



# OASIS OTTERS SWIMMING CLUB

*"The body achieves what the mind believes"*

## SURREY PARK SC MEET



Well done to all competitors at our second short course meet of the season. On Sunday 16th July, we had a few swimmers achieve qualifying times for the upcoming Age SC Championships, as well as many PBs. A great learning experience in terms of what was done well and what can be improved on skill-wise for all athletes. Looking forward to our last qualifying meet (Ringwood SC Meet) before the State Championships.



## UPCOMING AUGUST



30/07/23 OTTERS AGM  
(PRESENTATION AFTERNOON  
AT 3:30 PM)



05/08/23  
AUGUST MINI MEET



13/08/23  
RINGWOOD  
SHORT COURSE MEET



19 - 20/08/23  
VICTORIAN OPEN  
SC CHAMPIONSHIPS







## OASIS OTTERS SWIMMING CLUB



### JX ACHIEVERS

The Junior Excellence Program was established in 2007 to recognise, reward and incentivise junior swimmers who are on part of their swimming journey, learning and refining as they develop into senior swimmers. Each year Swimming Australia releases the JX criteria and standards for the forthcoming season which swimmers, parents and coaches can use as targets throughout the year.

Swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at gold, silver, bronze or blue standard, depending on their best performance/s during the season.

All 'approved' swim meet results are loaded into the Swimming Australia's Swim Central and used as results towards an overall award for each individual swimmer. At the end of the qualification period, Swimming Australia will publish the JX results on the website.

Congratulations to the following swimmers who achieved a standard this past season:

Gold	Rainn Lee
Silver	Lucas Dinh
	Scott Robinson
	Bronwyn Zheng
	Daniel Atkinson
Bronze	Keith Han
	Emma Jorissen
Blue	Sanaya Pathiramage
	William Rui
	Lithara Samarakoon
	Brooke Appleyard
	Michaelah Ganiquem-Puspus
	Raven Lee
	Miguel Lobangco
	Hannah Lubbe
	Fiona Luong
	Quinn Rush
	Gou Tanaka
	Kruz Tyagi
	Zimo Wang
Nethum Wijethunga	
Sean Zheng	





## OASIS OTTERS SWIMMING CLUB

### MEET THE FAMILY

#### Punara

1. How long have you been with the Otters?
  - We have been with Otters since March..
2. What are some long-term swimming goals?
  - My long term swimming goal is to get qualifying times for state and even join the national team in the future. These goals would play a massive role towards my portfolio when it comes towards university interviews. So in university I can join the university swimming team.
3. What are you excited for in 2023?
  - I am excited for the upcoming results for a story competition that applied against 500 contestants to win \$5000 dollars in cash prize. Another thing I am excited for is the upcoming ICAS math's competition and Australian math's competition
4. What skills or lessons have you learnt while swimming that help you outside of the water?
  - The skills I have developed over swimming are the ability to juggle swimming with my daily life and using swimming as a strength; relaxing you mentally for schoolwork and preparing for upcoming daily challenges. Another skill and lesson that I have developed is to stay calm in the water especially from a very young age, which also appeals to the concept of not panicking because you lose the idea of focus; that is important in swimming .
5. How do you juggle swimming with school?
  - It was difficult at first, but once I got used to the same routine after school it became easier to handle it. Swimming is like a break from all the schoolwork and the rush it brings to my life.
6. What is your dream job?
  - My dream job is to become a neurosurgeon, not just to help patients in the hospital but also get the opportunity to become a professor in that field and teach university students. With this education recognition in medicine will give me the chance to open up a chain of medical centres around the world. With that dream does side track my other dream jobs are: work in NASA or IT-forensic.
7. Favourite quote:
  - "Life is not a matter of holding good cards, but of playing a poor hand well." - Robert Louis Stevenson
8. Where in the world would you like to travel to, and why?
  - If I get the chance to travel anywhere in the world, I will go to Japan in spring because of the gorgeous blossom trees; Thailand just for the food; Dubai to get the feeling of not having to pay tax and New York because everything happens there. I would definitely go on a European world tour because I just love their culture and their lifestyle. If I got to travel anywhere in the universe, it would be the Moon!!! :)







# OASIS OTTERS SWIMMING CLUB

## MEET THE FAMILY

JU, 2023 EDITION

### Lithara

1. How long have you been with the Otters?
  - We have been with Otters since March..
2. Favourite event(s)?
  - All 50m Strokes.
3. How did you get into swimming?
  - I got into swimming at the age of 4 when I was back in Sri Lanka with my family.
4. What do you like most about swimming?
  - What I like most about swimming is the adrenaline rush you get when you race. The competitiveness you feel trying to make sure you get a PB.
5. What do you do to keep yourself motivated in this sport?
  - The end results and the people I have met here at Otters
6. What are some hobbies outside of the pool?
  - Dancing, reading, watching movies, playing different sports, being with family and having fun with my friends.
7. One fun fact about yourself:
  - I can play any sport but I need to know all the rules to play.
8. Favourite movie:
  - Weathering with you

### Parent:

1. How do you motivate your daughters to be good swimmers?
  - I tell them, no matter what, to never give up and if they know they tried their best they will not have to worry.
2. What is your favourite thing about being part of the Otters Family?
  - The families here are really nice and caring, they support everyone's child even if it's not their own child.
3. How can families help the club build in connection and numbers?
  - Families can help the club by advertising our swim club, in different meets that Otters attend.
4. Tips or advice for parents of swimmers:
  - Make sure to listen to your kids as well on their opinions, this will help us as parents understand what they mean.



[OASISOTTERS@GMAIL.COM](mailto:OASISOTTERS@GMAIL.COM)





## **SWIMMING – YOUR SUPPORT TEAM**

There many people who will help you with your swimming. These include your team mates, your coach and your parents.

### **Team Mates**

Your training partners are important members of your support team. These are the boys and girls that you swim with each day. You will see each other and train together at each swimming practice. Be helping and supporting each other, your friendships will develop. Support each other by doing things like stretching together before each session or when you do dryland exercise.

Teamwork is very important when you attend swim meets. You can warm-up together, sit together and support each other when you are racing. When your name is announced at the beginning of a race and you hear people call out for you, it can provide a great boost to your confidence. As you get older you will travel to swim meets as a team. You will also compete in relays together and begin early morning training sessions Your friendships will grow stronger and you will become life-long friends with many of your team mates.

**"Support your team mates. Without their help and competition, you will never be the best that you can be"**

### **Respect Your Coach**

Your coach has a goal to help you to be the best swimmer that you can be. They will do this by instructing and encouraging you at each practice and at competitions. Show your appreciation to your swimming coach on a daily basis. Listen and watch your coach during each training session. Do exactly what your coach is asking you to do, every time. Listen to them because they are there to help you and you may learn something new.

**After each training or at the end of a swim meet, thank your coach for the work they have done with you**

### **Thank Your Parents**

As a swimmer, your parents will be your biggest supporters. They support you by taking you to practice and competitions and often wait patiently for you to get dress before heading home. They also spend money to support your swimming. They pay money to enter swim meets, pay for your squad fees and buy swimming equipment.

**"Each time your parents drive you to a swim meet or training session,, say a simple "Thank you"**



Resource from: Gary Barclay

