

February 2011

Shark Tales

2011 Victorian Age Championships

Christmas came early for Wyndham City Sharks swimmers as they collected a club record 18 medals at the Victorian Age Swimming Championships held during December at the Melbourne Sports and Aquatic Centre.

We finished eighth overall and the top west suburban club at the six day meet which featured the best young swimmers in Victoria.

Leading the shark pack was 'Madam Butterfly' **Alicia Danaher** who won both the 100m butterfly (1.01.91) and 200m butterfly (2.19.97) championship events and was 2nd in the 200m freestyle.

Kristy Dellios was champion in the 200m Backstroke event (2.17.96) and finished 3rd in the 200m freestyle and 100m backstroke

Andrew Jarvis had a thrilling win in the 100m Backstroke (1.02.10). His busy program also saw him win two silver medals in the 100m butterfly and 200m backstroke, bronze in the 50m freestyle and another 4 top 10 finishes for a total of 8 finals appearances, equal with **Caitlin Eccles** who broke through for her first longcourse state medals winning silver in the 100m butterfly and bronze in the 200m butterfly.

Other shark medallists were **Marko Ivosev** whose busy program netted 2 silver in the 100m and 200m butterfly, 2 bronze in the 200m & 400m Individual Medley plus 3 other top 10 placings. **Natalie Vercher** raced to silver in the 100m freestyle and bronze in the 50m freestyle sprint.

The strong performance of younger sharks some who made their first finals appearances showed the club has terrific depth. **Jordan Kirby**, **Jackie Santi** and **Jesse May** all just missed out on medals in their breaststroke events while finals debutantes, **Sarah Dobie**, **Josh Furnival** and **Ryland Brian** who made 5 finals will be stronger performers after their finals appearances.

Carly Botheras, **Natalie Tzelepis** and **Dylan Sadler** showed promise in their butterfly events to finish with top 10 placings.

Overall the clubs 45 strong squad won 4 gold, 7 silver and 7 bronze medals and had another 46 top 10 placings.

Age competitors:

Jaya Abela, Carly Botheras, Connor Brian, Jayden Brian, Kelcey Brian, Ryland Brian, Madeline Corfield, Alicia Danaher, Kristy Dellios, Erin Devlin, Sarah Dobie, Caitlin Eccles, Tim Eccles, Mark Evans, Joshua Furnival, Ivana Ivosev, Marko Ivosev, Andrew Jarvis, Jordan Kirby, Mikaela Leeson, Anne Livermore, Jean McGhie, Dylan May, Jesse May, Cameron Reid, Connor Ryan, Dylan Sadler, Jackie Santi, Isabella Scacco, Johnathan Scicluna, Petar Shelev, Michael Shelev, Joseph Suisuiki, Blake Sweeney, Daina Tadic, Andrew Takla, James Tzelepis, Natalie Tzelepis, Samuel Tzuntzurkas, Natalie Vercher, Samantha Volarich, Keone Wright, Olga Xinomilakis, Oxana Zaykova.

2011 Victorian Open and SWD championships

While many in our squads took a well deserved break during January a smaller group of 15 swimmers turned their focus to the Victorian Open Championships held January 14-16 at MSAC.

Josh Ramsey made 5 finals during the 3 day event in the 100 Back, 100 Free, 50 Back, 50 Breast and 50 Free. His best placing was 4th in the 100 Back.

Alicia Danaher again showed her butterfly finesse with 3 finals and finishing a heart breaking 4th in the 50m butterfly (27.91) missing the bronze by .06.

Kristy Dellios obtained a Top 10 finish at the completion of the 400 Individual Medley event and our 3 women's relay teams all made finals - congratulations to Alicia, Kristy. **Caitlin Eccles, Natalie Vercher** and **Jackie Santi** who all swam in those teams.

A highlight was **Dylan May** swimming a National Age Qualifying time in the 100m Breaststroke. Overall the club finished as the 9th ranked club in Victoria - a fantastic achievement by a small group of age swimmers.

Open competitors: Alicia Danaher, Kristy Dellios, Dylan May, Joshua Ramsay, Marko Ivosev, Caitlin Eccles, Jordan Kirby, Petar Shelev, Kelcey Brian, Lauren Caulfield, Dylan Sadler, Andrew Jarvis, Natalie Vercher, Jackie Santi, Jesse May.

Pete's Quote of the Month:

"It's not where you are today that counts, It's where you are headed..."

:-NRL 'Supercoach' Jack Gibson; premiership coach Eastern Suburbs 1974,75, Parramatta 1981,82,83

Happy February Birthday

- 4 - Jaya Abela
- 6 - Jordan Fletcher
- 7 - Samuel Knight
- 16 - Taylah DiPretoro
- 18 - Mikaela Leeson
- 19 - Kelcey Brian
- 24 - Jackie Santi
- 27 - Bradley Reynolds



To be a good swimmer you need to have dreams.....

Our dreams can be frustrating when we start to believe that we are unlikely ever to turn them into reality. We create these big ideas and sometimes they can be far-fetched, but that doesn't make them impossible. Our dreams are there to comfort us through the tough times, they help us push through pain and stress and give us hope. And any hope is better than no hope.

I got my first state time when I was eleven years old, it was in the 100m butterfly and I finished 30th in Victoria in my age group. If I told someone back then that I was going to be the state champion one day for that same event they wouldn't have believed it, in fact I wouldn't have even believed it myself.

But I had a dream, I didn't just give up because I wasn't getting results that I wanted in the short term. If there is one thing I have learnt during my swimming years it is that the best things can take time and sometimes you can find yourself just wondering if you should settle for something quicker, if less satisfying. But a dream is a dream and sometimes you need to challenge yourself and push the limits to reach your full ability.

You don't give up, you keep going because you have hope. Hope makes us feel better, it makes us stronger not only as a person but as a swimmer too. I waited a long time dedicating and committing myself to swimming before I started seeing the results that I dreamed about. So don't just throw it away, my wait has proven to be worthwhile and yours will too.

Alicia Danaher

Rochester Annual Swim Meet - Sunday 23rd January 2011

The Rochester swim meet was moved to Echuca as a result of the terrible floods that have and still are ravaging Northern Victoria. Wyndham Sharks were represented by Liz Powell, Sarah Dobie and Mikaela Leeson. All three girls swam well, with a number of personal bests achieved and nine medals brought home.

Mikaela - Gold: 50m breast,
Gold: Open 100m breast,
Gold: Open 'BBB'.

Sarah - Silver 50m back, Silver 50m breast, Bronze 50m fly, Bronze 50m free.

Liz - Silver Open 100m fly, Bronze Open 100m breast.

Great swimming girls and great time keeping Darren, Steve and Dave, an enjoyable day had by all.



Upcoming Meets

MEET	☉	DATE	VENUE	CLOSING DATE
Metro West All Junior Heats	☉	February 19	Melton	Closed
Metro West District Sprints	☉	February 27	MSAC	Closed
Australian Championships		April 1-8	Sydney	Online 16.3.11
Metro All Juniors Semis & Finals		April 2-3	MSAC	
Australian Age Championships		April 18-23	Adelaide	Online 30.3.11

Swimmer Profiles

Name: Sarah Scacco **Nickname:** Sar
Age: 9 **Star Sign:** Libra
Squad: Jenny's
Favourite Swimming Stroke: Backstroke
Funniest moment at training or competition: when Robbie pushed me into the pool & his note pad fell in
Other Sports: none
Other Interests: running **Pets:** none
Favourite AFL team: Bulldogs
Favourite Food: Pasta **Favourite TV Show:** lots
Favourite Movie: Bolt
My Special Sporting Achievement: when I got in the knockout final

odd spot

Dara Torres (USA), 41, became the oldest swimming medallist in Olympic history at the Beijing games. She had twice retired from swimming and has a 2-year-old daughter, but keeps returning to the sport to add to her medal collection.

"The water doesn't really know what age you are, so it doesn't really matter when you hit the water what age you are," Torres said after anchoring the US. team in the 4x100 metre freestyle relay, Reuters reports. "I'm hoping that my age paves the way for other athletes, who maybe think they are too old to do something, to get back in or continue in the sport."

In her wake, Torres leaves the previous record holder: Britain's William Robinson, who was 38 when he won the silver in the 200 breaststroke in the 1908 Games. Swimming phenomenon Michael Phelps, 23, jokingly refers to Torres as Mom. (Torres won her first Olympic medal the year before Phelps was born.)

We hope you enjoy reading our newsletter. All contributions are most welcome (photos, competition reports, recipes, jokes, for sale etc) please email: danaher.raelene.r@edumail.vic.gov.au

