



THE BODY ACHIEVES WHAT THE MIND BELIEVES

OASIS OTTERS SWIMMING CLUB



FEBRUARY MINI MEET

For a rainy and gloomy Saturday morning, we had one of our biggest turn outs to our February Mini Meet. With 35 swimmers participating, the atmosphere was high and plenty of learning experiences were had, particularly for the younger swimmers regarding performing correct race skills such as turns and underwater work.

Massive thank you to all parents who helped with timekeeping, breakfast duties and the clean up.

See you all next month for our first Distance Test of the year!



COMING UP



04/03/23
Distance Test



09/03/23 - 13/03/23
Victorian Age Championships



25/03/23 - 26/03/23
Metro All Juniors Semi Finals & Finals



NEW COACH!

In order to increase our coaching staff, and ensure we have consistent and available coaches, especially during competition season, we are pleased to announce that **Wenbo Shan** will be joining the Coaching team!

Wenbo will initially be on deck coaching on Saturday mornings, and will progress to the Development Squad in the future.

Wenbo comes from a sport background of Provincial Level Competitive Swimmer in China. He has been teaching and coaching for more than 7 years in YMCA, Haileybury College and Mentone Grammar programs. Wenbo is an accredited Development Coach with expertise in stroke technique and correction and is responsible for refining skills and building the aerobic endurance of swimmers. Wenbo's Coaching Goal is: **Everyone Improves, Everyone Enjoys**, so he aims to build up a foundation of the technical skills of swimming and training, along with the mental skills of focus, commitment, and hard work that will give swimmers the strong base they will need as they grow and develop in the sport of swimming and life.



SAY HI TO WENBO NEXT TIME YOU SEE HIM ON POOL DECK

SWIMMING VICTORIA JUNIOR TALENT WORKSHOP

On *Saturday 18th February*, **Bronwyn Zheng** from the State Squad participated in a workshop as a member of Swimming Victoria's Junior Talent Squad. The day focused on competition skills - dives & turns. Swimmers first went through a theory session on what the key points for each skill were. They then headed to the pool where they worked through each skill with some of Victoria's leading coaches. Here are some top tips Bronwyn has for improving your race skills:

1. What are competition skills?

Competition skills are things like the dive, turns, underwater work and finishes.

2. Why is it important to have good competition skills?

It is important to have good competition skills because when everyone's speed is very similar, the winner is the one who has the most refined competition skills. Having good competition skills also helps your swimming by reducing the number of strokes needed, saving energy that could potentially make you a medallist.

Two tips/advice/points to focus on for each skill:

BR & FLY Turn

- Bring the knee up quickly
- Look up when you turn and don't twist your body to the side

FS & BK Tumble Turn

- Keep your feet low
- Tuck your head down to your chest

BK -> BR Cross-Over Turn

- Keep your chest facing upwards to not get disqualified
- Tuck your head down to the chest to turn fast

Dive

- Kick your legs up
- Push the block with your hands to get more power off the dive



Photo courtesy of Swimming Victoria

MEET RESULTS



METRO EAST LC MEET

Fantastic swimming at the Metro East LC Meet on **Sunday 5th February**. Well done to our small team of Lucas, Gou & Rainn for representing the Otters in the AM session. All 3 boys made new PBs in all their events.

Our 13 & Over swimmers were able to either swim on PB pace or make new PBs, making the most of our final qualifying meet for the long course season.

Good luck to all swimmers who have qualified to swim at the Victorian Age LC Championships in March:

Lucas, Bronwyn, Andrew, Giorgia, Daniel, Jayden, Henry & Brady

Highlights from the day included:

- Lucas achieving a 7th State Age qualifying time (200m FS)
- Rainn winning 3 medals from 3 events, breaking 3 club LC records in the process (2nd: 100m BR, 1st: 200m IM, 2nd: 100m FS)
- Daniel achieving his first State Age qualifying time (100m FLY)
- Bronwyn achieving her second National Age qualifying time (100m FLY)

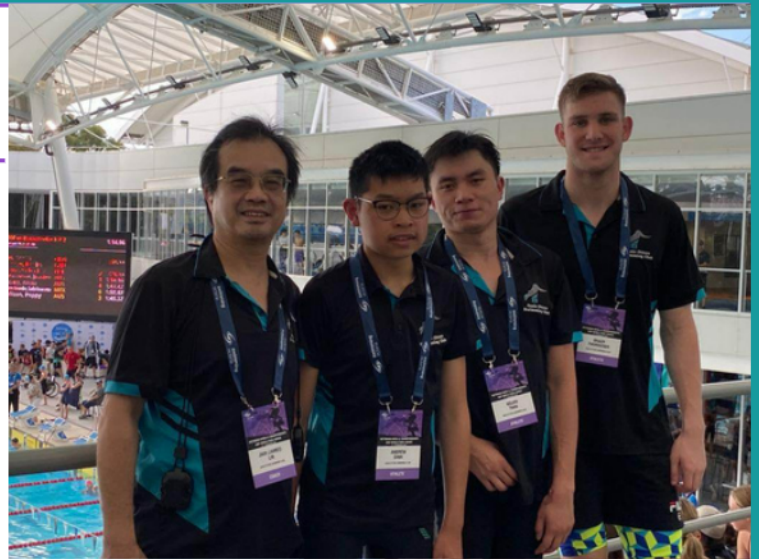


VICTORIAN OPEN CHAMPIONSHIPS

On February 17th - 19th, we had 3 swimmers represent the club at the Victorian Open LC Championships. Well done to Andrew, Brady and Kelvin!

Highlights from the day meet included:

- **Andrew** swimming 7 PBs out of 8 events and ending the final night with a bronze medal in the Men's 200m IM Multiclass
- **Brady** finishing off his backstroke trifecta (50m, 100m 200m) with a small PB in the 100m backstroke
- **Kelvin** taking on a huge program swimming 10 events over 3 days (and twice for each one for making the finals!) and winning 4 medals: (100m MC BK: 3rd, 400m MC FS: 3rd, 50m BK: 3rd, 200m IM: 2nd)



QUOTE OF THE MONTH

Excellence is the gradual result of always striving to do better

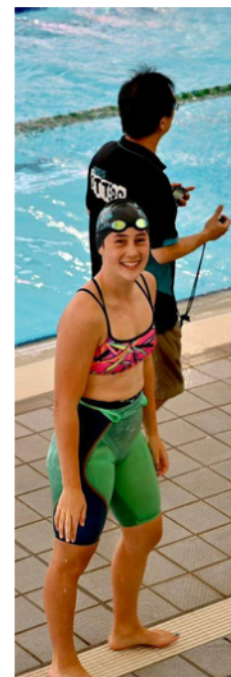


METRO SOUTH ALL JUNIOR SELECTIONS

With 27 swimmers in attendance, all our squads were represented at the Metro South All Junior Selection on *Saturday 25th March*. Brilliant swimming from everyone with massive PBs, lots of smiles and cheering and overall great vibes.

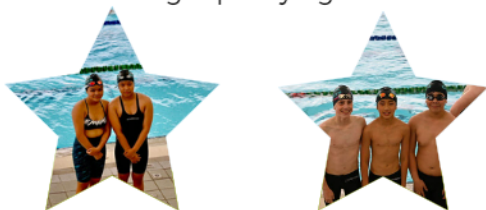
Congratulations to the following swimmers who have made the Top 10 for their respective events and will go on to represent the club and Metro South at the Semi-Finals:

- Andrew: 50m FLY, 50m BK, 50m BR, 50m FS
- Lucas: 50m FLY, 50m BK, 50m BR, 50m FS
- Henry: 50m FLY, 50m BK, 50m BR, 50m FS
- Giorgia: 50m FLY, 50m BK, 50m BR, 50m FS
- Neno: 50m BR
- Rainn: 50m FLY, 50m BK, 50m BR, 50m FS
- Raven: 50m FLY
- Marjy: 50m BR
- Miguel: 50m FLY, 50m FS
- Fiona: 50m BR
- Vanessa: 50m FLY, 50m BK, 50m BR, 50m FS
- Jayden: 50m BK, 50m BR, 50m FS
- William: 50m BK
- Gou: 50m BR
- Kruz: 50m FLY, 50m BR, 50m FS
- Zimo: 50m FLY, 50m BK, 50m FS
- Bronwyn: 50m FLY, 50m BK, 50m BR, 50m FS
- Sean: 50m FLY, 50m BK



Special mention to the following swimmers:

- Zimo, Hannah & Isabelle for competing in their first meet outside of our monthly Mini Meets
- Neno for displaying a great act of team spirit
- Andrew for swimming by himself in his four Multiclass events
- Giorgia for achieving an additional 2 National Age qualifying times



Massive thanks to Van, Bernard, Thu and Brian for filling the club's rostered timekeeping roles



Congratulations to Marjy for being awarded Year 9 Swimmer of the Year at her school



Great swimming from Fiona and Vanessa at the Melton LC Meet



All smiles for Rainn & Gou dominating at their school swimming carnival

MEET THE FAMILIES

KRUZ TYAGI (Development Squad)

1. How long have you been with the Otters?

Since 24th Jan 2022.

2. Favourite stroke(s)?

Freestyle & Breaststroke

3. What is your favourite part about swimming?

My favourite part about swimming is the coaches teaching me about technique & it improves my swimming.

4. What do you like to do on the weekends, away from the pool?

Go to fun places like Time Zone & Nippers.

5. What has been your favourite holiday destination and why?

Vomo Island in Fiji because it felt like Paradise.



6. What are you excited for in 2023?

My school swimming try-outs & getting some Pb's

7. One fun fact about yourself:

I love surfing.



COMMUNICATION WITHIN THE CLUB



Great to have so many new members join our growing club!

Here is a reminder about how to stay up-to-date with club events and news.



Club emails are the primary form of communication. All meet updates, training schedule changes and other important information will be sent out via email.



Our Parents WhatsApp group is for competition photos, quick questions and general advice and tips parents would like to share. Some reminders will also be shared here, but generally the information will come out via email first. Speak to one of our friendly parents to be added to the group.



Please note that coaches only check the WhatsApp group periodically. Should you need to contact your coach (lateness, absences, urgent questions), please message them directly via text (not WhatsApp). Please also be mindful that you message and call coaches during appropriate hours - we have other jobs during the day and other responsibilities after training in the evening. Non urgent matters such as questions about future competitions and training programs queries will be handled via email.



All other issues (suspensions, payments, requests) need to be directed to the club email. Please take note of our suspension policy - any requests need to be in writing and approved by the Treasury Team and Committee. Please do not contact coaches regarding these matters - they do not handle this side of the club administration.



Our club newsletter comes out at the end of each month. Please encourage swimmers to also check this out as there will always be something to learn. If you have anything you'd like to share (achievements, goals, swimming tips & tricks), email us at oasisotters@gmail.com to be featured.

PARENTS' CORNER

Education & Advice to help you, help your swimmer be the best they can be

Why do we get so emotionally involved in how fast our children swim across the pool? Have you ever stopped to watch parents faces at meets? You'll see extreme pain, elation, frustration and everything in between.

We know there are many good reasons to take our kids to the pool and have them involved in youth sports. Life lessons are important, like learning how to fail, handling disappointments, how to be a good sport and how to manage time. With so many good reasons to have our kids swim, we need to check that we aren't going overboard with our emotions and dampening our kids' enthusiasm.

Here are a few tips to navigate the many ups and downs at a swim meet:

ONE

Don't focus on winning or best times.

Celebrate when they do well. Cheer loudly for your swimmer and their friends, but don't make the results be the end all, be all.

TWO

Remember, it's their sport—not yours.

Sometimes parents feel the intensity of every stroke. Our muscles contract and we can feel exhausted when the swim is over. I know this from my own experience. But, no matter how fast I pace, how loud I yell, or how much my muscles are trying, I cannot swim the race for my child.

THREE

Emphasize effort.

Rather than show your disappointment when a swim isn't a best time, or your child got touched out, reflect on how hard they have tried. Be sure to commend them for their effort. Hard work is a trait we want them to gain from swimming.

FOUR

Relax!

Bring a good book or some work to catch up on. Don't stay keyed up throughout the meet. During warm-ups and long hours between your child's events, explore the area. Go for a walk. Check out local restaurants or coffee shops. Look at each meet as a fun place to be.

FIVE

People watch.

If you sit back and watch other parents yelling, jumping and screaming, you may say to yourself, "Boy, I'm sure glad that's not me!" The meet is a giant spectacle if you step back and take a look at it.

SIX

Keep it fun.



Article courtesy of SwimSwam

SwimSwam news is a swimming news organization covering competitive swimming along with diving, water polo and synchronized swimming. It is the world's most-read swimming website in the world, covering everything from swimming news, swimming videos, college swimming and Olympic swimming coverage, along with expert advice from coaches and the world's best athletes. SwimSwam also features articles from current and former swimmers, parents and all those involved in life at the pool.

Reminder: Swimmers and parents are encouraged to follow the meet calendar sent out by coaches. Meets are selected carefully each month to align with training programs and the overall season structure. Swimmers need to build a couple of weeks in between meets to recover and be able to have the time to apply their skills in preparation for meets. Doing too many meets each month is not advised - by getting caught up entering a meet every other weekend and expecting PBs is unrealistic and swimmers can get burnt out. Not to mention the amount of money spent entering each meet for parents! If you are looking for race practice, our monthly Mini Meets are designed exactly for that purpose. To continue to build a strong team culture, we aim to have as many swimmers enter each targeted meet, so that we can cheer each other on and support one another when racing.

If, for whatever reason, you cannot attend a targeted meet for your squad, come see your coach for advice.