

MVC news

March 2018

Photograph by Kenrick Monk



A word from our head coach

The last month has been an incredibly busy time at Melbourne Vicentre, but I would like to begin by congratulating all our swimmers who competed at the recent Commonwealth Game Trials on the Gold Coast. All did themselves and our club proud in their effort, intent and professionalism over the 4 days of racing. Even though our results did not rise to our hopes and goals, the meet was a great success.

To the outside world, success is measured in terms of faster times and medals, however I don't always like to measure success this way. To me, sometimes the most valuable successes are those that don't take the form of something that can be so readily assessed. What impressed me most about my time at the Commonwealth Games Trials was despite the less than ideal conditions; the setbacks and the disappointments; our swimmers arrived back at the pool each day ready to perform at their best.

From our development squads through to our podium squad, we continually talk at MVC about there being no such thing as a bad race, only a race that you fail to learn from. Self-reflection is an extremely important skill for swimmers to cultivate, as it builds an athletes ownership of their achievements and failures. It is also a valuable life skill that builds into our ethos as "developing champions in life".

What has made me most proud as a coach of Melbourne Vicentre over the past few weeks is getting to see athletes who failed to achieve their goals at Commonwealth Game Trials, assess their achievements, identify areas that they are able to improve and forge ahead with enthusiasm to achieve their new goals and targets.

One of my favorite quotes is an old Chinese proverb: Fall down seven times. Get up eight.

What has made me most proud to be Head Coach of Melbourne Vicentre, is to see and hear our team of coaches teaching this same principle of resilience in the face of disappointment to the athletes in their care.

Melbourne Vicentre Swimming Club

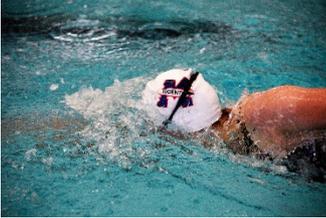
Box 8, Melbourne Sports and Aquatic Centre Aughtie Drive, Albert Park VIC 3206
T: (03) 9926 1518 | E: info@vicentre.org.au | www.vicentre.swimming.org.au

ABN 78 315 337 803

Wishing all our athletes the best of MVC luck at their upcoming meets be that Commonwealth Games, Australian Age Champs or All Juniors. Swim fast but most of all have fun!!

Craig Jackson

Head Coach, Melbourne Vicentre Swimming Club



Update from the board

The board meet on 13 March and discussed numerous issues regarding the ongoing management of the club, including finances, fundraising, our contract with Korowa Swim School and the upcoming presentation night. Please save the date of 26 May for our annual awards night.

We are pleased to report that for the year to date the club finances are positive. Our major club fundraising events for the year are our swimming meets and we are very grateful for the support of all who contributed to the success of the MVC Long Course Meet held on 11 March. Thanks to the efforts of our swimmers who swam, our volunteers who ran the meet and the contributors to our Easter Egg raffle a pleasing profit of \$6000 was made from the meet. A special thanks to Veronica Lyttle who addition to her paid work for the club, volunteers her time at each of our competition meets to ensure they run smoothly.

The Board also welcomed a presentation from members who are working under the banner of "Friends of MVC". This meeting has proved timely as in February the Board voted to commit the club to Swimming Australia's Code of Conduct and the meeting enabled an open discussion as to member run initiatives in respect to social events and fundraising on behalf of the club.

In response to this meeting the Board has prepared a set of guidelines regarding member driven initiatives which can be found on our website at <https://vicentre.swimming.org.au/page.php?id=1458>

We have also uploaded the Clubs Commitment Statement to Swimming Australia's Code of Conduct to our website. This document can be found at <https://vicentre.swimming.org.au/page.php?id=1458> and will be mandatory reading for all as part of the 2018 annual membership sign on. Please take the time to read it.

We wish to advise that Damien Arnold has accepted a position with another organization and completed his tenure with Melbourne Vicentre. We wish him happiness and success in his new role.

Lastly, a date has been set to celebrate the successes of the last swimming year. We look forward to seeing you all at the annual presentation dinner to be held on #, details of which will be shortly forwarded to you.

Thank you again for your continued support.

Melbourne Vicentre Swimming Club

Box 8, Melbourne Sports and Aquatic Centre Aughtie Drive, Albert Park VIC 3206
T: (03) 9926 1518 | E: info@vicentre.org.au | www.vicentre.swimming.org.au

ABN 78 315 337 803

Commonwealth Games Trials

We are very proud of the efforts of our Open Nationals team who competed in the Commonwealth Games Trials on the Gold Coast.

Our special congratulations are to be offered to Mack Horton, Ashleigh McConnell and Hayley Baker for their selection on the Australian representative team.



Farewell to Hayley



Last year long term Melbourne Vicentre swimmer and podium squad member Hayley Baker moved to Canberra to work with the AIS and to study. Melbourne Vicentre supported this move for Hayley and it has indeed proven to be a great move for her swimming and personal life. Hayley recently was selected on the Australian team for the Commonwealth Games. She has chosen to make this move more permanent and as such joined a Canberra based swim club.

We have enjoyed many happy swimming moments with Hayley over her years with Melbourne Vicentre and we are very sad to say farewell, but also happy to see her thriving and happy.

We wish Hayley the very best for her studies and swimming career.

Greg returns to Italy

We were also very sad to say goodbye to Greg Paltienieri who has returned to his home club in Italy. More on Greg can be read on our website news.

https://vicentre.swimming.org.au/article.php?group_id=159700&id=605



Our Congratulations list this month is crazy long

Victorian Sport Awards

We would like to congratulate Life Member Sandy frame on receiving the Victorian Sports Award for Service to Victorian Community Sport. Sandy you will see at our meets working tirelessly as an official. His generosity to the sport of swimming is overwhelming and we are grateful to have him as a member of our club.

Keeping it in the family, Sandy's daughter our very own Linley Frame received the Victorian Masters Sport Award. Linley's list of achievements simply keeps growing.



Melbourne Vicentre Swimming Club

Box 8, Melbourne Sports and Aquatic Centre Aughtie Drive, Albert Park VIC 3206
T: (03) 9926 1518 | E: info@vicentre.org.au | www.vicentre.swimming.org.au

ABN 78 315 337 803

Our congratulations are also extended to Craig Jackson for being nominated as Victorian Coach of the Year and Daniel Cave who also received a nomination for Young Athlete of the Year.

If you would like to read more about these awards, the link to their webpage is:-
<https://vicsport.com.au/blog/2811/winners-of-the-2017-vicsportawards>



Mentone Marathon Open water competition

National performance squad members Robbe Dilissen and Lachlan Schwarz competed in the Mentone Marathon Open Water Swim and both finished first in the 5km (wetsuit allowed) and the 10km (non-wetsuit) events respectively. We couldn't be prouder! Well done guys!

Deakin University 2018 Female Sportsperson of the year Award.

Sian Whittaker of our Podium Squad received the Deakin University award for her outstanding swimming achievements whilst a student of the university. Congratulations Sian

All Juniors

Our Junior swimmers excelled in the first round of the All Juniors Competition with so many amazing swims, we have written up the results on our webpage. The semi-finals and finals will be held on the weekend following Easter and we wish all our junior champs best of luck and enjoy the racing.
https://vicentre.swimming.org.au/article.php?group_id=159173&id=605

We will be in need of assistance with timekeeping for the weekend. Please volunteer promptly when the team app notification comes out as it really assists with reducing redundant administration work if people are quick to respond and multiple call outs are not required. Thank you.

APS Swimming Carnival



pictured Harvey Larke, Daniel Cash and Finn Keyes-Tilley (MVC Age Squad)

We love to hear news of our swimmers performing in their school environment and we thank Adam Keyes-Tilley and Kirsten Micallef for helping us out with this news.

The transition from primary school to high school is a monumental change and it is very exciting to start that change with sporting highlights. APS Sport is one of the toughest interschool competitions particularly in the pool. Four of our junior swimmers have just started their high school journey by rewriting the records. It is especially exciting to hear reports of how the Year 7 Melbourne Grammar boys were mentored by MVC swimmers Ed Speller and Tom Hunt-Smith.

MVC swimmers Danny Cash, Finn Keyes-Tilley, Harvey Larke & Flynn Mackay combined with the rest of the Melbourne Grammar School team to win 3 out of 5 individual events and 3 out of 5 relays in their age group setting many PBs along the way. The boys set a new record in the Melbourne Grammar school u13 200m Medley Relay Record

Melbourne Vicentre Swimming Club

Box 8, Melbourne Sports and Aquatic Centre Aughtie Drive, Albert Park VIC 3206
T: (03) 9926 1518 | E: info@vicentre.org.au | www.vicentre.swimming.org.au

ABN 78 315 337 803

Finn Keyes-Tilley broke the following records which were previously held by MVC Ed Speller:-
Carey Grammar All comers record u13 100 m Freestyle
Melbourne Grammar School u13 50m Freestyle Record
Melbourne Grammar School u13 100m Freestyle Record, just 0.4 sec off a new APS record.

Danny Cash set a new record for the Melbourne Grammar School u13 50m Backstroke Record.

Tom Hunt-Smith, Connor McCrea and Ed Speller all helped build the MGS medal tally, however, Caulfield Grammar School took out the shield for APS thanks mostly to a big contribution from Melbourne Vicentre Female Swimmers.

Caulfield Grammar crowned the following MVC girls Year level champions:-

Anna Hume Year 12 (MVC Senior Squad)
Belle Ekemans Year 11 (National Performance)
Larissa Ekemans Year 10 (National Performance) and
Tahlia Micallef Year 9 (National Age)

Kyle Micallef (National Performance) was part of the record breaking medley relay team for Caulfield Grammar.

Caulfield Grammar was ably supported by medallists and MVC swimmers, Evan Ryland, Jordana Marks, Olivia Wright, Amy Green, Mimi Stoupas and Natasha Ekemans.

Wesley boosted their point score thanks to medallists Oliver Nash and Lachlan Schwarz from National Performance and Amelie Le Grand.

Please accept our humblest apologies if anyone is left of the list of those to be congratulated. It's a difficult task to follow all Melbourne Vicentre swimmers when they are listed under their schools rather than by club.



Over to you

This is your newsletter, please use it.
You can contact Amanda Tonkin-Hill on communications@vicentre.org.au for contributions. We look forward to hearing from you.

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Squad break	2 Squad break <i>Volunteer for All Juniors!!!</i>	3 Squad break	4 Commonwealth Games Squad break	5 Commonwealth Games Squad break	6 Commonwealth Games Squad break	7 Commonwealth Games Metro All Juniors Champs Squad break
8 Metro All Juniors Champs Commonwealth Games Squad break for all Korowa Swimmers	9 National Age Entries Close Commonwealth Games MVC Board Meeting Squad break for all Korowa Swimmers	10 Commonwealth Games Squad break for all Korowa Swimmers	11 Commonwealth Games Squad break for all Korowa Swimmers	12 Commonwealth Games Squad break for all Korowa Swimmers	13 Commonwealth Games Squad break for all Korowa Swimmers	14 Commonwealth Games National Age Qualifiers presentation and breakfast Squad break for all Korowa Swimmers
15 Commonwealth Games	16	17	18	19	20	21 national age championships
22 national age championships	23 national age championships	24 national age championships	25 national age championships	26 national age championships	27 national age championships	28 national age championships
29	30					