenny Krix and Jamie McLauchlan

**16&Under Female 4\*100m Freestyle Relay**  
Danielle Alger, Asha Puche, Julia Algie and Rebecca Owens

**TOTAL: 32+4 Relays**

Season	2008-2009	2009-2010	2010/2011
Swimmers	3	7	9
Events	7	28	36

## Nutrition the extra 5% >>>

Nutrition in sport is an often forgotten component of success. Many assume if I am fit and healthy I must be eating well, fact is that due to the number of training sessions and the intensity they are completed at it is hard not to at least look fit and healthy.

Fact is many of the swimmers complain about being overtired, getting headaches and cramps all these issues maybe diet related. Just like a car if the right petrol, oil and coolant isn't put in its function is not great the same can be said for our bodies.

With this in mind I have sought out the assistance of a Nutritionist to help take our knowledge on sports nutrition to the next level and then in turn our performances.

**Fiona Foley** B Sc. Hons, B HSc (Nutritional Medicine)  
Nutritionist

Inner Fire – Nutritional Medicine  
e. innerfire@inet.net.au  
p. 9013 9796 f. 90188163  
a. 25 Manchester Road, Mooroolbark VIC 3138



Fiona Foley will be offering support in this area in the form of 2 group nutrition sessions (the first of which is planned for late January) and individual consultations. I highly recommend seeing Fiona at least once as she will either find an area of improvement or give you the all clear either of which is of benefit to you as an athlete.