

COACHES CORNER

A new start to a new year and I'm excited by the prospect of 2012!

Things to look forward to in 2012:

- 1) 30+ Swimmers competing at Metro East Sprint Meet.
- 2) Tons more Club records broken.
- 3) The Emergence of some younger State swimmers.
- 4) More Finals opportunities at States.
- 5) An awesome environment to train and race.
- 6) AND MOSTLY IMPORTANTLY AN OLYMPIC YEAR!

Yes, 2012 is the year of the London Olympics. Who will we see perform the magic moment in the London Olympics, previous years has seen:

Beijing 2008, Michael Phleps wins a record breaking 8 gold medals in 1 games.

Athens 2004, Grant Hackett wins the 1500m Freestyle ahead of many rivals WITH A COLASPED LUNG! The gustiest swim I have ever seen.

Sydney 2000, when the Aussie plucked their air guitars after a riveting relay win against the Americans.

Atlanta 1996, you can't go past Keiran Perkins Gold medal in the 1500m Freestyle, followed by Daniel Kowalski. Giving Australia the 1-2 finish.

Who it will be this year? James Magnusson or one of many retirees back for obscurity like Libby Trickett, Ian Thorpe, Geoff Hugiell and Michael Klim.

More importantly who will their actions fill with the desire to achieve Olympic greatness? Maybe a Courtney Smyth, Jamie McLauchlan or any other relatively unknown swimmer like **YOU!**

"It takes 10 years of gusty training for a Champion ten year old to become a Champion 20 year old"

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January
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A Monthly Insight into the Lilydale Swimming Club

Splash!!!

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AGE STATE CHAMPS >>>

A Swimmer by Swimmer break-down of Age State Championships:

Danielle Alger:
5 swims, 4 pb's, 13th place 200m Breaststroke, 2 Club records for 100 and 200m Breaststroke, 1 Relay swim.

Luke Jones:
1 swim, first swim at States ever!

Lenny Krix:
5 swims, 3 pb's, 1 Club record 100m Freestyle, 1 Relay swim.

Kia Beth Laidler:
2 Relay swims.

Emma McLauchlan:
1 swim, first individual swim at State Age Champs!
2 Relay swims.

Jamie McLauchlan:
4 swims, 3 pb's, 1 of which was a 5 second PB!
1 Relay swim

Metro East Sprint Meet >>>

A big meet with big results!

Well done to the 32 swimmers that represented the Club at Metro East Sprint Meet. Most came chasing State Sprint times, some achieved this but all left with bucket loads of Personal Best times. Some great swims included Rebecca Owens amazing 50m Breaststroke in 38.50 a 2 second improvement. Another stand out was new comer Travis Arnol who surprised many with this quick fire 36 50 Fs and 1.22 100 Fs. But none another shocked as much as Myee Steveson who came out flying in her 50m Fs to be a body length in front by 25m and go on to win her heat in a 31.65 to make her the 3rd fastest female in the Club and assure her a relay berth and her first state time!

I could keep going on and on but quite simply it was a great meet!

AGE STATE CHAMPS >>> CONT.

Rebecca Owens:

1 swim, 1 pb and pd'ed the 50m mark of the hundred to qualify for Opens.

Asha Puche:

3 swims, 2 pb's, 2 Club records for 50 and 100m Freestyle

Daniel Ringer:

3 swims, 1 final, 9th place 200m Butterfly.

Edward Sims:

1 Relay swim, broke 30 mark on lead off leg! First event at States.

Myee Stevenson:

2 Relay swims, broke 33 mark as the anchor in medley relay! First event at States

As you can see the results from Age where great on an individual level, but we also fared well as a team.

We had the most relay teams qualified for states ever!

We had the most swims qualified for states ever!

We had the most swimmers qualified for states ever!

Though are ranking did not improve all the vital signs are headed in the right direction. With more swimmers, events and teams competing we are definitely headed up the rankings next year!

Sprint Championships Qualifiers so FAR!!! >>>

Sprint Championships is held in February each year and each year it seems to be the most well represented State meet for the Lilydale Swimming Club. This year we have 15 swimmers and 44 events already qualified. This is a fantastic result, below is a look at the last 3 years qualifiers and the improvement has been fantastic!

Sprint Qualifiers:

Season	2008-2009	2009-2010	2010/2011
Swimmers	9	11	15 + Relay Swimmers
Events	16	25	44 + Relays

Relay Swimmers Include (yet to be confirmed)

5*50 Male 16&Under

Matthew Gilling

Edward Sims

Lachlan Jones

Lenny Krix

Jarrold Deith

5*50 Female 16&Under Freestyle Relays

Danielle Alger

Myee Stevenson

Rebecca Owens

Courtney Smyth

Emma McLauchlan



Open State Champs >>>

Well done to Julia, Andrew and Rebecca for representing the Club at Open State Championships. Open States is a great opportunity for those who qualify to witness some awesome swimming from some of Australia's best athletes. Swimmers like

Ian Thopre, Michael Klim, Leston Pickett, Brenton Rickard, Libby Tricket, Alice Mills, Yolane Kukla, Alicia Coutts, Grace Loh, Sarah Katsoulis and this list goes on and on.....but these are all swimmers who have competed on the Australian team!

Lilydale even managed to pick up some points through some amazing swims from the likes of Julia Algie and Andrew Fisch. Some of their amazing performances included Andrew breaking an Oceania Down syndrome Record in his 50m Butterfly and Julia Algie breaking the Lilydale Open Record by 0.03 seconds to become at 14 years the fastest 50m backstroker in the Clubs history!

The Club finished ranking 30th place in Opens which is a tremendous effort given the number of interstate and international visitors competing.

I would also like to wish Julia Algie the best of luck as she moves to Queensland, it was a very successful time she had at the Club and I wish her all the best going forward!

REMINDER TO ALL – ALL JUNIOR ENTRIES CLOSE 6TH FEB