

September 2010

# Shark Tales

Wyndham City Swimming Club gobbled up the medals at the Victorian Age Short Course Championships held between the 27<sup>th</sup> and the 29<sup>th</sup> of August in a real shark frenzy.

We had our best ever championships finishing the combined clubs point score in 7<sup>th</sup> place, the only club in the Western suburbs to finish inside the top 10. The club combined for an amazing 25 medals and another 40 top 10 placing's in the states most prestigious age short course event which was held over three days.

It all began on the Friday night when young gun Jesse May won silver in the 200 Butterfly, followed by Marko Ivosev's sprint for silver in the 100 Individual Medley and Alicia Danaher's bronze also in the 100 Individual Medley.

Saturday Night was time for the golden girls with Alicia again stepping up to the podium with two gold for the night in the 200 Individual Medley and 100 Butterfly. Kristy Dellios blitzed the opposition to win gold in the 200 Backstroke and then take out bronze in the 200 Individual medley. Natalie Vercher led the field home to win gold in the 100 Freestyle after earlier claiming silver in the 200 backstroke. Other strong performances on Saturday night saw Jesse claim silver in 200 Breaststroke and bronze in 100 Butterfly, Caitlin Eccles who has battled with an ongoing virus bravely claimed a silver in the 100 Butterfly, silver to Andrew Jarvis in the 200 Backstroke, Marko stepped up for bronze in the 200 Breaststroke and Michael Shelev claimed his first state medal winning a bronze in the 200 Backstroke.

When Sunday came around the club was buzzing with excitement and swimmers, coaches and parents continued to spur each other on. Alicia started the night off again with the first of the clubs medals for the evening winning silver in a hotly contested 200m Butterfly and following up later in the evening with another silver in the 400 Individual Medley. Natalie added another two silvers to her tally in the 100 Backstroke and 200 Freestyle, Caitlin claimed her second silver of the competition in the 200 Butterfly, Jesse added to his medal collection with silver in the 100 Breaststroke, Marko grabbed two more bronze in the 200 Butterfly and 400 Individual Medley and Andrew claimed bronze in the 100 Backstroke.

Those who contributed to the all over points with Top 10 finishes were Jordan Kirby, Anne Livermore, Sarah Dobie, Jackie Santi, Joshua Furnival and Liam Rava.

Head coach Paul Taylor says there were a multitude of highlights throughout the three day competition.

"Going into the competition with 36 competitors was an achievement in itself. Considering the Victorian SC Championships Qualifying Times had been significantly lowered this year it was fantastic to see so many of our swimmers rise to the challenge".

Ryland Brian, Ivana Ivosev, Erin Devlin, Cameron Reid and Josh Furnival, all 10 year olds represented our club in the 11 and under category". Josh managed to swim himself into two finals berths in the 100 and 200 metre butterfly events. "It's a fantastic achievement to compete against this calibre of competition in your own age group, but to make finals in the age group above is exceptional. We're confident that these youngsters coming through the ranks have a massive future ahead of them", Paul said.

The atmosphere from the Sharks camp was "electrifying" throughout the Championships. "Some of the parents and swimmers nearly lost their voices during the three days. In total we cheered on our swimmers in 65 Victorian finals appearances, which would have to be up there as one of the best results in the club's history. It was awesome to see the hard work pay off for so many of our athletes".

**THANK YOU**

To Liz Scacco who recently volunteered to take on the role of Metro West District Secretary. Liz joins other Wyndham City Swimming Club members on our district committee

Vince Taylor - President

Chris Eccles - Vice President and Property Officer

Thanks guys we all appreciate your positive contributions to swimming

**Congratulations**

Based on her impressive performances at the Championships, Natalie Vercher has now been selected to represent Victoria at the State Teams Age SC. This event will take place between the 18<sup>th</sup> and 20<sup>th</sup> of September and will be held at the Australian Institute of Sport, Canberra. The competition will involve individual events and State team relays as the best 13 - 16 year olds in the country battle it out to win points for their State

### Results of the Club Sunday 50m Freestyle Knockout Handicap:

1st place: Dylan Sadler

2nd place: Irene Santi

3rd place: Arlyne Anton

4th place: Jackie Santi

5th place: Mitchell Florence

6th place: Taylah Dipretoro.

Thank you to our sponsor:  
Williamstown Podiatry

Well done to all swimmers, it was terrific to see many of our new members taking out the trophies.

### Results of the Club Sunday 50m Backstroke Knockout Handicap:

1st place: Jade Murrell

2nd place: Cameron Reid

3rd place: Josh Devlin

4th place: Emily Bilek

5th place: Ivana Ivosev

6th place: Jesse May

Thank you to our sponsor:  
Di Caprio Family Restaurant

It was a really close finish to a great morning's racing. Well done to all swimmers



**VIC Age SC Medalists**

Back Row:

Marko Ivosev, Jesse May,  
Michael Shelev, Andrew Jarvis

Front Row:

Caitlin Eccles, Alicia Danaher,  
Kristy Dellios, Natalie Vercher

## odd spot

Denis Pankratov (Russia) won both the mens 100 and 200 Butterfly at the 1996 Atlanta Olympics. His 100m butterfly victory was another world record of 52.27s, breaking his own record set the previous year. Uniquely, he won the 100 m butterfly by swimming more than 25m of the first lap underwater and then 15m in the opposite direction, also underwater. His submarine technique caused a rule change to restrict butterfly swimmers to 15 m underwater (humans swim slower than the speed which they gain from diving and gliding and bouncing off the walls), in line with the other strokes.

### Pete's Quote of the Month:

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

Vince Lombardi



Swimmers please be mindful of the time spent having showers after training. Last week in an example of water wastage one of our senior swimmers left training early only to stand under the showers for at least 10 minutes **just** to rinse off, then leave with her bathers still on and a towel wrapped around her. Limit showers to 3 minutes max and if rinsing off 1 minute should be ample. Water saving needs to happen everywhere not just at home.

## Happy September Birthday

- 2 - Ivana Ivosev
- 3 - Saxon Kegg
- 4 - Jayden Brian
- 5 - Brooke Heward
- 6 - Kristy Dellios
- 8 - Jessie Caisley
- 10 - Casey-Lee Beck
- 11 - Emma Quinn
- 12 - Kate McErlain
- 14 - Joshua Devlin
- 17 - Estelle Tilley, Joshua Furnival
- 19 - Chanel Agosta
- 23 - Kiara Celestre
- 28 - Holly Buoy
- 30 - Shenae Keleher



Any Swimmer who needs a replacement personalized state team cap should see Sharon Brian to put their name down on the order list. These caps take some time to be produced so it is important that the ordering process be done soon to enable delivery before the Longcourse State Championships.

## Upcoming Meets

MEET	☉	DATE	VENUE	CLOSING DATE
Melbourne Vicentre Classic		October 9	MSAC	September 13
Metro West 7-10 Heats	☉	October 9	Wyndham	September 24
Essendon & Maribyrnong LC		October 17	MSAC	October 1
Vic Open Water Championships		October 16 & 17	Hazelwood	October 1
Wyndham City LC	☉	October 23 & 24	Wyndham	October 8
Metro West Championships	☉	November 13, 14, 20, 21	Wyndham	October 22

**Welcome** to the following new members  
 Caitlin Philips, Kayla Allen and Tim Box

## Meet the Coach

**Name:** Janine Mizzi

**Age:** Old enough

**Star Sign:** Leo

**Squad:** Junior Novice

**Favourite Swimming Stroke:** Backstroke

**Funniest moment at training or competition:** None as yet

**Other Sports:** football, netball (I am a sportaholic)

**Other Interests:** sports, grandkids, women's foundation

**Pets:** Cat - Puss, Dog - King Charles Cavalier X Charlee

**Favourite AFL team:** Carlton

**Favourite Food:** Mushroom Risotto

**Favourite TV Show:** UK Crime Shows

**Favourite Movie:** To Sir With Love

**My Special Sporting Achievement:** Being Top 5 in my age group in Backstroke and Butterfly (Victoria) - when I was a wee tacker. Life membership of Western Region Football League



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



WILLIAMSTOWN  
PODIATRY SERVICES

