

THE BIG SPLASH

(Swimming, Diving, Water Polo & Life Saving)
Aquatics Parents' Support Group



Distribution: Principal, Vice Principal, Heads of Year,
Head of Sport, Coaches, Players and Parents

Newsletter #6
March 2011



Swim, Dive & Surf League 2011



**Head of Aquatics &
TIC Water Polo:**
Ryan Nolan

Swimming Coaches:
Greg McMahon, Dougal Hurley
Jacob Clarke, Matt Wallace-Smith

TIC Surf Lifesaving:
Ryan Nolan (that too!!!)

Diving Coaches:
Svitlana Mykalchuk, Cam Rees, Nick
Paltoglou

Editor's Notes

So hands up everyone who enjoyed a long weekend & some time off as we get set for the run-up to Finals for Swimmers, Divers & Surf League. Scoop certainly enjoyed a sleep-in sans the pool & any number of other distractions. But now, it's time to get right back to where we were...

The last Meet for swimmers was a dominant one, showing our strength in numbers particularly with the 7's, 8's & 9's. The divers had a tougher run, missing a few who were returning from Camp. Given it was a Friday arvo, Scoop took the opportunity to shoot through & see the guys in action. If you've never been to a diving meet, get there. It is a pretty outrageous form of gymnastics in the air & above the water. Read on through this week's edition for our

60 seconds interview with 'Rookie', fresh from his win in the Year 8's (U14 comp). There is a young man on the up, around, down & clean entry path!

Read on further for more 60 seconds & decide whether you really want to see Andy Liu rap & decide if Sam Durrant really is 'Superman' (Welly reckons he might be)!

See also the wrap on how we dominated at Surf League, putting Scotch into the finals at Pt Leo next week.

Finally, not much time to go until Finals Night & MSAC's booked this Sunday for an early morning familiarization. Make sure you get there & get a good look before the Finals. Good luck for the last 3 weeks to all! Go Scotchies GO...Scoop



Ryan's Report

Well everyone will have enjoyed a long weekend & the opportunity to take some down-time before we go for the last 3 weeks training into APS Finals Night. I hope it was a good break because now really is the time to knuckle down. The team certainly put in a solid result at our last meeting at MGS, demonstrating that we are in the upper ranks of swim teams. Issue is, we still need to close ground to Caulfield, Haileybury & St Kevins. There is only one way that will happen...

Training

Make the point of being there every session from now until the end of the season. The smallest improvements to your technique or fine margins of performance could mean the difference of several places for you in your events come Finals Night.

We have booked a session at MSAC for this Sunday morning 20th March from 7.30am to 8.30am. We have lanes 0 & 1 & this will be a great opportunity to familiarize yourself with the Pool & facilities. Backstrokers in particular, get used to watching the sky, not a line on the roof. Please make sure you get to the session.

This week's Meet's

The divers are at Scotch again, but on Saturday morning, not Friday night. Competition will be Brighton, Carey & St Kevins. With the return of the boys from Camp, it will be good to have a stronger squad in attendance.

The swimmers are at Haileybury in their 50m pool for a full program vs Haileybury, Caulfield & Wesley. This will provide us a clear view of how we are travelling against the other favourites for Podium places. It will be great to see a very strong turnout.

See you in the pool soon!

Thanks,
Ryan



Training Training Training Training Training Training

(just like the black line along the bottom, it's there every time you kick off the wall, so just learn to love it!!!)

Years 7 & 8 only

Tuesday 3:30pm-4:40pm

Thursday 3:30pm-4:40pm

The Full Squad

Monday 3:30pm-5pm

Wednesday 6:00am-7:45am

Thursday 6:00am-7:45am

Friday 6:00am-7:45am

Diving Training

Tues : 3.30pm -4.45pm

Wed: 6.00am – 7.45 am

Fri: 6.00am – 7.45 am

Be there to max the points & make your next meet your next PB!

Training Training Training Training Training Training



Swimming Report – Tom R.

This week the swimmers ventured into the MGS pool for a Relay Meet vs the old rival & Geelong. It was clear our hard work has placed the Scotch team in a solid position compared to this week's rivals. Accordingly we had a comfortable overall victory.

Specifically, the Year 7's continued their domination, sweeping the deck in just about everything. The Year 8's also showed great depth & swam strongly. It was a similar day at the office for the Year 9's. Certainly these three groups are very strong & will provide a great base for the APS Finals. Year's 10 & 11, with a few swimmers missing are still suffering a bit of a lack of depth, but we're sure following the long weekend there will be a lift. Year 12's once again turned in another powerful performance.

The final points from the Meet were not formally captured but it ran in this order:

- 1st Scotch
- 2nd MGS
- 3rd Geelong

Regardless of this, we need to respect every opponent & not get ahead of ourselves as it is still going to take a big effort to make the podium on Finals Night. See you at the pool on the 19th & enjoy the long weekend!

Pump-Up Lunch – Saturday 26th March

All swimmers & divers, make sure you have this date in your calendar. We'll be meeting at the BBQ Rotunda b/w the Tennis Courts & Cardinal Pavillion for pizza, drinks & presentation of the Team to represent Scotch on APS Finals Night.

Swimmers will be at St Kevins, so it is a short walk across the creek & Divers are at Scotch that morning. As such, let's make sure there is a very full attendance as we celebrate the penultimate performances & contemplate the best we can produce at APS Finals Night at MSAC.

Start time 12.30pm



PRICE LIST FOR AQUATIC CLUB CLOTHING/GEAR 2011

Contact to purchase; Cathy Mellor cathy.mellor@ozemail.com.au
Mob; 0409415806

I will also be selling uniform after the swim meet this Saturday at the sausage sizzle.

SHORTS \$35 Swim team shorts.

SHIRTS Available from Bob Stewart and Dobsons only.

BATHERS \$10 Blue chlorine resistant.

Scotch Swim Team bathers only available from Scotch book room with signature from Ryan Nolan in the diary.

CAPS \$4 Scotch Thin
 \$13 Scotch Silicone (thick)
 Available at Scotch book room as well.

THONGS \$1 Sizes 12,13 only.

GOGGLES \$30 Types available include Vanquisher, Aquasocket, Raceview and Speedsocket.
 \$5 Straps for goggles.

TOWELS \$30



DIARY DATES:

(Pin this page on your notice board...)

February 2nd – First Wednesday AM training session at School

February 5th – Swim Trials meet @ Scotch & Start of Season BBQ

February 12th – Swim @ St Kevins (Relays), Dive @ Scotch

February 18th – Parents Cocktails, venue TBD

February 19th – Swim @ Geelong Grammar (Relays), Dive @ Geelong Grammar

(BUS LEAVES @ 7AM from the Boatsheds...)

February 26th – Swim @ Scotch (Full Program), Dive @ Scotch (must beat MGS!!!)

March 2nd – Surf League Qualifying @ Sandridge Beach (Pt Melbourne)

March 4th – Dive @ Scotch (commences 4.30pm)

March 5th – Swim @ MGS (Relays...& must beat MGS again!!!)

March 12th – Long Weekend (no official Meet scheduled)

March 19th – Swim @ Haileybury (Full Program, 50m pool), Dive @ Scotch

March 22nd – Surf League Finals @ Point Leo (if we qualify)

March 26th – Swim @ St Kevins (Full Program), Dive @ Scotch

March 26th – Pump-Up Lunch & APS Team Announcement @ Scotch 12-2pm

March 30th – APS Swimming & Diving Championships night, MSAC

April 1st – Scotch Swimming, Diving & Surf League Presentation Night, Kew Heights





Scotch Aquatics Annual Raffle

FIRST PRIZE: 3 nights accommodation in a luxury chalet at Mount Hotham. The chalet sleeps 12 (four bedroom) and overlooks The Basin ski run. The prime position offers ski in and ski out access, sensational views and undercover parking for 1 vehicle.

Prize valid to be claimed during either 2011 or 2012 season, during shoulder or off peak, subject to availability. All regular rental terms and conditions apply. Non-transferrable & 'mature' adult presence essential! Trip can be extended to longer duration subject to available dates.



SECOND PRIZE: Funky Trunks Pack - voucher to the value of \$40, water bottle and mesh bag

THIRD PRIZE: Selection of magnificent wines!

FOURTH PRIZE: Scotch Towel & Goggles

Ticket Info:

For sale amongst the Scotch Aquatics community (we're not running a big, registered event)

Ticket prices:

- 1 for \$10
- 2 for \$15
- 3 for \$20



**All prizes will be drawn on Presentation Night, April 1st 2011
(be there...!)**

Raffle Contact: Simone Neil - ph. 0413 968 135



Presentation Night – Kew Heights April 1st

Registrations are now open for Presentation Night. This is a MUST for the end of season with awards for each age group, plus pennants for Finals Night placings to be presented. Don't miss it!

You can book your seats online. The details are listed at the bottom of the Scotch Homepage:

www.scotch.vic.edu.au

You'll also see it listed in the next edition of Torch.

Pricing for the dinner is as follows:

\$35 for Adults

\$30 for Students/Children

Included is a spit roast BBQ & salads as well as ice creams . Beer & wine is available over the bar at bar prices so no need to bring anything other than yourselves !

We'll also draw the Aquatics Club raffle & tickets will be available on the night. Make sure you get plenty as the Hotham Lodge first prize is about as good as prizes get in a small raffle like this!

This Season's Committee:

Thanks to all who've put up their hands to run Aquatics for the Swimming & Diving season. They are:

James Russell – President

Toni Durrant – Vice President

Gordon Walker – Treasurer

Sam Russell – Secretary

Cathy Mellor – Uniforms

Jonathan Forbes – Swimming

Kirsty Walker – Diving

Hilary Neerhut – Surf League

Kristy Faulks – NEW!!!

Jenny Hocking – Social (yeah!)

Simonne Neil – Fundraising (oh yeah!!)

Thanks to all these folk who've put their time into helping support our swimmers, divers & surfers through their busy season. Each member has a role indicated above & please contact them (via the Scoop's email) if you need any info. In turn, if you can help with photo's, events, whatever, it will be greatly appreciated.

The BIG Splash

Editor: Jimmy the Scoop

(aka Personal Assistant to the Secretary)

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