

MLC Aquatic
 Presentation Night 2009

Saturday June 13th



630pm

RSVP NOW!

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 Sarah_forbies@hotmail.com

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**

All Juniors Report by Ella Bennett

MLC had **32 swimmers** qualify for the All Juniors District Elimination round (21Feb) to the Semi-Finals which were held at MSAC on Saturday. Of the 32 qualifiers **18 swimmers** then made it through to Finals (**Top Ten**) which were held on Sunday afternoon.

The All Juniors covers swimmers from ages **8 & under to 14 years** and MLC was well represented by swimmers from all of our squads (little ones from our Junior/Emerging squads through to our older swimmers in State & National squads).

All of our swimmers were a credit to the club. We are very proud of each and every one of them and what they achieved at this meet. There were many wonderful swims in all age groups but especially by our 7, 8 and 9 year olds. From this age group MLC had 6 swimmers that made it all the way through eliminations and semis and gained a place in the finals. This included Tegan Cavallari, Jemima Hutton, Benjamin Maguire, Emma Malcolm, David and Samantha Schlicht who all made it through in one or more events.

Medals

The medal tally by end of day on Sunday was very impressive. In total we had **16 medals (8 Gold, 5 Silver & 3 Bronze)**.

The girls came away with a total of 10 medals and produced a great show of strength with 3 of the girls receiving **dual Gold Medals** for their efforts. Big congratulations to Zanna, Sarah & Allison. Charlie, Connor and Ewan who did their best to even up the medal tally for the boys with 6 medals between them.

Not only did Allison Cran record dual gold medals she also set a new All Juniors record for the 50 Fly of 30.86.

Name	Events	Medals	Name	Events	Medals
Ewan Bennett (14 yrs)	50fr, 50br, 50bk	gold, silver, bronze	Gemma Bennett (11)	50bk	Bronze
Allison Cran (13)	50fly, 50fr	gold, gold	Charlie Forbes (12)	50br	gold
Sarah Forbes (14)	50fr, 50bk	gold, gold	Zoe Hutton (12)	50bk, 50fly	bronze, silver
Emma Malcolm (9)	50fly	silver	Zanna Jodlowska (12)	50fly, 50fr	gold, gold
Connor McLaverty	50fr SWD, 50bk SWD	silver, silver			

Top Ten Places

As previously mentioned **18 of the 32 swimmers** that reached the Semi-finals made it into finals day on Sunday. Listed below are the names of all those swimmers that made finals along with the number of events that they achieved this in. Again, this just shows the great strength and depth that we have in our club.

AGM

The 2008/2009 Annual General Meeting of MLC Aquatic Swimming Club will be held on

Friday 29th May 2009 at 6pm

Lecture Room in the PE Centre, MLC

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

The AGM will be followed by Club night

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.

“Effort: It’s a solo performance that only you control”

Ewan Bennett (4)	Gemma Bennett (2)	Tegan Cavallari (1)	Allison Cran (2)
Yasmin Fahour (1)	Charlie Forbes (2)	Sarah Forbes (2)	Connor Herbert (2)
Jemima Hutton (1)	Zoe Hutton (3)	Zanna Jodlowska (3)	Benjamin Maguire (3)
Emma Malcolm (3)	Sophie Malcolm (2)	Sarah McArthur (1)	Connor McLaverty (2)
Samantha Schlicht (2)	David Schlicht (3)	Jeremy Wilson (1)	

PB's Semis/Finals –There were many, many swimmers who swam one or more PB's during the semis/finals. Across all age groups there were some truly amazing swims. Lets congratulations the following swimmers who all lowering their PB during this meet:

Tegan Cavallari, Yasmin Fahour, Connor Herbert, Jemima Hutton, Chloe Jessup, Alex Jowett, Benjamin Maguire, Emma Malcolm, Connor McLaverty, Sarah McArthur, Christian O'Nians, Hamish Overton, Betsy Ruscoe, David Schlicht, Samantha Schlicht, Oliver Simpson, Hamish Tobias, Kerin Venter, Jeremy Wilson and Deanne Xu.

Our congratulations also to Arnika, Jess, Jack and Allison who put in some solid performances and helped cheer their club mates on over the two day event. It was a great team effort and I think you would agree we all finished this year's final 'Long Course' meet off in style.

PB's - All Juniors District Elimination round (21 Feb) – let's also remember the following swimmers that swam in the elimination round and the great swims they achieved. A significant number of these swimmers achieve PB's in one or more of the events swum.

Laura Bello, Madeline Bernard, Cienna Irwin, Rachel Jeffreson, Claire Lucas, Amelia Oates, Charlotte Peak, Christopher Tetaz, Liz Tower, Janika and Tiia Verosaari.

Lastly, thanks to our Coaches, Lauren and Nick, for their support of each and every swimmer over the weekend.

As always a full list of achievements can be found on the PDF links provided with the summary on the MLC Aquatic website.

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

PHOTOS FROM TASSIE



TASMANIAN AGE CHAMPIONSHIPS REPORT By Alex Jowett

On Friday the 6th March, MLC Aquatic swimmers headed to Hobart for the Tasmanian Age Championships. Most of us went on the same plane to Tasmania, and when we got to the Hobart airport we boarded two separate buses to drop us at our respective accommodation. Some families stayed at the Old Woolshed Hotel, although most stayed at Quest. We quickly got settled in before heading to the Hobart Aquatic Centre for a light training session. We got used to the walk from the hotel to the pool, a walk which we completed before and after every session. That evening, the team had dinner at La Porchetta, where we enjoyed a dinner of pizza, pasta and ice cream. The dinner was lots of fun, and a variety of 2XU prizes were awarded for the winners of the raffle. After dinner, we headed back to the hotel for a good night's sleep before the first session of the competition.

The activities we enjoyed out of the pool kept us entertained in between heats and finals, and were enjoyed by all, parents and swimmers alike. For the parents, it was an exciting opportunity to step out of the sauna that was the Hobart Aquatic Centre. Activities included a jet boat ride where we supposedly spotted 'Hamish and Andy' and shopping at Salamanca Markets.

The actual competition spanned over 3 days, with heats in the morning and finals in the evening. MLC Aquatic had 12 swimmers to qualify for finals, over a total of 28 events. This was a great achievement considering interstate visitors must qualify as the 1st or 2nd fastest visitor in the top ten. MLC Aquatic finished the meet with a total medal tally of 15 individual and 2 relay medals (5 gold medals, 6 silver & 6 bronze). MLC Aquatic individual gold medallists were: **Ewan Bennett (200 IM)**, **Anna Clark (100 fly)**, **Katya Doig (200 fly)**.

Tasmania was a great opportunity to have a go at qualifying for National Age Championships, and also to gain experience racing interstate. This opportunity was certainly not wasted by any of the MLC Aquatic swimmers. New National qualifiers from the meet were **Zoe Hutton (100 back)** and **Anna Clark (100 fly)**. Some swimmers who were already qualified for Nationals also swam NQTs in other events and some improved on their previous times.

Thanks to all the parents who were involved in getting us to Tasmania and making sure we all enjoyed it as much as we did. Special thanks to Marsha Muttdon, who once again did a fantastic job of organising such a big event for the club. We are all looking forward to going next year!

Thanks also to Nick and Lauren for doing a great job coaching.





Birthdays

May

Jacob Clark
Taku Ikeda
Zanna Jodlowska
Laura McArthur
Sarah McArthur
Betsy Ruscoe
Jemma Schlicht
Amy White

June

Celine Abdalian
Jessica Hansen
Sam McDonald
Connor McLaverty
Emma Malcolm
Christina Ruiz
Liz Tower

Welcome to New Members

Lachie Hunter
Leo Hurley
Jack Hurley
Andrew Judge
Emily Kneale
Laura McArthur
Sam McDonald
Robbie McIntosh
Tom Morrison
Alex Neerhut
Roman Sepitico
Nicolas Smith
Matthew Smith
Isobel Tolentino
Kevin Wang
Forest Yu
Joachim Zerelli

DECK COATS FOR SALE



There are two deck coats in stock in size **small**.

If anyone is interested in purchasing a deck coat for the cold winter mornings please contact Maree McArthur or Sue Venables.

METRO EAST DISTRICT TRIP

We would like to congratulate the following swimmers on their selection to represent Metro East at the upcoming Ginninderra Meet to be held at the AIS pool in Canberra on 4th & 5th June.

Yiana Bacolas
Melahni Dean
Charlie Forbes
Alex Jowett

Coach, Lauren McLaverty is also travelling with the team as one of the coaches.

Good luck and have a great time!

SPORT AUSTRALIA SWIMMING CHAMPIONSHIPS, PERTH

The VPSSA State Swimming Championships were held recently at MSAC.

Congratulations to the following swimmers on being selected in the state team to represent Victoria at the School Sport Australia Swimming Championships being held in Perth from 12th-18th September, 2009.

Monique Beckwith
Gemma Bennett
David Schlicht
Jemma Schlicht

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 at www.mlcaquatic.com.au for current information

PHOTOS FROM NATIONAL AGE CHAMPIONSHIPS



MLC Aquatic National Age Team



Charlie, Libby and Ally



Christina and Libby



Katya, Amy, Sammy, Charlie, Libby and Sarah



Head coach, Nick Hibbins



Sarah Forbes

**AUSTRALIAN AGE CHAMPIONSHIPS
13-18 April 2009, Sydney**

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

Special congratulations to Jemma Schlicht, who broke four 11 yrs and under NSW All Comer records for the 100 backstroke, 400 IM and 100 fly and 50 free.

Jemma also broke the 11yrs & under Victorian records in the 50 free, 100 back, 100 fly and 200 IM.

For a detailed report on the Championships see Nick Hibbins report on the MLC Aquatic website.



Jake



Zoe



Dougal



Mark Koh



Amy



Sophie



Amy, Katya, Sarah



Phil



Charlie, Steven Clarke and Anna



Sydney Harbour Bridge and "The Shark Attack" Oz Jet Boat.

SWIMMER PROFILE – JEREMY WILSON



Jemma



Zoe, Sarah, Jess and Ally



Sophie, Chris, Charlie, Sarah, Ally, Zoe, Jess, Sammy and David decorating the bus.



Ewan



Katya



Mark, Ewan, Phil and Mark Koh

Name: Jeremy Wilson

Nickname: Jeza

Age: 12 years old

Age Started Swimming: 7 years old

Favourites: -

TV Show: Thank God Your Here

Stroke / Event: Freestyle 50m

Sportsperson: Eamon Sullivan / Luke Hodge

Footy Team: Hawthorn Hawks

Hobbies: Swimming and footy

Greatest Achievement: Becoming House Captain of my school

Quote that inspires me: The one day you stop is the one day someone gets better.

Future Goals: Getting my 50m freestyle time down under 30 seconds

RECIPE OF THE MONTH

Strawberry Yoghurt Muffins

1 cup self raising flour, sifted
1/3 cup caster sugar
125g strawberries, finely chopped
1 small ripe banana, mashed
1/3 cup Greek style yoghurt
1/4 cup vegetable oil
1 extra large egg

Preheat oven to 180oC (conventional). Line a 24 hole mini muffin tray with muffin papers.

Mix flour, sugar and fruit together in a bowl. Combine wet ingredients and gently stir through flour mixture. Spoon mixture into cases, fill to the top. Bake for 15 minutes or until muffins are golden and spring back when gently touched.

Makes 24 mini or 10-12 standard muffins.

AMERICAN ATHLETIC SCHOLARSHIPS PTY LTD



American Athletic Scholarships Pty Ltd is a recently established organisation, which provides a unique and specialised service for student swimmers who wish to pursue their studies in the US college system and swim competitively.

If you are interested in finding out more information about US swimming college scholarship, visit www.americanathleticscholarships.com.au or call 1300 653 461 and speak to Noel Greeves or Nick Terzis.

Banking

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

MLC Aquatic swim meet entry fees

MLC Aquatic uniform

Club membership fees

Travel

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.

GETTING THE MOST OUT OF ANY MEET YOU'RE COMPETING IN THIS SEASON.

Arrive on time. Get to a meet early enough to settle down into a 'spot' with your team and be ready with your cap and goggles on when the warm up session starts. Meet warm ups are often short and crowded, so it's important to be on time.

Be prepared. It is best to know what events you are swimming BEFORE warm up. Also, make sure that you have everything you need – towels, bathers, water bottle, cap and goggles.

Sit with your teammates and cheer. Swim meets are the best time to get to know your teammates and build team spirit. It is also easier for your coach, team manager and teammates (relay members) to find you if they need you.

Stay positive. If you have a bad swim, or you don't want to swim the events you are entered in, get over it and just do your best. Sometimes you may be put in an event you do not like. You just have to do your best and not complain.

Bring plenty of drinks and snacks. Know how much water you will need (about 1 cup per event) and be prepared. Bring light snacks to munch on, such as fruit or crackers. Avoid buying lollies and soft drinks.

Realise that relays are just as important as your individual events. Give it your all and help pump up your teammates (no matter which relay you're on). Swim in the relay order your coach gave you and HAVE FUN! Also, stay and cheer on your team until your last teammate is out of the water.

Talk to your coach and cool down after every event. Make sure that you see your coach after each event to get input on your race. And if you have time, cool down between events. Cooling down will make a huge difference in your body's ability to recover for future races.

Respect the meet officials. Remember that these are volunteers who want to see you get the most out of swimming. Go so far as to thank the person who DQ'd you for helping you to improve.

Clean up all your mess. It is important to leave your area as you found it.

From Splash, USA Swimming

INTERCLUB DATES

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