



## From the President

Welcome to the June Jaws. At this initial stage of the new season, our swimmers are training hard and preparing for their holiday program which they can get from their coaches. The first Aggregate has been held with a great turnout and we are placed a respectable 3<sup>rd</sup>, so let's keep it up, the next Aggregate will be held on the 13<sup>th</sup> July. The Metro North Short Course Time Trials has also been held where several swimmers attended and swam well.



The new committee has had its first meeting and we are starting to get on top of all things happening within the club. Please check the website for all the non committee positions and if you would like to volunteer in anyway just let us know.

As you may have noticed the Multi purpose room is looking really good, so it should be opening in the near future.

A revised calendar will soon be placed on the board for all parents and swimmers, so now you can plan 12 months ahead. Be aware that the closing date for the Eltham meet is fast approaching.

Happy swimming

**Fiona Tunchon**

JAWS Newsletter June 2008

### JAWS AWARD

The Jaws Award this month goes to Matthew Corcoran for his continued commitment to training resulting in the achievement of his first two State Qualifying Times.

### NEW MEMBERS

Yarra Plenty Swimming Club extends a warm welcome to Alexis Jermyn and Kerryn Jermyn.

### INSIDE—DON'T MISS

COACHES' REPORTS    IN BRIEF    CLUB DAYS    MEETS  
THURSDAY NIGHT TRAINING    JUNIOR EXCELLENCE AWARDS  
NEW BUILDING    INVITATIONAL MEET DETAILS  
NEW CALENDAR FORMAT AND MAJOR UPDATE  
PROFILES





Here come the school hols I have opted not to run any extra sessions during these hols because the calendar is very full and the extra work may alter the balance and routine of the swimmers in the lead up to short course states. In this past month it has been very rewarding for me as a coach the way many of you are focused at training and getting on with the work required and pushing the boundaries. This preparation seems to be right on track and the way you have responded to the increasing workload is testament to possibly, how well you will perform at each competition in lead up to states. The comps are starting to pop up and as I have previously highlighted the opportunity to achieve qualifying times becomes increasingly difficult, so make sure you get to the recommended meets and smash those times...

We have now started to use the new clubrooms, which are fantastic and far better than being in the cold every Tuesday night. Over the course of the next month or so some more equipment will make its way into the room from the old clubrooms, it is important that we look after the room and all of the equipment new or old because if something gets damaged it may not be replaced, which may affect the development and progression of swimmers who also use the equipment.

### **Highlights...**

Aggregate was a meet where I saw many of our swimmers enjoying competition and swimming well, the Metro West meet also provided some great results with Alison achieving 4 more qualifying times, Jaclyn swimming within her best time and taking a few medals home...well done. Earlier at the Metro North Meet, Yapper athletes gained 13 top 3 placings and several new qualifying times.

As I earlier mentioned talk to your coach and enter the swim meets asap or states will be upon us and you have missed the boat, always continue to refer to either the club web site and/or the notice board for any information about meets or just to find out what is happening about the place.

See you at the pool...

Until next month...

**Danny G**

*Life moves pretty quick and if you don't stop and look around once in a while, you could miss it!*

Ferris Buller

All results can be found at  
[www.vicnet.net.au/~ypsc/competitions.htm](http://www.vicnet.net.au/~ypsc/competitions.htm)

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

## Coaches' Corner

### District Squad

Another 2 swimmers have joined the District squad this month. Welcome to Bianca and Kirstie! The District Squad swimmers have finished off this month with a distance swim, where they had 30 minutes to swim as far as they could in the stroke of their choice. All swimmers did a fantastic job, with everyone managing to swim over 1km! Everyone will be getting a certificate with how far they swam in the next few weeks. Keep a hold of these certificates, as they are great to look back on next time to see if you have improved your stamina. The District Squad swimmers now have use of the pool's new multi-purpose room for their stretching. In fact, a few of the District Squad swimmers were the first to use the room. Lucky you!



Also, congratulations to Jazmin who has qualified to run in the State Primary School Cross-Country Championship! And Nick B who made a star appearance in the Diamond Valley Leader- check it out on the Club notice board at the pool.

### State Development Squad

State Development squad swimmers have been training hard this month, increasing the distances of our swimming and making sure we keep good technique! Great job to those swimmers who took part in the Aggregate competition at Carey Aquatic. There are 2 nights of the competition left, with the next to be held on Sunday 13<sup>th</sup> July. If you are interested in swimming, make sure you put your name on the list on the Club notice board. The nights are great fun, being made up of relay events that earn the club points over the 3 nights. School holidays are fast approaching and you all should have received a Holiday Training Timetable. If you haven't, please come and ask me for one. If you have lost yours, please come and ask me for another one! While the holidays give you a good break from school, it is important to keep up your swimming training as we have competitions coming up in the next few months. We also now have use of the pool's new multi-purpose room for our stretching and dry land program- ENJOY!

**Sara Lewis**

### Thursday Night Club Training

A reminder that Club Training is running on Thursday nights from 6.30 – 7.30 pm. This is open to all Club Members, and gives our younger swimmers a great chance to practice the skills they are learning in their swimming lessons. The cost is \$2 per swimmer / \$5 family. It is also a good chance for swimmers to meet other Club swimmers, and for parents to have a chat too!



## IN BRIEF



- \* To check the results of the recent Metro North and Metro West short course qualifying meets go to the Yarra Plenty SC website and click on 'results'.
- \* Lachie McLeish has been selected on the Swimming Victoria 2012 Bronze Development Squad. Keep up the good work, Lachie!
- \* Thank you to Loy McCarthy and Fiona Tunchon for their work as Club Recorder and Metro North Rep respectively and welcome to Mitzi McCarthy and Wayne Chivers who have taken over those respective roles this season.
- \* Loy McCarthy is continuing in his role as Metro North Webmaster this season and Wayne Chivers has taken on the role of District Grievance Officer.
- \* Erratum: contrary to the advice given in May Jaws we are pleased that Lorraine Benson is continuing on as the club's Uniform Officer.
- \* Unconfirmed at this stage but it is believed that Lachie McLeish swam a new District Record for 13 yo 200 Backstroke at the recent Metro North Short Course Time Trials.
- \* Past copies of 'Jaws' can be accessed via the YPSC website 'Newsletter' link.

### Saturday Club

Saturday Club days for Term 3 will be held on:

Saturday 26<sup>th</sup> July

Saturday 30<sup>th</sup> August

Saturday 20<sup>th</sup> September

Sessions will run from 3.00 – 4.30pm. The cost is \$2 per swimmer / \$5 family

The sessions will include skill work, race practice, relays, water games and free time. A great way to meet other Club Members, and learn about being part of a swimming club!

All Club Members are welcome to attend. If you have family or friends who might be interested in joining our swimming club, bring them along for a trial.

**Stop Press .....**

Melbourne Vicentre Swimming Comp on Saturday 28<sup>th</sup> June 2008 was a successful day in the pool for 6 Yarra Plenty Swimmers with Bronze Medals to both Jaclyn and Lachlan. Congratulations also to Holly, Halie, Jaclyn and Lachlan on their State Open Short Course Qualifying times.

Lauren Welsh

## New Buildings Officially Complete and Open for Use!

An initial enquiry was made in 2003 to Council about the possibility of extending this facility. It has been a long and often arduous task but as of 3:00pm on Monday June 23rd, 2008 the building works have been declared officially completed and open for use. Although there are some minor things that still need to be completed these are things that will not create a health and safety risk or restrict programming.

While the structure has been completed there are a number of areas that need fixtures or fittings installed to function exactly as they are intended. These should all be completed over the coming months.

Although more equipment will need to be purchased over time, having the opportunity to utilise the equipment that has already been purchased will add a new dimension to the dry land program. The options at the moment for growth appear endless, although there is a lot of planning and preparation that will need to take place before these areas are utilised to their greatest potential.

This is now a facility that most clubs would envy. Look after it and enjoy it.

**Helen Webb**

*Special thanks go to Helen Webb, our centre manager, who has been there all the way through the discussions and negotiations in the lead-up to the building of Yarra Plenty's new facilities and represented us right throughout the works. Thanks also to successive committees whose great work inspired the support of Banyule City Council.*

*Details of the Grand Opening Celebration coming soon.*

### 2008/2009 Executive Committee members

<b>President</b>	<b>Senior Vice President</b>
Fiona Tunchon	Greg Malcolm
<b>Vice President Competitions</b>	<b>Secretary</b>
Katrina Adams	Gail Blythe
<b>Treasurer</b>	<b>Yarra Swim School Mgr</b>
Jossie French	Helen Webb
<b>General Committee Members</b>	
Loy McCarthy, Mike Langford, Keren Barro, Jane Howard, Romana Rossi	

### 2008/09 Non-Committee Appointments

Public Officer	Colin Cortous (TBC)
Jaws Editor	Elsa McCarthy
Webmaster	Loy McCarthy
Registrar	Margaret Shaw
Grievance Officer	Colin Cortous (TBC)
Uniform Coordinator	Lorraine Benson
Metro North Rep	Wayne Chivers
Recorder	Mitzi McCarthy
Club Day Manager	Sara Lewis



## AUSTRALIAN JUNIOR EXCELLENCE PROGRAM

Sponsored by Swimming Australia and in its second year of operation the 'JX' program aims to encourage junior swimmers (aged 9-13) by recognising achievements of a high standard of excellence. Awards are made on the basis of times swum at approved meets. Qualifying times for each award can be found on the Swimming Australia website. We congratulate the following Yarra Plenty swimmers who qualified for the following awards in the 2007-2008 swimming season:

### Gold Star

Jessica Adams

### Gold

Ryan Adams

Jordan Chivers

Holly Howard

Alexander Malcolm

Lachlan McLeish

Nilusha Nurmohamed

Alison Wilbraham

### Silver

Courtney Barro

Nicole Blythe

Desmond Cairns

Shirin Nurmohamed

Melanie Tilley

### Bronze

Daniel Kakonyi

Rhiannon Tilley

### Green

Ashlee Blythe

Jack Langford

Tahlia McLeish

Jodie White

## Metro North Short Course Time Trials

### Saturday 14/6/08 Carey Sports Complex

Seeing as this was my first experience at competing in a time trial it was a good experience for me.

There were not many Yarra Plenty swimmers at this event but we all competed very well.

Danny told me that these races were just a benchmark for me, as I had not raced some of these events before. Overall in the 100m breaststroke I came second, in the 100m backstroke I came second and in the 100m freestyle I came fifth overall.

The night was good fun and I enjoyed it thoroughly and it was a great experience for me.

**Matthew Corcoran**



*Lachie, Holly, Nicole, Jordan, Matthew C, Jack and Daniel represented Yarra Plenty at the Metro North Short Course Time Trials, posting a swag of new qualifying times and PBs. See the website for details. Ed.*

Our condolences go to the French family on the recent passing of Jossie's mother



Remember the  
Rebel Discount

# 6<sup>th</sup> ANNUAL YARRA PLENTY INVITATIONAL

## SHORT COURSE

*Proposed qualifying meet*

**Date of Meet: 16<sup>th</sup> August 2008**

**Entries Close: 8<sup>th</sup> August (mail or reception) or 10<sup>th</sup> August (MM by email)**

**Where: Yarra Plenty Pool**

**Liat Way, Watsonia**

**Warm up 2.30pm**

**Start 3.00pm**



1. Entry is only available to "invited" clubs and swimmers.
2. Entries on Swimming Victoria Forms by mail or reception, or Meet Manager through the Club Competition coordinators for the invited clubs.
3. Age as at day of meet.
4. \$4.00 per event (includes the SV qualifying meet fee).
5. Cheques payable to "Yarra Plenty Swimming Club".
6. Email contact: mitzimccarthy@bigpond.com
7. Yarra Plenty swimmers need only to fill in the event number and stroke, NOT times. We will enter your best time we have since 1 Jan 2007. If you want to modify this please enter a time.
8. Phone Queries: Katrina Adams 0410 560632 or Loy McCarthy 0419 310 461.

1	Male 400 Freestyle	27	Male 12-13 100 Backstroke
2	Female 400 Freestyle	28	Female 12-13 100 Backstroke
3	Mixed 7 & Under 25 Freestyle	29	Male 14-15 100 Backstroke
4	Male 11 & Under 100 IM	30	Female 14-15 100 Backstroke
5	Female 11 & Under 100 IM	31	Male 16 & Over 100 Backstroke
6	Male 12-13 100 IM	32	Female 16 & Over 100 Backstroke
7	Female 12-13 100 IM	33	Mixed 7 & Under 50 Freestyle
8	Male 14-15 100 IM	34	Open Male 50 Freestyle
9	Female 14-15 100 IM	35	Open Female 50 Freestyle
10	Male 16 & Over 100 IM	36	Male 11 & Under 100 Breaststroke
11	Female 16 & Over 100 IM	37	Female 11 & Under 100 Breaststroke
12	Male 11 & Under 100 Butterfly	38	Male 12-13 100 Breaststroke
13	Female 11 & Under 100 Butterfly	39	Female 12-13 100 Breaststroke
14	Male 12-13 100 Butterfly	40	Male 14-15 100 Breaststroke
15	Female 12-13 100 Butterfly	41	Female 14-15 100 Breaststroke
16	Male 14-15 100 Butterfly	42	Male 16 & Over 100 Breaststroke
17	Female 14-15 100 Butterfly	43	Female 16 & Over 100 Breaststroke
18	Male 16 & Over 100 Butterfly	44	Mixed 7 & Under 50 Backstroke
19	Female 16 & Over 100 Butterfly	45	Male 11 & Under 100 Freestyle
20	Male 30 & Over 50 Freestyle	46	Female 11 & Under 100 Freestyle
21	Female 30 & Over 50 Freestyle	47	Male 12-13 100 Freestyle
22	Open Male 200 Choice *	48	Female 12-13 100 Freestyle
23	Open Female 200 Choice *	49	Male 14-15 100 Freestyle
24	Mixed 7 & Under 25 Backstroke	50	Female 14-15 100 Freestyle
25	Male 11 & Under 100 Backstroke	51	Male 16 & Over 100 Freestyle
26	Female 11 & Under 100 Backstroke	52	Female 16 & Over 100 Freestyle

### Information and Conditions

1. This meet will be conducted under the "one start" rule with the exception of the 7 & under events.
2. All events will be conducted as timed finals.
3. Medals will be awarded to the first three placegetters in each event with the exception of events 22 & 23.
4. Two sets of medals will be awarded for the 11& under events. One set for the 10-11 and one for 9&under.
5. The club reserves the right to cancel, alter or combine events.

**BBQ, Drinks and refreshments will be available. B.Y.O Chairs.**

The Competition Committee has recently introduced a colour coded calendar to assist swimmers and parents to recognise which meets are recommended by the club and which will have a coach present. It is intended to assist you to plan which meets to attend and for the younger swimmer to identify which meets are appropriate to enter. Unfortunately it is not possible to have a coach present at every meet listed. The coaches have been consulted and have agreed on the meets highlighted for their attendance. We hope this new calendar will be of benefit to you all.

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

DATE	MEET	WHERE	COMMENTS
4 <sup>th</sup> July	Closing Date Vic Open Champs		
5 <sup>th</sup> July	Boot Camp Day	YAP	6am-6pm. Age group 12/over
13 <sup>th</sup> July	Aggregate A2	Carey Pool	
16 <sup>th</sup> July	Closing Date Eltham S/C		
19-20 <sup>th</sup> July	Vic Open S/C Championships	MSAC	Qualifying times required
24 <sup>th</sup> July	Closing Date Surrey Park		
26 <sup>th</sup> July	Club Day	YAP	
27 <sup>th</sup> July	Eltham S/C Meet	MSAC	
3 <sup>rd</sup> August	Surrey Park S/C	MSAC	Some events have QTs
8 <sup>th</sup> August	Closing Date National S/C Champs		
8 <sup>th</sup> August	Closing Date YAP Invitational		
10 <sup>th</sup> August	Aggregate A3	Carey Pool	
16 <sup>th</sup> August	Yarra Plenty Invitational Meet	YAP	
26 <sup>th</sup> August	Closing Date Vic S/C Age Champs		
30 <sup>th</sup> August	Club Day	YAP	
3 <sup>rd</sup> September	Closing Date MN 10/U & Open Champs		
6-7 <sup>th</sup> September	Victorian Age S/C Champs	MSAC	Qualifying times required
14 <sup>th</sup> September	Metro North 10/U & Open Champs	MSAC	Some events have QTs
20 <sup>th</sup> September	Club Day	YAP	
20-24 <sup>th</sup> September	National S/C Championships	MSAC	Qualifying times required
1 <sup>st</sup> October	Closing Date 7-10 Encouragement TT		
5-6 <sup>th</sup> October	Possible Opening Date for Extension		To be confirmed
11 <sup>th</sup> October	7-10 Encouragement Time Trials	Richmond	For MN team selection.
10,17,24,31 Oct & 7 <sup>th</sup> November	Interclub	MSAC	If interested please notify Katrina Adams
15 <sup>th</sup> October	Closing Date Metro North Age Champs		
18-19 <sup>th</sup> October	Victorian Open Water Champs	Hazelwood	
23 <sup>rd</sup> October	Closing Date Swim Vic Dec Comps		
26 <sup>th</sup> October	Metro North Age Champs	MSAC	

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 – By Selection - see Comments

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

DATE	MEET	WHERE	COMMENTS
8-9 <sup>th</sup> November	Vic L/C Distance Meet	MSAC	
9 <sup>th</sup> November	7-10 Metro North vs East	Ringwood	Squad chosen from Oct trials
15 <sup>th</sup> November	Metro North Scratch Meet- 13over	Richmond	
16 <sup>th</sup> November	7-10 Metro Encouragement Finals	MSAC	Squad chosen from Oct trials
22 <sup>nd</sup> November	Metro North Scratch Meet-12under	Richmond	
22 <sup>nd</sup> November	Nunawading L/C Meet	Nunawading	
23 <sup>rd</sup> November	Proficiencies	YAP	
29-30 <sup>th</sup> November	Swimming Vic Dec Comps wk1	MSAC	
10 <sup>th</sup> December	YAP Handicap Meet	YAP	
5 <sup>th</sup> December	Closing Date Vic 11/U & 12yrs Champs		
6-7 <sup>th</sup> December	Swimming Vic Dec Comps wk2	MSAC	
15 <sup>th</sup> December	Closing Date Vic 13-18 Champs		
20-21 <sup>st</sup> December	Vic 11/U & 12yrs Champs	MSAC	Qualifying times required
22 <sup>nd</sup> December	Closing Date Vic Open & SWD Champs		
3-7 <sup>th</sup> January	Vic Age Champs 13-18 yrs	MSAC	Qualifying times required
16-17 <sup>th</sup> January	Vic Open and SWD Champs	MSAC	Qualifying time required
18 <sup>th</sup> January	Yarrowonga Meet	Yarrowonga	To be confirmed
30 <sup>th</sup> January	Closing Date Vic Sprints		
1&8 <sup>th</sup> February	YAP Age Champs	YAP	
14-15 <sup>th</sup> February	Vic Sprint Champs	MSAC	Qualifying times required
21 <sup>st</sup> February	All Juniors Preliminaries 10/U	Richmond	
28 <sup>th</sup> February	All Juniors Preliminaries 11-14yrs	Richmond	
14 <sup>th</sup> March	10/U Metro North Encouragement	Richmond	
15 <sup>th</sup> March	YAP Open Champs	YAP	
21 <sup>st</sup> March	11/Senior MN Encouragements	Richmond	
28-29 <sup>th</sup> March	All Junior Semis/Finals	MSAC	

\*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



**YAP PROFILE**

**Name:** Scott Cortous

**Age:** 20

**Suburb:** Greensborough

**Family:** Dad (Colin), Mum (Lorraine),  
Brother (Adam) and Sister (Kate).

**School/work:** Hospitality

**Favourite food:** Margarita pizza

**Favourite movie:** Major Payne

**Favourite band/ music:** Linkin Park

**Other sports/ interests:** Umpiring football

**Best swimming memories:** Swimming at State Champs.

**Favourite swimming event/s:** 200m Breaststroke and  
400m IM.

**Aspirations/ goals:** To get State Breaststroke Time

**If you won a million dollars???** Buy a new car, travel  
overseas etc.

**June Birthdays**

Emma Trott  
Jackson Gavin  
Jack Langford  
Margaret Shaw  
Debra Dunham  
Beth Sneddon  
Debbie Bartholomeusz  
Ryan Tootell (May)



**Deadline for July Jaws**  
July 25<sup>th</sup>

**Email:** [elsamccathy@bigpond.com](mailto:elsamccathy@bigpond.com)

**Next Committee Meeting**  
7pm July 14th.

**YSS PROFILE**

**Name:** Jennifer McLaughlin

**Suburb:** Greensborough > 40 years

**Family:** Husband and two teenagers—one of each species

**Role at YSS:** Teach in pre-school program, Pre-School Coordinator  
(since 2002) and School's Coordinator (2008) - still have my 'L'  
plates in this role.

**Hobbies/interests:** Family—immediate and extended, weekly yoga  
class (love it), walking for fitness, reading

**Dream holiday:** Was in 2006—five weeks in England, Italy and Germany with hubby &  
kids - we had a ball. Next one planned for September—10 days on Sunshine Coast

**Favourite TV Show:** Currently 'Spicks and Specks'

**Car:** Fairly boring - Ford Sedan

**Pets:** Two guinea pigs, two budgies, four fish—none were given to me but I feel they  
are mine ..... other parents will understand

**Three people you would like to have met or meet:**  
Jane Austen, Nelson Mandela & Johnny Depp.

**Yarra Swim School in one word or three:** Great people.

