

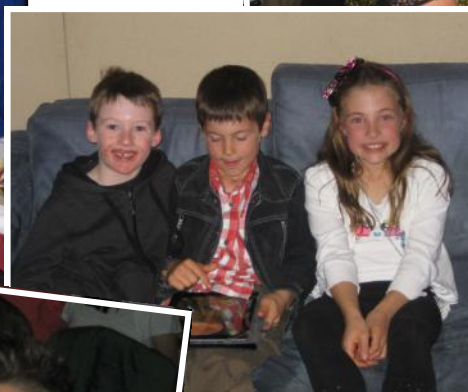
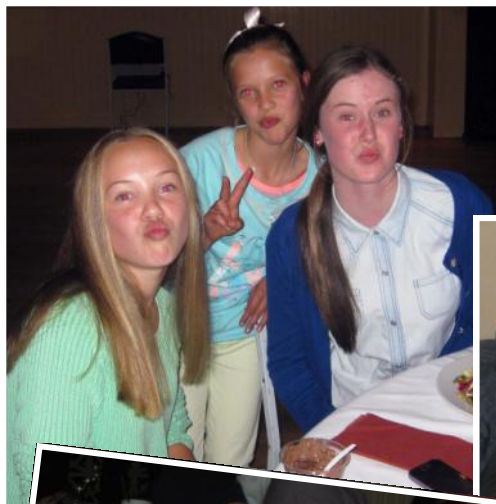
Kouta News

Kilmore Swimming Club newsletter



June 2013

Presentation Night 2013



Kilmore Swimming Club Inc.

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Presentation Night 2013

All members had a great time at our annual awards night in May. Thankyou to Sharon for organising the booking and to Lynton for the wonderful photo and video presentation. All swimmers are congratulated on their excellent efforts in the 2012/13 season.

Award winners were:



Age Champions

Male:

9/U	Xavier Kelly
10 Years	Jacob Gatt
11 Years	Patrick Kelly
13 Years	Hugh Laffan
14 Years	Dylan Cornish
15 Years	Dylan Mills
16 Years	Andrew Thompson
17/Over	Lynton Pyle

Female:

11 Years	Siobhan Laffan
12 Years	Serena Sharp
13 Years	Madeleine Rhodes

Senior Champions:

Male	Dylan Mills
Female	N/A

Junior Champions:

Male	Hugh Laffan & Dylan Cornish
Female	Madeleine Rhodes

Pennant Awards

Bronwyn Mills
Riley Cook
Teagan Finn
Adam Gatt

Perpetual Trophies

Fly (Wehrens)	Cassidy Page
Back	Hugh Laffan
Free	Siobhan Laffan
Bartlette	Karla Page
Murphy	Alexandra Roberts
Coaches	Dylan Cornish
Dolphin	Xavier Kelly
Cartwright	N/A
Bruce	Andrew Thompson

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Pool Deck Tea for Ethan

On Thursday 13th June we are holding a pool deck tea after training to raise funds for Ethan Daws' trip to the World Transplant Games in South Africa in October.

The club will provide chicken and salad. All swimmers and families please bring along a gold coin donation. All are welcome and encouraged to attend.

This will also be a good opportunity for any new and non-competitive swimmers to get to know the rest of the club.



Upcoming Events

DATE	EVENT	VENUE
June 7	Kilmore Swimmng Club AGM	Rose Café Kilmore, 6.30pm
June 11	Kilmore SC Time Trials	Kilmore Pool
June 13	Pool Deck Tea	Kilmore Pool
June 16	Kilmore SC Annual Swim Meet	Kilmore Pool, Warm up 9am, Start 10am

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Kilmore Swimmers compete in Darwin

On the 6th March our club sent a small team to the Northern Territory Open & Age Championships in Darwin. The team consisted of Dylan Mills, Jay Finn, Andrew Thompson, Lynton Pyle (swimmers), Jennifer Lonie (coach), Shirley Mills (team manager) and Bronwyn Mills (avid supporter).

On day one, after a dip in the wave pool, Jay, Andrew and Lynton qualified for the finals in the 100 Breast and Dylan, Jay and Andrew swam the 50 free.

Day two, after another swim at the wave pool, three of the four swimmers swam in the breast-stroke final, Andrew placed 1st

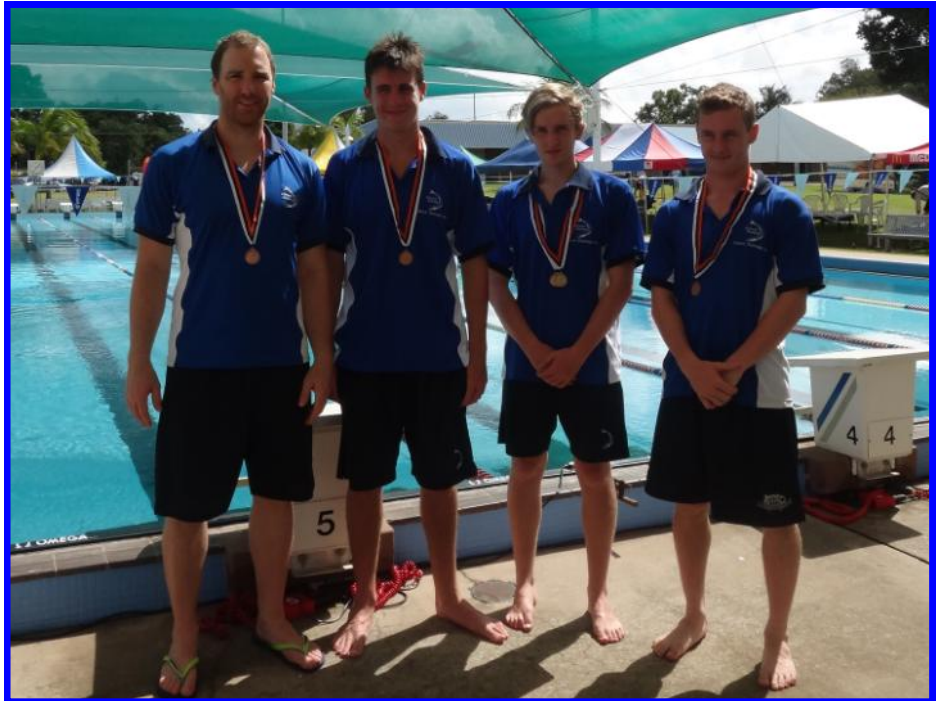
& Jay placed 2nd in the 16/U and Lynton placed 3rd in the 17/O. Next up Jay and Dylan swam in the 200 IM heats and qualified for the final.

The day three morning session was an early start. All four swimmers swam the 50m butterfly heats. Dylan & Jay qualified for the 100 freestyle final and Dylan qualifying for the 100 backstroke final. The big event for all of them was the 4 x 100 freestyle relay. The Kilmore team was not overly confident in this race, but they came through to place 3rd over all just behind Casuarina and Darwin.

The day three afternoon session saw Jay and Dylan place 3rd & 5th respectively in the 100 freestyle final, Dylan place 5th in the 100 backstroke final. Andrew & Lynton swam the 50 breaststroke heats and qualified for the final. Then it was time for another relay. Going into the 4 x 50 medley relay Kilmore were ranked third and held their position to finish third outright, again behind Casuarina and Darwin.

With no swims in the day four morning session a little sleep in was welcome. The final session of the meet saw Andrew & Lynton swim in the 50 breaststroke final placing 4th and 6th respectively and all four swimmers competing in the 4 x 50 free relay. Going into the relay Kilmore was ranked 4th but the team wanted to medal in all three of their relays. Andrew led off with Lynton second followed by Jay leaving Dylan to bring it home in a personal best time to touch out Palmerston and take outright 3rd place, yet again behind the two power houses of the NT Casuarina and Darwin.

After the meet had finished it was off to the Adelaide river to see some crocodiles, back to Darwin for the after party, then off to the movies and finally on to the airport for a 12:45am flight back to Melbourne.



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Kilmore Swimmers compete in Darwin cont ...

"All up it was a fantastic trip," coach Jennifer Lonie said. "This is the first time we have taken a team away like this and we are very pleased that it all went smoothly, everyone enjoyed themselves and all of the swimmers had a successful meet. There is a very good chance that we will be making the trip again next year."

The trip was partly funded by a 'Local Sporting Champions Grant' which is a program run by the Australian Sports Commission and is designed to provide financial assistance to young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisations endorsed event, national or international sporting championships or a School Sport Australia state or national championship.

There is an individual category for \$500 that Ethan was awarded for his trip to South Africa and we were awarded the team one for \$3000 for our trip to Darwin.



Entries now open for Kilmore Swim Meet

Plans are well underway for our annual swim meet on June 16. This event is open to all Swimming Victoria registered swimmers. To access the program and enter online please visit the following link:
<http://www.swimmingvictoria.org.au/calendar/index.cfm?fuseaction=SwimMeets&MeetID=15255>

Entries close THIS FRIDAY, 7th June.

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Time Trials

Our next Time Trials will be held on **Tuesday 11 June 2013** at the Kilmore Pool as part of that night's training session. All swimmers are able to take part. New swimmers don't be scared – we will not make you do anything you don't want to.

Time Trials are a great practice for competition and allow swimmers and coaches to see how their times are going.

Parents will be required to time keep so please consider volunteering for this role. Stop watches etc are provided.



Save your Gatorade labels!

The club is collecting the labels from Gatorade products for their 'Get the Gear' promotion.

If anyone has a Gatorade keep the label and give it to Lynton.

We need 300 points to get a 38 litre gatorade cooler pack which we will use over the summer season to keep the swimmers hydrated.