

**FEBRUARY 2009**

## Sponsors



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## Dates to Remember

### February

6th	Vicentre LC Meet
7th	Surrey Park LC Meet
13-14th	Victorian State Sprints
12-14th	NSW Open Champ
20th	All Juniors Trials

### March

6-8th	Tassie State Age Champ
14th	Districts
20th	All Juniors Semi-Finals

## Welcome to New Members

Stephanie Whan  
Natalia Kyrkilis-Rogozinski

## Birthdays-Feb



Monique Beckwith  
Katya Doig  
Libby Forbes  
Jack Hurley  
Jemima Hutton  
Grace Reid  
Ella Walters  
Stephanie Whan  
Zerelli Joachim

## This Months Notice Board

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

Holidays are well and truly over and the heat is on for the countdown to the Districts, All Juniors and National Age Championships, all of which are just around the corner.

We have already had the preliminary trials for All Juniors; You can find a list of all our swimmers achievements at the prelims along with a list of those swimmers that have made it thru to the semi-finals.

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

## Competition Update

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

- Vicentre LC Meet – (6th Feb)
- Surrey Park LC Meet – (7th Feb)
- Vic State Age Sprints (13/14th Feb)
- NSW Open Champ (12-14th Feb)

Please take the time to share in our swimmers achievements.

**Just a reminder that this year the submission date for National entries is by COD Monday 22 March 2010 at 5pm ESDT.**

**Nationals will be held at SOPAC from 5-10th April 2010.**

## State Sprint Championships - Highlights

Despite having 10 of our National swimmers not in attendance at this meet (swimming in NSW Open) MLC had **35 swimmers** compete at the recent Vic Short Course championships.

Results were impressive with many swimmers achieving top ten spots and lots and lots of solid PB's along the way.

Summary results:

- **1 Silver** (Charlotte Muttidon 50m Free)
- **1 Bronze** (Amy Reid – 50m Free)
- **17 swimmers** achieved **25 Top Ten** placements
- 5\*50m Free Relay 16u – Boys 6th
- 5\*50m Free Relay 16u – Girls 5th

For full details on this event go to the "Competition Pool" from MLC home page and select "Results" tab.

## Swimmers Corner

### Quote of the Month

“Being tough has nothing to do with it – you are either trained or untrained “

### Club Captain's update



Hi everyone,

We hope you all had a wonderful holiday and our congratulation to all our fellow club members on a great effort at states this year.....the result were fantastic!

Keep up the training as All Junior finals and Australian Age Championships are coming soon!

Also Good Luck to everyone competing in the

Tasmanian Championships next weekend!

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



## YES YOU CAN

### The Importance of “Self Confidence” in Achieving your goals by Wayne Goldsmith

The following is an extract from an article that can be found at [swimclub.com.au](http://swimclub.com.au). All swimmers should feel empowered to achieve their goals, and it would seem there are many skills that we can learn in addition to developing sound swimming technique and endurance to help us achieve these goals.

**Confidence** is believing in yourself to do what has to be done. To do what needs to be done, with faith in your ability to achieve it. To meet new challenges with an expectation that anything is possible.

**Confidence** is learning from that failure and trying again with more energy, more commitment and greater determination than before.

**Belief** is the knowledge that we can do something. It's the inner feeling that what we undertake we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power; our eyes are open; our opportunities become plain, our visions become realities

**Confidence** it seems is a skill – a skill that can be learnt. You learn to swim; you learn to do tumble turns you can learn to be confident.

Nothing helps build **confidence** like the **3P's**:

**PRACTICE** – to the best of your ability

**POSITIVE** – have a positive attitude at all times

**PERSERVERE** – again and again and again

#### Ladder of Achievement

How will your attitudes towards a goal or task can impact on your ability to achieve.

100% I DID
90% I WILL
80% I CAN
70% I THINK I CAN
60% I MIGHT
50% I THINK I MIGHT
40% WHAT IS IT
30% I WISH I COULD
20% I DONT KNOW HOW
10% I CANT
0% I WONT

The ladder of achievement suggests that an attitude of “I can't” has almost no chance of success whilst “I won't” has no chance at all.

What we need to do is change “I Cant and I Wont to :

**I CAN, I WILL , I DID**

## Swimmers Corner - cont

### Importance of Water

By Keryn Arrowsmith Soma Health & Wellness

We've all been told over and over again that we should drink water every day because it's good for us but what difference does it actually make?

Basically your body is made up of between 55% and 75% water and your muscles are about 70% water. 2% fluid loss can affect athletic performance, cause tiredness and dull critical thinking abilities. Lack of water in your muscles can increase fatigue, muscle tension, decrease strength, stamina and flexibility.

Muscles in this condition are at a higher risk of injury than a well hydrated healthy muscle. Think of your muscles like a sponge. If you leave a sponge on the bench it dries out, gets harder, shorter and it doesn't bend or stretch. Your muscles behave in a very similar way.

You don't just lose fluid through sweat when you exercise, your lungs expel between 2 to 4 cups of water each day, more in cold weather. If your feet sweat, that's another cup. Half a dozen trips to the bathroom during the day, that's 6 cups of water. That's a lot of fluid to lose on just an average day.

The amount of water you should drink is dependant on your lifestyle. Generally between 2-3 litres is where you should aim. A good way of regulating how much you are drinking over a day is to get yourself a drink bottle. Set yourself a goal of 2 bottles a day and work your way up from there. If you exercise, add another bottle. This is a much easier way to keep track of how much water you're drinking than just having a glass here and there.

So if your muscles are feeling tired and/or still it may possible be you need to DRINK MORE WATER!!

### Health Recipe of the Month Healthy Breakfast Bars (Nigella)

Every swimmer should have a stash of these so that you can grab these for a quick feast on the way to school after your early morning swim. They are just like milk and cereal only in bar form.

**1\* 397g can of condensed milk**

**250g rolled oats**

**75g shredded coconut**

**100g dried cranberries**

**125g mixed seeds (pumpkin, sunflower, sesame)**

**125g natural unsalted peanuts**

Preheat oven to 130oc and oil a 23\*33\*44cm baking tin

Warm condensed milk in large pan

Mix together all the other ingredients and then add the warmed condensed milk, using a rubber or wooden spatula

Spread the mixture into the tin and press down with spatula

Bake for 1 hr; remove from oven and leave to cool for 15mins, cut into bite size serves.

Leave to cool completely and then store in airtight container

## SWIMMER PROFILES

### New Member

**Name:**

**Nickname:**

**Age:**

**Age Started Swimming:**

**Greatest Achievement:**

**Future Goals:**

**Favourites: -**

**Stroke / Event:**

**Sportsperson:**

**TV Show:**

**Footy Team:**

**Hobbies:**

**Quote that inspires me:**

We have now created a template on the MLC home page to allow swimmers (old and new) to share with others a little information about themselves.

We would love if you could take a copy of the template available and send in a word document to [ella.bennett03@gamil](mailto:ella.bennett03@gamil) so that we can share with your other team members a little bit about you.

Don't be shy – best foot forward ; we would love to hear from you!!!

## Swimmers Corner - cont

### Fina Update – Swim Suite Regulations

The following extract is provided to alert swimmers to the need to continually check the regulations governing swim suites. Updates can be found via Swimming Australia and Swimming Victoria websites and should be checked regularly:

The FINA 2010 list of approved swimsuits now includes some Speedo FS Pro models. However, the FS Pro models that have been approved are only available in the US and Japanese markets, NOT Australia.

To avoid confusion, Swimming Australia (SAL) will allow Australian Speedo PS Pro Models in [SAL Open](#) events until 31 July 2010. They still must meet the style and coverage guidelines.

For avoidance of doubt, Australian FS Pr suits that fit with SAL competition By-Law 14.2 are permitted at SAL [Age events](#) until further notice.

### Records

[SAL National Open Records](#) can only be ratified if performed in a FINA approved swimsuit. The revised SAL records application form requires the make and model of the suite to be lodged for approval.

As the Australian versions of the FS Pro suit is not technically a FINA approved suit, [SAL Open Records](#) achieved in a FS Pro will not be ratified.

To find a list of FINA approved suites for 2010 follow the link from the Swimming Australia website.

## National Age and Open Qualifiers – Current Period

With State Long Course championships behind us it is time to update you on those swimmers who have achieved qualifying times that enable them to compete at this year's **Open Nationals** and **Age National championships**.

This year's Open National will be held **16th-21st March at SOPAC** and will double as the selection trials for the Commonwealth Games. There are already **10 swimmers** in the club that have made the qualifying times necessary to enable them to swim at these trial. This is a fantastic achievement and each and every swimmer should be congratulated.

Close on the heels of Open Nationals is the Age Nationals to be **held 5-10th April at SOPAC**.

Below is a summary of qualified swimmers based on current age as at 1st March. **Congratulations to each and every one of you!!**

Open Nationals (times 01/01/09)		Age National Qualifiers (01/05/09)	
Anna Clarke	50 Fly	Ewan Bennett ,	50/100/400Fr/100/200Br/200/400IM
Jacob Clarke	50/100Fly	Anna Clarke	50Fr/100Fly
Katya Doig	50/100/200Fly	Jacob Clark	50Fr/100Fly
Libby Forbes	50Fr, 50/100Br	Allison Cran	100/200 Fr/100Fly
Sarah Forbes	100Fr/50Bk	Katya Doig	100/200Fly/200IM
Jessica Hansen	50/100/200Br	Charlie Forbes	100Br
Ewan Bennett	50/100/200 Br, 200IM	Libby Forbes	50F/100Fr/100/200Br
Mark O'Donnell	50/100/200 Bk /200Fly/ 400/1500Fr	Sarah Forbes	50/100Fr
Christine Ruiz	50Bk	Jess Hansen	100/200Br/200IM
Jemma Schlicht	100Bk	Jack Hurley	50/100Fr
		Zanna Jodlowska	100Fr
		Charlotte Muttdon	50/100/200Fr
		Mark O'Donnell	100/200Bk/200FI
		Amy Reid	50/100Fr
		Jemma Schlicht	50/100/200/400/800Fr/100/200Bk/100/200Fly/200IM

## 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.**