



## From the President



Welcome to August Jaws. I write this on the weekend that the final A Grade Aggregate and the Yarra Plenty Invitational meets were held, so many of our swimmers have been very busy. With State Short Course coming up very soon, these are excellent opportunities to see how all the hard training is paying off. The report about Aggregate will no doubt be provided further on in Jaws, but once again I wish to thank all the Yarra Plenty people who assisted us with the Invitational. I especially want to congratulate those who came along early to do

the Swimming Victoria workshops for officials. The extra qualifications are important to the club and the district to keep the sport running smoothly, and on your behalf I would like to thank Bob Oldfield and Ken Houghton from Metro North. They not only led the workshops very capably beforehand, but also did an excellent job refereeing and supervising candidates at the meet.

The committee will soon need to make decisions about our entry to Spring Interclub this year, a competition in which we have recently been very successful. For those new to the club, this competition takes place each Friday evening for 5 weeks, starting in October. Please look out for information and let Katrina Adams know of your interest.

Yours in swimming,

**Don Abbott**

Good Luck for State Age Short Course September 16, 22-23.

### JAWS AWARD

Wayne Chivers for his efforts towards the fundraising and organization of the Swim-a-thon.

JAWS Newsletter August 2007



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## Coaches' Corner



There were unfortunately no qualifiers for this years National Short Course Championship, but not to make this a negative. In the past months competitions there has been some very, very close times to both the National and State times which goes to show that if you are training well and focused then you can and will achieve anything. The 24 hour swim had a great turn out and the training sessions I set were a challenge for some (3am is always a challenge!!) I would like to thank you all for being a part of it and supporting this worthwhile cause.

The up coming State Short Course Championships will see a few new faces from the club attend the meet but I am sad to say that many of our swimmers will not be able to attend this meet due to various reasons. I understand that it would be fantastic to have a larger team to help cheer but I know that a great result will be achieved by all who participate.

This past weekend was a big weekend of competition for many with our Invitational meet on Saturday, which I felt all bar a few minor hick ups went very smoothly and the feed back that I have received from some of the other clubs coaches is that it was great and they will be back next year. I was also extremely happy with all of the times set by our swimmers. Although a couple of you were disappointed that you missed I am proud that you gave it your best effort. This was then followed up with the final night of the A Grade Aggregate again the times were good and the competition fierce and I found it surprising how some of you performed after competing the day before.

### Some of my highlights:

Jaclyn at almost every meet a new pb is set Wow! Holly 1.07 100m fs Wow!! Shirin 1.33 100m brst Wow!!! Jordan every race was exciting!!! Jodie for the passion!!!! To all of you well done and lets keep marching forward.

The Kilmore meet is next on the list then States and School Holidays. It would be great to see a big turnout for Kilmore as this aimed as fun meet for the club, and a program for the school holidays will be issued probably as you read this...

Copies of the various meet information is 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.**

**I'm a survivor, even if I've cried heavily over something,**

**I'll walk through the fire, come out the other side and still beat it!**

**Suzi Quatro - Music Artist**

## Up and coming young stars in Australian swimming



Two young Australian swimmers have made big news at the recent Japan Open meet.

Firstly Bronte Barrett broke Tracey Wickham's Australian and Commonwealth 400m freestyle record which had stood for almost 30 years then Cate Campbell beat Libby Lenton to win the 50m free surpassing her own and Libby's PB.

Australian selection trials in March for the Beijing Olympics are going to be very interesting, not the least for who might swim the relays in Beijing a year from now.

## District Aggregate Competition



Both Yarra Plenty teams swam particularly well on the second nights of the competition. The A Grade team, however, had to put up a fight with only a skeleton team on their last night. Full credit to the swimmers who were able to swim and who managed to swim hard enough to keep the team in A Grade next year despite absent friends. Congratulations and thank you to all those who swam. Hopefully we will have the full complement for the B Grade team on September 9 and that they swim even better for their final round. Go Yappers!

## Yarra Plenty Invitational



Our 5th Invitational was held on August 25 with visiting swimmers coming from Epping, Mill Park, Diamond Creek and PLC Swimming Clubs. Ten new meet records were set. Hope Henley from Epping set four new times breaking her own record in the 100 fly. Her team mate, Lauren Scalone, also swam under the old mark in this event. Rachel Johnson, also from Epping, broke Nicole Blythe's time in the 100 free while Shary Xue Ying from Mill Park slashed Margaret Shaw's 2005 time in the 30/O 50 free. Our own Jaclyn Dunham recorded record swims in the 100 free and 100 breast while Ryan Adams broke his own 100 back time and Greg Malcolm did likewise in the 30/O 50 free. All first place-getters in the 100IM events in the 12/13 to 16/O agegroups will also go into the record books as these were new events. Many thanks to all the organisers and all the people who officiated on the day and to all the swimmers! To view the full results go to [www.vicnet.net.net.au/~ypsc](http://www.vicnet.net.net.au/~ypsc)

**Uniform** For all your uniform needs 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.

## Commonwealth Achievement Awards



We were pleased to learn that two Metro North officials were recently honoured with a 2007 Commonwealth Sports Achievement Award. Ken Houghton and Bob Oldfield whose faces will be familiar to 2 or 3 generations of swimmers have served the Diamond Valley Club and the sport of swimming in Victoria for over 20 years.

The Award acknowledges their contribution to swimming as coaches and administrators. Congratulations and thank you to Ken and Bob from YPSC.

## Level 2 First Aid



This course covers casualty assessment, the unconscious casualty, CPR resuscitation, hygiene and Government standards relating to First Aid in the workplace, the treatment of asthma, choking, poisons, bleeding, heart attack, stroke, hypothermia, hyperthermia, burns, fractures, sprains and strains, concussion, epilepsy, bandaging, lifting techniques, eye injuries etc., basically any injury or illness you are likely to encounter in your workplace or during your normal daily activities.

If we run this course at Yarra Plenty Indoor Pool we require a minimum of 13 people to keep the cost at \$175.00 (the fee charged if the course is undertaken at the First Aid Management and Training Centre). Minimum age to undertake the course is 14.

The proposed dates are:

<b>Monday October 15, 22 &amp; 29</b>	<b>6:30pm - 9:30pm</b>
<b>Monday November 5 &amp; 19</b>	<b>6:30pm - 9:30pm</b>

If you are interested in undertaking this course please advise the receptionist.

## Nunawading and Surrey Park Meets

Matthew Pane, Stephanie Pane, Holly Howard and Jaclyn Dunham competed at the Surrey Park SC meet while Nicola Barca, Nicole Blythe, Desmond Cairns, Tegan French, Holly Howard, Shanice Morrison, Shirin Nurmohamed, Matthew Pane, Stephanie Pane, Melanie Tilley, Rhiannon Tilley, Halie Welsh, Jodie White and Alison Wilbraham competed at the Nunawading SC meet.

Their results can be viewed at [www.vicnet.net.au/~ypsc](http://www.vicnet.net.au/~ypsc)

## 24 Hour Swim-a-thon 2007

This was our third year for the running of the 24hr Swim-a-thon used to raise money for the Mirabel Foundation. Some of the money raised is used to provide two children involved in the Mirabel Foundation with swimming lessons for 12 months. The remaining money is given to Mirabel to be used to fund some of their many activities and programmes for the kids.

I would like to thank everyone involved in helping make this years event yet another successful one. Without singling anyone out I would especially like to thank those Parents and swimmers who chose to stay around and help out in ways other than swimming. Also a special thanks to the Diamond Valley Lions Club for providing food and drinks throughout the duration of the event.

Running an event like this requires many lap counters as well as extra people to look after the ongoing administration throughout the course of the 24 hours. Over the past three years we have struggled to supply enough lap counters sitting at the end of the pool. This year, as in past years, it was not unheard of for our lap counters to be covering 3 to 5 swimmers each at a time. Without you, this event would fail. Thankyou.

Although the final numbers have not yet been confirmed, we expect to have raised over \$5,000 again this year being a combination of raffle tickets sold and money raised by the swimmers. Thanks to Wayne for organising the raffle prize and selling the majority of the tickets leading up to the event. This is a great result and all of the swimmers involved should be extremely proud of their achievements both individually and as a group. Whether you swam 10 laps or 1600 laps (this was the actual range of laps swum by individuals this year), your efforts have contributed to making someone's life better and for that you should be very proud.

Please remember to return all donations to the front office, along with receipt request forms (for those wanting receipts) as soon as possible.

Once again, thank you to all who participated and helped in some way. We could not have run the event without you.

Cheers,

Ian Owens



CD = Closing Date

**29-Sep 2 National Open SC Champs MSAC**

**September 2007**

- 1 Donut Club Day 2:30 YAP pool
- 9 Kilmore Swim Meet 9am
- 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
- 20-21 **Victorian Open Water Champs—Hazelwood**
- 21 Metro North Age & Open Champs  
MSAC 8am  
Must have swum Aggregate to be eligible for awards  
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**

- 3 Melbourne Vicentre Classic Meet
- 10 Club Day 2:30 YAP pool
- 11 MLC Aquatic Meet MSAC
- 17&24 Metro North Scratch Meet Richmond
- 18 **Swim Vic 7-10 Encouragement Meet**
- 25 Diamond Creek Invitational CLUB 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**

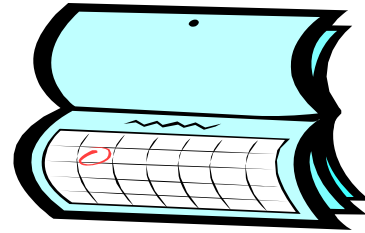
- 22-29 **National Open Championships**

**April 2008**

- 5-6 **All Juniors Semis and Finals**
- 9-13 **National Age Championships**

Always check the calendar on the website for updates between issues of Jaws. Make sure that you put important dates in your diaries.

**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
	(Anne Owens relieving)
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:** Nicole Blythe

**Age:** 12

**Suburb:** Greensborough

**Family:** Gail (Mum), Alan (Dad) ,  
Ashlee (Sister), Tasha (Dog)

**School/work:** St. Helena Secondary College

**Favourite food:** Cooked potatoes, with  
bacon, cheese, beetroot,  
sour cream

**Favourite movie:** Crocodile Dundee

**Favourite band/ music.** Don't have a  
favourite band but like all different  
types of music

**Other sports/ interests:** Netball, football and hockey

**Best swimming memories:** Don't know have lots

**Favourite swimming event/s:** 50 fly

**Aspirations/ goals:** To get a state medal

**If you won a million dollars???** Nice car, house for when I get  
older and then go shopping and keep the rest



## August Birthdays

Don Abbott  
Nicola Barca  
Anthony Barro  
Ashlee Blythe  
Holly Howard  
Stephen Lonsdale  
Jessie Schleibs  
Ray Stahl  
Isabella Trott



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

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



**Next Committee Meeting**  
7pm September 10th

## 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.