

OFF THE BLOCKS

Official Club Newsletter



Feb/March/April 2009

www.mlcaquatic.com.au

Inside this Edition: -

- 2009 Sprint Championships
- Amanda at the Masters Games
- Encouragement Meet
- Telstra Australian Championships and World Championships Trials
- Australian Age Championships
- Metro East Interclub Dates
- Dates to Remember
- Swimmer Profile
- Presentation Night
- 21 Top Laws of Swimming
- Communication
- Annual General Meeting
- EFT Banking
- Uniform
- New Members
- Birthdays
- 2XU

Dates to Remember

April

13-18 Australian Age Championships

May

4 State/National squad return to training

29 Club Night

29 MLC Aquatic AGM

June

13 Presentation Night

21 District Team Training Info Session

July

3-7 District Trip to Canberra

“Hard things are put in our way, not to stop us, but to call out our courage and strength”.

VICTORIAN SPRINT CHAMPIONSHIPS by Ella Bennett

The last of the State Championship events were held on 14th & 15th February. The weather was beautiful and conditions perfect (minus technology problems) for a great meet.

MLC had 35 swimmers entered across 39 events across the various age groups from 11/u – 18. After Saturday's heats MLC had 19 individuals (close to 50%) plus all three relay teams make it through to one or more finals and in many cases, we had two or more swimmers in a final. Let's remember that all of the 35 swimmers had to meet the cut off times for their age groups so each and very one of the swimmers representing MLC are to be congratulated in qualifying for this meet.

There were lots and lots of memorable moments from this meet and we should all be very proud of our swimmers and what they achieved. We started the meet in style with the two G/Jemma's giving us the double in the 11 years 50 free and we finished the meet in style with all three relay teams in the final and swimming up a storm.

Medals

The medal tally for the event was very good with 10 medals in total. We had 9 individual medal winners – 5 gold, 3 silver and 1 bronze. The girls' 16/U 250m free relay team also won a gold medal. Added to this we had a significant number of swimmers gaining pb's in one or more events making it a great day at the pool.

Medalists

Gold

Jacob Clark – butterfly

Libby Forbes – breaststroke

Jemma Schlicht – freestyle, butterfly, backstroke

16/U 5x50m freestyle relay – Jemma, Charlie, Amy,

Silver

Jemma Bennett – freestyle

Jess Hansen - breaststroke

Amy Reid – freestyle

Bronze

Jemma Schlicht – breaststroke

Congratulations to Ewan Bennett and Allison Cran for gaining their national qualifying times in the 50 freestyle.

Please visit the MLC Aquatic website to view results including pb's top ten finishes and improvements.

A very big thank you to all of the parents and friends that came to watch and support the swimmers over the Saturday and Sunday. As always this is well received by the swimmers and makes us a club to be proud of.

Lastly a very big thank you to Lauren and Nick for their support of each and every swimmer over the weekend.



AMANDA AT THE MASTERS GAMES

Amanda Kozik participated in the 12th Australian Masters Games on February 20, 21 & 22 in Geelong at Kardinia pool. Amanda had a great time winning medals in all her races in the 25-29 year age group.

- Gold 50 freestyle
- Gold 100 freestyle
- Gold 200 freestyle
- Gold 400 freestyle
- Gold 800 freestyle
- Gold 100 breaststroke
- Gold 200 breaststroke
- Gold 4x50m freestyle relay
- Bronze 4x50m medley relay



Amanda also got the chance to meet one of Australia's swimming idols, Grant Hackett. Grant was happy to say hello and sign Amanda's event program.

What a fantastic result for Amanda, not to mention an exhausting program. Well done!

ENCOURAGEMENT MEET

The 2009 Encouragement meet was once again a great success. It was wonderful to see so many MLC Aquatic volunteers, both swimmers and parents assisting with the running of the meet.

Congratulations to all our swimmers who took part in the meet and gained valuable racing experience.

Thank you to our coaches, Penny, Lauren and Nick for their support.

A big thank you to David May for volunteering his time to act as the announcer for the meet. His assistance overall was very much appreciated.



MLC Aquatic

Presentation Night 2009

Saturday June 13th



630pm

TELSTRA AUSTRALIAN CHAMPIONSHIPS AND WORLD CHAMPIONSHIP TRIALS

MLC Aquatic has once again made ground on the Australian swimming stage with some fine performances and great experience gained by its swimmers.

MLC Aquatic was represented by eight swimmers, Katya Doig, Libby Forbes, Jessica Hansen, Laura Kerridge, Charlotte Muttdon, Mark O'Donnell, Amy Reid and Jemma Schlicht, at this year's championships.

Mark O'Donnell qualified for the B final of the 200 backstroke, finishing 15th and Libby Forbes qualified for the semi finals in the 50 breaststroke in 16th position. Libby's swim broke the Victorian 16 year old record and ranked her 6th fastest 16 year old Australian female of all time.



Laura Kerridge



WANTED

PHOTOS

If anyone has taken photos at any swim meets or MLC Aquatic events over the last season can you please send them to Sarah Forbes at

Forbes at

Sarah_forbies@hotmail.com

“When you think at that moment that it is possible- then the magic starts”

Unknown

AUSTRALIAN AGE CHAMPIONSHIPS

13-18 April 2009, Sydney



Back row: Lauren McLaverty, Dougal Hurley, Mark Koh, Jake Clark, Mark O'Donnell, Sarah Forbes, Phil Tsarouhas, Ewan Bennett

Middle Row: Katya Doig, Amy Reid, Charlie Muttdon, Anna Clarke, Chris Ruiz, Libby Forbes, Laura Kerridge, Nick Hibbins.

Front Row: Ally Cran, Zoe Hutton, Jess Hansen, Jemma Schlicht and Sophie Malcolm.

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.

“After you have made up your mind just what you are going to, is a good time to do it”.

Josh Billings

MLC Aquatic will be represented by its biggest team ever at the Australian Age Championships being held at Sydney Olympic Park Aquatic Centre from 13th-18th April.

A total of 19 swimmers will proudly represent our club. Nine of these swimmers will be swimming at their very first Australian Age Championships.

In 2008 MLC Aquatic were represented by 5 individual swimmers. Determined to get more swimmers on board for this year's championships, the swimmers were motivated by this year's motto "Crusade '09". Their hard work paid off and this year we will be cheering on 17 individual swimmers and two relay swimmers. An amazing achievement!

We wish the following swimmers every success at the championships: -

Ewan Bennett – 200 IM, 50 free 200 free, 100 br, 200 br
Jacob Clark – 100 fly, 200 fly, 100 free
Anna Clarke – 100 fly
Allison Cran – 50 free, 100 free
Katya Doig – 100 fly, 200 fly, 200 IM
Libby Forbes – 50 free, 100 br, 200 br
Sarah Forbes – 50 free, 100 free
Jessica Hansen – 100 br, 200 br
Dougal Hurley – 50 free, 100 free, 200 free, 400 free
Zoe Hutton – 100 back
Laura Kerridge – 100 br
Mark Koh – 50 free, 100 free
Sophie Malcolm – relay
Charlotte Muttdon – 50 free, 100 free
Mark O'Donnell – 100 back, 200 back, 200, 400, 1500 free, 200 fly
Amy Reid – 50 free, 100 free
Christina Ruiz - relay
Jemma Schlicht – 100 fly, 200 fly, 200 IM, 400 IM, 100 back, 50 free
Phil Tsarouhas – 50 free

METRO EAST INTERCLUB DATES

Friday 12th June
Friday 26th June
Friday 24th July
Friday 7th August
Friday 24th August

“DESIRE + DEDICATION + DIRECTION = DETERMINED DESTINY”



Mark O'Donnell at the Telstra Australian Championships in Sydney

SWIMMER PROFILES – Allison Cran

Name: Allison Cran

Nickname: Ally

Age: 13

Age Started Swimming: I started swimming when I was five and competing when I was 10.

Favourites: -

TV Show: Gossip Girl

Stroke / Event: 100 freestyle

Sportsperson: Susie O'Neill

Footy Team: St Kilda

Hobbies: Netball

Greatest Achievement: When I came 1st at the States in the 100 free

Quote that inspires me:

Future Goals: To get a national time the in the 100 fly and 200 free

MLC Aquatic Uniform

When representing MLC Aquatic at swim meets, swimmers are encouraged to wear club polo tops, black MLC Aquatic caps and club trackpants or shorts.

Swimmers should be proud of their club and display this through the wearing of the club uniform at all swim meets.



Birthdays

February

Monique Beckwith
Katya Doig
Libby Forbes
Bridgette Gusner
Jemima Hutton
Grace Reid
Ella Walter

March

Conor Bernard
Arnikah Dean
Yasmin Fahour
Cienna Irwin
Laura Kerridge
Mark Koh
Connor Herbert

21 TOP LAWS OF SWIMMING by Jerry Heidenreich

1. Three of the most important components of swimming are: technique, technique, technique.
2. Strive optimum, not maximum, performance.
3. Learn to balance, align, and stabilise your body first. Everything else will become easier.
4. See the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water, swim quietly.
8. The mind leads the body
9. The harder you work, the harder you can play
10. Practice does not make perfect. Perfect practice makes perfect. What you do in practice will determine what you do in meets.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever travel is when you dive off the block and push off the wall.
13. Slice through the water, don't plough. Make your middle name "streamline".
14. Don't think of pulling the water. Learn to anchor our hands, wrists, and forearms, and hold onto the water. Learn to use your legs for balance and body stabilisation.
15. Power is generated from the hips and torso. Use your shoulders for your recovery and to generate additional arm speed.

April

Ewan Bennett
Jemma Bennett
Ashlyn Frazer
Simone Morris
Mark O'Donnell
Jeremy Wilson

16. Relax from the inside out.
17. Never look back
18. Attack your race, attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer.
20. Use visual and mental imagery of yourself achieving and surpassing your goals.
21. Swim smart, use your head, and keep your head still.

COMMUNICATION

The easiest way for the club to communicate with its members is via email. Please ensure that we are kept informed of any change in your email address by emailing mlcaquatic@hotmail.com

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

Welcome to New Members

Allison Cran
Tegan Cavallari
Alexander Leggo
Benjamin Maguire
Christian O'Nians
Gabby Tirahardjo
Ella Walter

MLC AQUATIC ANNUAL GENERAL MEETING

AGM

Banking

MLC Aquatic has introduced the option of paying by Electronic Funds Transfer (EFT) –Direct deposit for :-

The 2008/2009 Annual General Meeting of MLC Aquatic Swimming Club will be held in the Lecture Room in the PEC at MLC on **Friday 30th May 2009** commencing at 6pm prior to club night

MLC Aquatic swim meet entry fees

MLC Aquatic uniform

Club membership fees

Travel

All parents and members over 16 years of age are urged to attend.

MEET REPORTS

Please use this facility wherever possible for payments to the club, rather than paying by cheque. EFT payment or direct deposit can be made using your bank's internet banking or phone banking facility.

The following reports will appear in our next newsletter:

Tasmanian Age Championships

All Junior Finals

District East Championships

Australian Age Championships

MLC Aquatic and 2XU announce High Performance Program partnership



High performance athletic brand 2XU has announced today sponsorship of leading Victorian Swimming Club, MLC Aquatic. The sponsorship by 2XU's Compression category will commence with the support of MLC Aquatic's National Squad competing at the Telstra World Championship Swimming Trials in Sydney next month.

"Swimming in Australia is at the pinnacle of the sport worldwide," said 2XU Compression Account Manager Chris Bradford.

"Clubs such as MLC Aquatic are the backbone of the sport and we are pleased to be able support one of the fastest growing and highest performing clubs in Victoria at present," he said. "The 2XU brand is one focused on the high performance niche, so we're delighted to be associated with MLC Aquatic in light of its High Performance Program. Armed with our world leading compression garments, the MLC squad is set to recover and race better than ever before."

To read rest of article click [here](#)

To visit 2XU to see their exciting range click [2XU](#) or the logo above