

OFF THE BLOCKS

Official Club Newsletter



December/ January 2008

www.mlcaquatic.com.au

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Dates to Remember

February

- 14-15 Victorian Sprint Championships
- 21 Metro East All Junior Trials
- 27 Club Night

March

- 1 MLC Aquatic Encouragement Meet - Ashburton
- 7-9 Tasmanian Age Championships
- 15 Metro East District C'ships
- 17-22 Telstra Australian Swimming Championships – Sydney
- 21-22 Metro All Junior Finals
- 24 APS Girls Swimming Finals
- 25 APS Boys Swimming Finals

April

- 2 GSV Finals
- 13-18 Australian Age Championships

HAPPY NEW YEAR

We would like to wish MLC Aquatic swimmers, families and supporters a very happy, safe, relaxing and successful 2009.

2008 MLC AQUATIC LONG COURSE MEET

Thank you to all the parents for their amazing support of the MLC Aquatic Long Course Meet. Despite the late start, everyone remained composed and contributed to yet another very successful meet. Of course this could not be achieved without the ongoing support of the committee members, parents, family members, swimming officials and swimmers of our club. A special thank you to Vicki Gallagher and also to Lachlan Doig for the fantastic photos.

Thank you!

METRO EAST 7-10 FINALS

Following on from the great performances by our young swimmers at the Metro East 7-10 selection trials the following swimmers raced at the Metro Finals that were held at MSAC on 16 November.

With approximately 40 competitors in each of the age groups (excluding 7 year old) the results were exceptional with lots of PB's recorded across the group.

Special mention to Sammy Schlicht who finished 2nd in three events swum in the 7 yrs age group.

Special mention also to Jemima Hutton, David Schlicht and Emma Malcolm who also scored a Top Ten finish in one or more of their events. In total we had 8 events where MLC swimmers placed in the TOP TEN!

HISTORIC RESULT FOR MLC AQUATIC

2009 Victorian Championships Report

MLC Aquatic Finish 4th

12 & 11/u Championships 20-21 December
Age Championships 3-7 January
Open Championships 18-18 January

The MLC Aquatic swimmers of the 2009 Victorian Championships have created club history by achieving our best ever results when it finished 4th on the overall combined point score. The club had 45 qualifiers at this year's Championships and with a combined team effort has finished with this

historic result.

The 2009 Victorian Championships was held in the commonwealth Games outdoor pool at the Melbourne Sports and Aquatic Center. MLC Aquatic swimmers competed against teams from all over Australia and against international swimmers and teams. MLC Aquatic finished the three competitions of the 12 & 11/u, Age and Open Championships with an outstanding medal tally of 6 gold, 13 silver and 8 bronze medals from 97 finals.

The advancement the club has made this year can be seen in the fact that in 2008 the club finished 7th and has now moved up 3 places to 4th and has placed in the top 5 clubs in Victoria for the first time. All swimmers should be proud of what the club has achieved as it is the competitive and supportive culture that has evolved at training and at competitions that had lead to this result. Without this supportive club culture those making finals would not have performed as well as they have. In particular it was a pleasure to see the club make 22 relay finals including 4 Silver and 2 Bronze relay medals. I would like to congratulate all those who competed at the championships. Thank you to the parents for there support of the club and their children. A special thank you to my assistant coach Lauren for her tireless work throughout the year.

A big thank you to the coaches, masseurs, timekeepers, parents who videoed the swimmers and family and friends who contributed to the amazing success of the club.



Our coaches – Nick and Lauren



Mark O'Donnell during the medal ceremony



Dougal, Jake, Phil and Ewan



Dougal, Amy, Chris, Charlie, Sophie, Grace and Kat on the final night



Kat, Anna, Sarah and Laura



Bec after her 200 fly final



The Dad's



Zanna, Annikah, Jemma & Zoe



Bec, Grace, Alison, Sophie, Mel, Chris & Sarah



Mark Koh medal presentation

PACIFIC SCHOOL GAMES

Twelve swimmers from MLC Aquatic represented Victoria at the 2008 Pacific School Games held at the AIS pool in Canberra from 1-6 December. The swimmers produced some excellent results that lead to winning 9 individual medals and 8 relay medals from a total of 32 final appearances.



Charlie, Laura, Libby, Jake, Mark, Zoe, Zanna and Connor



Zoe, Zanna and Jemma



Victorian 15yrs 4x50 Medley relay team



Victorian team marching on at the Opening Ceremony



Victorian Team cheering at finals

There were four Victorian records broken, 3 by Jemma Schlicht and 1 by Libby Forbes.

Pacific School Games records were also broken by Jemma in the 11yrs 50 fly, 100 fly and 200 IM and Libby in the 15yrs 50 breaststroke.

Special congratulations to Connor McLaverty on winning 4 silver medals and 1 bronze medal from 7 swims!!

PACIFIC SCHOOL GAMES REPORT By Laura Kerridge

The Pacific School Games, held in early December, saw twelve MLC swimmers travelling to Canberra as members of the Victorian team, to compete in a Games that would comprise of over 5000 athletes from around the Pacific; competitors hailing not only from Australia but international powerhouses such as China and Japan, and suspiciously obscure 'countries' such as Niue and Tuvalu. The Games promised to be not merely a sporting competition but a broader social and cultural experience for the involved athletes, and it was bearing this in mind that the twelve MLC swimmers departed Melbourne Airport for Canberra, eager with anticipation.

Unfortunately, when the team arrived in Canberra, idealistic aspirations appeared to take precedence over small things, such as the basic organisation of the Games; as the MLC swimmers discovered when first their luggage, and then the buses themselves were lost track of at accreditation. Thankfully, bags were regained, as was orientation, and all swimmers retired to their respective places of accommodation, three MLC swimmers choosing to stay with the Victorian team at the Canberra Motor Village. It was that night that the aforementioned three 'enjoyed' their first meal of chicken at the Motor Village; unaware that at the cessation of the Games, and eight days straight of fundamentally identical food, they wouldn't want to see chicken again, (processed or otherwise), for a VERY long time.

The next day the Opening Ceremony took place; and Victoria set the tone for the competition with their rousing efforts at a Mexican Wave, proving that although we might not be the fastest, we could certainly be the loudest. The Ceremony itself proved highly entertaining; the pinnacle of the performances undoubtedly occurring when hundreds of school children massed onto the grounds, inexplicably wearing sheep ears on their heads, and danced in circles; leaving the Victorian team feeling *slightly* hostile towards the choreographers, but highly amused! After the entertainment it was time for the teams to march onto the ground, and the feeling of pride in representing your State whilst marching on was felt by all MLC swimmers, even those who appeared more interested in assaulting the giant Bunyip mascot. It was also at the opening ceremony where Jess Hansen began her badge swapping crusade, accosting anyone from overseas in a relentless campaign to acquire more badges than Charlie M, which, sadly for Charlie, she did by a huge margin. Later in the afternoon the swimmers had an opportunity to swim for the first time at the AIS pool, and adrenaline coupled with excitement made for an extremely fast first session, which was, of course, the perfect start to the competition.

The competition itself (which must here be made compact for reasons of page space) was an unforgettable experience for all involved, with MLC cumulatively achieving a total of nine individual medals, eight relay medals, thirty-two finals appearances and 4 individual state records (thanks Libby and Jemma)! The swimmers all enjoyed being part of the increasingly boisterous Victorian team regardless of their performances in the pool, however there were a few standout efforts from MLC swimmers throughout the week, notably:

- Jemma Schlicht – An amazing 50 fly in which she clocked a 28.93 to win the gold, annihilating the competition, the Victorian



Connor McLaverty with all his medals



Jake



Jess & Charlie with the PSG mascot



Jess



Zoe, Jess, Jemma, Zanna & Connor

- Libby Forbes -

record and the PSG record, as well as stunning even herself!

Libby had to wait until the second last day for her only event of the meet, the 50 br, but didn't waste any time; recording a Victorian and PSG record in the heats of 33.33 and later winning the final... much to her disbelief!

- Connor McLaverty -

Connor developed a penchant for silver during the Games; coming second not only in the 50, 100 free and 200 IM but also helping his 10-12 years relay to a medal of the same colour. His jubilation at his own efforts showed, as a smile didn't leave his face for the whole week!

- Katya Doig -

Kat had a fantastic 200 fly, coming 6th in a time of 2.24. She rates a mention here not just because of her time but because she actually DID a 200 fly, period.

- Amy Reid -

For an amazing 50 freestyle in which (Amy's words) "I FINALLY BROKE 28! FINALLY!"

- Jacob Clark -

Jake had some great swims, coming 6th in the 100 fly and 8th in the 200, but his moment came in the last race on the last day, when he and his team mates emerged to swim the 4 by 100 freestyle relay in dressing gowns with 'Victoria' embroidered on the back; made specially for the race in question. The boys went on to win silver behind Queensland, in a race that made all Victorian members in the stands hoarse from shouting.

The success of the Victorian swimmers in the pool was undoubtedly contributed to by the support from the team in the stands, who were prepared with a Victoria chant whenever a team member was competing, the cheering sometime escalating to a point where races couldn't be started because of the noise...oops. Nonetheless, the cheering was a huge component of the competition, although sometimes swimmers wore themselves out unwittingly before their races with their energy in the stands! All MLC swimmers will certainly remember the rivalry between Victoria and WA, which was fought out of the pool, rather than in it; the rivalry resulting in chants nigh on death threats one night, and the two teams joining forces to 'out cheer' Queensland on the next; which was fun for all involved, but certainly bemusing to the spectators.

And before the competitors knew it, the Games were over, ending with a mercifully quick closing ceremony, in which various people adorned in various titles appeared to comprehend the attention span of a teenager, and kept their speeches short (GASP)! The closing ceremony was followed by an end of Pacific School Games 'dance party,' which was more notable for its abundance of sweaty boys moshing together than for its superior music, but everyone enjoyed themselves regardless.

It was bittersweet as the Games ended, MLC swimmers having swum at an amazing competition, represented their State and (hopefully) made some new friends. On behalf of all the MLC swimmers I'd like to say a big thankyou to the MLC coaches and parents who helped us on all our Pacific School Games endeavours, and I would encourage anyone who wants to have an amazing experience to try out for the Victorian team next year!

4TH DOWN SYNDROME WORLD SWIMMING CHAMPIONSHIPS

Congratulations to Amanda Kozik on her amazing efforts at the recent championships. Amanda arrived home from Portugal with six medals – one gold, two silver and three bronze. More importantly she swam many personal best times. The Australian swimming team was announced as the "team of the meet". Thank you to everyone who sent a herogram to Amanda and the Australian team.

IMPORTANT NOTE

All squad fees must be paid to MLC Swim School

All enquiries should be directed to Carol Osborn
osborncj@mlc.vic.edu.au
9274 6328

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. This will give everyone a regular time to make any purchases and we would encourage you to use that time. However, if you have any urgent requirements at other times please contact Sue or Maree.

All **new members** to the club should contact Sue or Maree to receive their free MLC Aquatic swim cap and subsidised club polo top.

“Life's greatest adventure is in doing one's very best”

MLC
Uniform

Aquatic

When



THANK YOU

The committee and swimmers would like to thank the Doig family for hosting the Christmas breakfast once again.

Despite the rain making an appearance, again, everyone enjoyed a delicious breakfast.

Thank you to everyone for their assistance.



SWIMMER PROFILES – Connor McLaverty

Name: Connor McLaverty

Nickname: None

Age: 12

Age Started Swimming: Learn to swim 4 years; racing 10 years

Favourites: -

TV Show: Friends

Stroke / Event: Breaststroke

Sportsperson: Mathew Kreuzer (Carlton F.C.)

Footy Team: Carlton

Hobbies: Cricket, golf, swimming

Greatest Achievement: Winning five medals at the 2008 Pacific School Games in Canberra.

Quote that inspires me: No quote. I am inspired by friends and fun.

Future Goals: **Improve** my swimming and keep fit.



