



# MELTON SWIMMING CLUB

MELTON SWIMMING CLUB QUARTERLY NEWSLETTER

OCTOBER 2023 EDITION

## PRESIDENT'S REPORT

Since our last newsletter we have held the AGM. We said farewell to three committee members and welcomed Sharelle Brownbill, Jack Gillard and Selin Kasif to the committee. New blood is always good for any club and from their early involvement since the AGM I am confident they bring much needed new ideas to the running of the club.

Congratulations to all our swimmers who have been working hard over the past few weeks. We returned a strong result at the Metro West junior selection trials and although we did not take out first place in the MW championships this year we still delivered a strong result taking out second place.

On the Masters front Selin has been busy competing and growing the Club's membership, leading a successful team consisting of open age and Masters swimmers to the recent Masters Victoria SC state competition, from what I have heard everyone had an enjoyable meet.

Well done to everyone for such a strong start to the new season and good luck to everyone competing in upcoming state championships. You will do the club proud.

*Ken Lindner*

Club President

## MELTON SWIMMING CLUB CALENDAR SEASON 2023/24

DATE	EVENT	TIME	VENUE
10 NOV	CLUB NIGHT DISTANCE	6:45PM	MELTON WAVES
11 NOV	DJERRIWARRH FESTIVAL PARADE	11AM	MELTON WAVES
18-19 NOV	VICTORIAN QUALIFYING COMPETITION	8AM Warm Up	MSAC Outdoor
25-26 NOV	VICTORIAN QUALIFYING COMPETITION	8AM Warm Up	MSAC Outdoor
2 DEC	EDA SUMMER LC QUALIFYING MEET	7:45am Warm Up	MSAC Outdoor
3 DEC	MSC SPLASH FIVE LC MEET	8am Warm Up	MSAC Outdoor
8 DEC	CLUB CHRISTMAS PARTY	6PM	TOOLERN VALE HALL
9 DEC	VICTORIAN OPEN WATER CHAMPIONSHIPS		EASTERN BEACH GEELONG
16-20 DEC	VICTORIAN AGE LC CHAMPIONSHIPS		MSAC Outdoor
13-14 JAN	VICTORIAN SPRINT CHAMPIONSHIPS		MSAC Outdoor
4 FEB	MELTON LC QUALIFYING MEET	TBA	BROADMEADOWS AQUATIC & LEISURE CENTRE
9 FEB	CLUB NIGHT TEAMS	6:45PM	MELTON WAVES
18 FEB	MELTON ENCOURAGEMENT SC MEET	TBA	MELTON WAVES
23-25 FEB	VICTORIAN OPEN LC CHAMPIONSHIPS		MSAC Outdoor

SUBJECT TO CHANGE AT THE COMMITTEE AND/OR COACHES DISCRETION

## COMMITTEE 2023/2024

### EXECUTIVE

#### PRESIDENT/GRANTS:

Ken Lindner

[president@meltonswimmingclub.com.au](mailto:president@meltonswimmingclub.com.au)

#### VICE PRESIDENT/PUBLICATIONS/PROGRAM:

Rosslyn Jones

[vicepresident@meltonswimmingclub.com.au](mailto:vicepresident@meltonswimmingclub.com.au)

#### SECRETARY/COMPETITIONS/MASTERS:

Julie Walsh

[secretary@meltonswimmingclub.com.au](mailto:secretary@meltonswimmingclub.com.au)

#### TREASURER/GRIEVANCE OFFICER:

Sally Gillard

Email: [treasurer@meltonswimmingclub.com.au](mailto:treasurer@meltonswimmingclub.com.au)

### GENERAL

#### FUNDRAISING/WEBMASTER/TEAM APP:

Celina Scott

[celina.scott@meltonswimmingclub.com.au](mailto:celina.scott@meltonswimmingclub.com.au)

#### UNIFORM/FUNDRAISING/SPONSORSHIP

Jemma Davies

[jemma.davies@meltonswimmingclub.com.au](mailto:jemma.davies@meltonswimmingclub.com.au)

### PROGRAM

Robert Neilson

[swimcoachrob56@gmail.com](mailto:swimcoachrob56@gmail.com)

### SOCIAL/MASTERS

Selin Kasif

[selin.kasif@meltonswimmingclub.com.au](mailto:selin.kasif@meltonswimmingclub.com.au)

### SOCIAL

Jack Gillard

[jack.gillard@meltonswimmingclub.com.au](mailto:jack.gillard@meltonswimmingclub.com.au)

### GENERAL

Sharelle Brownbill

[sharelle.brownbill@meltonswimmingclub.com.au](mailto:sharelle.brownbill@meltonswimmingclub.com.au)

### CLUB COACHES

HEAD COACH: Robert Neilson

Email: [swimcoachrob56@gmail.com](mailto:swimcoachrob56@gmail.com)

### GENERAL ENQUIRIES

Email: [enquiries@meltonswimmingclub.com.au](mailto:enquiries@meltonswimmingclub.com.au)



**CLUB CAPTAINS**



**INTRODUCING MANAR**

Hi everyone, my name is Manar Mahfouz, I've been representing and training at Melton Swimming Club for approximately 10 years now and have become a part of something truly special with the community this swimming club has. I've gotten the opportunity to take on the role of being Captain of the swimming club this season with my teammate Robert Miklosvic as this is a two-person effort. Highlights from being part of Melton Swimming Club is the long-lasting friendships and memories we have created inside and outside the pool from finishing competitions and decide last minute to go out and grab a bite to eat, to the motivating and crying with each other during the sets at training, we have been through a lot together and for that I cherish every moment with everyone. I've decided to take on this role as I wanted to be a contributing role model outside and inside the pool, especially regarding the little generations we have within our club, highlighting that hard work, dedication, commitment, drive and consistency are the main contributors to achieving any goal your heart desires. I appreciate being part of Melton Swimming Club and hope to be there for anyone that needs anything.



**INTRODUCING ROB**

Hey everyone, my name is Rob and I'm one of your amazing captains this season! I'm so grateful for the club and its committee allowing Manar and I this opportunity. Sometimes you may be hesitant at choosing such a role, this could be self doubt or maybe some other reasons. My advice is just take the first step and block out all the noise, give yourself time to learn. One of the reasons I became a captain is to provide similar advice to the younger swimmers, and also I wanted to put smiles on everyone's faces because I believe laughter is the best medicine. We will try our best to make this season a memorable one! Introducing new activities, planning different events and even bringing back old failed projects and refurbishing and upgrading them. Hope to see you around the pool deck!

**CLUB SOCIAL - BBQ FUN**

Our BBQ Day involved a lot of sunshine, sausages with sauce, ice cream, singing along to good tunes, games, basketball, laughter and a snake... After our snake friend visited and the snake catcher came to not catch the snake, we got back to our celebrations of being together and being united as a swim club. It was great to have young and older swimmers come along to a day of relaxing and getting to know each other. Thank you to every parent who brought their child along to the day, the day would not have been enjoyable if you did not bring us along to these events. Thank you to Sally for allowing us to have the event and coming along to help us out. Thank you to Rob and Manar for planning it out and thank you to Jack who went with Rob to buy the food supplies!

We hope that everyone who attended had an enjoyable time. Manar, Rob, Jack and I are looking forward to having more events for our club where we can come together and build lifelong friendships and memories with you all. Watch out on TeamApp because our next event is coming soon and we are super excited for you to come along and join in the fun!



*Sefin*





### 12U & OPEN SHORT COURSE CHAMPS

It was so good to see so many athletes of all ages competing and representing Melton. Great effort from everyone.

#### FINALISTS

Aleesha Brownbill, Chloe Burke, Jack Gillard, Layla Mahfouz, Manar Mahfouz, Taylor Miller, Nathan Patterson

#### QUALIFIERS

Peter Berens, Lucas Cay, Tori Clare, Mitchell Davies, Kayla Jones, Halaena Lachama (U12), Yuan Lachama, Brodie Matthews, Benjamin Nolta, Ella Richardson, Mitchell Wills

### AGE SHORT COURSE CHAMPS

What a fantastic team of swimmers competed in September at the age SC championships. A special congratulations goes to our dual medallist Layla.

#### MEDALISTS

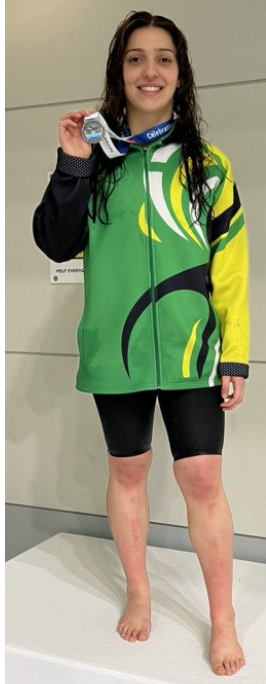
Layla Mahfouz (200m Fly 2nd , 100m Fly 3rd)

#### FINALISTS

Peter Berens, Chloe Burke, Lucas Cay, Tori Clare, Mitchell Davies, Spencer Davies, Layla Mahfouz

#### QUALIFIERS

Zoe Berens, Aleisha Busuttill (relay), Cooper Byham (relay), Emily Challis (relay), James Clare, Lynette General, Yuan Lachama, Imogen Lidgett-Egan, Hugo Nishimori, Benjamin Nolta, Reginae Padrigio (relay), Nilay Sarman, Scarlet Valori, Jarrod Wakefield





### SHORT COURSE NATIONALS

Congratulations to our swimmers at the Australian Short Course Championships held in Sydney in September. Manar Mahfouz, Jack Gillard and Aleesha Brownbill represented Melton over 4 days. Well done to all three who made it into multiple B finals during the championships:

**Manar** (200m Free, 100m free, 100m Fly, 100IM)

**Jack** (200IM, 200 Breast)

**Aleesha** (50m Back, 100IM)

Although they raced hard during the day, it was good for them to be able to bond through trips to the beach, heading into the city and dinners. Thanks also to the Rob and Sally for making the trip up to coach and support these swimmers.

### MASTERS

Master Victoria held their annual Short Course State Championships in September. For the first time ever the event was an event where over 18 Swimming Victoria competitors could compete alongside the Masters. Out of the three Melton Master swimmers, only two were going to compete. However, when we heard it was an event for SwimVic members too, it became a bit more exciting. We had seven of our senior SwimVic swimmers enter which meant that we could have relays. The day went perfectly, it was great for me to have other swimmers from the club at a masters event, it was great to see Osman kill it in his swims and PB every single 25 he did in the relays! It was amazing to see the SwimVic swimmers have fun and see swimming in a different light!

Thank you to everyone who took part and made relays possible. Thank you to Sally who approved the relays. Thank you to Jemma and Sally for doing the timekeeping for our club. Thank you to everyone who came along to support us. I hope Masters becomes more a part of our community so that we can show that no matter what age swimming is a great way to keep fit, have fun and make memories.

If you are thinking about Masters, please reach out to myself (Selin) to hear more about how fun it is! Trust me, you won't regret your decision when you turn into a Master!



### METRO WEST CHAMPIONSHIPS

Hit by injury and illness, yet Melton Swimming Club still held strong. Well done to all swimmers who participated in the Metro West Championships, with your team work and efforts Melton Swimming Club achieved 2nd Overall. It was great seeing the support and encouragement swimmers gave to each other during this events.

### METRO WEST JUNIOR SELECTION TRIALS

October saw our junior swimmers competing in the Metro West Selection Trials. Congratulations to those swimmers who progressed to the Metro Junior District Competition: Delta Bacon, Jacqueline Djie-Spiteri, Sebastian Duyvestyn, Victoria Geremian, Ella Harris, Azzahra Manggabarani, Alanah Mannering, William Thompson.



CLUB SOCIAL - FOOTY FUN



Save this Date

Christmas Party and Kids Trivia Night

Toolern Vale Hall

Friday 8th December

6 – 9pm



There are days when I do not want to get out of bed, when I'm tired and there are times when I don't have the best motivation. But I think at that point, I think about the goals that I have, and I think about the goals that I want to achieve. And I know if I do not get out of bed, and if I don't go to the pool in the morning, those goals probably won't happen.

- Michael Phelps

@Swimmer\_Problems1

THANKS TO THOSE WHO SUPPORT US



If you have a business or know a business that would like to help our club please send a message to:

enquiries@meltonswimmingclub.com.au

