

Newsletter – September 2016

Short Course Season Wrap

The month of September has been a busy one for our swimmers with very pleasing results for the club.

All of the hard work over the winter months was on display at the Victorian Short Course Championships. As a team we finished 6th on the point score (only a few points behind 4th place) with the all swimmers achieving at least one PB. We also had a number of outstanding individual performances:

Emily Bresnehan (15) – won two gold medals in the 100m and 200m backstroke in devastating fashion blowing away the finals field with times of 1:02.00 and 2:16.75

Nick Georgiou (17) – had three top four finishes including second in the 200IM in a time of 2:03.37.

Ben Putamorsi (15) – finished 3rd in the 200m breaststroke with 2:23.09. This was an 11.73 PB!

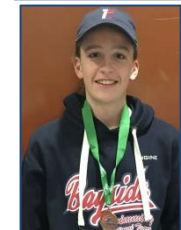
Teah Vassiliadis (13) – finished 3rd in the 200m butterfly and was the second Victorian in a time of 2:31.29.

Olivia Lefoe (13) – had an amazing meet finishing with multiple top three placings including first in the 100m freestyle in a time of 57.83 and the first Victorian in the 200m butterfly in a time of 2:28.04.

Congratulations also to our finalists, **Spencer Blain-Bartle, Josh Cooley, Jayde Boyd, Thomas Dale, Michael Garbelotto, Aimee Grella, Arthur Kiselnikov, Liam McLeod** and **Jack Williams**.

Based on their outstanding results **Emily Bresnehan** and **Olivia Lefoe** were selected on the Victorian Team for the 2016 State Teams Age Short Course held at the AIS 23-25 September.

Finally we had three girls representing Victoria at the School Sport Australia Long Course Swimming championships in Darwin, 16-21 September. **Holly Neville (11)** finished 10th in the 50m freestyle in a new PB of 31.49. **Olivia Lefoe** kept her busy month of racing purring along taking second place in the 50m backstroke and first in the 100m freestyle. **Paris Burlock (12)** had an amazing meet throwing down the gauntlet to her national competitors with two amazing swims. Paris won the 50m freestyle in a blistering 27.36 and the 100m freestyle in another fast time of 1:01.11!



[NEW Website](#)

We are pleased to announce the deployment of our new team website and team management system which includes powerful online tools that will allow families to do everything from signing up for meets and jobs online to viewing all their swimmers results.

This new toolset will also enable our coaches and team administrators to better communicate and manage our team.



If you have a mobile device you will also be able to download the free app to access your account and associated functionality. Please follow the below link for more details: http://www.teamunify.com/_corp_/ondeck/parent.php

Please visit: www.baysideswimming.org.au to check out our new website. We think you're going to love it!

Shortly, you will be sent a system generated email with your login credentials to your own secure private account. Please login and update all of your contact information.

As we prepare for full implementation of the TU system, it is especially important that you update and verify your email address with an email address that you use actively. We will rely heavily on email communication from this system to keep you updated on team activities and events.

Once logged into your account there are several tools to help you learn about the new system, simply click the "My Tutorials" link located on the left had side to access them.

Please contact tim@baysideswimming.org.au with any concerns you may have about logging in to your account or questions about the new system.

[Training Updates](#)

- Please check the website (www.baysideswimming.org.au) for all current training schedules (we have started our training sessions in the 50m pools at GESAC and Waves).
 - **PUBLIC HOLIDAYS** – As a point of clarification, as a team dedicated to the relentless pursuit of excellence, training will be conducted and encouraged on public holidays unless noted differently on the schedule.
 - Please make sure your swimmer(s) has all of the **required training equipment** ([CLICK HERE](#) for a complete list).
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Upcoming Meets

- **9th October – Bayside Long Course Meet**
 - [Meet Flyer](#)
 - [Online Entries](#)
 - **Entries close 3rd October at 5:00pm**

 - **22-23 October – Victorian Long Course Distance Meet**
 - [Meet Flyer](#)
 - [Online Entries](#)
 - **Entries close 10th October at 5:00pm**

 - **30th October – Surrey Park Long Course Meet**
 - [Meet Flyer](#)
 - [Online Entries](#)
 - **Entries close 24th October at 12:00pm**

 - **12th November – Nuna Long Course Meet**
 - [Meet Flyer](#)
 - [Online Entries](#)
 - **Entries close 1st November at 8:00pm**
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Volunteering

With the **Bayside Long Course meet** fast approaching, we are calling on our **RED ARMY** of awesome parent volunteers to help us run a great meet for the kids.

Swim meets are demanding but they are the main source of income necessary for our club to provide great resources for our members. So please get involved!

Going forward we need ALL timekeepers to wear **RED**, loud and proud. If you have not got a Bayside top please look at purchasing one before the Bayside Long Course meet.

The Volunteer Register for the Bayside Long Course meet to be held at MSAC on **Sunday 9th October 2016** is [HERE](#). Please sign up early and help out.

NOTE: If Members do NOT volunteer then members will be pre-allocated based on those swimmers attending.

Social Media Platforms

In conjunction with email and our new website/app, we have an active presence on our social media platforms. This is a great way to stay in touch with the team as well as important swim-related topics:



[Bayside Swimming Club](#)



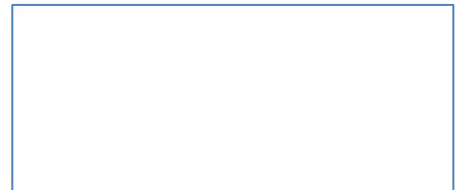
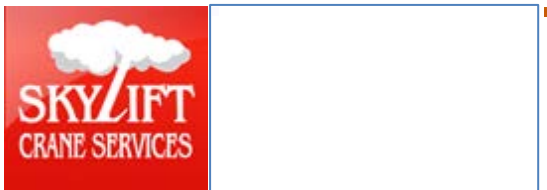
[@BaysideSwim](#)



[baysideswimming](#)

New Sponsors

Welcome to our four **GOLD** level sponsors:



Welcome to our new **SILVER**



level sponsors:

JX

The results are now in for the 2015/2016 season and we have a heap of Bayside swimmers in the list. AWESOME!!!!

You can check the full list [HERE](#).

Packs have not yet arrived from Swimming Australia but we will distribute as soon as they do

2016 QLD Senior High Performance Training Camp

A big thank you to Mrs. Collette Grella and Mr. Eric Du and the outstanding young people that made our HP training camp on the Gold Coast so successful.

It was amazing to watch so many swimmers break through barriers in the pool and in our classroom sessions.

A great mental and physical foundation has been set for the upcoming long course season.



The 2017 Camp will be held 30th September to 6th October 2017!

The **Bayside Junior Performance Camp** will be held 18-20 January 2017 at Toorak College. This will be a great opportunity for our junior swimmers to experience some of the mental and technical skill work from the Senior training camp.

General Updates

- Interviews will begin next week for a full-time Senior Assistant swim coach for the program.
 - Approval has been given for the installation of new competition 'kicker' blocks (installation meeting on Tuesday, 4th October).
 - The majority of the new athletic development equipment has arrived with the installation of first phase of the chin up bars starting next week.
 - The coaching staff will have our second professional development meeting on Saturday, 1st October with a focus on the new athletic development program.
 - We are in the process of getting quotes to expand the turf area outside of the pool which will include: significant landscaping, chin up bar installation, extended water proof shade cloth and flood lights.
 - **Caremonkey** –the club has established an account with Caremonkey to help manage the health care profiles of our athletes.
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[Save the Dates 2015-2016](#)

- **Sunday 9th October** - Bayside Long Course Meet (CONFIRMED)
- **Friday 2nd December** - Bayside Xmas Celebration (TENTATIVE)
- **Thursday 15th December** - Bayside Albert Park Kris Kringle night (TENTATIVE)
- **Wednesday 25th Jan 2017** - Bayside Australia Day Eve Sprints Meet (CONFIRMED)
- **Thursday 9th March 2017** - Victorian All Schools Championships (CONFIRMED)