



MELTON SWIMMING CLUB

MELTON SWIMMING CLUB QUARTERLY NEWSLETTER

MARCH 2023



PRESIDENT'S REPORT

With the National age and open championships on the Gold Coast fast approaching, I would like to wish all qualifiers the best of luck and congratulate you on your outstanding efforts to reach this level. Hope the Easter Bunny brings you Gold, Silver and Chocolate.

The Nationals mark the end of the long course calendar for another year with the first short course competitions scheduled for the first weekend of May. Well done to everyone who participated in a full-on season, hopefully you achieved your goals and set some new PBs.

Putting my Officials hat on for a moment I would like to remind all swimmers and parents that World Aquatics (previously known as FINA) released an update to the rules of swimming effective January 1 this year. Swimming Australia and by default all states have officially adopted the new rules and I hope to be able to provide you with a concise update of what has changed in the next couple of weeks. Just waiting on links and resources to be created to share. Keep an eye on TeamApp for more details.

On behalf of the committee and myself Happy Easter and stay safe.

Ken Lindner
Club President

MELTON SWIMMING CLUB CALENDAR SEASON 2022/23

DATE	EVENT	TIME	VENUE
7-15 APR	AUSTRALIAN AGE SWIMMING CHAMPIONSHIPS		GOLD COAST AQUATIC CENTRE
17-20 APR	AUSTRALIAN SWIMMING CHAMPIONSHIPS		GOLD COAST AQUATIC CENTRE
5 MAY	CLUB NIGHT CHAMPIONSHIPS	6:45PM	MELTON WAVES
12 MAY	CLUB NIGHT CHAMPIONSHIPS	6:45PM	MELTON WAVES
19 MAY	CLUB NIGHT CHAMPIONSHIPS	6:45PM	MELTON WAVES
28 MAY	MELTON SWIMMING CLUB ENCOURAGEMENT MEET	12PM Warm Up	MELTON WAVES
4 JUN	METRO WEST ANNUAL SHORT COURSE MEET (TBC)	TBC	MSAC Indoor
13-18 JUN	WORLD CHAMPIONSHIP TRIALS		MSAC
23 JUN	CLUB NIGHT PAIRS	6:45PM	MELTON WAVES
24 JUN	METRO WEST ANNUAL AWARDS NIGHT	TBA	LAVERTON BOWLING CLUB
8 JUL	MELTON SWIMMING CLUB PRESENTATION NIGHT	TBA	TABCORP PARK

SUBJECT TO CHANGE AT THE COMMITTEE AND/OR COACHES DISCRETION

COMMITTEE 2022/2023

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CLUB NEWS



It has been a very busy start to the year with many competitions and Championship events taking place. We have almost survived long course season with only both Age and Open Australian Swimming Championships to go in April. Well done swimmers and parents.



CLUB NIGHTS SEASON 2022/23

The next series of Club Nights will be the beginning of Club Championships on 5th, 12th and 19th May. Entries are now open in Swim Central and details on Team App.

The last remaining Club Night after Club Championships will be the always popular Pairs Night on Friday 23rd June. Watch out for entry forms closer to the date.



CLUB NIGHT CHAMPIONSHIPS

Club Night Championships will be held over 3 consecutive Friday nights beginning 5th May. Entries for registered members are now open in Swim Central (no cost). Club Championships includes a total of 9 events with 3 events each Friday evening. Club Championships will be a proposed qualifying meet so times will become official for future qualifying meets. Unregistered swimmers may still enter however will not be eligible for club awards. Unregistered swimmers only please enter via the form on the Club Championship flyer available in Team App under the events tab. 25m events and 100m Individual Medley will be available for younger swimmers, however are not Championship events. Entries will strictly close 11:59pm on 24th April. NO late entries will be accepted.



CLUB PRESENTATION NIGHT



Join us to help celebrate the 2022/23 swimming season on Saturday evening 8th July at Tabcorp Park. More details will be released soon on Team App.



BUNNINGS BBQ FUNDRAISER

Another hot day in December for the Melton Swimming Club manning the popular Bunnings BBQ fundraiser. A busy time for the snag sellers in the morning, but a little quieter during the afternoon heat. A big thank you to all our helpers on the day. The more volunteers the less work for all and it's great to share the work amongst many member families and our senior swimmers. Fundraising is very important to keep the Club going and to provide for our swim members. Opportunities for fundraising are very limited and we appreciate we can take part in the Bunnings BBQs. All the snag and drink selling resulted in a good profit for the Melton Swimming Club. Well done everyone.



The Melton Masters Memberships for season 2023 are open and can be purchased now in Swim Central. The Masters season runs for each calendar year beginning in January. Please

contact Julie Walsh for any queries regarding Masters Membership. Squad training at Melton Waves designed for masters swimmers called SwimFit has also begun. There are 2 sessions per week and cost is approximately \$39 per fortnight and allows entry to the aquatic facilities at anytime. Please contact Melton Waves for more details or to sign up for the SwimFit squad sessions.



EASTER RAFFLE

The popular Annual Club Easter Raffle was drawn last Friday evening 31st March at Club Night.

Thank you to all our members who donated Easter chocolates and gifts to make the raffle possible. Also thank you to members who sold or bought raffle tickets. Together we raised a fantastic total of \$423. Congratulations to the lucky winners

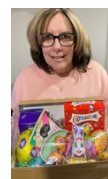
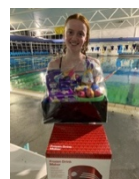


1st Place Freya Lidgett-Egan

2nd Place Kayla Jones

3rd Place Sue Duffy

4th Place Julie Walsh



CADBURY FUNDRAISER

The Cadbury fundraising is in full swing again. Cadbury fundraising boxes are still available for members to sell to friends, family and work mates. Two varieties of boxes are available, the Goody Box (chocolate bars \$1) and the Freddo & Friends Box (2 freddo frogs for \$1). The top 5 sellers will receive a "100 years of Cadbury" bag. Contact Sally Gillard for boxes and get selling. The proceeds will be going towards a much needed club marquee to benefit all members. Money collected can be deposited into the Clubs bank account (please remember to leave a reference (Cadbury and surname/box number) or give cash directly to Sally Gillard.



AFL FOOTY TIPPING CLUB COMPETITION



AFL footy is back which means our footy tipping competition is on again. It's not too late to join in the fun. All you need to do is open an account with official AFL Tipping (tipping.afl.com.au) and search to join the Melton Swimming Club Competition or use this code TD2U7FUH. If you already have an account just add the Melton Swimming Club to your competitions.



CLUB REMINDERS



CLUB CAPS

A reminder to swimmers that the black Melton Swimming Club caps are for training only and must not be used during competitions. The green Melton Swimming Club cap MUST be worn during competitions. This must also be the correct colour green and not the dull green that was given during the Fun Swim event. The Melton By Laws state swimmers must be in correct uniform when representing the club in competitions, that is, correct swimming cap and club shirt. Caps are available for purchase at anytime from Gemma or Ros and cost is \$15 which may be cash or deposited into the club bank account.

STATE & DISTRICT RELAYS & COMPETITIONS

Relay team selections for State and District Championships will be posted prior to entry closing dates of the respective competition. Swimmers must reply by the date specified that they will be available for the team. It is very important we finalise the teams before closing dates. Failure to reply may mean you will be replaced with the next qualifying swimmer. Relay only swimmers may be included and you do not necessarily need individual qualifying times for selection, so it is important ALL swimmers check when teams are posted and reply immediately. Please don't leave this too late as time is needed to confirm the next available swimmer if you are not available. Thank You.

Swimmers and parents are also reminded that swimmers must report to the team and coach at least 90 minutes prior to their event times and relays. If running late due to traffic please let the team manager or coach know. Adequate time is required to confirm all team members have arrived and warmup together as a team and marshal on time. Relay swimmers are competing in a team for the Club and you owe it to your team mates to show up on time and with enthusiasm or you may not be selected in the future.



MELTON ENCOURAGEMENT MEET

After the overwhelming success and support of our Encouragement Meet in February, the Melton Swimming Club will be hosting another Club Encouragement Meet at Melton Waves on Sunday 28th May. This meet will once again be for any junior non state qualifying swimmers and non registered swimmers. Please help promote this meet and encourage any friends, family and those who may have recently competed in school competitions to enter. Fun Swim members are strongly encouraged to compete once again. Again we would like club members, families and senior swimmers to volunteer to help on this day and make this meet successful and enjoyable for the younger swimmers. A meet Flyer will be available soon on Team App. Keep the date free!



AUSTRALIAN NATIONAL CHAMPIONSHIPS



We wish all our qualifying swimmers good luck at the Australian Age Championships on the Gold Coast starting this week. Congratulations on your qualifying times and remember to have fun competing against Australia's best age group swimmers. Our swimmers and their events to watch are:

Peter Berens (14 years 200m Back, 50m Free, 100m Back, 400IM, 50m Back, 100m Free & 200IM)

Mitchell Davies (15 years 50m Breast & 100m Breast)

Yuan Lachama (14 years 50m Free)

Layla Mahfouz (16 years 400m Free, 100m Fly, 400IM, 50m Fly, 200m Free, 100m Free & 200m Fly)

Nilay Sarman (50m Breast)



We also wish **Manar Mahfouz** good luck at the Australian Swimming Championships starting 17th April following the Age competition also at the Gold Coast Aquatic Centre. Manar will compete in the women's 200IM, 50m & 100m Fly.

All sessions from both Championships will be streamed live on 9Now. Results will also be available on meet mobile and the Swimming Australia website.



AUSTRALIAN OPEN WATER CHAMPIONSHIPS



Congratulations Mitchell Wills on completing another National Open Water campaign in the Men's 5km event. This year the Open Water Championships in January saw a change in venue with competitors travelling across the Nullarbor to Busselton in WA. Hope the stingers didn't get you too bad Mitch!





2023 VICTORIAN SPRINT CHAMPIONSHIPS



The Victorian Sprint Championships were held at MSAC the weekend 14th & 15th January. It was an extremely hot 37 degree summers day for the heats as well as some hot sprint

competition in the pool. The Melton Swimming Club was represented by 31 qualifying swimmers with 9 swimmers returning on Sunday for the finals in much cooler conditions. Congratulations to our 3 medal winners, finalists and all competing swimmers. Well done also to our mixed freestyle relay teams.

MEDALISTS

Manar Mahfouz (Fly, Free & Breast)

Aleesha Brownbill (Breast & Back)

Halaena Lachama (Breast)

FINALISTS

Peter Berens, Aleesha Brownbill, Chloe Burke, Jack Gillard, Halaena Lachama, Layla Mahfouz, Manar Mahfouz, Robert Miklosevic & Nilay Sarman



BENDIGO SUMMER MEET CLUB BUS TRIP



Another successful bus trip to the Bendigo Summer Meet last January. A perfect day with warm weather and happy swimmers. I hope swimmers enjoyed themselves and got off to a good start in the new year with their swimming goals and some PBs. The relay teams did an excellent job and it was great to see the competitive spirit alive once again. Country meets are always good fun with the outdoor picnic and family atmosphere. Thanks team Melton and we look forward to the next trip.



2023 VICTORIAN OPEN LONG COURSE CHAMPIONSHIPS

10 qualifying senior swimmers from the Melton Swimming Club competed in the 3 day Victorian Open Championships on the weekend 17th to 19th February. The Mahfouz siblings once again were the stars going through to the finals sessions. Our 7 club relay teams did an amazing job against some of Victoria's best teams and fastest swimmers. Congratulations to all competing swimmers.

FINALISTS

Manar Mahfouz 50m Fly A Final, 100m Free B Final, 100m Fly B Final & 200m Free B Final

Layla Mahfouz 200m Fly A Final & 200IM B Final



QUALIFIERS

Aleesha Brownbill, Mitchell Davies, Jack Gillard, Kayla Jones, Layla Mahfouz, Manar Mahfouz, Brodie Matthews, Martin Nguyen, Nathan Paterson & Ella Richardson.



MELTON LC QUALIFYING MEET

The Melton Swimming Club hosted their long course qualifying meet at the Broadmeadows Leisure Centre on Sunday 5th February. Thank you to all families for their help on the day to make this a successful qualifying meet. We could not make this happen without you. Swim meets provide an opportunity for the Club to raise much needed funds. It also provides qualifying opportunities for our swim members and we hope you all achieved your own goals for the day as well as all members enjoying competing together as one big team. We aim to host the next qualifying meet during the short course season. A big thank you to Captain Martin for organising the post meet dinner at Lazy Moes.





2023 VICTORIAN AGE LONG COURSE CHAMPIONSHIPS

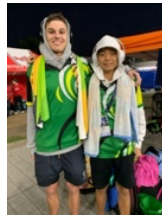
The Victorian Age Long Course Championships took place once again over the Labour Day long weekend for 5 days beginning on Thursday 9th March with heats in the morning and the finals and relays in the evening sessions. The Melton Swimming Club had a team of 13 individual qualifying swimmers and 5 state club relay teams. Congratulations to Layla Mahfouz winning the Bronze medal in the 16 years 400m Individual Medley.



Layla Mahfouz 400IM

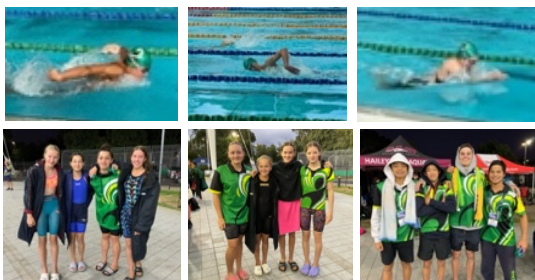
FINALISTS

- Peter Berens** 4 finals
- Chloe Burke** 3 finals
- Lucas Cay** 1 final
- Mitchell Davies** 2 finals
- Spencer Davies** 2 finals
- Layla Mahfouz** 7 finals



QUALIFIERS

Peter Berens, Chloe Burke, Lucas Cay, Tori Clare, Mitchell Davies, Spencer Davies, Lynette General, Yuan Lachama, Layla Mahfouz, Taylor Miller, Benjamin Nolta, Nilay Sarman & Scarlet Valori



I would like to thank all the swimmers for being aware of their events and self-marshalling on time. You all did a super job of managing yourselves.

Parents are reminded the Swimming Victoria procedures for self-marshalling below and officials have requested swimmers do not crowd the marshalling area until at least 5 heats prior to their own.

*Swimmers will only be permitted in the self-marshalling area on pool deck to self-marshall a certain number of races prior to theirs, as follows:

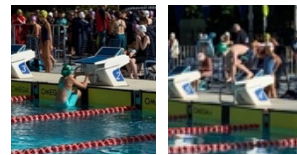
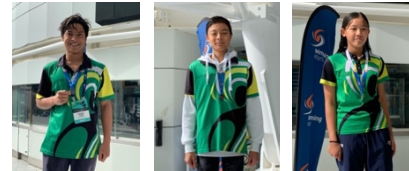
50m, 100m, 200m events	Three (3) heats prior to the heat in the water
400m events	Two (2) heats prior to the heat in the water
800m and 1500m events	One (1) heat prior to the heat in the water

*Extract from Swimming Victoria How to Marshal Assisted Self Marshalling Guide



2023 METRO ALL JUNIOR COMPETITION

25th & 26th March @ MSAC



Congratulations to our swimmers aged 8 to 16 years who competed at the recent Swimming Victoria Metro All Junior Competition last month. We had 26 swimmers qualify for the semi-finals on Saturday by finishing in the top ten swimmers in their age group and stroke at the Metro West selection trials the weekend before. The ten fastest swimmers from the semi-finals went into the finals on Sunday. We had 12 swimmers return for a total of 24 finals and race for medals. A huge effort from our sprint finalists bringing home a total of 4 gold, 2 silver and 3 bronze medals. The most successful medal haul at the Metro All Junior Finals for several years. A massive congratulations to our 7 medal winners. Lets not forget and well done to all the Melton swimmers who competed in the Metro West Selection trials at Broadmeadows on Sunday 19th March.

Medalists

Layla Mahfouz (3 Gold), Spencer Davies (Gold), Mitchell Davies (Silver), Halaena Lachama (Silver), Peter Berens (Bronze), Lucas Cay (Bronze) & Yuan Lachama (Bronze)

Finalists

Peter Berens, Chloe Burke, Lucas Cay, Tori Clare, Mitchell Davies, Spencer Davies, Lynette General, Halaena Lachama, Yuan Lachama, Layla Mahfouz, Taylor Miller & Scarlet Valori

Semi-Finalists

Delta Bacon, Noah Berens, Peter Berens, Zoe Berens, Chloe Burke, Lucas Cay, Emily Challis, James Clare, Tori Clare, Mitchell Davies, Sebastian Duyvestyn, Lynette General, Victoria Geremain, Ella Harris, Halaena Lachama, Yuan Lachama, Imogen Lidgett-Egan, Layla Mahfouz, Taylor Miller, Hugo Nishimori, Nea Padrigo, Anagh Sreeram & Scarlet Valori

