

## Newsletter – May/June 2017

### Short Course Season Underway!

After a short break to rejuvenate after an incredibly successful long course season, all of our squads are back in the water and training hard.

With the completion of the Bayside Encouragement Meet, Bayside Club Championships, and Nunawading Short Course Meet, it's clear all of the dedication and hard work is paying off.

Below is a list of our **"WEEKEND WARRIORS"** or swimmers who have swum PBs of **4 seconds or more** so far this season:

GIRLS	BOYS
<ul style="list-style-type: none"> <li>• <b>Remy Barker (10)</b> – 100 BRS (10.8 sec)</li> <li>• <b>Paris Burlock (12)</b> – 50 BRS (4.88 sec)</li> <li>• <b>Chloe Cronin (12)</b> – 50 FLY (4.25 sec)</li> <li>• <b>Aimee Grella (14)</b> – 50 FLY (4.68 sec)</li> <li>• <b>Ella James (13)</b> – 50 FS (4.31 sec)</li> <li>• <b>Jordan Fox (17)</b> – 400 FS (9.93 sec)</li> <li>• <b>Cara Jenkins (15)</b> – 400FS , 200BKS,</li> <li>• <b>Chloe Joughin (12)</b> – 50 FS, 50 BKS, 50 BRS</li> <li>• <b>Elke Lewis (11)</b> – 50 BRS (5.25 sec)</li> <li>• <b>Poppy Livings (13)</b> – 100 FS (6.07 sec)</li> <li>• <b>Jess May (11)</b> – 200 FS, 200 BKS</li> <li>• <b>Georgia Neville (9)</b> – 50 FS (6.62 sec)</li> <li>• <b>Holly Neville (12)</b> – 100 FS, 100 FLY, 200 IM</li> <li>• <b>Milla O'Brien (13)</b> – 100FS, 100 BRS</li> <li>• <b>Caitlin Read (10)</b> – 100 BRS (8.53 sec)</li> <li>• <b>Emily Roberts (15)</b> – 100 FS, 100 BRS</li> <li>• <b>Ella Wearne (14)</b> – 50 BRS, 100 BRS</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Riley Barker (12)</b> – 200 IM (23.71 sec)</li> <li>• <b>Lane Chetverikov (15)</b> – 200 FS (16.13 sec)</li> <li>• <b>Max Cronin (14)</b> – 200 FS, 100 BKS, 100 IM</li> <li>• <b>Tom Dale (15)</b> – 100 BRS, 100 FLY</li> <li>• <b>Jack Duckinson (13)</b> – 100 FS (11.14 sec)</li> <li>• <b>Alex Georgiou (15)</b> – 200 FS (18.31 sec)</li> <li>• <b>Tom Lewis (13)</b> – 100 FS (6.15)</li> <li>• <b>Darcy Nicholson (12)</b> – 100 FS, 50 BRS, 100 BRS</li> <li>• <b>Riley Roberts (15)</b> – 400 FS, 200 BKS</li> <li>• <b>Lachlan Shepherd (14)</b> – 200 FS (6.23 sec)</li> <li>• <b>Luke Tucker (12)</b> – 200 FLY (6.19 sec)</li> <li>• <b>Ned Wilson (11)</b> – 50 FLY (14.01 sec)</li> </ul>

### A special congratulations to:

- **Chloe Joughin (12)** who qualified for her first Victorian Age Championships on the weekend in the 50m freestyle.
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## New Squad Structure Expectations – Term 3 & Beyond

We are closing in on one month since the launch of our re-designed squad structure and coaching allocations.

In a short period of time it's pleasing to see the vision and reality become aligned. As one of the coaches of the Victorian Talent I.D. Squad, I have shared our structure with the Victorian Head Coach, Rohan Taylor, who believes this is the best long term pathway for our success.

The gradual implementation of this structure to date will shift in Term 3 and beyond to much stricter expectations around our competitive squad entry and training requirements. In summary:

- **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 Term 3 (Senior, Silver, Bronze).

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## 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 50m freestyle at the Nunawading Short Course Meet last weekend. **Paris' time of 26.60 smashed the previous mark by .61**

## Club Records

- **Paris Burlock (12)** – 50m FS (Age & Open), 50m BK, 50m BR (Age & Open), 50m FL
- **Tom Dale (15)** – 50m BRS
- **Aimee Grella (14)** – 50m FL, 100m FL
- **Cara Jenkins (14)** – 50m FS, 400m FS, 200m BK
- **Hannah Schmidt (15)** – 200m FS, 400m IM (Age & Open)

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

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## NEW – [Pilates/Yoga Instructor](#)

Bayside Aquatics/Mentone Grammar are in the process of hiring a Pilates/Yoga instructor to commence in Term 3.

The successful applicant will also work with our High Performance, Performance and State Squads once per week.

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## [Bayside Club Membership – Saturday, 1<sup>st</sup> July](#)

Bayside Swimming Club Membership will open for new and existing members of Saturday, 1<sup>st</sup> July. **Existing members** please follow the instructions in the email that will be sent on Saturday, 1<sup>st</sup> July.

**NEW Members only** - Please [CLICK HERE](#) to join (select Metro South > Bayside Swimming Club when prompted) when membership opens on Saturday, 1<sup>st</sup> July.

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## [Log books & Goal Posters](#)

Our club training log books have arrived and are in the process of being distributed.

The swimmers are adding great depth to their learning experiences with this tool as well as the goal setting posters which we have arrived and have been set up for each competitive training squad.



## [Training Updates](#)

- **High Performance Squad** - Wednesday, 5<sup>th</sup> and 12<sup>th</sup> July training will be at Bayside Aquatics, Mentone 4:30pm-7:00pm and **NOT** at GESAC.
- **Performance Squad** – Thursday, 6<sup>th</sup> July training will be at Bayside Aquatics, Mentone 5:15am-7:15am and **NOT** at GESAC as previously advertised. Training will resume at WAVES as per the schedule the following week.
- 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).

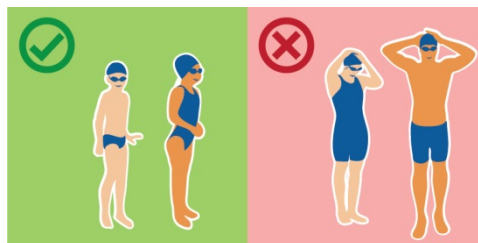
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## [Important Update – Swimming Victoria](#)

We are very pleased to announce a change to our Rules of Competition for Swimming Victoria events. From the 1<sup>st</sup> of July, 2017, we will be prohibiting the use of Technical/Performance suits for athletes aged 11 and under.

We are doing this to encourage young swimmers to stay in the sport, and to reinforce a focus on building confidence and technique amongst young swimmers, while removing the pressures of high costs that are associated with this kind of performance gear.

From 1 July, 11/U swimmers will need to have suits that mirror the image below (trunk style bathers, aqua short type cuts and mid-thigh lengths bathers are allowable).



[CLICK HERE](#) for more information.

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## 2017 Senior High Performance Training Camp

The 2017 Senior High Performance camp is booked for **Saturday, 30<sup>th</sup> September – Thursday, 5<sup>th</sup> 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.

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.

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## Upcoming Events



- **Saturday, 22<sup>nd</sup> July - PRESENTATION NIGHT** – whole club event. [CLICK HERE](#) to book
- **Friday, 21<sup>st</sup>, 28<sup>th</sup> July and 4<sup>th</sup> August – Winter Interclub Relay Meet** – [CLICK HERE](#) for more information and to register your interest.
- **Sunday, 30<sup>th</sup> July – Bayside Short Course Meet** – [CLICK HERE](#) for meet information and entries.

## [VOLUTEERS NEEDED! – CLICK HERE to sign up](#)

*Our team hosted swim meets are the primary financial driver for the club that enables us to sponsor our pizza parties; presentation nights; team movie nights; training equipment purchases; various subsidies etc. We need **ALL** parents to be involved not just the same experienced hands. Please get involved.*



- **TBC August – Whole Team Movie Night** – more information to come...

## 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!**

## SPONSORS

Thank you to our **GOLD** level sponsors:





Thank you to our **SILVER** level sponsors:

