

From the President

JAWS Newsletter February 2009

Welcome to the February Jaws, it seems like just yesterday I was writing up the January Jaws so either time is going faster or I am just getting old quickly.

Over the past few weeks the Yarra Plenty Age Champs were held with lots of records being broken, well done to everyone and thank you to all that volunteered their time for various roles when champs were going on.

After the final day of Age Champs a small presentation was held, this was to highlight two very important people within our club. Helen Webb who was our Swim School Manager for many years and worked extremely hard during her time which we are grateful for. Giving over and above her time particularly to get the multipurpose room up and running, with this in mind the multipurpose room will now be known as the Helen Webb Room. The other person who has worked tirelessly around the club is Colin Holmes, Colin can still be found every Tuesday night putting the SSS through their paces. Without Colin we would not have had our old club rooms which have now been converted to the staff room and canteen, with this in mind those rooms will now be known as the Colin Holmes rooms. Both of the above mentioned are well deserving recipients.

State Sprints were held on Feb 14&15 and all swam really well with two swimmers Des Cairns and Jaclyn Dunham making 2 finals each, well done. A special mention to Jaclyn who also made a National Open time, congratulations Jaclyn, good luck with your training for Open Nationals. This now makes 3 swimmers competing at Nationals - Jaclyn, Lachlan and Jordan, we all wish you well in your lead up to these competitions.

For those competing at All Juniors good luck and have fun.

Dry land has now resumed and we would like to welcome Nic and Luke who will be undertaking this part of the swimmers' training regime. Darryl is undertaking a reduction of fees for January of 20% due to dry land training being unable to be held.

I hope I haven't forgotten anything, keep up the good work and don't forget we have the Yarra Plenty Open Champs coming up as well as the encouragement meets.

Fiona Tunchon



JAWS AWARD

Desmond Cairns for his performance at our Age Championships setting seven new records, five of which had not been broken since 1991 (18 years).



INSIDE—DON'T MISS

COACH'S REPORT
NEW ROOMS NAMED

IN BRIEF
NEW SWIMSUIT RULES
CALENDAR

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MUSICAL REVIEW



This month has been an interesting one filled with great results, awesome training and a few injuries along the way. The preparation of all the swimmers for their major events is going very well. It has been great to see the development and renewed levels of interest and focus at the younger end of the program. Since I began looking after the majority of the squads this has allowed me the opportunity to redevelop the volume and manner in which the swimmers are training with some promising results.

The major meets our swimmers are working towards this month are the Tasmanian State Age Championships, All Juniors Semis and Finals, Open Nationals and Australian Age Nationals. These should be very exciting times for all competing and I look forward to the results.

This year's trip to Tassie is looking set to be bigger and better than last year with a few "old hats" from last year mixed with a fresh and vibrant bunch of "newcomers". I am also really looking forward to seeing the YAP kangaroo once again, it's has been 12 months since I last saw it supporting our team, oh and maybe, some sensational performances in the pool as well.

On a sadder note thankfully to my knowledge, the club was only lightly touched by the tragedy of the fires on Black Saturday, my heart goes out to all those that have suffered any losses in a weekend of great sadness. The courage and strength shown by the firefighters and residents who battled the fires are an inspiration of the strength and will to fight we each have inside us. RIP

My highlight this month would have to be Desmond with a stand out performance at our very own Age Champs where he smashed nearly every record well done, but he was not the only record breaker, there were records broken in all ages along with some very near misses, outstanding. Jac also qualified for Open Nationals in the 50m brst. This is a clear testament as to how well your training has prepared you and its importance in the highly competitive world of swimming.

Remember to always discuss your competition plans with your coach, there may be meets/events selected as targets, always try to be involved in every part of the club. It is the best way to grow and develop the team spirit. Stay in touch in the usual places, the notice board and the web site or by asking your coach.

See you at the pool...

Danny G

"Whenever evil befalls us, we ought to ask ourselves, after the first suffering, how we can turn it into good. So shall we take occasion, from one bitter root, to raise perhaps many flowers"

Leigh Hunt (1784 - 1859)

Several of our families, staff and clients have been directly or indirectly affected by the devastating Victorian bushfires. It is hoped that our organisation can be of some support into the future to our own 'community' members, as well as more generally.

For those wishing to contribute monetarily there is a bushfire appeal container at reception.



IN BRIEF



- * Club members, staff and Swim School clients were very pleased to learn of the recent marriage of Kathryn Salter to Greg Driver. Kathryn is a popular swim teacher of several years' standing. We wish Kathryn and Greg health and happiness!
- * Well, it has become an injuries contest! And the contest is about how strange the story can be and the battle field continues to be nothing to do with swimming. This month we learned that Lachie dislocated his knee walking backwards and Jess injured her eye falling out of bed! P.S. It was great seeing the injured still turn up to club champs either as spectators or timekeepers. Great club spirit!
- * Former Yapper, Jacenta Abbott, has completed her degree in Behavioural Science (Hons) and plans to work in that field.
- * YPSC welcomes Nic Papaziakis to the staff. Nic is a trainer for the dry land program. We also welcome Luke Morgan who is also assisting with the program but is currently recovering from an injury.
- * Congratulations to Jaclyn Dunham on requalifying for 50 Breast for Open Nationals at State Sprints. (Jaclyn qualified in the same event two years ago.)
- * We wish Beth Carmichael well as she recovers from a recent stroke.
- * Open Water news: Eldon Abbott came 11th in the Open Men's category in the 1.1k swim from Port Melbourne to Albert Park on Feb 16. Eldon's sisters, Jacenta and Carla, also took part. On Feb 21 at the popular Cerberus Swim Classic at Half Moon Bay, Matthew Poulter came 10th and his father Richard 30th in the respective 12-18 and 40-49 categories.

LONG COURSE RANKINGS

The following athletes have their names included in the latest rankings published by Swimming Victoria and Swimming Australia:

Top 10 Victorian Age (1/3/08 - 16/2/09)

Desmond Cairns: 50 Back
Jordan Chivers: 100 Breast, 200 Breast
Matthew Corcoran: 200 Back
Jaclyn Dunham: 50 Breast, 100 Breast, 200 Fly
Lachlan McLeish: 50 Back, 100 Back, 200 Back, 100 Fly, 200 IM

Top 25 Victorian Open (1/3/08 - 16/2/09)

Jaclyn Dunham: 50 Breast

Top 25 Australian Age (1/2/08 - 1/2/09)

Jordan Chivers: 100 Breast, 200 Breast
Lachlan McLeish: 100 Back, 200 Back, 200 IM

Congratulations all and keep climbing those ladders!



YARRA PLENTY AGE CHAMPIONSHIPS 2009



Held over 2 days the Championships this year were a triumph. There were several very close contests and many very large PBs swum. Several of our Swim School pupils had very enjoyable hitouts against club members showing the potential of the swimmers to come.

The most memorable thing was all the records that fell and in particular some very old ones. This is a very good measure of success and achievement of the club in general.

25 records were broken and by 9 different athletes:

Nilusha Nurmohamed broke Tahnee Mant's records for 10-11 year olds in 100 Back, 100 Free and 200 IM, Natalie Argiro's 50 Back and Nicole Blythe's 100 IM.

Greg Malcolm broke Richard Poulter's 30/over 50 Free.

Alison Wilbraham broke Rebecca Ruff's 100 Fly for 12-13 year olds.

In the 14-15 agegroup Jordan Chivers broke Simon Wright's 100 Breast and the Championship record and All Comers records held by James Tunchon and Aaron McMillan respectively in the 100 IM. (Des did as well)

Jaclyn Dunham broke Allison McInnes' record for 50 Breast for 18/O.

Ryan Adams broke Dean Holloway's 50 Free for 12-13's and came achingly close to a couple of others as well.

Lachlan McLeish broke Dean Holloway's 200 IM, 50 Fly, 100 Free and 200 Free for 12-13 year olds.

Jessica Adams broke Melanie Tilley's 100 Fly mark for 10-11 year olds by 9 seconds.

The star of the meet was fifteen year old Desmond Cairns, who broke no less than 7 club records, five of which had been held by Brant Charman for a staggering 18 years! These included the 50 Free, 50 Fly, 100 Free, 200 Free and 100 Fly for 15 year olds. He also broke Nathan Chenco's 50 Back and 100 Back.

The parents 25 Free that round off the Championships are a bit of fun and although they are not Championship events the pace is getting faster there too, the current parent stars being Greg Malcolm and Iona MacLeod.

Finally a big thank you to all the timekeepers, referees, marshalls and recorders and special thanks to meet organiser, Mitzi McCarthy, and to Competition Coordinator Katrina Adams for her work in the lead-up.

Details of results and new Championship records are to be found on the club website.



STATE SPRINTS

The Victorian Sprint Championships were held on the weekend of Feb 14-15.

The Yarra Plenty State Sprint team were:

Alison Wilbraham, Alexander Malcolm, Desmond Cairns, Halie Welsh, Holly Howard, Jaclyn Dunham, Jessica Adams, Jodie White, Nicole Blythe, Nilusha Nurmohamed, Ryan Adams and Tegan French.

State Sprints is pretty competitive and especially in the younger agegroups. There were 7 Yappers pitting themselves against the best in the State in the 11/U- 14 year section. Congratulations to Jess, Alison, Nicole, Holly, Nilusha, Alexander and Ryan on their spirited sprinting and many long course PB's. Making finals was a big ask. Although they didn't make finals, four Yarra Plenty athletes came very close, all making top 20's. These included Ryan in Free, Nilusha in Back and Breast and Nicole and Jess, both in Fly.

Congratulations to Des, Jaclyn, Tegan, Halie and Jodie who contested the heats in the 15-19 year section. Top 20 swims from Des in Free, Back and Fly, from Jaclyn in all 4 strokes, from Tegan in Breast and Back and from Halie in Breast. Swimmers to make finals included Des in Free and Back and Jaclyn and Tegan both in Breast.

The big news in the heats was that Jaclyn swam an Open National time in the 50 Breast. Good work!

The finals were held on the Sunday morning and as Tegan had withdrawn we had two swimmers in. Des swam further PB's in his finals swims but coach Danny was most pleased with the way he executed the Backstroke, a swim that 'broke the 30' and very deservedly catapulted him into the top 10 rankings. Jaclyn came 4th in the Breast and 8th in the Back. The Back was a bonus swim, since she had been seeded 12 (second emergency) and was rewarded for sticking around. Des placed 6th in Free and 7th in Back.

Congratulations to all the team and to coach Danny for preparing them.

2008/2009 Executive Committee members

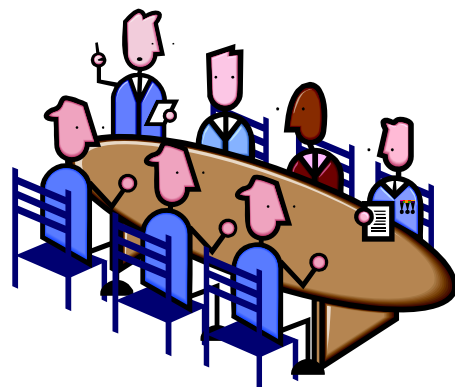
President	Senior Vice President
Fiona Tunchon	Greg Malcolm
Vice President Competitions	Secretary
Loy McCarthy	Gail Blythe
Treasurer	Yarra Swim School Mgr
Jossie French	Darryl Mayman
General Committee Members	
Mike Langford, Keren Barro, Jane Howard	

2008/2009 Swimmers Committee

Teagan Nugent (convenor)
James Tunchon
Des Cairns
Jack Langford
Nicole Blythe
Laura Nicol
Alex Malcolm

2008/09 Non-Committee Appointments

Public Officer	Colin Cortous
Jaws Editor	Elsa McCarthy
Chair—Competition Committee	Katrina Adams
Webmaster	Loy McCarthy
Registrar	Margaret Shaw
Grievance Officer	Colin Cortous
Uniform Coordinator	Lorraine Benson
Metro North Rep	Wayne Chivers
Recorder	Mitzi McCarthy
Publicity Officer	Lauren Welsh



ALL JUNIOR PRELIMINARIES 10/UNDER

The All Junior Preliminaries for 10/unders were held at Richmond on Feb 21. As swimmers do not need to be registered with Swimming Victoria to participate in this meet Swim School swimmers were eligible to compete alongside registered swimmers.



Club members who swam include: **Alexander Malcolm, Jessica Adams, Emily James, Nicholas Barro and Lara Kolar**. Swim School pupils who swam include: **Lauren Ralph** and **Struan McDowell**.

All the swimmers enjoyed the experience and we thank the Yappers, including parents and older swimmers, who helped run the meet for the Metro North district.

We congratulate the swimmers who will be competing for Metro North against the other 3 Metro districts at the All Junior Semi Finals to be held on March 21 at MSAC.

They include Jessica Adams and Alexander Malcolm in all 4 strokes, Nicholas Barro in Back, Breast and Free, Lara Kolar in Breast and Lauren Ralph in Back and Free.

The 11-14 All Junior Prelims will feature in the March edition of Jaws.

New Swimsuit Rules

The following are the new rules from Swimming Australia for Age and Open National meets

CBL14.1 General Swimsuit Guidelines

- (1) The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.
- (2) All swimsuits shall be non transparent and must conform with FINA approved standards in all respects.
- (3) The referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this rule.
- (4) **From February 28 2009** Swimwear is limited to one (1) swimsuit.

CBL14.2 Additional Swimsuit Guidelines for Age Group Events

- (1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.
- (2) Swimwear worn by competitors in Age Group Events shall conform to the following design - effective 1 April 2009:
 - (i) Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from hips to knee. Swimwear may not extend above the waist or below the knees;
 - (ii) Women's swimwear is limited to one (1) swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.
 - (iii) Swimwear must not have a zipper or any type of fastening system.

Interpretation of CBL 14.1 (4) and CBL 14.2 (2) (i) and CBL 14.2 (2)(ii)

For the purposes of these By - Laws, one (1) swimsuit may include the wearing of a single pair of "briefs" or "bikini bottoms" to ensure the modesty and privacy of swimmers.

Dromana Swim

On Saturday the 7th of February, 6 members of the Yarra Plenty Swimming Club had a go at the Dromana Bay Pier Swim which consisted of a distance of 1200m. The weather forecast for the day was not favourable as we had to contend with 30kmh winds, 45 degrees heat, waves of up to 2 to 3 metres, but the winds held off, well except for the open category.

We had a great start to the day in our junior category. We had 3 Juniors competing in this age group and their results were as follows:

Matthew Corcoran came in 1st and James Tunchon came in 3rd in the boys section as well as Nicole Blythe in the girls section.

Next up was the old blokes section (the biggest age group by far!) and I came in 5th.

Then it was time for the open section, and just like clock-work the wind kicked up a notch and as they started the waves increased to 1 metre +. There were times when the girls couldn't even see the buoys. In this open category Amy Holmes came in 7th and Rebecca Bruce finished 15th.

Swim School staffers, Cathy Whan and Frances Wood, also braved the Dromana Swim coming 9th and 19th respectively in the 40-49 and 30-39 age groups.

A big thank you must go to Gail Blythe for being the bag carrier and Lesley Bruce for securing a terrific spot on the foreshore for all of us. Also thank you to the rest of the support crew we had on the day.

Congratulations to all swimmers who competed in the swim, each of you put in a great effort.

Colin Holmes
SSS Coach

On a more sombre note, on the sick list is Beth Carmichael who is a life member of the club. She is now recovering well after suffering a stroke.



LONG TIME MEMBERS HONOURED

On Sunday Feb 8 at the conclusion of the Yarra Plenty Club Championships two of our long time members and tireless contributors to the Club were honoured with the official naming of sections of our new facilities.

The multi-purpose room is now the *Helen Webb Room* and the staffroom and canteen area are now the *Colin Holmes Rooms*.

President Fiona Tunchon paid tribute to Helen and Colin at a brief ceremony. Helen accepted the new plaque for the Helen Webb room and Amy Holmes accepted the plaque for the Colin Holmes Rooms on behalf of her father who was away tending to fires.

BILLY ELLIOT THE MUSICAL - A REVIEW

Set in NE England in the 1980's, the backdrop of the Miner's Strike of 1984 which lasted a whole year, the total unlikelihood of a kid even with extraordinary talent would make it to the Royal Ballet School in London, with his impoverished background. But how he did, because of the encouragement of his local ballet teacher.

Against all odds, an inspiring story. And how important the solid working class community ended up being as support for their talented 'bairn'.

Sometimes comparing films with musicals is like comparing books with films. It's just best not to do it. And I didn't do it here, but I must say I really enjoyed both. It's just such an uplifting story.

It was Elton John who saw in the film the potential for a musical. And of course, since it's all about dance that's not such a big shift. And it was Elton John together with Lee Hall, the author of the story who collaborated to produce all the rousing songs that make up Billy Elliot, The Musical.

The young boy, Michael Dameski, who played Billy the night I went was unforgettable. How can this tiny slight of a thing be so clever, dance so beautifully? Will he be a famous dancer one day? Is he actually another Billy Elliot in real life?

Twelve-year-old Nina Chivers (who used to be a swimmer before she became an actor, and at Yarra Plenty no less), told us that we were very lucky to get photos with 'Billy' and get his autograph after the performance since quite a bit of security surrounds the Billys.

Nina played the lead female child role of Debbie, friend of Billy and daughter of the ballet teacher with a lot of spunk. She also graciously posed for photos and gave autographs afterwards. Thomas Doherty, who played the role of Billy's friend was hilarious, and the whole cast of people from a wide range of ages gave the audience (also from a wide range of ages) a truly great night out.

The singing, the dancing, the acting AND the North Country accents were superb.

Highly recommended.

Elsa McCarthy



Romana Rossi has tendered her resignation from the committee. We thank her for all the work she has done on committee and trust she will continue the great work she does outside the committee, especially documenting the life of the Yappers on film.



Yarra Plenty Calendar

Red - Highly desirable and a coach will be present

Orange - Important Club Meet but no coach required

Green - Recommended and a coach will be present

Blue - Optional and no coach will be present

Black - see Comments column

S/C = Short Course L/C = Long Course MN = Metro North MSAC = Melbourne Sports & Aquatic Centre

This is a flexible calendar and may be subject to change as the season progresses.

Other meets can be sourced through the Swimming Victoria Website

DATE	MEET	WHERE	COMMENTS
28 th February	All Juniors Preliminaries 11-14yrs	Richmond	
28 th Feb- 2 nd Mar	National Open Water Open/Age	Sydney	Qualifying times required
7 th -9 th March	Tasmanian Age Championships	Hobart	Selected swimmers
14 th March	10/U Metro North Encouragement	Richmond	
15 th March	YAP Open Champs 10am	YAP	
15 th March	Proficiencies 2:15pm	YAP	For appropriate members
16 th March	Closing Date National Age Champs		Closes 12 noon Swim Vic office
17-22 nd March	Telstra Australian Swimming Champs	SOPAC	Qualifying times required
21-22 nd March	All Junior Semis/Finals	MSAC	
28 th March	11/Senior MN Encouragements	Richmond	
13-18 th April	Australian Age Championships	SOPAC	Qualifying times required



Remember to ask your coach which meets and events are suitable for you.



Dedication and commitment is the difference between succeeding and otherwise.

Wayne Gardner

Remember the
Rebel Discount



Uniform For all your uniform requirements contact Lorraine Benson on 9467 1174, 9434 4516 or 0403 123696 and leave a message.

YAP PROFILE

Name: Nilusha MacLeod Nurmohamed
Age: 12
Suburb: Bundoora
Family: Dad (Jaffer) Mum (Iona) Sister (Shirin)
School: Eltham High
Favourite food: Chocolate and Pasta
Favourite movie: Wildchild



Favourite band/ music: Taylor Swift & Lady Gaga
Other sports/ interests: Swimming, basketball, badminton
Best swimming memory/memories: Coming 4th at regional school swimming in years 5 and 6.
Favourite Swimming event/s: 200m IM, 200m Breaststroke, all strokes 50m.
Aspirations/ goals: To get to the Olympics in 100m running or in swimming.
If you won a million dollars??? I would go on holiday to Scotland, Canada and Holland, then spend the rest on clothes and accessories and other stuff (if there was any left over).

February Birthdays

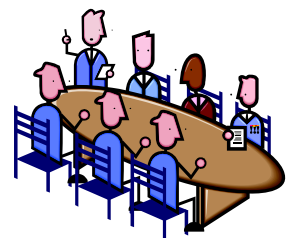
Elke Beames
 Scott Cortous
 Jane Howard
 Emily James
 Stephanie Kakonyi
 Loy McCarthy
 Nilusha Nurmohamed
 John Olsen
 Romana Rossi
 Lauren Welsh

Photos

Thank you to Loy McCarthy, Gail Blythe and Freyja McCarthy.

Next Committee Meeting

16 March 2009



YAP PROFILE

Name: Jossie French
Suburb: Briar Hill
Family: Garry, Peter and Tegan
Work: Teacher at Merriang Special Developmental School
Hobbies/interests: Walking, swimming, doing puzzles, playing Solitaire
Dream holiday: Return to the Cook Islands
Favourite TV Shows: Dr Who, New Tricks
Cars: Camry
Pets: Banjo (budgie) and Zippy (fish)
Three people you would like to have met or meet: Mother Teresa, Nelson Mandela and Ghandi
Yarra Plenty in one word or three: Friendly



Deadline for Mar Jaws

Mar 25th