

## Newsletter – Catch Up!

We have had A LOT to celebrate over the last few VERY BUSY months.

### President's Report

Hello Bayside Community,

Well the Australian Age Nationals are upon us again. Bayside Swimming club will be represented by 11 swimmers. Every one of these swimmers has a real chance to make a final and a few will medal. I have witnessed these swimmers improve throughout the year. The power of work that is required to reach this level is amazing. The club is having a breakfast to wish them luck and award them with their Nationals packs on Saturday. I hope to see most of our members at this event. Also, don't forget Swimming Australia are streaming the races live on their website.

It has been a very busy start of the year with The Bayside Sprints and the All Schools Meet, this stretched our parent helpers to the limit. I would sincerely like to thank all those who helped at the meets, without volunteers these meets can't go ahead.

Swimming Victoria have made changes to the swimming calendar which has been detrimental to both our Short Course and Long Course Meets. It appears we drew the short straw and our meets have been moved to a Saturday which is not ideal. Due to the new schedule, Bayside Swimming Club has decided to retire the Sprints meet until further notice. To compensate for the reduction in revenue the club has decided to run more encouragement meets.

Swimming Victoria are imploring clubs to improve their Governance, so Bayside Swimming Club is updating its constitution, conducting a safe sport audit and revising numerous other policies. The club is very lucky that Vicky Hammond can help us through this process.

In closing, please continue to visit our website for up to date information regarding the club and our activities.

George

### Joke of the Month

So today a man knocked on my door saying he was collecting for the local swimming pool, so I gave him 2 buckets of water. 😊

## Head Coach's Report – Tim Mulvihill

Term 2018 has been very busy for Bayside swimmers and we have a lot to celebrate.

On the 11<sup>th</sup>-13<sup>th</sup> of January, long-time club member **Luke Lineham** competed in the **Pool Lifesaving Championships** in Adelaide. Luke finished an amazing 4<sup>th</sup> on the individual point score and was selected on the Australian Barracudas team to compete in August.

On the 26-28 January, **Riley Roberts (15)** and **Milla O'Brien (14)** represented the club at the **2018 Australian Age Open Water Championships** at Brighton Beach, Adelaide.

In pristine conditions, Milla swam the 5km event in 1:10:13.00 which was a 1:52.15 PB and placed her 19<sup>th</sup> in the 14-15 age group. Riley also swam the 5km event and recorded a time of 1:01.13 which was a 5:10.13 PB and which also placed him 17<sup>th</sup> in the 16-17 age group! Amazing stuff.

Our junior swimmers competed in **the Metro South All Junior Selection Competition** on the 4<sup>th</sup> March 2018.

Congratulations to the following participants and selected representative swimmers for the **Metro All Junior Championships**:

Metro South All Junior Selection Competitors	Metro All Junior Championships
<ul style="list-style-type: none"> <li>• <b>Jairus Cheung (8)</b></li> <li>• <b>John Dollison (9)</b></li> <li>• <b>Gigi Williams (10)</b></li> <li>• <b>Alicia Overall (10)</b></li> <li>• <b>Mitch Norton (10)</b></li> <li>• <b>Jessica May (11)</b></li> <li>• <b>Mia Hayden (11)</b></li> <li>• <b>Greta Saville (11)</b></li> <li>• <b>Nathan Thompson (11)</b></li> <li>• <b>Nichola Di Tirro (12)</b></li> <li>• <b>John Humble (12)</b></li> <li>• <b>Sienna Shepherd (12)</b></li> <li>• <b>Sophie Sibbald (12)</b></li> <li>• <b>Elke Lewis (12)</b></li> <li>• <b>Harry Long (12)</b></li> <li>• <b>Ned Wilson (12)</b></li> <li>• <b>Georgia Macmillan (13)</b></li> <li>• <b>Darcy Nicholson (13)</b></li> <li>• <b>Riley Barker (13)</b></li> <li>• <b>Abi Fuelling (14)</b></li> <li>• <b>Monique Zakic (14)</b></li> <li>• <b>Jack Neall (14)</b></li> <li>• <b>Makar Kiselnikov (14)</b></li> <li>• <b>Ella Wearne (14)</b></li> <li>• <b>Fynn Baxter (14)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Riley Barker (13)</b></li> <li>• <b>Fynn Baxter (14)</b></li> <li>• <b>Jairus Cheung (8)</b></li> <li>• <b>Nichola Di Tirro (12)</b></li> <li>• <b>John Dollison (9)</b></li> <li>• <b>John Humble (12)</b></li> <li>• <b>Mia Hayden (11)</b></li> <li>• <b>Jessica May (11)</b></li> <li>• <b>Darcy Nicholson (13)</b></li> <li>• <b>Greta Saville (11)</b></li> <li>• <b>Sienna Shepherd (12)</b></li> <li>• <b>Sophie Sibbald (12)</b></li> <li>• <b>Nathan Thomson (11)</b></li> <li>• <b>Ella Wearne (14)</b></li> </ul>

Special congratulations goes to the following swimmers who achieved **Top 10 placings** at the Metro All Junior Championships:

- **Jairus Cheung (8)** - 50BKS/50BRS/50FLY/50FS
- **Jessica May (11)** – 50 BKS
- **Greta Saville (11)** – 50 FS
- **Sienna Shepherd (12)** – 50BKS/50FS
- **Sophie Sibbald (12)** – 50BRS

At the High Performance level, a special congratulations to the **Arthur Kiselnikov (17)** and **Paris Burlock (13)** who competed at the 2018 Australian Commonwealth Games trials.

Arthur swam PB of 1:54.15 in the 200m Freestyle and Paris swam a PB of 33.22 in the 50m breaststroke and finished 15<sup>th</sup> overall!

In March, Alexander Georgiou (16) qualified for Australian Age Nationals in the 200m freestyle. This was Alex's first national qualifying time.

Finally, at her last possible attempt Teah Vassiliadis finally got her national time in the 200m freestyle after months of near misses.

Congratulations to Alex and Teah and the following members of our 2018 Age Nationals Team:

- **Paris Burlock**
- **Tom Dale**
- **Jordan Fox**
- **Michael Garbelotto**
- **Alex Georgiou**
- **Aimee Grella**
- **Cara Jenkins**
- **Arthur Kiselnikov**
- **Hannah Schmidt**
- **Lachlan Shepherd**
- **Teah Vassiliadis**

#### **Record Breakers (Jan-Mar)**

- **Arthur Kiselnikov (17)** – 50BRS/100FS
  - **Cara Jenkins (15)** – 50BKS/200BKS
  - **Paris Burlock (13)** – 50BRS/200IM
  - **Hannah Schmidt (15)** – 50FLY/50BRS/100FS
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### ["Coach's Corner"](#)

Our head coach Tim Mulvihill regularly posts various articles on the Bayside Swimming Club website which are a great source of information for swimmers (and parents). Take a look -

Here's a link - [Coach's Corner](#)

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### [Squad Coaches](#)

We ask that all parents engage with the squad coaches for feedback on their child's swimming. I'm sure that the coaches would appreciate having a quick chat as well as meeting their swimmer's parents.

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### [Swimming Victoria – Event Calendar 2018-2019 Season](#)

Swimming Victoria have released the Event Calendar for the 2018-2019 season with a few notable changes.

[CLICK HERE](#) – to read the complete post by Swimming Victoria.

[CLICK HERE](#) – to see the event listing

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### [2018 Georgina Hope Foundation Australian Age Swimming Championships](#)

The pinnacle of the swimming season is nearly upon us and we're extremely proud to announce that Bayside SC has (11) swimmers who have qualified to swim in these championships.

The championships are being held at Sydney Olympic Park Aquatic Centre and will be a hive of activity for the week of racing. The team departs Melbourne on Friday 20<sup>th</sup> April, with the championships starting on Saturday 21<sup>st</sup> and running through to Saturday 28<sup>th</sup> April.

Needless to say that they have all worked extremely hard to get there (as have all of our other swimmers who missed on qualifying). Tim and Brad are now well into the last phase of fine tuning the swimmers so that they are at their peak when it counts (and when the starter

We wish them all the very best with their racing – as they will undoubtedly be out to do their best.

[CLICK HERE](#) – for a Program of Events

## Training Updates

- Please check the website ([www.baysideswimming.org.au](http://www.baysideswimming.org.au)) for all current training schedules.
- Please make sure your swimmer(s) has all of the **required training equipment** ([CLICK HERE](#) for a complete list). **All competitive squad swimmers must provide their own equipment.**

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## Meet Attendance for Home Meets Etiquette

Going forward, our Home Swim Meet Committee has requested that our membership:

- 1) Plan ahead to respect the entry deadlines for our meets
- 2) Use greetings and/or pleasantries in communications when requesting any event changes, additions, subtractions to our home meets
- 3) **Please notify us ahead of time if your swimmer will NOT be swimming at the meet.**

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## Upcoming Events

- NATIONALS – “GOOD LUCK BREAKFAST”

When: Saturday 14<sup>th</sup> April – 8:30am

Where: Mentone Grammar Pool – Lucerne St, Mentone

Cost: FREE

RSVP is a MUST by Tuesday 10<sup>th</sup> April, 9am – so that we can cater accordingly – please register by using this link - <https://www.trybooking.com/VDBD>

All competitors going to Nationals will be being presented their team gear – we also have a special guest – 1984 Olympic swimmer, Rob Woodhouse – who will have some great advice and probably some stories to tell.



- **BAYSIDE ENCOURAGEMENT MEET #3**

**When:** 20 May, 2018 – 3:30 to 6pm

**Where:** Mentone Grammar Pool – Lucerne St, Mentone

**Details:** [CLICK HERE](#)

- **CLUB CHAMPIONSHIPS**

**When:** 17 June, 2018

**Where:** Mentone Grammar Pool – Lucerne St, Mentone

More details will be announced soon.

- **BAYSIDE SWIMMING CLUB – PRESENTATION NIGHT**

**When:** 28 July, 2018

At this stage, we are almost certain to follow the same format as last year which was held at Milano's in Brighton.

More details will be announced soon.

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## **TRAINING TIP**

### **Swimming/Racing Dive**

As in any race, the start is a very important part – a good start may just set up your race for a PB (or even a win).

### **READ HERE**

Obviously your coach will be able to give the best advice if you're looking to improve your dive.

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## Bayside Officials Drive

This season we would like to strengthen our club by encouraging parents to become a technical official. Technical officials are the key personnel you see dressed in white and navy who are integral to running swim meets for the club, district, state and nationally.

The steps to becoming an official are straightforward:

1. Let us know you are interested - [georgev@bigpond.net.au](mailto:georgev@bigpond.net.au)
2. Complete the free online [General Principles Course](#).



*Please Remember: You will need to register and create a login before you attempt the course (or if you have already registered previously and forgotten your password - you will need to retrieve your password).*

3. On completing the online course email the [officials@vic.swimming.org.au](mailto:officials@vic.swimming.org.au) to advise SV so you can be added into the database.
4. On completing the online course we will provide further guidance and support but **it is a really easy process and gives you access to the best seats in the house on race day and makes our club even stronger and more self-sufficient!**

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