



From the President



Welcome to June Jaws. At this early stage of the new season, our swimmers should all be training very hard as preparation for the important short course events coming up. Most will by now have also been competing at the Metro North Aggregates at Carey, and I believe that other meets such as Werribee have also been on the agenda. No doubt Danny and the other coaches have been cracking the whips to make sure everyone is in great shape!

The new committee has had its first meeting recently and we were pleased to welcome several fresh faces. It may take a little while for them to come to grips with all aspects of our organisation, but as always any member of the committee will be very pleased to hear any feedback about current issues from swimmers and parents. We did make quite a number of non-committee appointments, and discussed the current vacancy for a competition coordinator. Information about these positions will be released soon. The annual swim-a-thon was also approved and you will shortly be hearing more about this very important event on the Yarra Plenty calendar.

Yours in swimming,

Don Abbott

CPR Update Course

Thursday July 5th 4:00pm - 5:30pm

Clubrooms

Please ask the receptionist to put your name in the diary on July 5th if you wish to update your CPR. Remember this qualification needs to be updated annually. This qualification is free to members who regularly attend Club days or Club functions.

JAWS AWARD

Jack Langford for his efforts at Boot Camp.

JAWS Newsletter
June 2007



INSIDE—DON'T MISS

COACHES CORNER

WERRIBEE SC MEET

METRO NORTH SC TT

LAKE ARGYLE CLASSIC

MONASH SC MEET

STATE AND NATIONAL SC QUAL TIMES

YAP PROFILE



We are now well into this season and the comps are increasing and the level of achievement is growing as well. The last few meets I have attended have had some great positive moments and results but there is an underlying problem that I feel everyone should be aware of, and that is the ease at which swimmers scratch out of races without any communication or discussion with the coaches. It is understandable that if the swimmer is not well or there is an emergency, but just because the meet gets too long or you don't want to swim that event is not acceptable. If you don't want to swim that event then don't enter it. As swimmers you should take an interest in what events you choose with your parents and also discuss them with the coach prior to sending in the entry. We may want you to swim an event for a certain reason but if we are not given the chance to discuss this or guide you in your selections, you most likely swim the same events and limit yourself in your development. Being more involved, striving for success is as much up to you as it is to us as coaches. We are there to see all the great swims and to help you through the bad ones. I strongly believe the club stands for participation, fun and teamwork. Only united we control the outcome.

Some of my highlights are:

The first night of A grade aggregate was awesome and filled with some very surprising times. The first night of B grade aggregate was also a great night and the highlight for both was the fact that I had to swim and I did make it to the end of the pool doing fly...twice!!!

The Monash meet was a quaint little meet with some good results by the three swimmers attending; Ally, Jaclyn and KK nice work!!

But the big turnout was for the Werribee meet and everyone swam some great races but by far the stand out swimmers were Jaclyn, Jessica and Ryan Adams. Each took home a number of medals and some new pb's!! Fantastic effort from all of you, including those who stayed!!

As I pointed out in my last report there are a number of competitions that we have targeted as important meets. These are providing all of the swimmers the best opportunity to achieve or better their times in preparation for State or National Short Course Champs. Copies of the meet information will be displayed on the club web site calendar and at the pool on the notice board. Please take the time to read all of the information and if you have a question just ask one of the coaches or committee members.

Until next month see you at the pool...

Danny G.

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

Maria Robinson

NEW MEMBERS

Welcome back to Alison and Angela Wilbraham.

Werribee Swim Meet

On Saturday the 16th of June, a group of 20 eager Yarra Plenty swimmers took the drive down to Werribee for Werribee Swimming Club's 2007 Short Course competition. For many people it was their first competition of the 2007/2008 season and all were excited to begin another year. It was fantastic to see a wide spread of ages competing and all those with varying abilities, taking the plunge to show their stuff all whilst having fun and enjoying the friendly team environment.

The day was filled with many highlights with everyone who took part achieving one or more Pb's and in total 36 were set, an outstanding achievement for those who took part. There were also some medal winners who ought to be congratulated. They were Ally who gained two 3rds, Jessica Adams who picked up two 2nds, Ryan Adams who achieved two 2nds, Krzysztof who took away a 3rd and a 2nd, Lachlan who gained a 2nd and Jaclyn who picked up a 1st, two 2nds and a 3rd.

The atmosphere was fantastic with all members cheering and supporting their team mates in all of their races, not a race went by when you couldn't hear the Yarra Plenty gang cheering from the side lines. Although it was a long day for all involved no one walked away without a smile on their faces from the fun we all had united as a strong team for the start of the season.

Thank you to all the parents for their support throughout the day and also thank you to Danny for coaching us throughout the meet.

Jaclyn Dunham



Monash Meet

The Monash Meet was held on the 10th of June at the Doug Ellis Swimming Pool. Only 3 Yarra Plenty Swimmers swam that day, Krzysztof, Jaclyn and Myself Ally. The Pool wasn't the most ideal environment for Great Racing but everyone swam really well considering. We were all happy enough with our results and so was Danny.

SOME OF THE BETTER RESULTS:

Krzysztof: 50 Fly- 27.26, 100 Free- 57.86, 200 Fly- 2.23.30

Jaclyn: 100 Free- 1.05.50, 50 Breast- 36.51, 200 Free- 2.26.04

Ally: 50 Free- 32.72, 100 IM- 1.21.01

OVERALL GREAT DAY BY US 3.

Ally McInnes



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

We have reduced the price for jackets to \$45.00—keep yourself warm at swim meets.

LAKE ARGYLE SWIM CLASSIC

On the 4th of June I competed in the Lake Argyle Classic in Western Australia. This was held in Lake Argyle (obviously) which is situated 70km south of the town of Kununurra near the WA and NT border. Lake Argyle is Australia's second largest lake and home to 25,000 fresh water crocodiles. Fresh water crocs are apparently pretty safe as they do not attack you unless provoked and even if they do bite you their jaws aren't that big compared to salt water crocs.

The idea for the race itself came from a group of swimmers from the Balmoral Beach Club based in Sydney. Last year a group from Balmoral swam from the bottom of the lake to the top, about 60-70km in total. They did this in 3 days with stop overs on some the lake's islands.

The two courses were advertised as 20km and 10km but at the race



briefing the night before the race they mentioned they were actually about 22.5km and 13km respectively though they said they shortened the distance of the 20km to 21km. Some of the locals tried to scare me about the crocs but after a couple of training sessions in the lake I realized it would be very rare if I was to see one though I am a little disappointed I didn't.

There were only 5 swimmers doing the 20km solo including myself. My race tactics at the start were to swim with two other swimmers; one was fellow Melbournian Chloë McCardel and the other was Stephan Junk who had swum a couple of races of a similar distance before. Stephan and I lost Chloë after about 6km as her boat went off on another route. At about the 8km mark I decided to up the anti and go for it as I was feeling pretty good. For the next 5km I created the lead that would see me through to the end as the last 6km were the

most painful 6km of my life. My arms were so sore and heavy but it was all a mental game from there to the end, I thought to myself that I hadn't gone that far to finish there and then. Once I passed through the gorge of the lake and I could see the dam wall (the finish line was just around the corner from the dam wall) I felt a surge of energy as the finish line was in site. I eventually finished in a time of 5 hours 47 minutes and 28 seconds. Chloë ended up finishing only 9 minutes behind me and from all reports she was catching me towards the end. This was a great result as most of the swimmers were from Sydney so it was another case of Melbourne showing its superiority over Sydney. I also received a call from local ABC radio the next day for a interview for the radio which included some pretty poor English on my behalf. All in all this was a fantastic meet as I met some great people up there, both locals and people visiting. I will definitely try to do this swim again next year if possible.

Hopefully now Swimming Australia will recognize this swim so I will be able to use this swim to qualify for the 25km at nationals which will be held in Sydney in December.

Michal Skrodzki



Metro North Short Course Time Trials

On Saturday the 16th of June the Metro North Short Course Time Trials were held at Carey Aquatic Centre, known for its hydrogen-powered poolside heater and annoyingly tiled pool walls. There were less people from our club than there were words in the competition title, as a matter of fact, there were 4. Jodie White, Hayley Owens, Daniel Kakonyi and my good self. I would assume everyone else was at the Werribee SC meet or else they were just being lazy. The list of events was pretty much the standard lineup, from the 400m Freestyle to the 100m backstroke and the 200m Breaststroke to the 400m IM. Me of course, being the lucky guy that I am, got to be in the 3rd event and the 3rd last event, so I got to stick around for the duration.



Some of the other clubs we had to compete against were Ivanhoe Neons, Collingwood, Diamond Valley, Eltham, Leisure City (who on Earth are these people?), Mill Park, Doncaster-Templestowe and one club known only as Links. I don't know who they are either. By the way, I think that's *all* the clubs that were there. There were some pretty impressive times set by people from all clubs, including one Nick Rickard, from Collingwood, who cleaned out most events in my age group, and who isn't related to the Breaststroke swimmer Brenton Rickard (I asked him). From our club, everyone who swam got at *least* one PB, if they were honest about their seed times. Cheers to Daniel Kakonyi who chopped a massive 4 seconds off his 100m Freestyle time, and to Jodie White, who achieved three PB's in her three events. For me, the highlight was when I beat someone I knew from the Neons in the 100m Fly by 0.02 seconds. He thought he was going to win for sure but then... BAM, man I love that event. I would also like to thank Sara, who gave up a Saturday evening to come and watch us. As you can probably tell, I had a great time and I hope that the other people that came did too.

Matthew Poulter

IN BRIEF

- * Raelene Stahl, she of the famed Stahl family, had a baby boy on June 7. His name is Jackson Arthur William Wilson and he weighed 8lb 10 $\frac{1}{2}$ oz. Congratulations to Raelene, her partner and to all the Stahls.
- * For more photos taken at Presentation Night last month visit the photos page at www.vicnet.net.au/~ypsc
- * If a meet is designated 'direct' on the club calendar (see Calendar page of every edition of Jaws) then you enter via the organisation running the meet.
- * For all Metro North meets from now on, the programme will be available on the Metro North web-site. There will be no programmes available at the venue.

Goal setting is synonymous with success

Leigh Nugent

2007 VICTORIAN SHORT COURSE QUALIFYING TIMES

MALE	Open	17/18	16	15	14	13	12	11/Under
FREE								
50m	26.50	28.50	28.50	29.00	30.00	31.00	34.00	36.00
100m	57.00	1:01.00	1:02.00	1:03.00	1:05.00	1:08.00	1:13.00	1:18.00
200m	2:07.00	2:16.00	2:16.00	2:17.00	2:18.00	2:27.00	2:39.00	2:51.00
400m	4:20.00	4:30.00	4:30.00	4:30.00	4:44.00	4:44.00	4:44.00	4:44.00
800m	9:16.00							
1500m	17:30.00							
BACK								
50m	31.00							
100m	1:08.00	1:14.00	1:14.00	1:13.00	1:15.00	1:18.00	1:22.00	1:28.00
200m	2:23.00	2:44.00	2:44.00	2:44.00	2:44.00	2:51.00	2:52.00	2:52.00
BREAST								
50m	36.00							
100m	1:17.00	1:26.00	1:26.00	1:26.00	1:27.00	1:31.00	1:37.00	1:44.00
200m	2:46.00	3:04.00	3:04.00	3:05.00	3:05.00	3:16.00	3:16.00	3:16.00
FLY								
50m	28.50							
100m	1:05.00	1:14.00	1:14.00	1:15.00	1:16.00	1:24.00	1:31.00	1:37.00
200m	2:33.00	2:45.00	2:45.00	2:46.00	2:46.00	3:06.00	3:06.00	3:06.00
IM								
100m	1:06.00	1:11.00	1:11.00	1:12.00	1:14.00	1:19.00	1:23.00	1:28.00
200m	2:28.00	2:32.00	2:34.00	2:38.00	2:40.00	2:49.00	2:58.00	3:11.00
400m	5:20.00							
RELAYS								
Free	4 x 100	4:10.00						
Medley	4 x 100	4:45.00						
FEMALE								
	Open	17/18	16	15	14	13	12	11/Under
FREE								
50m	30.00	31.50	31.50	32.00	32.00	32.50	33.00	36.00
100m	1:04.00	1:08.00	1:08.00	1:09.00	1:09.00	1:10.00	1:12.00	1:17.00
200m	2:19.00	2:28.00	2:28.00	2:28.50	2:29.50	2:31.00	2:38.00	2:49.00
400m	4:43.00	4:46.00	4:46.00	4:46.00	4:54.00	4:54.00	4:54.00	4:54.00
800m	9:40.00							
1500m	19:20.00							
BACK								
50m	35.00							
100m	1:12.00	1:18.00	1:18.00	1:18.00	1:18.00	1:20.00	1:22.00	1:27.00
200m	2:35.00	2:48.00	2:48.00	2:48.00	2:49.00	2:51.00	2:51.00	2:52.00
BREAST								
50m	40.00							
100m	1:24.00	1:32.00	1:32.00	1:33.00	1:33.00	1:33.00	1:34.00	1:41.00
200m	2:55.00	3:14.00	3:14.00	3:14.00	3:15.00	3:17.00	3:18.00	3:18.00
FLY								
50m	33.00							
100m	1:13.00	1:22.00	1:22.00	1:23.00	1:23.00	1:25.00	1:26.00	1:36.00
200m	2:45.00	3:02.00	3:02.00	3:02.00	3:03.00	3:06.00	3:06.00	3:06.00
IM								
100m	1:13.00	1:15.00	1:15.00	1:17.00	1:18.00	1:19.00	1:22.00	1:27.00
200m	2:40.00	2:47.00	2:47.00	2:48.00	2:50.00	2:53.00	2:59.00	3:10.00
400m	5:30.00							
RELAYS								
Free	4 x 100	4:35.00						
Medley	4 x 100	5:15.00						

Long course times must be converted

If entering with a long course time you must convert the time and place a small 'c' next to the converted time.

2007 TELSTRA AUSTRALIAN SHORT COURSE CHAMPIONSHIPS

QUALIFYING TIMES

MEN	EVENT	WOMEN
0:24.50	50m Freestyle	0:27.60
0:52.80	100m Freestyle	0:59.20
1:55.20	200m Freestyle	2:06.90
4:02.50	400m Freestyle	4:23.00
8:30.00	800m Freestyle	8:56.00
16:00.00	1500m Freestyle	17:28.00
0:28.60	50m Backstroke	0:31.70
1:00.50	100m Backstroke	1:06.80
2:10.50	200m Backstroke	2:22.00
0:32.00	50m Breaststroke	0:35.30
1:08.50	100m Breaststroke	1:15.80
2:29.00	200m Breaststroke	2:42.00
0:26.60	50m Butterfly	0:30.10
0:58.50	100m Butterfly	1:05.60
2:08.00	200m Butterfly	2:23.00
1:01.90	100m Individual Medley	1:07.80
2:13.00	200m Individual Medley	2:25.00
4:36.00	400m Individual Medley	5:01.00
CLUB RELAYS		
3:35.00	4 x 100m Freestyle	4:05.00
7:50.00	4 x 200m Freestyle	8:32.00
4:01.00	4 x 100m Medley	4:32.00

Note: For Australian Short Course Championships the standard Qualifying time should

be achieved in a 25m length pool. A time in a 50m pool is acceptable without any conversion factor.

Qualifying time must be achieved since 1st January 2006



CD = Closing Date

June 2007

30 Vicentre Closed

July 2007

1 Metro West Closed

22 Eltham Closed

28 Club Day 2:30 YAP pool

28-29 SV Open Short Course Champs CD July 13

29 Aggregate A Grade Day 2 5pm pool entry

August 20074 Bring a friend/pyjamas Club Day
2:30 YAP pool

5 Surrey Park CD July 20

12 Aggregate B Grade Day 2 5pm pool entry

18 Club Day 2:30 YAP pool

18 Nunawading CD Aug 1

26 Aggregate A Grade Day 3 5pm pool entry

29-Sep 2 National Open SC Champs MSAC

September 2007

1 Donut Club Day 2:30 YAP pool

9 Aggregate B Grade Day 3 5pm pool entry

15 Footy Club Day 2:30 YAP pool

Come dressed in club colours

16 State Age Short Course Champs

Sessions 1-2 CD Aug 31

22-23 State Age Short Course Champs

Sessions 3-6 CD Aug 31

October 200713 Survivor Club Day Week 1
2:30 YAP pool13 7-10 Encouragement Time Trial selection
Richmond—to be confirmed21 Metro North Age & Open Champs
MSAC 8am27 Survivor Club Day Week 2
2:30 YAP pool27 7-10 Encouragement Meet vs. Metro East
Venue to be confirmed

27-28 Swimming Victoria LC Distance Meet

November 2007

10 Club Day 2:30 YAP pool

17&24 Metro North Scratch Meet Richmond

18 Swim Vic 7-10 Encouragement Meet

December 2007

1-2 & 8-9 Swim Vic December Competition

8 Club Day 2:30 YAP pool

15 Christmas break up Kris Kringle - YAP pool

January 2008

4-8 Open & 12/under State Champs

11-15 State Age 13-18 Champs

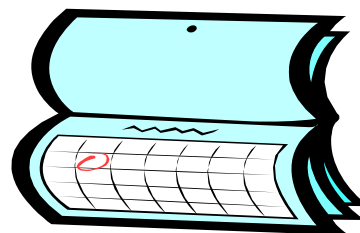
March 2008

22-29 National Open Championships

April 2008

5-6 All Juniors Semis and Finals

9-13 National Age Championships

Yarra Plenty Calendar

Remember the
Rebel Discount

2007/2008 Executive Committee members

<i>President</i>	<i>Secretary</i>	<i>Treasurer</i>
Don Abbott	Gail Blythe	Jossie French
<i>Competition Co-ordinator</i>	<i>Vice President</i>	
Vacant	Ian Owens	

Yarra Swim School Manager

Helen Webb

General Committee MembersMitzi McCarthy, Katrina Adams, Greg Malcolm,
Loy McCarthy, Mike Langford**2007/08 Non-Committee Appointments**

Public Officer	Colin Cortous
Jaws Editor	Elsa McCarthy
Webmaster	Loy McCarthy
Registrar	Margaret Shaw
Grievance Officer	Colin Cortous
Uniform Coordinator	Lorraine Benson
Metro North Rep	Fiona Tunchon
Recorder	Loy McCarthy
Club Day Managers	Rod & Ange Janman

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



YAP PROFILE

Name: Des Cairns
Age: 14
Suburb: Macleod
Family: Grant (Dad) Romana (Mum)
 Max (Brother)



School/work: Year 8 at Preshil

Favourite food: Hot chops and potato cakes but boost bars are good too

Favourite movie: Napoleon Dynamite!!!!

Favourite band/ music. I am musically illiterate

Other sports/ interests: I play tennis, footy, athletics and cricket, but I'll watch any sport on TV

Best swimming memory: 5th in the State 50 back at school sport in Grade 6.

Favourite swimming event/s: 50 and 100 back

Aspirations/ goals: To earn mega bucks!

If you won a million dollars??? I'd buy a hummer limo

June Birthdays

Jackson Gavin
 Jack Langford
 Teagan Nugent
 Linda Palmer
 Margaret Shaw
 Emma Trott
 Stephanie Pane



Deadline for July Jaws
 July 25th



Next Committee Meeting
 7pm July 9th

Check out Club News via the web site

www.vicnet.net.au/~ypsc

Go Yarra Plenty!

Photos

Thank you to Michal Skrodzki.

Email: elsamccarthy@bigpond.com

More Photos

There are now many more photos on the web site—we are using Google's Web Albums which gives us the ability to use many more photos than previously—so contributions welcome for the site as well as Jaws.