

APRIL/MAY 2010

## Sponsors



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## Dates to Remember

### April/May

- 5-10th National Age Champs
- 22nd Nunawading JSX Spec
- 23rd Ringwood SC Meet

### June

- 4th MLC Club Night
- 5th Districts Agg Wk2  
Ringwood
- 5-11 SSASC Brisbane
- 19/20 Vic Open SC
- 25th Melb Vic SC
- 27th CA Tritons

## Welcome to New Members

### Birthdays-April/May



Ewan Bennett  
Gemma Bennett  
Jacob Clark  
Ashlyn Frazer  
Zanna Jodlowska  
Adrian Hurst  
Sarah McArthur  
Laura McArthur  
Lauren Miles  
Simone Morris

Mark O'Donnell, Betsy Ruscoe,  
Jemma Schlicht, Amy White  
Jeremy Wilson, Maddy James

## Notice Board

Welcome to our combined April/May edition of Off The Blocks – our club newsletter.

With the end of swimming year 09/10 behind us we are all back on board and at the pool getting ready for Short Course season..

Registration is now required both as a member of MLC Aquatic and as a Member of swimming Victoria. Please watch out from the club emails that outline the registration fees and procedure for the coming year.

Remember to email any ideas, feedback on the newsletter to [ella.bennett03@gmail.com](mailto:ella.bennett03@gmail.com)

## Special Announcements

**MLC Aquatic Presentation Night – Friday 11th June 2010**

**AGM – Friday 4th June (see Committee/Admin page)**

## Competition Pool

The following results have been published on the MLC Club website for the April period. These can be found by navigating to the tab 'Competition Pool' and then select 'Results'.

- Australian Age Championships
- Ringwood SC Meet

Please take the time to share in our swimmers achievements at the above meet.

## Australian Age Championships Highlights

### Ingoing Stat

- 17 swimmers across 39 individual events
- 5 Girls Relay Events

### Medals

#### 5 Medals

- 1- Gold – Ewan 200IM
- 2 Silver – Jemma 50Fr, Jess 100Br
- 2 Bronze – Jemma 100Fr, Jess 200Br

### Finals – Top Ten Finishes

- 10 swimmers made it into

### Top 20 Finishes

- 14 swimmers made it into

### PB's Swum

- Out of the 39 events - 24 PB's were swum

Swimmers write up from Age Nationals can be found in the swimmers corner of the newsletter.

## Swimmers Corner

### Quote of the Month

**“The only way of finding the limits of the possible is by going beyond them into the impossible” .....Arthur C Clarke**

### Club Captain's update



Hi everyone,

Hope you have all recovered from holidays and National Age Championships. Going to Nationals is very special and it is a great achievement to qualify for this so a big WELL DONE to all of the competitors at this year Nationals Age Championships.

As noted in Nicks Coaches report PB's were plentiful across the board so well done everyone.



**To Jess, Gemma and Ewan** - YOU WERE AWESOME. You are a great example of what you can achieve when you train hard and show such courage, determination and belief in yourself and your goals.

It's been a fantastic year all round and Phil and I would just like to say how much we have enjoyed being your club captains this year and being part of such a great swimming club. We are looking forward to seeing you all at our end of year celebration at Club Presentation night in June. We all have lots and lots to celebrate from the 2009/2010 swim year.

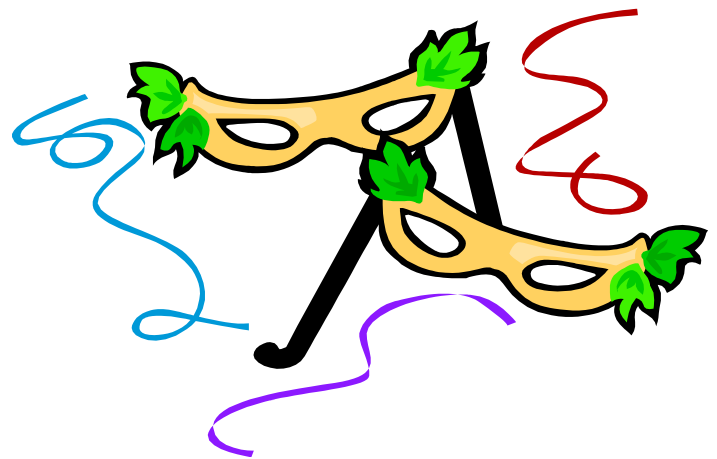
Your Club Captains .....Libby and Phil

### MLC Aquatic Presentation Night 2010 – FRIDAY 11th JUNE

Invites are out and confirmation should now be made using the online booking system. If you have not already done so we need all bookings to be made by 4th June so that final numbers can be confirmed and catering finalised.

With only days to go let's hope you have found time in your busy swimming schedule to hit the shops and get the outfit and mask to die for!!

Remember that a table will also be set up on the night to make your own special mask or you may feel the pressure to do some running adjustments on the night to your mask – remember there will be a special prize awarded to the best mask of the evening.



## Swimmers Corner - cont

### Nationals 2010 - by Jess Hanson



As the 13 returnees to Sydney and 4 new MLC competitors sat in the Sydney traffic for the first time on the way to the accommodation, you could feel the sense of nerves and excitement bouncing around the bus. Each swimmer and coach knew that the week of competition ahead would come with many surprises, disappointments and success. As the traffic started moving we got closer and closer to reaching the apartments which meant the start of the competition got closer and closer.

Each day of competition was long and tiring for the swimmers, coaches and parents. The heats were busy starting at 9:00am and finishing around 12:30pm, the bus ride home would take up another 30-40 minutes (especially with Sydney traffic) and then the finals started again at 6pm, so if you were a lucky swimmer that had one of the last events during the heats and then came back to the pool on the early bus you only had approximately 3 hours rest before it all started again, the 3 hours included walking to the team meeting, packing the swimming bag and eating, a very important part of a swimmers life.

When the meet had ended every one of us would be taking away memories. Some will remember it for the memorable moments and comments, some will remember Kat Doig's comment after the 4X200 free "they are just celebrating my 2.20 guys!" when she saw the fireworks from the Sydney Easter Show on the way home one night.

The accreditation passes were always an issue. Swimmers forgetting them and only realizing when they were on the bus. Jemma had a freak out moment when she realized she had forgotten hers when she was on the bus, on the way to finals and of course, she was swimming.

The meet was filled with some great results with some of the highlights from the meet listed below,

- **Ewan's** gold medal meaning he is the fastest Australian in his age group at the 200 IM; he is also now the Victorian record holder for the same event.
- **Jemma Schlicht** came back with 2 medals, silver in the (splash and dash) 50 free, bronze in the 100 Free and 3 Victorian Records.
- **Jess** came back with silver in the 200 Breaststroke and bronze in the 100 Breaststroke.
- MLC Aquatic had **5 individual finalists**, **Charlie Muttidon** – 50Br, **Libby Forbes**- 100Br, **Ewan Bennett** – 200IM/200Br, **Jemma Schlicht** 200Fr, 100Fly, 100Fr/50Fr and **Jess** 100/200Br.
- Over the week there were **15 Pb's** broken, which meant the majority of swimmers did at least one PB.

## Swimmers Corner - cont

### Medal Winners

**Back home at MLC .....Ewan after 200IM.....Jess/Jemma- 100Fr/100Br**



From all the swimmers, there are many thanks.

- Marsha's organisation was unbelievable, once again.
- Thank-you to Nick and Lauren for your hard work leading up to and during the meet, it has all paid off.
- Thank-you to my team mates for the support to every swimmer in both heats and finals, and especially to the crowd of white-shirts that chased Ewan around the pool trying to get his autograph (not really).
- And thank-you parents, your never ending love and support, every swimmer wouldn't be there without you.

Jess Hansen

## Nationals Results Summary

Going into the competition we had

### Ingoing Stats

**2 TOP 3** – Jemma (2)

**8 TOP 5** – Jess (2), Ewan (1) and Jemma (5)

**6 TOP 10** – Ewan (2), Libby (1), Jack (1), Charlotte (1), Jemma (1)

**5 TOP 20** – Ewan (2), Charlie F (1), Sarah (1), Charlotte (1), or cumulative

**19** entries in **TOP TWENTY** in total

**Relay teams all seeded in the TOP TWENTY**

### Results Stats

#### Medals

#### **5 Medals**

- **1- Gold** – Ewan 200IM
- **2 Silver** – Jemma 50Fr, Jess 100Br
- **2 Bronze** – Jemma 100Fr, Jess 200Br

#### Finals – Top Ten Finishes

- **10** swims made it into **finals**

#### Top 20 Finishes

- **14** swims made it into **top 20**

#### PB's Swum

- Out of the **39** individual events - **24** PB's were swum

## Events/Placements/PB

Libby Forbes	50 Fr PB/100Fr PB/100Br (9)	Anna Clarke	50Fr PB/100Fly
Sarah Forbes	50Fr PB/100Fr	Allison Cran	100Fl y/ 100FrPB/ 50Fr/ 200Fr
Jack Hurley	50Fr PB (19)/100Fr PB	Katya Doig	100Fly /200Fly
Leo Hurley	50Fr PB	Jack Collins	100Br
Zanna Jodlowska	100Fr PB	Ewan Bennett	100Br (13) PB / 400Fr / 50Fr 200Br (9)PB / 200IM (1)PB
Jess Hansen	100Br (2) /200Br (3) /200IM	Julian Kowal	50 Fr PB
Jemma Schlicht	200Fr (9) / 100Fl (4) / 200Bk/ 100Fr (3)PB, 50Fr (2)PB / 100Bk	Charlotte Muttdon	100Fr / 50Fr (5)PB / 200Fr
Charlie Muttdon	100Fr (10) / 50Fr (12) / 200Fr	Amy Reid	50Fr / 100Fr
Amy Reid	50Fr / 100Fr	Gemma Bennett	Relays Member - 4*50MR, 4*50Fr Girls 14/U
		Julian Kowal	50 Fr

Swimmers Corner - cont

National's Picture Board 2010





**Final Night of Comp – MLC Team Hug's. with THAT GOLD MEDAL!!**

### **Ringwood SC Meet – 23rd May**

While some of us were still getting back into the swing of training after a well earned rest after Nationals, some of us were out getting an early stab at some short course times.

Jemima /Zoe Hutton & Yasmin on the girl's side and Mark O'Donnell and Jacob Clark flew the MLC flag on the male's side.

In all the **5 athletes** swam in **17 events** and come home with a staggering **14 TOP THREE** finishes.

TM results are not yet available so no Results PDF can be produced just yet, When available will be posted to the results DB and Athletes Results DB in Team Manager.

#### **Top 3 SWIMS.**

Jemima – **3rd** – 50Fr  
 Zoe – **3rd** 200IM/ 50Fly  
 Yasmin – **2nd** 100Br/50Br/200Br &  
**3rd** 50Bk

Mark – **1st** 400Fr/200Fr, **2nd** 50F1,  
**3rd** 100Bk/50Fr

Jacob – **3rd** 100F1,50F1

### **District Championships – Further Update**

Well it's confirmed 15 MLC swimmers made it through the selection process for Districts. Unfortunately 2 swimmers have pulled out leaving the following swimmers to fly the flag: Alex Jowett, Melahni & Arnika Dean Charlie Forbes, Gemma Bennett, Keirn Venter, Stephanie Kleores, Chloe Jessup, Yasmin Fahour, Alison McLaverty, Jeremy Wilson, Conor Herbert and Tom Morrison.

We wish you luck in Canberra – trip date end June

### **Schools SC Brisbane**

The date for Schools SSASC is -5th -11th June at Chandler pool in Brisbane. Due to the date being during school term many of our Senior School swimmers elected not to try out for a place on the Victorian Team.

For any MLC swimmer that has made the team we wish you all the best in the coming week.

### **Welcome back!! Marshmead girls return soon**

As some of you may have noticed the pool has been missing a few of our usual faces over the last 10 weeks. This term we had no less than 5 MLC swimmers make the long trek to Marshmead for the big adventure. This includes [Zanna](#), [Chloe](#), [Alex](#), [Millie](#) and [Liz](#) who will be returning next week, just in time of our Presentation night. From what I hear it has been lots of fun/new adventures. Although I have it on good authority that there was very little swimming to be had so let's make sure we support them all as they return to the pool over the next few weeks.

## MLC Committee/Admin Area

### MLC Committee

MLC is a club that is run extensible by volunteer who give or their time and energies to support the need of the swimmers and all that this entails. A list of the various support positions can be found on the MLC web site. If you feel you can assist in any of the roles in the coming 12month period please contact MLC Aquatic or come along to the AGM on Friday and nominate yourself for any of the positions.

#### 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](http://www.mlcaquatic.com.au) for current information.

Please send details of any changes to your email address to [mlcaquatic.com.au](mailto: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](mailto:mcarthurs@bigpond.com)

**Sue Venables**  
**9853 1020**

**Leave a message if not home**  
[svenable@bigpond.net.au](mailto: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.**