

You Otter Know



Welcome to our newsletter for

December 2023

We're accepting new members

If you have friends or family that are:

- looking to make new friends
- ready for competitive swimming
- want to smash their swim goals

then they might be interested in joining our Otters family. We have a flyer available to share with your school, to include in their newsletter, or you can post it on your social media.

Please let them know they can book a free assessment on Wednesdays or Fridays with Coach Bridget. To enquire please call 0426 878 648 or email oasisotters@gmail.com

Coming up

3 January 2024

Training Resumes

13 - 14 January 2024

Victorian Sprint Championships

26 January 2024

Australia Day Public Holiday





Oasis Otters Swimming Club

Between the lanes: News from the Committee

2023 has been an outstanding year for the Oasis Otters Swimming Club with many of our swimmers taking their first steps into competitive swimming or achieving new heights in their sporting career.

The success of the club has been founded on the hard work and dedication of all our swimmers - from Development Squad right through to the National squad and this year has been no exception with all of our swimmers performing at their best - so to all of our swimmers, I thank you for your outstanding effort this year. Please keep it up!

But as they say, it takes a village to raise a child and raising a successful swimmer is no exception.

Without the amazing dedication shown by parents in supporting their swimmers, none of this would happen - I am constantly amazed at the support, love and dedication Otters Parents give to our swimmers in what can be a very grueling training and competition schedule during the year - truly an incredible effort by all the parents!!

I would like to thank my fellow committee members for all of the hard work and effort put into running a successful swimming club - It has been a pleasure to work with you all during the year

And lastly, to our fantastic coaching team - James, Bridget & Wenbo

Thank you for an outstanding effort this year - your hard work, dedication and patience has seen the club and our swim team's performance improve out of sight.

Wishing everyone a very Merry Christmas and a safe and Happy New Year and I hope that everyone enjoys the break with Family and friends.

Looking forward to seeing you all in 2024 and continuing to make the Otters a fantastic swimming club.



Brian Atkinson
Club President



Oasis Otters Swimming Club

MSC Splash Five LC Meet

We had our last qualifying meet of the year at MSAC for MSC Splash Five on Sunday 3rd December. Well done to all Junior Squad and State Team athletes on their swims. Some notable performances include:

- Athan achieving the 50m BK & 50m BR Victorian Sprint Championship Qualifying Times
- Punara putting race strategy into place and knocking off a massive 20 secs in her 200m FS
- Lucas dropping 1.8 secs off his PB to add the 100m BK to his Victorian Age LC Championships program
- Keith swimming out of his skin to shave off 5 secs in the 100m BR to cement his position for the upcoming Vic Age Championships
- Rain breaking 3 LC Club Records - 11 YO 100m FLY, 100m FS & 200m FS
- Sanaya adding the 50m FLY to her Victorian Sprint Championship program
- Gou adding the 50m FS to his event line up for the Victorian Sprint Championships

A great way to finish the year with some last minute qualifying times for upcoming Championship meets. GO OTTERS!





Oasis Otters Swimming Club

2024 Victorian Age LC Championships

The Victorian Age LC Championships returned to its usual December timeslot following disruption and rescheduling due to COVID in recent years. It was a massive meet, with Victorians coming up against fierce competition from around Australia, as well as some International faces. Our team performed superbly, setting themselves up on the right track coming into Age Nationals next year.

Day 1 Saturday Heats

We kicked off the Otters Victorian Age LC Championship campaign with 7 of our swimmers diving in for their heats swims. Results included:

- Our first swimmer representing the club was Bronwyn who swam the 200m FS, shaking out the cobwebs finishing just off her entry time (+1.2)
- Scott and Daniel were up next in the Boys 14 Years 200m FS, with Scott achieving a big 5.5sec PB and Daniel just a touch outside his entry time
- Daniel continuing his momentum with a 1sec PB in his 100m BK with some impressive pacing
- Next up was Lucas in the 100m BR with a 4.8sec PB, hitting the wall in 1:20.72
- Keith dived in for his first individual event at a Victorian Age LC Championship meet in the 100m BR, achieving a 0.4sec PB
- It was a long time coming in the Boys 16 Years 100m BR for Henry, who finally achieved the National Qualifying Time, placing himself 10th coming into the final
- Dion and Scott closed out our first morning session in the 800m FS, with both just outside of their PBs, but setting themselves up for a big week ahead

Day 1 Saturday Finals

- Andrew kicked off our first finals session with 3 events - 100m FLY, 50m BK & 50m BR, all in new personal bests
- Henry finished 10th in the 100m BR, just a touch slower than his morning heat swim (1:10.29), with plenty to sharpen up on coming into Age Nationals next year



Oasis Otters Swimming Club

2024 Victorian Age LC Championships

Day 2 Sunday Heats

Results for our second morning:

- Dion dived in for the Timed Final of his 400m FS, finishing with a 4sec PB and placing 11th Victorian
- Bronwyn with a 0.8sec PB to achieve the National Qualifying Time in the Girls 14 Years 100m FLY, placing 5th in the heats
- The energy from Bronwyn's swim must have carried over with Scott following suit, swimming a 1.5sec PB to also achieve the National Qualifying Time in the Boys 14 Years 100m FLY. Daniel finished his 100m FLY with a tiny (0.01!) PB in the same event
- With PBs in the 100m BK & 100m FLY for Lucas and 100m FS for Henry, the boys continued the momentum for Sunday's heats session
- Bronwyn and Daniel were just outside of their entry time in their respective 200m BR races
- Daniel with a 3rd swim of the morning in the 100m FS also just outside of his PB. Scott closed out his morning with an impressive 3.4sec PB in the Boys 14 Years 100m FS to dip under the 1-minute mark for the first time

Day 2 Sunday Finals

- Our butterfly duo Bronwyn and Scott shaved off additional time from their morning PBs to both finish 6th in their respective age groups, setting themselves up nicely coming into the 2024 Age National Championships
- Andrew was cheered home by our team in his 400m FS final, finishing 5th with a fantastic 5 sec PB (5:23.71)
- Our first relay of the program was our Boys 12-18 Years 4x50m Medley. Daniel, Henry, Scott & Dion all swam out of their skin to improve their club ranking from 30th to 24th with a 3.6sec PB, just narrowly missing the National Qualifying Time by under 1 sec
- The night finished with the Boys 12-15 Year 4x50m FS Relay, with Scott, Keith, Daniel and Dion again collectively dropping 3 seconds from their entry time to go from 30th position to 25th.



Oasis Otters Swimming Club

2024 Victorian Age LC Championships

Day 3 Monday Heats

Feeding off the energy of our fast relay swims from last night, the boys backed it up with the following swims:

- Daniel with a 1.3sec PB in the 200m BK, followed by a 2.5sec PB in the 200m IM, ranked 6th going into the finals
- Keith finishing his Victorian Age campaign just a smidge off his PB in the 100m FS (1:06.05)
- Lucas with a big 7 sec PB in the 200m BR, improving his ranking from 24th to 16th place
- Bronwyn just outside her PB in the 200m IM (2:40.30)
- Scott finishing in 11th place in his 200m IM with a 3.7sec PB
- Dion with a magnificent 15 sec PB in the tough Boys 14-15 Years 1500m FS

Day 3 Monday Finals

- Night 3 started with Andrew's 200m FS, placing him 5th in the MultiClass 12-18 Years group
- Dion's 200m FLY Straight Final saw him on his PB pace, finishing 4th overall
- Daniel placed 7th in the final of the 200m IM, just slightly slower than his morning PB
- Our final Boys relay was the 12-18 Years 4x50m Relay. Henry, Scott, Daniel & Dion came together one last time for this Championships to improve their ranking from 31st to 27th, shaving 3.9 secs off their entry time. A massive shoutout goes to Dion who made up a 5m deficit to mow down the competitor in the next lane and touch the wall first in Heat 1



Oasis Otters Swimming Club

2024 Victorian Age LC Championships

Day 4 Tuesday Heats

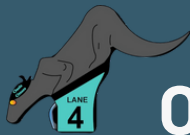
Coming into the second last day of the meet, the energy was still going strong:

- Scott got everyone excited with his 7 sec PB in the 400m FS, just 0.10 secs outside of the National Qualifying Time. His swim secured him a 10th place spot for the final
- Dion finishing 12th Victorian, just a touch outside his PB in the 100m FLY
- Lucas and Bronwyn had their last individual swims of the Championships, with Lucas improving his 200m IM PB and Bronwyn off by 1 sec
- Gou made his splash in the Boys 12 Years 200m BR - his first individual event at a Victorian Age LC Championship, swimming a big 5 sec PB (3:16.31)

Dion rounded off the morning with a 4.6sec PB in the 200m FS to finish as 11th Victorian.

Day 4 Tuesday Finals

- Andrew made his mark in the 100m BK and 200m IM with new PBs placing 5th in both events, as well as the 50m FS, just off his entry time finishing in 9th position
- All he needed was an extra 0.10sec, but Scott delivered more than that, shaving another 1.5secs off his morning swim to snag the National Qualifying Time in the Boys 14 Years 400m FS, finishing 8th overall
- Our final team relay was the Mixed 12-18 Year 4x50m FS. Daniel, Bronwyn, Giorgia & Scott were able to put last minute stroke mechanic tips into place from Coach James to see them improve their entry time by 3 secs and finish 41st.



Oasis Otters Swimming Club

2024 Victorian Age LC Championships

Day 5 Wednesday Heats

Our final heat session closed out with more excellent swims including:

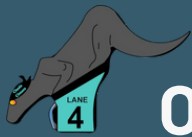
- Gou's 100m BR in a 4.5sec PB to finish his successful first Vic Age LC Championships
- Giorgia battling her sickness to dive in for her individual 100m FS, just a touch outside of her PB (+0.55)
- Dion finishing his big program with a 0.77sec PB in the 100m FS to finish equal 18th in his age group
- Scott honing in on his last 50m FS of the meet after a few relay swims on prior nights, just outside of his entry time (+0.35)
- Scott and Daniel setting themselves beautifully up for the final of the 200m FLY. The heats saw Scott touch the wall in a 4.15secs PB, ranking 2nd going into the final. Daniel also with a 4.1secs PB, just outside the National Qualifying time and ranked 3rd going into the finals.

Day 5 Wednesday Finals

- Our final session of the Victorian Age LC Championships brought our best success.
- We had Andrew race the MultiClass 100m FS, finishing just outside of his PB and 50m FLY in a 0.6sec PB. Well done on your great swims.
- Contesting arguably the two toughest events on the program, and in the same session on the final night, Scott and Daniel pulled out all stops to close out the Otters Championship campaign for 2023. Finishing as 2nd Victorian with a massive 7.5sec PB, Scott earned his first Silver medal of the Championships. Daniel just outside of his entry time toughed it out to finish in 10th position overall.
- Both boys backed it up only 1.5hours later with the 200m FLY. Battling it out in a tough field, both boys dug deep to finish strongly and joined each other on the podium with Scott as 2nd Victorian and Daniel as 3rd place Victorian, his first Championships medal.

Our boys who had finals swims carried the team to finish 14th in the Men's Team Score. With the addition of Brownyn's finals, Oasis Otters finished 21st in the Combined Team Scores - AN AMAZING WAY TO ROUND OUT 2023!

An absolutely phenomenal meet that wouldn't be possible without the hard work and dedication from swimmers and parents. Biggest congratulations and thanks goes to Coach James for the tireless efforts in preparing every swimmer and spending over 8 hours at MSAC for 5 days straight - the real MVP!!



Oasis Otters Swimming Club





Oasis Otters Swimming Club

Swimmers Corner

Tips from the TOP:

The top five factors identified by Children as influencing their continued participation in sport are:

- Learning new skills and improving existing skills.
- Using their skills to improve performance.
- Having an enjoyable experience with the coach/instructor.
- Testing their ability by competing with their peers.
- Being with friends and having social interaction

