

Newsletter – Catch Up!

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

Victorian Age/Open Short Course Championships

The Victorian Age and Open Short Course Championships proved to be another great conclusion to the 2017 winter short course season for the Bayside Swimming Club. We had:

- 46 swimmers qualified
- 174 swims with 111 PBs
- 8 Gold Medals (Paris Burlock, Aimee Grella, Tom Dale)
- 3 Silver Medals (Tom Dale, Paris Burlock)
- 6 Bronze Medals (Michael Garbelotto, Nick Georgiou, Hannah Schmidt, Arthur Kiselnikov)

Congratulations to our **FIRST-TIME** championships qualifiers: **Chloe Joughin**, **Darcy Nicholson**, **Lexi Kappa**, **Tom Lewis**, **Milla O'Brien**, **Nathan Thompson**.

Victorian State Teams

Five of our Bayside Swimming Club swimmers and Head Coach Tim Mulvihill were selected to represent Victoria at the State Teams Camp and Meet at the AIS 20-24th September. This was a fantastic opportunity to race train with the best swimmers in Victoria and race the best swimmers in the country. Congratulations to:

- **Arthur Kiselnikov** who swam on his PB in the 200m freestyle.
- **Michael Garbelotto** who finished 10th in the 1500m freestyle with a 19.61sec PB and 9th in the 400m freestyle.
- **Aimee Grella** who finished 2nd in the 100m butterfly and 1st in the 200m butterfly.
- **Tom Dale** who finished 2nd in the 200m breaststroke and 1st in the 100m breaststroke.
- **Paris Burlock** who finished 1st in the 50m freestyle, 1st in the 100m freestyle, 6th in 50m butterfly and 5th in the 200IM.



Bayside High Performance Training Camp



Our 2017 High Performance Training Camp took place at the Sport Super Centre on the beautiful Gold Coast in QLD.

Working on the themes of Leadership and Team Culture, thirty of our 13 & over swimmers, completely committed themselves to all aspects of our camp.

Looking forward to 2018 on Queensland's Sunshine Coast!



Queensland Open Water Championships

On the weekend of Saturday, 21st October Head Coach **Tim Mulvihill**, **Luke Lineham**, **Riley Roberts** and **Milla O'Brien** travelled to Lake Kawana for the 2017 QLD Open Water Championships.

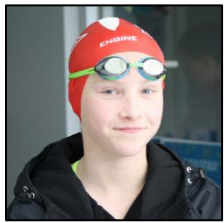
All three swimmers had very strong PBs with Riley Roberts and Milla O'Brien achieving the national qualifying standard for the 5km swims!



Bayside Long Course Meet

On Sunday, 22nd September we held our annual long course meet at MSAC.

A big THANK YOU to our amazing Red Army of parent volunteers for making this such a professional event. A lot of fun and a lot of PBs!



Australian Open Championships & Training with Olympic Gold Medalists



Congratulations to **Andy Berecz** and **Paris Burlock** who both competed at the 2017 Australian Open Championships.

The meet was a great experience for Andy and Paris to test themselves against the best in the world as well as witness a new World Record by sprint sensation Cate Campbell in the 100m freestyle. A special congratulations to Paris who finished 9th in Australian in the 50m breaststroke!

Ev:055 Women 50m Breast			
OFFICIAL SUMMARY			
1	BOHL GEORGIA	GUSC	30.57
2	MEILUTYTE, (V) R	LTU	30.81
3	HANSEN JESSICA	NUN	30.86
4	MCKEOWN TAYLOR	SPRT	31.34
5	VAN BRENGEL C	WOVM	31.59
6	DANIELS COURTNEY	ACAC	31.92
7	SMITH MIKAYLA	NUN	31.95
8	QUINN JESSIE	CARL	32.16
9	BURLOCK PARIS	BSID	32.55
10	MINDHAM BROOKE	CARL	32.69



Capping off an exciting month for the club was **Arthur Kiselnikov's** invitation to train with Olympic Gold Medalists Mack Horton (400m freestyle) and Gregor Palterinieri (1500m).

Victorian Sprint Championships

The Bayside Swimming Club speed was on display at the recent Victorian Sprint Championships.

We had:

- 32 qualified swimmers
- 67 individual swims with 43 PBs
- 3 x Gold Medals (Paris Burlock, Tom Dale)
- 2 x Silver Medals (Paris Burlock, Aimee Grella,
- 3 x Bronze Medals (Cara Jenkins, Sienna Shepherd, Arthur Kiselnikov)

Congratulations to our **FIRST-TIME** championship qualifiers: **Lochie Grant**, **Mia Hayden**, **Georgia Macmillan**, **Josh Matthews**, **Josh Miller**, **Jack Neall**, **Ashton Roberts**, **Emily Roberts**, **Kane Wilson**, **Emily Zallman**.

A special congratulations to **Emily Zallman** who dropped two seconds to make her first championship final placing 7th overall!



RECORD BREAKERS

Bayside Swimming Club had another ridiculously successful Winter short course season with our swimmers holding **81 new club records!** An amazing achievement.

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

A few months into the long course season we already have **25 new records!**

Congratulations to following swimmers for breaking long course records:

- Paris Burlock
- Aimee Grella
- Hannah Schmidt
- Jordan Fox
- Arthur Kiselnikov
- Cara Jenkins

Training Updates

With upcoming Victorian Age Championships and the Christmas/New Year period, please double check the training schedules for all squads. Some important dates to note:

- **District Squad, State Squad and Senior Squad** will finish on **Saturday, 16th December** and resume on **Tuesday, 2nd January 2018**
 - **Performance and High Performance** will finish on **Tuesday, 19th December** and resume on **Wednesday 27th December**
 - *There will be optional sessions available 20th-23rd December*
 - **Bronze, Silver Squads and BAM Development Squads** will finish on **Friday, 22nd December**. There will be pay-as-you-go holidays sessions available starting **Tuesday, 2nd January 2018** for the school holiday period.
 - 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.**
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[2018 Junior Performance Camp – Toorak College](#)

The Bayside Junior Performance Camp will be held **17-19 January 2018** at Toorak College.

This will be a great opportunity for our junior swimmers to work with Head Coach Tim Mulvihill and experience some of the mental and technical skill work from the High Performance training camp.

Training volume and training intensity **WILL NOT** be a focus of this camp so please see it as a new opportunity for your swimmer(s) to improve their mental and physical swimming skills.

Approximate cost will be \$350 per swimmer inclusive of all costs.

Please [CLICK HERE](#) to **RSVP** by **Monday, December 19th**.

[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](#)

- **10-15th December – Victorian Age Long Course Championships** - [CLICK HERE](#) for information and to register (entries close Monday, 27th November)
 - **3rd-6th January – High Performance National Camp (Geelong Grammar)**
 - **17th-19th January – Bayside Junior Performance Camp (Toorak College)** [CLICK HERE](#) to RSVP by Monday, 8th January.
 - **Thursday, 25th January – Bayside Australia Day Sprints Meet** – [CLICK HERE](#) for information to register (*entries close 4th January*)
 - **Thursday, 26th January – Great Australia Day Swim** – [CLICK HERE](#) for information.
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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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