

August 2011

Shark Tales

Leigh Ryan was nominated and won Victorian Surf Sports Male Athlete of the year for the 2010/2011 season. The selectors at Life Saving Victoria were given a nomination with all of Leigh's achievements from the season and this aided them in his selection. Some of Leigh's achievements are as follows:

One of only two Victorian athletes to be selected into the Surf Life Saving Australia High Performance squad

Collected a Silver medal in the Patrol Competition at Aussies.

Collected four bronze medals and one silver at the 2010 SLSA Pool Rescue Competition.

Selected in the SLSA U/20 Development team to Compete in New Zealand.

Won two bronze one silver and four gold (4 championship records) in New Zealand.

Selected in both the Victorian Pool (RLSSA) and Pool/Surf combined team (SLSA).

Competed in 12 events at the Interstate championships (10 top five and five top three finishes).

Member of the LSV High Performance squad.

Selected in the RLSSA Elite Athlete Program.

The only Victorian Athlete to be selected in an Australian Team for the 2010/2011 Season.

This is an amazing achievement to be named the Victorian Male Athlete of the Year but Leigh has also been nominated for the Australian Athlete of the Year. To be nominated at such a high level is such a great honor. The awards ceremony will be in Sydney on the 8th of October.

Leigh also recently competed at the RLSSA National Championships in Brisbane over the Queen's Birthday weekend, where he picked up seven medals including his first ever individual Open national medal. He was not able to gain enough points to be picked in the Senior RLSSA team as his main event was a non-selection event and the points did not count towards his total, if they did he would be off to South Africa in September this year.

Despite the disappointment of not making the team to South Africa Leigh was selected in the SLSA Elite Pool squad which entails competing in many events on the Surf Sports calendar and requires a large amount of travel. Leigh have recently competed at both the SLSNSW and SLSQ state championships and with over 20 event starts and never finishing out of the top five is a good sign.

On August the 11th - 14th Leigh will also be competing at the 2011 SLSA Pool Rescue Championships that will also double as a selection event for the Australian senior team that will travel to Germany in November this year. It would be a great achievement to make this team but Leigh can only do his best and hope that he is selected in the team.



School Sport Swimming



Congratulations to the following Wyndham swimmers that have been selected to represent Victoria at the Australia Swimming School Sports. Jesse May, Lauren Caulfield, Andrew Jarvis, Dylan May, Caitlin Eccles, Ryland Brian, Joshua Furnival, Shae Straw-McMahon and John Santi. School Sport Victoria will host the School Sports Australia 2011 Swimming and Diving Championships at MSAC. Good Luck to our swimmers and congratulations.

Knock out results

Results of our Knockout 50m Butterfly Handicap held on 26th June 2011.

First: Elizabeth Powell
Second: Mark Evans
Third: Stephanie Rankins
Fourth: Saxon Kegg
Fifth: Emma Oorloff
Sixth: Montana Rauner-Smith

Thank you to our sponsor: Williamstown Podiatry.



Wyndham Sharks Junior Camp

Over the second week of the school holidays swimmers from competition development through to the state youth squad were invited to attend a training camp to help them grow as competitive swimmers.

The main idea of the camp was to give the swimmers access to video footage of elite swimmers to illustrate the drills and skills that we are attempting to get the swimmers to master. After watching the videos, the swimmers had the opportunity to try out their skills in the water under the guidance of head coach Paul Taylor, National Coach Peter Botheras and Junior Coach Sam Grant. Jo Kegg was also kind enough to make herself available and help out where necessary. These sessions were invaluable as they offered swimmers a visual of the ideal stroke techniques for the different strokes. The improvement in their swimming skills was immediate.

The fun didn't end there however with swimmers also being given the opportunity to participate in the following activities:

Goal Setting with Sam and Leigh: During this session the importance of having both short and long term goals was discussed. Swimmers were then asked to set themselves some goals and keep these goals somewhere they can view them regularly in order to help keep them focused on achieving them. We also encouraged the swimmers to share their goals with the coaches, parents and anyone else who could give them assistance in reaching them.

Nutrition Session with Jess Danaher

"What makes a great swimmer" with the leadership group

Injury Prevention with Jacqui Bloder: In this session Jacqui focused on injuries that are common to swimmers and what we can do to prevent them from occurring. The main idea put across to the swimmers was that prevention is better than cure and by putting in place a program of stretching and core strength development swimmers are able to prevent or minimise injuries. Jacqui took the swimmers through a practical stretching session of stretches that are the most useful to swimmers. She also introduced the use of therobands to deal with shoulder weaknesses.

On the final day the swimmers were treated to a BBQ and some free time in the pool.

A big thanks goes out to all the senior swimmers and parents who volunteered their time to assist with the camp. Without their help it would never have been possible.

We have received a lot of positive feedback from both swimmers and parents from the camp and would love to make it an annual event.

Happy August Birthday

- 1 - Megan Newsham
- 6 - Baylee Fletcher
- 7 - Mark Evans
- 8 - Carly Botheras,
- 19 - Jacqueline Burke-Rankins
Keeley Davies
Stella Soesanto
- 20 - Casey Goonan-King
Benjamin Pridham
- 22 - Natalie Vercher
Joshua Paterson
- 26 - Sue-Binn Yim
- 31 - Michael Shelev,
Courtney Lettieri



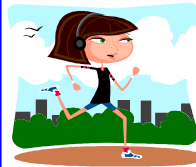
A special mention for James Tzelepis who was missed off last months birthday list. James birthday was on the 31st July. We hope you had a great day!!

Pete's Quote of the Month:

There's only two times in life, there's now and there's too late!

Kelcey's Random Fact:

'An ostrich's eye is bigger than it's brain'



Congratulations to Sarah Dobie who is not only a talented young swimmer but also shows promise as a cross county runner.

Sarah has been chosen second year running to represent Victoria to compete at the Australian Schools Championships in Canberra next month.

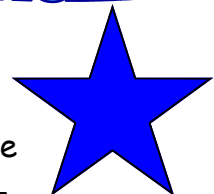
Good Luck Sarah!

...and the swimmer of the month is...

Max Budich

Max joined the swimming club a few months ago to help improve his fitness and as a stepping stone to begin to enter more competitions. He is currently a member of the Junior Development Squad where he trains twice a week. Since starting in the squad I have seen a huge improvement in Max's fitness and attitude. He has come a long way in both his swimming and personal development and will continue to do so.....

Congratulations MAX!!!!!!



Did you know.....

Terence Hill (born Mario Girotti) and **Bud Spencer** (Born Carolo Pederoli), the stars of more than 19 movies together, including "They Call me Trinity" and "Trinity is Still My Name". First met when they were team members of the Lazio Swimming Club in Rome.

Spence was the first Italian to break the minute in 100m Freestyle when he clocked the time 00:59.50 sec at the Mediterranean games in 1951. He went on to be a member of the Italian Olympic team in 1952 at the Helsinki, Finland and again at 1956 Melbourne.

He also won a national Water Polo Championship with Lazio SS.



Apologies

A special apologies goes to Marko Ivosev. Marko had received the District Championship trophy for under 16 boys in which I failed to mention in last months newsletter.....I'm Sorry!

Dates to remember

This year we are going to have a 2 day longcourse meet at our pool on the 8 & 9 October, which will incorporate some distance events including 400m free, 400m IM, 800m free for girls and 1500m for boys (as well as our usual 50m, 100m and 200m events and relays). Other dates for all swimmers to attend: 7-10 Encouragement Heats on Saturday 15 October and District Championships (all age groups) - 12/13 & 19/20 November (all events at our pool). Please put these dates in your diary.

Welcome to the following new members

Bisher Sheik Taleb, Eve Whiting, Alexis Montilla,
Jaime Patterson, Joshua Patterson, Caitlin Janmaat



Wyndham City Sharks Swimming Club now has a Facebook page. This is strictly for members only. Please ensure you make a request to be added as a friend.

