

MARCH 2010

## Sponsors



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## Dates to Remember

### March

6-8th	Tassie State Age Champ
14th	Districts
20th	All Juniors Semi-Finals
16-21st	Open National LC

### April

5-10th	National Age Champs
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## Welcome to New Members

Stephanie Whan  
Natalia Kyrkilis-Rogozinski

## Birthdays-March



Emma Armstrong  
Arnikah Dean  
Yasmin Fahour  
Conor Herbet  
Laura Kerridge  
Mark Koh  
Jack Lucas  
Roman Sepitco

## This Months Notice Board

Welcome to our March edition of Off The Blocks – our club newsletter.

School holidays have arrived and the heat is on for **17** of our swimmers as they start to taper for **Nationals Age Championships**. You can find a full roll call on who is swimming what/when in the swimmers corner of the newsletter.

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 11th June - To be revised/advised**

## Competition Pool

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

- Tassie State Champ – (6-8th Mar)
- Districts Finals – (14th Mar)
- All Juniors (20th Mar)
- Open Nationals (16-21st Mar)

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

## Competition Highlights

### Tassie

- **29** swimmers, individual medal tally **5 Gold, 1 Silver & 1 Bronze**
- **2 Allcomers Records for Jemma Schlicht – 12yrs – 200Fr, 12yr – 100Fly**

### Districts

- **54** swimmers, individual medal tally **18 Gold, 15 Silver and 8 Bronze**
- **9 relay medals – 2 Gold, 1 Silver, 6 Bronze**
- **10** swimmers **12&0** placed in **top 3** in a **100m event**

### All Juniors

- **40** swimmers made it into **Semi Finals**
- **25** swimmers made **Finals**,
- Medal tally **6 – Gold, 6 Silver and 8 Bronze**

Further details on each of these comps can be found in the Swimmers Corner of this issue of OFF THE BLOCKS.

## Swimmers Corner

### Quote of the Month

“Winning isn’t everything .....but wanting to win is “

Vince Lombardi

### Club Captain’s update



Hi everyone,

We know you have all been working hard during long course season and many of you are now off having a well earned rest as this years long course draws to a close. For those that are destined for Sydney next week to take part in National Age LC we know you have been working especailly hard over the last few weeks.....hang in not long to go now.



We just wanted to say a huge good luck to everyone competing at nationals next week and we hope you all swim really well!

Your Club Captains, .....Libby and Phil

### MLC Aquatic Presentation Night 2010

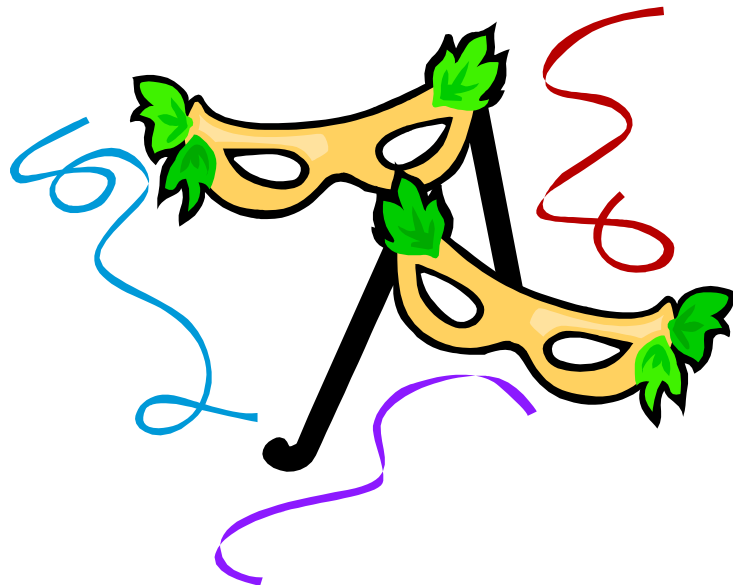
It is with great excitement that we announce the date of this year's presentation night.

Please block out **Friday 11th June** as the big date in your diary now.

The theme for the evening (masquerade) gives you lots of opportunity to be creative. So don't be shy and start planning out your outfit and mask NOW.

Invitations will be sent out shortly. There will be a prize awarded to the best dressed/masked male and female on the night. It will be a great evening so bring your whole family as we have lots of exciting events and prizes planned for the evening.

Looking forward to seeing you all looking very mysterious!!!



### Open Nationals LC -2010

Congratulations to Mark O'Donnell on his recent achievements at Open Nationals. Mark was MLC's sole competitor as our 18yrsU swimmers elected not to swim so they could concentrate on their prep for National Age Championships.

Mark achieved PB's in all 5 of his events:

- 200Fly - 2.04.81
- 200Bk - 2.07.05
- 100Bk – 59.00
- 1500Fr – 15.58.25
- 50Bk – 27.61



### Tassie State Age Champ/Trip – by Allison Cran

We all arrived in dribs and drabs on Friday the 5th March. We caught the 10 Buck bus to the Trinity Quest apartments where we checked in. After we had settled into our apartments we all gathered outside reception at 3.55pm and walked down to the pool for a light training session. The parents used the time to go to Safeway to get food supplies for the weekend. In the evening we walked to la Porchetta for dinner. When we were walking everyone was boiling as we had all brought warm clothes because we knew we were going to 'Tasmania' but obviously it was having its one and only humid heat wave.

Early on Saturday morning we headed to the pool. We just couldn't get it right with the weather as at this time it was now pouring with rain. We realised that the competition was going to be really tough as Melbourne Vicentre and Nunawading were also competing. Yikes! We had some very memorable performances and lots of P.B's and some just off their P.B's. That afternoon some of us were able to attend the Salamanca Market for a bit of retail therapy. We had heaps of fun there even scoring a couple of bargains!! That evening we all attended finals where there were heaps of medals won by MLC Aquatic.

We headed back to the pool on Sunday morning for some more racing. At 1.00pm we all met at the wharf and went on the Wild Thing which was pretty wild! We all screamed and laughed a lot and before we knew it 25 minutes had passed and we were back at the wharf where the parents were soaking up the sun and enjoying a drink at a cafe.

That evening we had a BBQ back at the apartments. Everyone brought everything to the communal BBQ area. The swimmers sat and ate their meal while the parents chatted and shared a glass of wine. All the swimmers had so much fun playing on the scooters and running around in the dark until one person fell off her scooter and she now has a big wound on her back! After that all of us started to settle down – some watched DVD's and others went to bed. It was a great day.

Monday arrived and it was back to the pool early for the last heats session. It was raining again but still pretty warm. Once again everyone did really well and some made finals. Unfortunately some of us were unable to swim in the finals as we were flying back to Melbourne in the early evening.

All in all it was a really good weekend and a highlight on the MLC Aquatic calendar but it would have been great to see the one-in-50 year storm that lashed Melbourne that weekend!

[In addition to a big thank you to Allison for doing this write up we would also like to thank Jess who spent a lot of her time out of the pool taking pictures in Tassie. Don't worry if you are not shown here I know Jess is planning to use lots of these in slides for Presentation Night.]



## Swimmers Corner - cont

### Tassie Results - cont

#### Tassie Results

The competition in Tassie was really tough with Nunawading and MVC team among the largest at the competition. Visitors swimming interstate must finish in the TOP TEN and be either the 1st or 2nd fastest visitor to earn the right to swim in a Final.

All of MLC swimmers had a great time and some exceptional swims were recorded in the pool.

Jemma Schlicht broke two 12 year old Allcomers records for her swim in the 200Fr and 100Fly. Her time for the 200Fr was 2.12.34 which broke the existing record of 2.12.34 of Hayley Lewis which has stood since 1986. Jemma also broke the Allcomers record for the 100Fly in her heat swimming 1.06.12 against the existing record of 1.08.35 of Julia Tuton which had also stood since 1986. Unfortunately Jemma could not contest the final of 100Fly as it was on Sunday night and she had a flight to catch.

The following swimmers all made individual final events:

#### Gold

Katya – 200Fr  
Jess – 100Br  
Jemma – 100Fr  
Jemma – 200Fr  
Jemma – 200Fl

#### Silver

Charlotte – 100Fr

#### Other Finalists

Anna – 4th 200Fr  
Connor – 4th 200Fr  
Zanna – 10th 100Fly  
Julian – 9th 100Fr  
Hamish - 10th 100Bk  
Jemma - 9th 100Bk  
Roman – 9th 100Br  
Bec – 6th 200Fly

Jemma – 100Fly  
Jess – 200 Br

#### Bronze

Katya Doig – 100Fly

**Unable to swim final on Sun pm**



**PB's** – the level of improvement across MLC swimmers was amazing with the following swimmers clearly having a quality set of swims and recording some very impressive personal improvements:

- Connor Herbert, Jessica Hansen, Zoe Hutton, Alex Jowett, Julian Kowal, Alison McLaverty, Millie Oates, Hamish Overton, Charlotte Peake, Roman Sepitco, Oliver Simpson, Matthew and Nicholas Smith, Kerin Venter Janika Verosaari and Jeremy Wilson.

**Medal Tally** – by the end of the meet MLC had collected **5 Gold, 1 Silver & 1 Bronze**

## Swimmers Corner - cont

### District Championships – Gemma Bennett

It was a chilly Sunday morning when we all gathered at Monash pool for this year's District Championships. That said the weather was positively glorious compared to the monsoon conditions that we all had to endure last year.

Everyone was excited to try and make the District team to go to Canberra and some of us were still trying to get our National qualifying times and we were running out of time.

At the start of the day there was lots of anticipation in the air and everything (even the weather) was running smoothly. The meet started on time and we all had lots of fun, even the commentators (MLC Parents) were getting into the swing of things and made things very amusing in their summary of each race/clubs performance.

Everyone swam really well and there were a lot of PB's and lots of A grade medals were handed out to MLC Aquatic swimmers. This was a great sign that a lot of MLC swimmers could be on the selection list for the District swim in Canberra. (had to be 12&0 and place in top 3 of a 100 meter event to be eligible for selection).

Medal tally for the day was **18 Gold, 15 Silver and 8 Bronze.**

We won't know the full list of who made it to Canberra until the invites go out and everyone responds so there will be another update on Districts in next month's newsletter. Hope to see a lot of MLC swimmers in Canberra with Lauren who is one of the coaches on this trip. LUCKY US!!

### Results Summary

Total of **54 swimmers** competed at this event. The list below are all those that placed in **TOP 3** on the day.

Arnika Dean – 2/100Br/100Fr/3-100Fr  
Stephanie Kleores – 3/100Br/50Br  
Kerin Venter – 3/100Bk  
Yasmin Fahour – 3/100Br  
Melahni Dean – 2/100Bk/2-100Br  
Emma Malcolm – 1/50Fly/50Fr  
Isabel Tolentino – 2/50Fly/1-50Br  
David Schlicht – 1/50Fly/1-50Br  
Samantha Schlicht -1-50Fly/Bk/Fr/2-50Br  
Gemma Bennett 1/100Fr/Bk  
Jeremy Wilson 2/100Fr  
Sarah McArthur 1/100Fly  
Alison McLaverty 3/100Fly/2-100Fr  
Bec Thompson 1/100Fly/2-100Fr  
Tegan Cavallari 1/50Bk/3-50Fr/  
Thom Morrison – 2/100Fr/2-100Br  
  
Amanda Kozik – 1/50Fly/3 50Bk/2-50Fr/2-50Br  
Connor McLaverty 2/50Fly/2 -50Bk/1-50Fr  
Monique Beckwith 1/50Bk/50BBr

All 9 MLC relays placed in the **Top 3 (2- 1st, 1-2nd, 6-3rd).**

## Recipe Corner

### For The Parents of National Swimmers

#### Moscow Mule

Juice of half a lime  
Freshly grated ginger  
3 tablespoons vodka  
Ginger beer (ice cold)

Pour the vodka into a glass, add the lime juice and some freshly grated ginger, and then fill up the glass with ice cold ginger beer.

Just what you need after a long day by the Pool.

Serves 1

### For the Swimmers at Nationals

#### Mint and Lime Cool AID

8 limes (enough for 250ml juice)  
200g caster sugar  
Bunch fresh mint  
1.25 litres water  
Ice cubes

Remove zest of 4 of the limes using a vegetable peeler and place this with sugar, mint and 250ml of water in a saucepan and bring to boil, stirring to dissolve sugar.

Turn down heat and let liquid simmer in pan for 5 mins. Take off heat and let it cool and then strain into jug. Squeeze the limes to make 250ml juice and then add along with the rest of the water to the jug of syrup. Add ice cubes and sprigs of mint. Chill.  
Server 6-8

## Swimmers Corner - cont

### Results Summary

#### Medal Winners

Gemma Bennett 1-50Fly/50Fr  
Jack Collins 3- 50Br  
Allison Cran 1-50Fr/3-50Fly  
Stephanie Kleores 1 -50Br  
Emma Malcolm 2 -50Fl/  
David Schlicht 3-50Fl/2-50Br  
Sammy Schlicht 3-50Fly/Br/Fr/ 1-50Bk/  
Isabel Tolentino -3-50Fly/2-50Br  
Amy White – 3-50Br  
Connor McLaverty 1-50Bk/ 2-50Fly/Fr/Br

#### Other Finalists

Arnikah Dean  
Leo Hurley  
Chloe Jessup  
Zanna Jodlowska  
Benjamin Maguire  
Nicolas Smith  
Jeremy Wilson

### All Juniors Championship

For many this was the final meet of the season and a last chance to get that qualifying time for Nationals. For others it was just being able to enjoy a swim at your last All Juniors before turning 15.

MLC had **40 swimmers** that made it through to **Semi Finals** on the Saturday and out of this **25** went through to **Finals** on the Sunday.

In total MLC swimmers collected **20 Medals – 6 Gold, 6 Silver & 8 Bronze** with our youngest competitor Sammy Schlicht and Connor McLaverty each collecting 4 medal's each, one for each event swum!!

PB's – Rebecca Caine, Angus Collins, Xander Goulsbra, Lauren Heale, Lachlan Hunter, Jemima Hutton, Alex Jowett, Jack Lucas, Jonathan May, Millie Oates, Christian O'Nians, Hamish Overton, Charlotte Peake, Tiia Verosaari, & Jochum Zerelli

It was a great two days of competition and many of the swimmers posted great PB's to bring their long course campaign for 2010 to a close.

Enjoy the pictures below which clearly show lots of happy faces enjoying the comp



## Swimmers Corner - cont

### National Age Championships



Entries have closed and the list of swimmers /events for **National Age Championships for 2010** is now published.



**17 swimmers** have entered to swim at Nationals this year. This is a fantastic achievement and each and every

swimmer should be congratulated. Ewan is shown here sporting the official club outfit for National's 2010 which have been sourced by our sponsor 2XU.

Below is a summary of events that each swimmer has elected to swim. It is great to see that MLC will be represented in such a wide range of events (**39 events**). This in itself is a fantastic achievement but even more exciting is the number of swimmers with entry times that give them seed positions in the **TOP TWENTY Nationally!!** In total MLC recorded **19 TOP TWENTY** seed entries.

- **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),
- **Relay teams all seeded in the TOP TWENTY**

All events that MLC are represented in are listed below along with the date that each event takes place. Please take some time during next week to view the Online Results that are available from the Swimming Australia website.

**The MLC community wish each of you all the very best at Nationals 2010!!**

Who swims what		Events & TOP 20 Seeds	
<p><b><u>Day1 – Mon Ev1/24</u></b>                      E.3 – 50 Fr – Amy/Libby                      E.6 – 200IM – Jess                      E.8 – 200Fr – Jemma                      E.10 – 100Fr – Charlotte                      E.11- 100Fr – Jack                      E.12 – 100Br – Libby                      E.16 – 100Fl – Allison</p>	<p><b><u>Day 2 – Tue Ev 25/48</u></b>                      E.27 – 100Fr – Sarah                      E.35 – 50Fr – Anna &amp; Charlotte                      E.36 – 50Fr – Jack                      E.40 – 100Fl – Jemma                      E.47 – 4*100Fr –G18U (9)</p>	<p>Anna Clarke 50Fr /100Fly                      Allison Cran 100Fl y/ 100Fr/ 50Fr/ 200Fr                      Katya Doig 100Fly /200Fly                      Jack Collins 100Br                      Ewan Bennett 100Br (11) / 400Fr (10) / 50Fr (10)                      200Br (12) / 200IM (4)</p>	
<p><b><u>Day3 – Wed Ev49/74</u></b>                      E.50 – 100Br – Ewan                      E.59 – 400Fr – Ewan                      E.60 – 100Fr – Allison                      E.62 – 200Bk – Jemma                      E.68 – 50Fr – Sarah                      E.69 – 50Fr – Julian/Ewan                      E.71 – 4*50MR G14U (20)</p>	<p><b><u>Day4 – Thur Ev 75/98</u></b>                      E.75 – 100Fl – Katya                      E.77 – 200Fr – Charlotte                      E.79 – 50Fr – Allison                      E.80 – 50Fr – Leo                      E.93- 100Fr – Zanna &amp; Jemma                      E.95 – 100Br – Jessica                      E.96 – 100Br – Jack                      E.97 – 4*200 Fr G18U (14)</p>	<p>Charlie Forbes 100Br (19)                      Libby Forbes 50 Fr /100Fr /100Br (6)                      Sarah Forbes 50Fr /100Fr (18)                      Jack Hurley 50Fr /100Fr (8)                      Leo Hurley 50Fr                      Zanna Jodlowska 100Fr                      Jess Hansen 100Br (4) /200Br (4) /200IM</p>	
<p><b><u>Day5 – Fri (Ev99/122)</u></b>                      E.107 – 100Fl – Anna                      E.110 – 50Fr – Jemma                      E.115 – 200Br – Ewan                      E.119 – 100Br – Charlie                      E. 121- \$*50 Fr-G14UR (12)                      E.123 – 200Fl – Katya</p>	<p><b><u>Day6 – Sat Ev (123/144)</u></b>                      E.127 – 200IM – Ewan                      E.128 – 200Fr – Allison                      E.130 – 100Bk – Jemma                      E.132 – 100Fr – Amy &amp; Libby                      E.138 – 200Br – Jess                      E143 – \$*100MR G18U (8)</p>	<p>Julian Kowal 50 Fr                      Charlotte Muttdon 100Fr (10) / 50Fr (12) / 200Fr                      Amy Reid 50Fr / 100Fr                      Jemma Schlicht 200Fr (4) / 100Fl (1) / 200Bk (7) / 100Fr (3),                      50Fr (5) / 100Bk (5)                      Gemma Bennett Relays Member - 4*50MR, 4*50Fr Girls 14/U</p>	

## 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](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.