

»» NEWSLETTER ««



**OASIS OTTERS
SWIMMING CLUB**

TOP NEWS OF THE MONTH



01 - 03/09/23

VICTORIAN AGE SC CHAMPIONSHIPS



09/09/23

SEPTEMBER MINI MEET



16 & 17/09/23

METRO SOUTH JUNIOR SELECTIONS



29/09/23

GRAND FINAL PUBLIC HOLIDAY

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JUNIOR TALENT WORKSHOP

On Saturday 26th August, Scott Robinson from the State Team took part in a skills session as a member of Swimming Victoria's Junior Talent Squad. Scott began his day with a presentation on the Crossover Turn with Mel Klamt of MLC Aquatic. He then went through dryland activation with Natalie from St Leonard's, going through movements that correlate to the turns in the water. The final part of the afternoon was about jumping into the water and practicing the crossover turn with the help of coaches from around Victoria.

Here is Scott's reflection of the day:

Why are crossover turns more widely used at an elite level?

Crossover turns are widely used at an elite level for their speed and efficiency. For men in the FINA World Championship 2019, 79% of athletes used the crossover turn. Similarly, 68% of women used the crossover turn during their race.

3 tips for a good crossover turn:

- Reaching your arm across your face
- NOT rotating your body past 90 degrees to the side (belly button up)
- Keeping your legs at a 90 degrees angle, shoulder width apart to push off the wall (pushing off on your side).

What is one thing you can do to improve your crossover by turn?

I can improve my crossover turn by speeding up the time it takes for me to execute and perform the crossover turn.

AUSTRALIAN SHORT COURSE CHAMPIONSHIPS QUALIFIER

Congratulations to Kelvin Tran from the State/National Team who has qualified to swim at the Australian Short Course Championships in September. This is Kelvin's second time qualifying and he will be racing in the Men's MultiClass 400m FS. Kelvin will be travelling to Sydney with Coach Bridget from September 12th. Next time you see Kelvin, give him some words of encouragement!

SYDNEY OLYMPIC PARK AQUATIC CENTRE
Olympic Blvd, Sydney Olympic Park NSW 2127



RINGWOOD SC MEET

A great finish to the qualifying meets of the short course season with 27 Otters competing at the Ringwood meet held on Sunday 13th August. With representation from all squads across the club, there were many PBs and medals, and a few final Age SC qualifiers. Great energy from everyone cheering on other swimmers - a fantastic sight (and sound) to hear! Big thanks from Coach Bridget to Sean, Rainn and Gou for their help in timing their fellow teammates' swims.

Special mention to the following achievements:

Grace, QianYi and Julia representing the Otters for the first time at an external meet

Daniel 1st: 100m BK & 200m IM, 2nd: 100m BR

Lucas 2nd: 200m IM, 3rd 100m BK

Michaellah 1st: 50m FLY, 3rd: 100m BR

Raven 3rd 100m FLY

Marjy 2nd: 100m FLY, 3rd: 100m IM

Fiona 3rd: 100m BR, 100m FLY

Vanessa 1st: 100m IM, 50m BK, 50m BR, 50m FS, 50m FLY

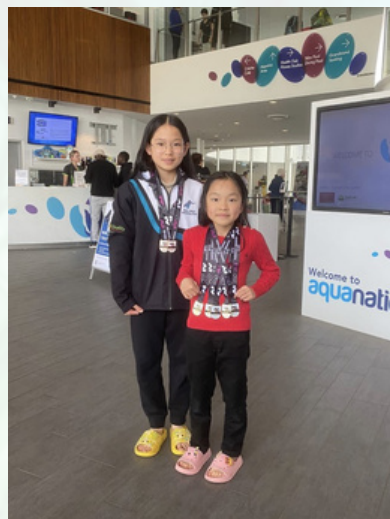
Jayden 1st: 400m FS

Scott 1st: 200m BK, 2nd: 200m FS, 200m BR, 50m FS

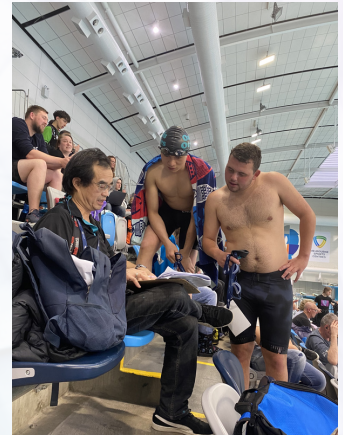
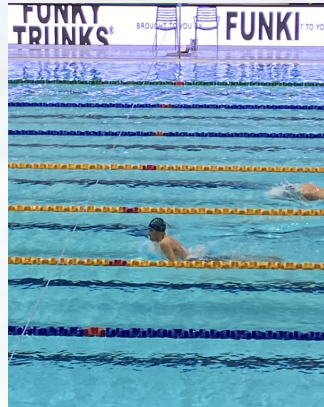
Gou 3rd: 200m IM

Kelvin 3rd: 100m BK, 200m IM

Ziao 1st: 100m BK



VICTORIAN OPEN SC CHAMPIONSHIPS



The Vic Open SC Championships held over the 19 - 20th August weekend was a great success with five athletes representing the club. Congratulations to Dion, Andrew, Henry, Athan and Kelvin on their swims.

Achievements included:

- Athan qualified for this State Championships for the first time and experienced two races (50m & 100m FS). He also partook in the 4x50m FS Para and Able-Body relay with Andrew and two swimmers from Ivanhoe Swim Club.
- Andrew with 5 PBs from 5 swims and participation in the 4x50m FS Para and Able-Body relay with Athan and two swimmers from Ivanhoe Swim Club.
- Dion (our newest Otters member) just outside of his PB in the Men's 50m FS and 200m FLY with plenty of learning experiences
- Henry with 3 PBs out of 3 swims (50m/100m BR & 100m IM)
- Kelvin with three 1st places finishes (100m BK, 100m IM, 100m FLY & 200m IM), 3rd in the 100m BR and 4th in the 100m FS

Hats off to the boys for a big weekend of racing as we finish off the short course season. Many lessons to take away as we head into the long course preparation.



MEET THE FAMILY

1. How long have you been with the Otters?
 - I have been with the Otters for 1 and a half years
2. Favourite event(s)? -
 - My favourite events are Freestyle, Butterfly and Backstroke
- 3.. What do you like most about swimming?
 - I like swimming because I love water, I like to do exercise and I like competing
4. What are some long-term swimming goals?
 - My long-term swimming goal is to get to the Olympics
5. What are some hobbies outside of the pool?
 - My hobby outside of the pool is Soccer
- 6.. What are you excited for in 2023?
 - I am very excited to try and get a better personal best what I got and try my hardest and also kick harder
7. Who is a famous person you'd like to meet one day, and why?
 - Sir David Attenborough is a famous person I would like to meet one day because he has a nice soothing voice and also his talk about animals inside our planet and he is very interesting
8. What do you do to keep yourself motivated in this sport?
 - My motivation is to try to get to next level up, so I can push myself as hardest as I can
9. What steps do you take to prepare for competitions?
 - When I know I have competitions, I try my best to push as hard as I can into training to be my personal best and get to the pools nice and early and do some exercises a bit of training in the pool before competitions.



PRACTICE - SUCCESS

There are many things you will learn in swimming that will help you to be successful in sport and in life. Success is about growing and developing to be the best that you can be.

Confidence and Self-Belief

To be successful, you need to be motivated and self-confident. Confidence comes from believing in yourself and what you do. If you swim well in practice, you will develop the confidence to race well at swimming meets.

Coping with Pressure

To be good in any sport you need to be able to cope under pressure. Work on staying focused and performing well when you feel pressure to perform.

Coping with pressure is about racing well, even if you are feeling nervous. It is also about learning to cope in different situations at practice and swim meets.

The Right Attitude

Your attitude towards your swimming will determine how successful you will be. If you wake up each morning and look forward to your daily swimming practice and the opportunity to work hard, then you will improve.

When you arrive at practice, use your positive attitude to swim well. Aim to improve something in every training session. A positive attitude will rub off on your friends and they will see you as a leader and train hard with you.



You control your attitude. A positive attitude is very important in swimming and in life.

Energy

Managing your energy levels in practice is very important. Many swimmers feel great from the first 15 minutes of a training session and then their energy levels start to drop off. Learning to manage your energy levels throughout a session will help you to be a better swimmer.

Discipline and Focus

Swimming requires a lot of discipline. Apart from the need to go to school and complete homework, there are early mornings, late nights and swim meets on weekends. It takes discipline to train and race well all the time. It also takes focus.

Focus is about knowing what it is that you want, and then working towards it, without being distracted by others.



Your coach will help you to stay focused by reminding you of what to concentrate on. When you are swimming up and down the pool it is then up to you to concentrate and stay focused on what you are doing

Happy Swimming!
POOL

Resource from: Gary Barclay (Behind the Goggles)



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