

Newsletter – July 2017

Welcome to Season 2017-2018 (Officially)

As the calendar ticked over to 1st July we officially entered into the 2017-2018 swimming season.

We would like to welcome all of our returning members and an extra warm welcome to our new members:

GIRLS	BOYS
<ul style="list-style-type: none">• Nichola Di Tirro (12)• Meg Lewis (11)• Nalisha Ong (12)• Ella Quirk (12)• Greta Saville (10)• Abi Tucker (9)• Gigi Williams (10)	<ul style="list-style-type: none">• Charlie Anderson (13)• Adam Corfield (10)• Charlie Cornwell (9)• Lochie Grant (10)• Kalan Interrigi (12)• Joshua Miller (12)• Mitch Norton (9)• Luke Patterson (10)• Elias Salah (12)• Silas Stansby (9)• Lewis Thomson (8)

We hope you have a fun and fast season!

New Bayside Club Committee

With the start of a new season we are excited to announce our new Bayside Club Committee:

- **President** - George Vassiliadis
- **Vice President** – Belinda Wilson
- **Treasurer** – Russell Fox
- **Secretary** – April Jenkins
- **Race Secretary** – Toni Read
- **Head Coach** – Tim Mulvihill
- Nicole Putamorsi
- Harriet Schmidt
- Sai Dale
- Vicky Hammond
- Alison Stansby
- Paul Norton



We have a great range of experience and representation and look forward to a productive season.

A special thanks to out-going committee members:

- Sharon Georgiou
- John Webber
- Vicki Rix (New Life Member)
- Phil Cooley

Building to Victorian Age/Open Short Course Championships

After a really successful Bayside Short Course Meet, the team is in a great position as we head towards the Victorian Age/Open Short Course Championship meets in September.

We have had some awesome achievement by our club members since the June newsletter.

Below is a list of our our **“WEEKEND WARRIORS”** or swimmers who have swum PBs of **4 seconds or more** since June or in events for the first time this season:

GIRLS	BOYS
<ul style="list-style-type: none">• Paris Burlock (12) – 100fs/200fs/100brs/100fly• Grace Cronin (9) – 50bks/50brs• Aimee Grella (13) – 200fs• Ella James (13) – 100IM• Cara Jenkins (15) – 800fs• Maddy Johnson (14) – 100bks• Elke Lewis (12) – 50fs/100brs/100IM• Issy Lineham (12) – 50fly• Georgia Neville (9) – 50brs/100IM• Holly Neville (12) – 100bks/100IM• Fern O'Brien (11) – 100fs/100brs/100IM• Emily Roberts (13) – 100IM• Sophie Sibbald (12) – 100brs/200brs• Teah Vassiliadis (14) – 400fs/100IM• Ella Wearne (14) – 200fs/100IM• Phoebe Wearne (16) – 400fs/100IM	<ul style="list-style-type: none">• Riley Barker (12) – 400IM• Lachlan Bourke (14) – 100brs• Lane Chetverikov (16) – 100bks/100fly• Tomas Cooling (13) – 50brs/50fly• Max Cronin (14) – 200bks• Tom Dale (15) – 100fs/200brs/200IM• Michael Garbelotto (15) – 200fs/400fs• Alex Georgiou (16) – 200IM• Arthur Kiselnikov (18) – 200fs/400fs• Ashton Roberts (11) – 50fs• Riley Roberts (15) – 1500fs• Lachlan Shepherd (14) – 200fs

A special congratulations to:

- **Darcy Nicholson (12)** and **Nathan Thomson (10)** who qualified for her first Victorian Age Championships at the Bayside Meet.

Finally, a **HUGE** “thank you” to our **AMAZING red army** of parent volunteers. We couldn't have run the Bayside meet without your support!

Winter Interclub Wrap

The Swimming Victoria Winter Interclub competition concluded last Friday, 4th August.

Congratulations to all of our teams and coaches:

- Bayside Blue (3rd)
- Bayside Green (3rd)
- Bayside Yellow (1st)
- Bayside Pink (2nd)
- Bayside Orange (2nd)



A big "thank you" to Coach Brad Smith for coordinating this event. We hope everyone had a great experience.

RECORD BREAKERS

Congratulations to the following swimmers who have broken the following Victorian and club records:

Victorian Records

- **Paris Burlock (12)** who broke the Victorian and Victorian Allcomers record in the girls 12 years 50/100/200m Freestyle - 100m Butterfly – 100m Breaststroke - 100m IM -200m IM at the **Firbank Aquastars** and **Bayside Swimming Club** meets in July.

Club Records

- **Sienna Shepherd (11)** – 400m FS
- **Gabriel Cornwell (12)** – 800m FS
- **Paris Burlock (12)** – 50m/100m /200m BR (Age & Open), 100m FL, 200IM (Age & Open)
- **Aimee Grella (14)** – 50m FL, 200m FL (Age & Open)
- **Tom Dale (15)** – 50m BRS
- **Michael Garbelotto (15)** – 400m FS
- **Hannah Schmidt (15)** – 100m FL

You can access the records by [CLICKING HERE](#) once you have logged in.

[Bayside Swimming Club Movie Night - Private Screening](#)

Bayside Swimming Club would like to invite all of our current members to our **FREE** team hosted movie afternoon at Village Cinemas, Southland.

Due to the amazing work of our Club Committee and swim meet parent volunteers, we have been able to fund two special private screenings to welcome all of our members to the 2017-2018 season!

We will be screening **The Emoji Movie** for 12 & Under swimmers. This will be a special advanced screening of this movie (official release date is 14 September)!

In a separate cinema we will be screening **Wonder Woman (M)** for our 13 & Over swimmers.

All swimmers will also receive a **free drink, popcorn and choc-top** as part of this awesome team experience.

Where: Village Cinemas, Southland

When: Sunday, 20 August - 3:30pm

Cost: FREE!!

Who: All current club members (no non-member siblings sorry)

Supervision: Coaches Brad and Nick will supervise the 12 & under swimmers and Coaches Tim and Brett will supervise the 13 & over swimmers.

[PLEASE CLICK HERE TO SIGN UP](#)

[Squad Structure Expectations](#)

With the commencement of Term 3 we are squad structure and expectations are well entrenched. The coaching staff are in the process of reviewing the squad rosters based on our requirements. Any changes will be made and parents notified prior to the next quarter.

- **High Performance Squad** – Are expected to make **nine sessions** a week with **eight compulsory**. All dryland is compulsory. *Holidays will be scheduled around squad breaks.*
- **Performance Squad** – Are expected to make **eight sessions** a week with **six compulsory**. All dryland is compulsory. *Holidays need to be schedule around squad breaks.*
- **State Squad** – Are expected to make **five sessions** a week. Two dryland sessions are compulsory.

- **District Squad** – Are encouraged to make **four sessions** a week with **three required**. One dryland session is compulsory.

Please make sure you and your swimmers perception and reality are aligned in regards to their current squad placement and the requirements above.




Swimmers that can't commit to the competitive squad pathway are encouraged to move to one of the relevant Development Squads prior to the next quarter (Senior, Silver, Bronze).

All competitive squad members must be active competitors.

Training Updates – Introducing Yoga and Pilates!

As part of our commitment to athletic development and well-being, we are pleased to announce the introduction of Yoga and/or Pilates through our Bayside Aquatics Squad programming.

We welcome to the staff:

Gaynor Carter	Elisa Payne	Tristan James
		
<p>Gaynor Carter is a former principal owner of Gaynor Cameron School of Dance and has been teaching Pilates since 2007. Gaynor has worked with Little Athletics Victoria and Mentone Little Athletics in addition to being Program, Training and Development Coordinator at Kaya Health Club.</p> <p>Gaynor will be working with the High Performance and Performance Squads</p>	<p>Elisa Payne has a Masters of Yoga from the Australian Yoga Academy and is the business owner/director of Om Buddhi Yoga in Mt. Eliza. Elisa also has worked with the Australian Sports Commission and Tennis Australia. She is also an anatomy and physiology lecturer for aspiring yoga teachers at Moksha Academy of Yoga.</p> <p>Elisa will be working with State Squad and High Performance Squad</p>	<p>Tristan James has a Diploma of Professional Pilates Instruction and has been teaching since 2009. She has provided instruction at private pilates studios and Mentone Girls Grammar.</p> <p>Tristan will be working with our Performance and District Squads.</p>

- Please check the website (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.**

[2017 Senior High Performance Training Camp](#)

The 2017 Senior High Performance camp is booked for **Saturday, 30th September – Thursday, 5th October 2017** at the Super Sports Centre in QLD.

We have secured great group booking prices on Tigerair and will charter a bus for airport drop-off and pick-up.



The camp is a fantastic experience for our team to train hard in the pool, in the gym, at the beach and in our classroom sessions.

The camp is open to all swimmers (13 & over) with priority placement for High Performance and Performance Squad swimmers – **There are 4 spots left!**

The approximate cost will be **\$820 is all inclusive** (flights; accommodation; food; lane hire; theme park; all airport ground transports for Melbourne and the Gold Coast) etc.

Coaches Tim, Brad and a volunteer female parent chaperone will be attending.

Please [CLICK HERE](#) to register for the camp.

** Please note swimmers not attending will train on the Senior Squad schedule.*

***We will require a female parent to act as chaperone (costs covered by the club)*

[Upcoming Events](#)



- **Saturday, 19th August – Bayside Distance Meet** – Mentone – [CLICK HERE](#) for information and entry – **High Performance and Performance squad swimmers will be required to attend to assist with the running of the meet.**
 - **20th August – Bayside Swimming Club Movie Night** – [CLICK HERE](#) for information and to register.
 - **1-3 September – Victorian Age SC Champs** – [CLICK HERE](#) for information and to register (entries close Monday, 21st August)
 - **16-17 September – Victorian Open SC Champs** – [CLICK HERE](#) for information and to register (entries close Tuesday, 5th September)
 - **30th Sept – 5th Oct – High Performance Training Camp** – [CLICK HERE](#) for information and to register.
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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
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 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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