



## From the President



Welcome to July Jaws. I don't have a lot to report as I have been away for much of the school holidays and was unavailable for the last committee meeting. I did attend the second night of the Metro North A grade Aggregates at Carey and can vouch for the fact that our swimmers have been competing very hard as they represent the club. Good luck to our B grade team when they next compete.

The annual swim-a-thon is on again next weekend (August 4), and we are hoping that once more this will be a great success as our swimmers endeavour to raise funds for the Mirabel Foundation. Swimmers from outside the club have also been invited this year and it will be interesting to see just how popular this event can become. Please support us in this very worthy cause if you possibly can, either by swimming with as much sponsorship as you can raise, and/or by assisting poolside. I know you will welcome our visitors, including the Diamond Valley Lions group who are our partners in organisation.

You will probably have heard that we are organising an invitational event at our pool on Saturday, August 25. We are also hoping that we will be able to obtain the services of senior Metro North personnel to run a workshop prior to the meet that will train and accredit parents as Swimming Victoria officials. If this is confirmed and you are interested in being trained in areas such as timekeeping, marshalling or starting, please advise any member of the committee as soon as possible.

Yours in swimming,

**Don Abbott**

### JAWS AWARD

Michal Skrodzki, winner of the 20K solo event of the inaugural Lake Argyle swim classic in WA.

### INSIDE—DON'T MISS

COACHES CORNER	CALENDAR	YAP PROFILE
SWIM-A-THON INFO	METRO WEST SC	IN BRIEF
VIC OPEN SC	ELTHAM SC	UNIFORM
INVITATIONAL INFO		

JAWS Newsletter  
July 2007



## Coaches' Corner



This past month has seen some new developments within the club, I have purchased some new equipment for our dry land program and will be added into the program very soon. There is also a little buzz about the 24 hour swim, which I would like you all to be a part of and support this worthwhile cause. There is also a little anxiety about the up coming State and National Short Course Championships, but I am more than confident about a great result by all who participate. The focus on training and meets leading up to this point has been very specific, difficult at times but necessary for you all to achieve your desired goals. Keep up the great work and don't lose sight of what's important to you.

### **Some of my highlights:**

The past few meets have had only a couple of swimmers attended and I am pleased to see that meet after meet these swimmers continue to improve, you know who you are, keep pushing the limit!!

There is one moment during the school holidays, that 8yo Jess Adams did a session alongside the State and National squads and at the very end ripped out a time that shocked everyone for her 25m fly sprint, 18sec wow!!

As the final preparation for the State or National Short Course Champs approaches it is extremely important to ensure that you enter the meets early and not leave it to the last minute, as there has been a massive number of rejections which then limits the chances to qualify. I do also expect all swimmers that are planning on entering meets to discuss what you enter with me prior to sending it, so I can advise on what you should or shouldn't enter. Copies of the various 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.**

*My mother drew a distinction between achievement and success. She said that 'achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that's nice, too, but not as important or satisfying. Always aim for achievement and forget about success.'*

Helen Hayes

*US actress (1900 - 1993)*

## Eltham Short Course

On Saturday the 22nd of July 4 Yarra Plenty swimmers participated at the Eltham's Short course competition. We were all happy with the times we did. Thank you to Danny for coaching us throughout the meet.

Congratulations to the swimmers with Pb's.

Jaclyn: 50 Free- 30.37, 100 Free-1:04.90, 100 Back- 1:14.49, 100 IM- 1:12.71

Matthew: 100 Fly- 1:01.95,

Stephanie: 50 free- 38.03, 100m Free- 1:27.34, 100 Back- 1:42.73.

Congratulations to the medal winners.

Jaclyn- 3rd - 100 Breast, 3rd - 100 IM,

Krzysztof- 3rd - 100 Fly

**Stephanie Pane**

## Metro West

On Saturday the 1<sup>st</sup> of July, Ally, Jaclyn, Krzysztof and I set off for the Metro West short course meet held at MSAC. The day was a long one as the program started at 9.00 am and finished at 5.00 pm. Jaclyn as usual had a big program. She competed in 7 events with great results- 2- 1<sup>st</sup> s, a 2<sup>nd</sup>, 2- 5<sup>th</sup> s, a 6<sup>th</sup> and a 10<sup>th</sup>. While Krzysztof competed in 4 events he finished with a 2<sup>nd</sup>, a 3<sup>rd</sup>, a 4<sup>th</sup> and a 7<sup>th</sup>. I competed in 3 events which ended in a result of a 4<sup>th</sup>, a 5<sup>th</sup> and a 6<sup>th</sup>, and Ally competed in 2 events - a 4<sup>th</sup> and a 10<sup>th</sup>. There were a few PB's and I know for a fact that I did 3 - I was pretty happy with my 5sec pb in Freestyle with 1sec also taken off my Back and Butterfly times. There was a lot of effort put in by all of these swimmers and that's why I would like to thank them and Danny for his support at Metro West.



**Holly Howard**

**Uniform** For all your uniform needs during August and September (up until school term 4, Oct 8) your contact is Anne Owens. You can call Anne on 9431 5602 or 0405 312068 after 8pm weekdays and any time on weekends.

Lorraine Benson is on leave.

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

**VICTORIAN OPEN SHORT COURSE CHAMPIONSHIPS JULY 28&29, 2007**

Yarra Plenty had three representatives in this year's competition. They were Krzysztof Klimkiewicz, Jaclyn Dunham



and Matthew Pane. And for 12 swims these swimmers came home with eight pb's between them which was a very pleasing return for all their efforts in training and racing. Jaclyn and Krzysztof swam three pb's apiece while Matthew swam two. Krzysztof came within a whisker of the Open National time for 50 fly while Jaclyn was only about half a second outside the 50 breast time.

It was great seeing these swimmers pull out such good swims at a big meet. Congratulations and it is hoped that their performances will inspire other swimmers come Age Short Course in September. Particular mention goes to Krzysztof for backing up on Sunday night with a heap of swims at Aggregate.

**IN BRIEF**

\* Swimming Victoria is phasing out green entry cards over the 2007-8 season and providing a downloadable entry form on the SV site in their stead. This form is useable for all SV meets as well as club and district meets. Payment methods for the different meets will be contained in general information provided for each individual meet. For the form and further information go to: [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)

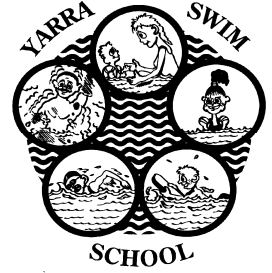
\* For those with qualifying times and for those who are going for times at meets in August please note that the closing date for State Age Short Course Championships is August 31 .

\* Results for the Melbourne Vicentre SC meet as well as Metro West, Eltham and SV Open Short Course are to be found at: [www.vicnet.net.au/~ypsc](http://www.vicnet.net.au/~ypsc)

\* Aggregate Competition: round two of A Grade has been completed and the Yarra Plenty team has made considerable improvement since round one. We look forward to the B Grade team following suit on August 12.



## 24 Hour Swim-a-thon 2007



Yarra Plenty Swimming Club in conjunction with the Diamond Valley Lions Club is undertaking a fund raising event, consisting of a 24 hour swim-a-thon, in aid of the Mirabel Foundation.

The Mirabel Foundation offers a range of services to children who have been orphaned or abandoned due to parental illicit drug use.

This event is open to all swimmers regardless of age or ability from the Yarra Swim School and the Swimming Club.

**When:** 2.00 pm Saturday 4<sup>th</sup> Aug. to 2.00 pm Sunday 5<sup>th</sup> Aug.

**Where:** Yarra Plenty Indoor Pool

**Condition of Entry:** Must have at least one sponsor/donation.

We encourage you to be part of this worthy cause.

The Diamond Valley Lions Club will have food available to be purchased throughout the 24hr period, the proceeds of which go towards the entire fund raising effort.

**There were two forms sent out via email—they are also now on the website:**

### Entry Form

To be returned to the Yarra Plenty Indoor Pool by **31<sup>st</sup> July 2007**

### Donation Collection Form

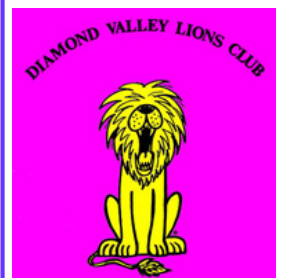
To be brought with you on the day of the event

Use this form to record all pledged donations. The form, or a copy, will be returned to you on the day to assist in your collection of all monies owed.

**All donations MUST be collected and returned to Yarra Plenty Indoor Pool by Sunday 19<sup>th</sup> August 2007.**

Receipts for donations of more than \$2.00 will be provided upon request.

**Our aim is to have a FUN day whilst raising funds and community awareness for this most worthy cause.**



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

## SHORT COURSE

*Proposed qualifying meet*

**Date of Meet: 25<sup>th</sup> August 2007**

**Entries Close: 17<sup>th</sup> August (mail) or 20<sup>th</sup> August (MM by email)**

**Where: Yarra Plenty Pool**

**Warm up 2.30pm**

**Liat Way, Watsonia**

**Start 3.00pm**



Entry is only available to "invited" clubs and swimmers.

Entries on Swimming Victoria Green Cards by mail, or Meet Manager through the Club Competition coordinators.

Age as at day of meet.

\$2.00 per event.

Cheques payable to "Yarra Plenty Swimming Club".

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 2006. If you want to modify this please enter a time.

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.**

**2007 VICTORIAN SHORT COURSE QUALIFYING TIMES**

<b>MALE</b>	Open	17/18	16	15	14	13	12	11/Under
<b>FREE</b>								
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							
<b>BACK</b>								
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
<b>BREAST</b>								
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
<b>FLY</b>								
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
<b>IM</b>								
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							
<b>RELAYS</b>								
Free	4 x 100	4:10.00						
Medley	4 x 100	4:45.00						
<b>FEMALE</b>								
	Open	17/18	16	15	14	13	12	11/Under
<b>FREE</b>								
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							
<b>BACK</b>								
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
<b>BREAST</b>								
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
<b>FLY</b>								
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
<b>IM</b>								
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							
<b>RELAYS</b>								
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.

CD = Closing Date

**August 2007**

- 4&5 Swimathon for Mirabel**  
 4 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  
 25 Yarra Plenty Invitational 2:30pm YAP pool  
 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 2007**

- 13 Survivor Club Day Week 1  
 2:30 YAP pool  
 13 7-10 Encouragement Time Trial selection  
 Richmond—to be confirmed  
 CD Oct 1 via Club only  
 21 Metro North Age & Open Champs  
 MSAC 8am  
 CD Oct 9 via Club only  
 27 Survivor Club Day Week 2  
 2:30 YAP pool  
 27 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**

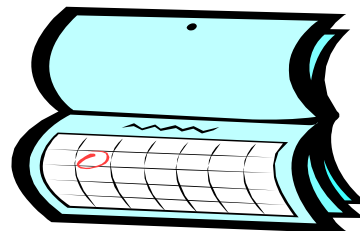
- 4-8 Open & 12/under State Champs  
 11-15 State Age 13-18 Champs

**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	
<i>Yarra Swim School Manager</i>		
Helen Webb		
<i>General Committee Members</i>		
Mitzi 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:** Halie Maddison Welsh

**Age:** 15

**Suburb:** Mill Park

**Family:** Lauren [mum], Grant [dad], Naomie [sister]

**School/work:** \*SCHOOL: St Monica's College [Year 10]

\*WORK: Epping Seafood Basket and South Morang Fish and Chips

**Favourite food:** Chicken Schnitzel [Yummy]

**Favourite movie:** 'American Pie' and 'Scary Movie' series

**Favourite band/ music.** \*BAND: 'Fall Out Boy' and 'Good Charlotte'.

\*MUSIC: everything

**Other sports/ interests:** 10 years of Callisthenics (gave it up this year), working, T.V and cooking.

**Best swimming memories:**

\*My first time swimming at States

\*Finals at Vic. State Champs L.C 12/u Relay [places 8<sup>th</sup>]

\*Winning individual champion 14/u at SACSSS in year 8 [aged 13].

**Favourite swimming event/s:** \*50m, 100m and 200m Breast

\*100m and 200m I.M.

\*Relays

\*5km [the first time I swam it]

**Aspirations/ goals:** \*State open times

\*Finish year 12 successfully.

**If you won a million dollars???**

\*Travel to Europe and shop my way around.

\*Buy a sports car.



## July Birthdays

Rebecca Bruce

Lisa De Matteo

Kane James

Jola Klimkiewicz

Elsa McCarthy



**Deadline for July Jaws**

**August 25<sup>th</sup>**

Email: [elsamccarthy@bigpond.com](mailto:elsamccarthy@bigpond.com)



**Next Committee Meeting**

**7pm August 13th**

## 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.