

NOVEMBER 2009

Sponsors



Table of Contents

November

Inside this Edition: -

- Dates to Remember – Nov/Dec
- Birthdays / New Members
- This Months Notice Board
- Swimmer's Corner
- Committee /Admin Updates

Dates to Remember

November

7/8	Vic Long Course - Distance
21	Nunawading LC
22	CA Tritons LC
27	MLC Club Night
28/9	Vic Dec Comp – Wk1

December

7-9	Hell Week (Part 1)
5/6	Vic Dec Comp – Wk2
13	Haileybury Christmas Classic
19/20	State Age - Juniors
22/24	Hell Week (Part 2)

Welcome to New Members

Lauren Heale & Adrian Hurst both members of Junior State Sq

Birthdays-Nov



Alexander Cox
Dougal Hurley
Claire Lucas
Benjamin Maguire
Kathy Overton
Hamish Overton
Charlotte Peak
Nicholas Robson
Kerin Venter
Janika Verosaari

This Months Notice Board

We are now only a few weeks out from State Championships and already the number of swimmers that have qualified for the **Age Nationals/Open Comp** is impressive – **4 Open Nat/9 Age Nat /29 State Open** and too many to count for **State Age**.

Reminder

The **State Juniors** (19/20th Dec – entries close 7th Dec) and **State Age 13 >** (6th/10th Jan – entries closing 21st Dec).

Remember and get your entries in on time!

Remember to email any ideas, feedback on the newsletter to ella.bennett03@gmail.com

Competition Results

Since the last issue of Off The Blocks the following results have been published on the website. These can be found by navigating to the tab '**Competition Pool**' and then select '**Results**'.

- Haileybury (25th Oct)
- Melbourne Vicentre (31st Oct)
- Vic LC Distance Meet (7-8th Nov)
- Nunawading (21st Nov)
- CA Tritons (22nd Nov)
- December Comp – (wk 1 – 28/29 Nov)

Please take the time to share in our swimmers achievements.

Christmas Brekkie

This annual event will be held on **12th Dec** watch out for your invitation -coming soon.

A big thank you to the Doigs who once again have kindly offered to hold this event at their home in Hawthorn, just a short walk from the pool.

Houston – we have a problem

It has been reported that we had a very important member of our team injured in action at the December Comp last weekend.

We won't go into the details but Sarah has a history of close encounters with lane ropes. However this time she really did come off 2nd best.

We hope Sarah makes a speedy recovery and I am sure she will still be at HELL WEEK helping to cheer on her team!!



Swimmers Corner

Quote of the Month

“What you get by achieving your goals is not as important as what you become by achieving your goals”Zig Ziglar

Club Captain's update



Hi everyone,

We hope you are all ready to leave your school books behind for another year and eager to get stuck into **“Hell Week”**. For those new to this wonderful event don't be frightened by the name. Its lots of fun, we get to work as a team and we all have a good time. This also greatly helps in your prep for LC. You know what they say and it's true **(NO PAIN = NO GAIN)**so



best foot forward and we will see you **ALL** at the pool for the start of Hell Week bright and early on Monday 7th December.

Your Club Captains,Libby and Phil

A glimpse into being part of a State Development Program – by Katya Doig

On an early Friday morning on the 21st of August, Jess Hansen and I were lucky enough to travel to Adelaide as part of the Swimming Victoria Target 2012 Bronze touring team. After we met at the airport, we received our uniforms and boarded the plane for a very turbulent flight to South Australia. We met our four coaches (Mel, Amanda, Dean and Alex), team manager (Evan) and physiotherapist (Simon) as well as 23 other swimmers from various clubs around Victoria.



Once we had arrived, we took buses to the pool where we were astonished to be given a training session, 5 hours before racing began. Somewhat annoyed (and starving), we completed the set and drove off to pick up our sandwiches for lunch. There was a seemingly endless supply of sandwiches, rolls and wraps with some of the bread being coloured a very dark brown which was affectionately nick-named 'chocolate bread'. Unfortunately, the name was not representative of the taste.

We had five packed sessions of racing starting on the Friday night and finishing on the Sunday afternoon. There was a big emphasis on working as a team as well as individual racing which was an aspect of the trip that Jess and I really enjoyed. This included things like group stretching before warm ups, group games, loud cheering for each Victorian on the podium and general support for each swimmer. We were also divided into two groups with two coaches per group who gave us valuable advice regarding warm-ups, race strategies and technique.

We had a great time racing and Victoria came in with the second highest medal haul for the competition (please note that we were a quarter of the size of the highest club!). Jess came home with a huge number of PBs, **two gold medals (100m breastroke, 200m breastroke) and a bronze (50m breastroke)**. I also came home with **one gold (200m fly) and two bronze (100m fly, 50m fly)**.

The team had a fantastic time both in the pool and out. It was really great to cement friendships with swimmers from other clubs and pick up hints from different coaches. The whole Victorian squad had a great atmosphere and we really enjoyed this environment and the experience we gained from it. I can speak for both Jess and I when I say that we really hope to be selected again next year!

Katya Doig

SWIMMER PROFILES

New States Squad member

Name: Charlotte Peake

Nickname: Charlie

Age: 13yrs

Age Started Swimming: 5 years

Greatest Achievement: qualifying to be part of State squad

Future Goals: making it into the top 10 in an event and reaching a State Age Final!!!!

Favourites: -

Stroke / Event: 50m Breast, 100Free

Sportsperson: Stephanie Rice

TV Show: Glee

Footy Team: Geelong

Hobbies: Swimming, Reading

Quote that inspires me: still thinking about that one!

Special congratulations to Charlotte who at the weekend gained her State qualifying time as a 13yr old, just a week after celebrating her birthday. For the privilege, Charlotte is now eligible to join the Nat/State team for Hell Week as she takes up her new spot in training with the State Squad.

If you would like to share your profile with the rest of the club you can now download the profile template off the MLC web site.

Once complete just forward in an email to ella.bennett03@gmail.com and we will get it into a future issue of OFF THE BLOCKS.

State/Age National and Open Qualifiers – Current Period

During [late October/November](#) we have had a HUGH number of swimmers achieve qualifying times (based on current age) for one of the events below. Looks like we may need a really really big party bus by the time National Age Championships comes around next year.

Given the large number of swimmers that need to be congratulated I have created an extract that consolidates all of the competitions listed on the front page of this newsletter and provided a link to view this of the Home Page. Below is a summary from these reports. **Congratulations to each and every one of you!!**

Open Nationals

[Libby Forbes](#)
[Jessica Hansen](#)
[Mark O'Donnell](#)

Age Nationals

[Ewan Bennett](#) ,
[Allison Cran](#)
[Katya Doig](#)
[Jack Hurley](#)
[Charlotte Muttdon](#)
[Jemma Schlicht](#)

State Age 13-18yrs

Due to the large number of qualifiers please refer to the Consolidated Results PDF by Name. SQ/SO will be shown next to swimmers that achieved qualifying times for State Age or Open State Championships.

State Juniors- 12/U

[Gemma Bennett](#)
[Arnika Dean](#)
[Lachlan Hunter](#)
[Claire Lucas](#) (as 12yrs)
[Emma Malcolm](#)
[Charlotte Peake](#) (as 12yrs)
[David Schlicht](#)
[Jemma Schlicht](#)
[Roman Sepitco](#)
[Isabel Tolentino](#)
[Jeremy Wilson](#)

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.

Please send details of any changes to your email address to mlcaquatic.com.au.

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**
- **Club membership fees**
- **Travel**

Please use this facility wherever possible for the options listed.

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

MLC AQUATIC UNIFORM

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.

Note – uniforms can now only be paid for by cash or cheque.