



OASIS OTTERS SWIMMING CLUB

2022 - 2023 SWIMMING WRAP UP



We have had such a successful 2022-2023 year, with many swimmers competing at State and National level. We had new families join us, and lots of PB's. Our Otters Encouragement Meet was a huge success, and we could not have done this without the support of everyone in our Otters Family!

We will continue to ensure our club grows and we have continued competition success for our swimmers. GO OTTERS!

UPCOMING JULY



01/07/23 DISTANCE TEST



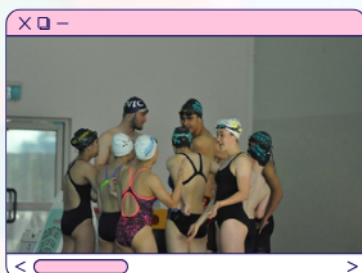
16/07/23 SURREY PARK SC MEET



30/07/23 OTTERS AGM (PRESENTATION AFTERNOON)



THANK YOU



JX SESSION

On Monday 12th June, Kruz Tyagi and Scott Robinson were lucky enough to be part of a Junior Excellence Clinic on the eve of the World Championships Trials. Swimmers first learnt about the values that the Australian Dolphins abide by, and how they can implement them in their home clubs. Craig Jackson (Mack Horton's former coach) then talked the swimmers through setting up a good dive. Athletes headed down to the pool and worked through improving their diving skills with coaches from around Victoria. There was a mini Q&A session with past Australian Dolphins (Josh Beaver, Kenrick Monk, Andrew Lauterstein and Jordan Merrilees) who shared some wisdom on training and racing. The final session the swimmers sat through was with Penny of Channel 9 Broadcasting. Penny explained the process of setting up and managing the mass operation of delivering a national live televised event to viewers at home. She also provided tips and focus points on how to respond to questions in ways that allows viewers to be immersed in the responding athlete's answers. Read below what the boys got out of the day:

To find out more about the JX Program, head to Swimming Victoria's website.

Scott's Reflection:

1. What are 3 interesting points/facts about how media broadcasting partners set up and deliver events like a World Championship Trials to viewers at home?
 - When a new record is set, the time is processed by a pool manager, which is then relayed to the crew team to officially check and display to everyone the new record time.
 - Much of the overhead cameras used to capture the overhead view is run by pulleys. These pulleys are controlled by a person with a remote controller. These pulleys are attached across the ceiling and on the overhead walkway. Other cameras are generally stationary cameras. These cameras point down at crucial sections of a race such as the walls.
 - All the cameras in the crowd are all placed on scaffolding or held in posts so that the cameras do not shake when someone walks past it or whenever there is big movement in the crowd.
2. How can athletes become more relatable and engaging to fans and viewers when being interviewed by the media?
 - Athletes can become more relatable by opening up about their personal lives outside of swimming. This may include them talking about their other hobbies, pets, activities, or possibly their rise to fame. Athletes are also trained to engage viewers by talking in depth about their lives and their swim. They are taught to not simply give one worded answers, rather, they should explain their answer thoroughly.
3. What is something you can improve on in your dive?
 - Something I can improve on in my dive is keeping my hips up, leaving a slight gap between my legs and my chest, and keeping a 90 degrees angle for my back leg. By doing this, it will help me jump out further.

Kruz's Reflection:

1. What are four points to set up a good dive?
 - Hold your fingers over edge of the block.
 - When it says Take your Marks stick your bum as high as you can
 - As soon as dive put your arms in tight streamline position.
 - Have a foot distance between the two feet.
2. What was your favourite part of the day?
 - Diving lesson was fav part.
3. What is one thing you will take away from this session?
 - Getting to meet some of the Olympians.





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WORLD CHAMPIONSHIPS TRIALS



Big congratulations to Andrew Dinh who competed at the World Championships Trials on Wednesday 14th June. Rubbing shoulders with the biggest names in swimming, Andrew swam superbly, delivering a massive 5sec PB. A fantastic achievement to be swimming against Australia's best. Well done, Andrew!





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METRO SOUTH PERFORMANCE CAMP

Following quality performances from April's Age National Championships, Metro South invited the district's top age-group swimmers on a 3-day camp at Federation University in Gippsland. Andrew earned his selection place and embarked on this trip, engaging in multiple pool sessions, guest presentations, and social activities. Read about his experience below:

1. What sort of activities did you engage in, and which one was your favourite?

- I engaged in 4 pool sessions, a gym session, a swimnastics session and a presentation by Sam Williamson. My favourite activity was the presentation by Sam Williamson who talked about his swimming when he was younger.

2. What was the most challenging part of the camp?

- The most challenging part of the camp was doing the swimnastics session after a hard test set when I was sick.

3. What was your favourite part of the camp?

- My favourite part of the camp was when the person showed us the different core levels and pushup levels.

4. What will you take away from this trip?

- I took away to drink more water in training and out of training.

5. What is something you would do differently if you had the opportunity to go on another camp?

- If I had the opportunity to go on another camp, I would try to make the time cycles in sets.





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MEET THE FAMILY

Ziao:

1. How long have you been with the Otters?
 - I have been with Otters for 7 months
2. Favourite stroke(s)?
 - My favourite stroke is Freestyle
3. What is your favourite part about swimming?
 - My favourite part about swimming is kicking
4. What are some of your hobbies?
 - My hobby is doing exercise
5. Favourite colour, food and movie/TV show:
 - That is Blue popcorn Starwars lego
6. One fun fact about yourself:
 - I am very playful and like acting
7. What are you excited for in 2023?
 - I got bronze and silver medals in otters twilight.



Zimo:

1. How long have you been with the Otters?
 - I have been with the Otters for 16 months
2. Favourite stroke(s)?
 - My favourite stroke is Backstroke
3. Describe your journey with swimming so far in three words:
 - Super duper good
4. What are some long-term swimming goals?
 - To get my freestyle time into 30s
5. If you had 3 wishes, what would they be?
 - Get me faster in swimming. Get me in junior squad. Be more grown up.
6. Who is someone you look up to and why (can be someone famous or someone you know)?
 - Michael Phelps. Because he has 22 Olympic medals
7. What steps do you take to prepare for competitions?
 - Eat a lot and do more swimming exercises.

