

AUGUST 2009

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Dates to Remember

August

- 2 Surrey Park SC Meet
- 7 Metro East [Interclub](#)
- 8-12 Aus. SC Championships, Hobart
- 15 Nunawading SC Meet
- 21 Metro East [Interclub](#)
- 22-23 SA SC Champ ([Bronze Target 2012](#))
- 28 MLC Club Night
- 29-30 QLD SC Champ([Silver Target 2012](#))

September

- 5-6 Vic Age SC Championships,
- 12-18 VPSSA Championships ([Perth](#))
- 19-12 09 State Team Age SC Champ ([AIS](#)) by invitation

Welcome to New Members

Forest Yu – has joined the State Squad

Birthdays –August



Tom Morrison
Philip Tsarouhas
Amy Reid
Paul Malcolm

This Months Notice Board

Hi, and welcome, to this months edition of OFF THE BLOCKS. It has been a busy month with 5 competitions in which MLC Aquatic had swimmers competing along with two interclub meets where our younger members achieved some great results. We hope you enjoy this edition of the club newsletter.

Remember to email your ideas, feedback to ella.bennett03@gmail.com

Competition Results – Jul/Aug

Over the course of the last month the following results have been published on the website. If you go to MLC home page and navigate to the tab '[Competition Pool](#)' and then select '[Results](#)' you will find a copy of results for both target and non target meets that MLC swimmers have competed in. The following results have been published since the last newsletter:

- Monash SC (29th Jun)
- Open Vic SC (6th Jul)
- Surrey Park SC (2nd Aug)
- Vicentre August SC (8th Aug)
- Aus Open SC Champ (Hobart)
- Nunawading SC

Please take time to review our swimmers great results. Let us know if you believe any results are incorrect as sometimes results can come through incorrectly from the host club/SV.

Reminder – Social Event Nat/State 2nd September

Reminder to all those swimmers that have confirmed they will be attending Thoroughly Modern Millie starting the one and only Amy Reid along with lots of other great MLC Aquatic talent.

Training session will end at 5.15 that night to allow time for a quick change then head up Glenferrie road to Sara Bistro for Pizza and then on to MLC for the performance at around 7pm.

Ensure you know the time for pickup after the performance.

MLC – Just keeps getting better !!

- **59 MLC swimmers** qualified for **State Age SC**
- **10 MLC swimmers** selected for **Victorian Schools Team**
- **1 top 10 & 2 top 20** at **Aus Open SC**
- **6 MLC Swimmers in SV 2012 Development Program** head out to compete at SA and QLD SC State meets

See further details in the swimmers corner of the newsletter

Swimmers Corner

Quote of the Month

“A goal properly set, is halfway reached” Abraham Lincoln

Club Captain's update



I thought it was time to get to know some more of our great swimmers in the MLC Aquatic swimming family.

This month is dedicated to the hard working members of the Emerging squad and of course to Lauren the ever smiling and supporting coach of this team.



Each week on a Wednesday morning when the State and National Squad members are having a lazy day off in bed the members of the Emerging Squad take over the pool and get together for their early morning session. Thankfully the start time of this session is not quite as scary as States with a leisurely 6.15am start till 7.30am (just to get you in the mood for that transition to State squad).

We have a very talented and energetic bunch of swimmers in emerging, ranging in age from just 8yrs (Sammy) to 12-13 years of age. The pictures inserted are just some of the great swimmers in this squad that turned up to train on Wednesday 29th July.

Swimmers at this session included - **Ben Jowett, Ben McGuire, Laura McArthur, Sam McDonald, Sarah Miles, Charlotte Peake, David Schlicht, Isable Tolentino, Liz Tower, Ella Walters, Kerin Venter, Jochim Zerelli and Millie Oats.**



Feature Article- Open National SC Championships.....by Sarah Forbes

It was an exciting morning on Friday 8th August, for all those travelling to Hobart for the swimming championships. We landed in Hobart in the midst of the freezing, wet weather which was drenching the city. As always we had a typical afternoon swim in the competition pool to “get a feel of the water”, before the championships began.

On the first day of the swim meet, it was very eventful concluding in Libby Forbes making the 50m Breaststroke semi finals, and Jacob Clark got a PB, in 100m Butterfly. After a PB in heats, and lying in bed resting for the rest of



the day, Libby was ready to race once again. Super fish Libby swam exceptionally well, nearly cutting a whole second off her previous time! She finished her race with a PB of 31.9 and made MLC Aquatic very proud finishing with a placing of 10th overall.

In the following days of the meet, there were some very good swims swam, and PB's continuously dropping. Mark O'Donnell, smashing his PB in 50m Backstroke, with a time of 26.18. Kat Doig competed in the very difficult 200m Butterfly, swimming up against some of her idols including Jessica Schipper.

In our time out of the water, we once again explored the highlights of Hobart, including the market on Sunday. Hobart was as beautiful as ever and a really nice place to swim and relax.

The whole meet was a very worthwhile experience. We came face to face with Australia's best swimmers and got to compete in a very professional environment. Testing all our Nerves.

On the last few days of competition, Libby Forbes with no surprise, semi finalized in the 100m Breaststroke. Kat Doig swam 100m Fly and did very well and Sarah Forbes swam 50m Backstroke. *(Sarah forgot to mention that she also smashed her PB and I believe her hand on the lane ropes on the way to a 31.44 PB (Ed.)*

Mark O'Donnell swam many more events throughout our time in Hobart and he made B finals in 200m Backstroke. We witnessed many world records being broken, and found the trip a fantastic experience.

And to finish our meet in a traditional manner, we left the pool with DIPPING DOTS in our hands. See full results from the meet on MLC website [Competition Pool/Results](#).



Swimmers Corner

MLC – VPSSA Team Announced

The following **10** MLC Aquatic swimmers have been selected to represent Victoria at the School Sports Australia Swimming Exchange held in Perth from 12th- 18th September.

Dougal Hurley

Jack Hurley

Zanna Jodlowska

Zoe Hutton

Charlotte Muttton

Bec Thompson

What a great effort to have so many swimmers selected from the one club. We wish them all the very best in September.

Note - Gemma and Charlotte have elected not to go to Perth. What a great achievement to have won selection to the VPSSA team.

Juniors

Monique Beckwith

Gemma Bennett

David Schlicht

Jemma Schlicht

Update - SV Development Program

As part of the development of the **2012 Target Squads** swimmers in the Bronze, Silver and Gold category are being given the opportunity to travel interstate and represent Victoria at a State level competition.

On the 23rd/24th of August the **2012 Target Bronze squad** members will be travelling to South Australia SC Championships. We wish [Katya](#), [Jessica](#), [Dougal](#) and [Jack](#) all the best.

On the following weekend [Ewan](#) and [Libby](#) as members of the **2012 Target Silver squad** will travel to Queensland to compete in the QLD SC Championships. Nick will also be travelling with the Silver squad as one of the coaching staff in this squad. Good luck to each of them.

We look forward to reading the swimmers reports from their trips in the September edition of OFF THE BLOCKS.

2009 Victoria Short Course Championships – 5th/6th September

The list of MLC swimmers that have qualified for Vic Age SC is now out.

Last year MLC fielded **42** swimmers at short course. This year we have **59** of our **86** registered swimmers that are over 10 years old. This is almost **70%** of the over 10's made their age qualifying standards.

[Age runs for 11 & under age group through to 18 years.](#)

Special congratulations to all those swimmers that have qualified for the first time and to those that have gained qualification times for new events this year.

We look forward to seeing a large turn out for what promises to be an action packed weekend of swimming.

Juniors

Gemma Bennett

ARNikah Dean

Yasmin Fahour

Alexander Goulsbra

Stephanie Kleores

Hamish Overton

Charlotte Peake

David Schlicht (9yrs)

Jemma Schlicht

Roman Sepitco

Kerin Venter

Amy White

Jeremy Wilson

13 – 15yrs

Yiana Bicolos

Ewan Bennett

Anna Clarke

Allison Cran

Melahni Dean

Charlie Forbes

Sarah Forbes

Jessica Hansen

Conor Herbert

Jack Hurley

Leo Hurley

Zoe Hutton

Sarah Jeffreson

Chloe Jessup

Zanna Jodlowska

Alex Jowett

Andrew Judge

Mark Koh

Julian Kowal

Claire Lucas

Sophie Malcolm

Sarah McArthur

Alison McLaverty

13- 15 yrs

Tom Morrison

Charlie Muttton

Alex Neerhut

Millie Oates

Kathy Overton

Grace Reid

Oliver Simson

Gabbi Tirhardjo

Liz Tower

Deanne Xu

16 – 18yrs

Emma Armstrong

Katya Doig

Libby Forbes

Ashlyn Frazer

Dougal Hurley

Laura Kerridge

Amy Reid

Nick Robson

Christina Ruiz

Bec Thompson

Phil Tsarouhas

Ian Wang

SWIMMER PROFILES

State Swimmer Profile – Andrew

Name: Andrew Judge

Nickname: Judgey, ando

Age: 13 years old

Age Started Swimming: 10 years old

Greatest Achievement: getting into finals for 100 & 200 breaststroke in my 1st State Championships

Future Goals: 100 br under 1.15 by Jan 2010 200br 2:40 by Jan 2010

Favourites: -

Stroke / Event: 100m breaststroke, 200 breaststroke, 100m IM & 200IM

Sportsperson: Mark Schwarzer & Matthew Lloyd

TV Show: Top Gear SBS

Footy Team: Bombers

Hobbies: Skiing, Swimming, Soccer and watching movies

Quote that inspires me:

Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision.....

[Muhammad Ali](#)

State Swimmer Profile – Gemma

Name: Gemma Bennett

Nickname: Gem

Age: 12yrs

Age Started Swimming: as a baby then going to learn to swim

Greatest Achievement: getting my Black Belt at Taekwondo & coming 2nd in 50 Fr at State Sprints 09

Future Goals: in 2010 achieve National qualifying times then getting to Commonwealth games & then Olympics

Favourites: -

Stroke / Event: 50m Free, Fly

Sportsperson: Michael Phelps

TV Show: Anything that is on!

Footy Team: Don't have one

Hobbies: Swimming, Netball, Taekwondo, Diving

Quote that inspires me:

"Pain is temporary, glory is forever"..[Eamon Sullivan](#)

"Successful people do what unsuccessful people don't want to do"

Emerging Swimmer Profile – Benjamin

Name: Benjamin Maquire

Nickname: BJ

Age: 8yrs

Age Started Swimming: 6 months

Greatest Achievement: Making All Juniors Finals

Future Goals: Making the State Squad

Favourites: -

Stroke / Event: 50m Fly

Sportsperson: Eamon Sullivan & Cristiano Ronaldo

TV Show: Footy & Soccer on TV

Footy Team: Melbourne Demons

Hobbies: Footy, Soccer & Cricket

Quote that inspires me:

Emerging Swimmer Profile – Tegan

Name: Tegan Cavallari

Nickname: Tegs

Age: 10

Age Started Swimming: 5

Greatest Achievement: Making the State finals in the swimming

Future Goals: To make the olympics

Favourites: -

Stroke / Event: Backstroke

Sportsperson: Michael Phelps

TV Show: Spongebob Squarepants

Footy Team: None

Hobbies: Swimming, Netball, Tennis & playing Cards

Quote that inspires me: the difference between impossible and possible is your determination

MLC Committee/Admin Area

General Club Communication

The easiest way for the club to communicate with its members is via email.

It is important for club members to check their emails frequently and visit our website at www.mlcaquatic.com.au for current information.

MLC AQUATIC UNIFORM

For all your uniform enquiries please contact

Maree McArthur

0416 142 226

mcarthurs@bigpond.com

Sue Venables

9853 1020

Leave a message if not home

svenable@bigpond.net.au

Sue or Maree will be at the MLC pool on **Saturdays 7:15-7:45am** unless notified. If you have any urgent requirements at other times please contact Sue or Maree.

Remember all new members receive a **free MLC Aquatic swim cap** and subsidised club polo top – again please contact Maree/Sue to collect this.

Committee – Open Positions

The MLC Committee has the following open positions that we are looking to fill.

'Team Manager/Emerging Squad'

'Special Projects'

If you feel you could help please contact us at mlcaquatic@hotmail.com for further information on either of the above positions.

Committee to create Strategic Plan

The MLC Committee is in the process of creating a sub-committee, headed by Steve Bennett to develop a Strategic Plan for the club.....stay tuned to find out how you can participate in the near future.

MLC Long Course Meet – 11th October

Just a reminder to all parents and friends to **keep Saturday 11th October free** as we will need your help to make the MLC meet run smoothly. Further updates will be sent closer to the date on what needs to be covered.

EFT Payment Facilities

MLC Aquatic – offer paying by Electronic Funds Transfer (EFT) –Direct deposit using phone or internet banking for :

- **MLC Aquatic swim meet entry fees**
- **MLC Aquatic uniform**
- **Club membership fees**
- **Travel**

Please use this facility wherever possible.