

Dromana Bay Open Water Camp

The Dromana Open Water camp was held on the weekend of the 4th of February. It was an action-packed weekend which included fun and games for the kids, a training session with Rosebud Swimming Club, an Open Water and Surf Life Saving session with Dromana LSC and the main event of the 1.2km and 600m Open Water Swim on the Saturday.

On the day of the swims the weather was perfect – barely any wind and sunny. 20 swimmers overall competed in the 1.2km and 600m swims from Lilydale, most of which had never swum an Open Water Swim before. The swimmers achieved fantastic results with 12 out of 20 placing in the top ten and Asha Puche, Matt Gilling, Emma McLauchlan and Jamie McLauchan achieving a podium finish in their age groups. **All swimmers finished in the top 20 in their Age Group!**

Open Water Swimming is a great way for anybody to stretch and challenge their swimming abilities. It consists of swimming around a plotted course – most commonly marked by buoys in the water – and usually within an allocated time limit. It takes place in any body of water – from lakes and rivers to the ocean. It is not as popular as pool swimming, as it is considerably more difficult and unpredictable. There are so many variables you have to be willing to face; such as water temperature, chop, wind, current and the fact you may see marine life. It's great to see so many Lilydale swimmers willing to give it a go!

After the swim, beach games were organised. They were soon over, though, as many swimmers told their parents they wanted to jump off the pier. For the next hour or so, swimmers, their siblings and even the parents braved the shallow waters and jumped in!

The fun soon drew to a close, as the club had organised a two-hour training session with Rosebud Swimming Club. Swimmers across all squads were invited to come. Half of the session was like a normal training session on challenging time cycles, while the end was reserved for a bit of fun and games! Relay teams were organised, mixing the two clubs together, and soon a rivalry had been formed. The highlight of the relays was when the swimmers had to jump into the pool without letting their head go underwater, then swim 50m Freestyle continuing to keep their head above the surface!

That evening the swimmers and their families were invited to have dinner at La Porchetta. It was a fun night where swimmers and parents alike could just relax and chat.

Everybody woke up Sunday morning to opposite weather conditions than the day before. There was a light shower, grey clouds filled the sky and the wind was up. Reluctantly, the swimmers and their families filled back down to Dromana beach as the swimmers had a hour and a half session with the Dromana LSC. Nobody was going to let the weather get them down, though, as the morning was a complete success! Parents huddled on the beach as swimmers, instructed by the local Surf Life Savers, played a series of games such as beach sprints, beach relays and Run Swim Run. Even Lawrence got into the action, running in the Run Swim Run leg! The Life Savers even gave everyone a chance to try out their boards. The swell was huge and getting onto them was a struggle, but once you were on it was an awesome experience!



The weekend ended with Fish and Chips on the beachfront.

Thank you to everyone who came and participated in the events of the weekend! A special thanks to Michelle Gilling and Debbie Moody for putting so much effort into organising it, it was a great success and you should be proud of yourselves!

RESULTS

The following tables are a list of results from the 1.2km and 600m swims.

1.2KM SWIM

NAME	AGE CATOGROY RESULT	TIME
Matt Gilling	2 nd place, Male 12-17.	15min:10
Asha Puche	2 nd place, Female 12-17.	16min:32
Daniel Ringer	4 th place, Male 12-17.	16min:58
Tyler Phillips	4 th place, Male 18-29.	16min:30
Bec Owens	11 th place, Female 12-17.	19min:51
Tiarne Moody	16 th place, Female 12-17.	23min:05
Lachlan Jones	6 th place, Male 12-17.	17min:57
Kia Beth Ladler	14 th place, Female 12-17.	20min:27
Hollie Pogerzelski	10 th place, Female 12-17.	19min:51
Jeremy Doupe	11 th place, Male 12-17.	23min:00
Myee Stevenson	12 th place, Female 12-17.	19min:59
Deanne Drury	17 th place, Female 12-17.	23min:12

600M SWIM - OPEN AGE GROUP.

NAME	OVERALL PLACE IN GENDER (OPEN AGE GROUP)	TIME
Emma Mclauchlan	1 st place Female.	11 min:14
Jamie Mclauchlan	2 nd place Male.	11 min:19
Kimmy Gilling	5 th place Female.	14min:13
Jaidyn Merino	13 th place Male.	15min:20
Jenny Ringer	6 th place Female.	14min:17
Meg Laidler	7 th place Female.	14min:27
Luke Jones	9 th place Male.	13min:05

Written by Deanne Drury

