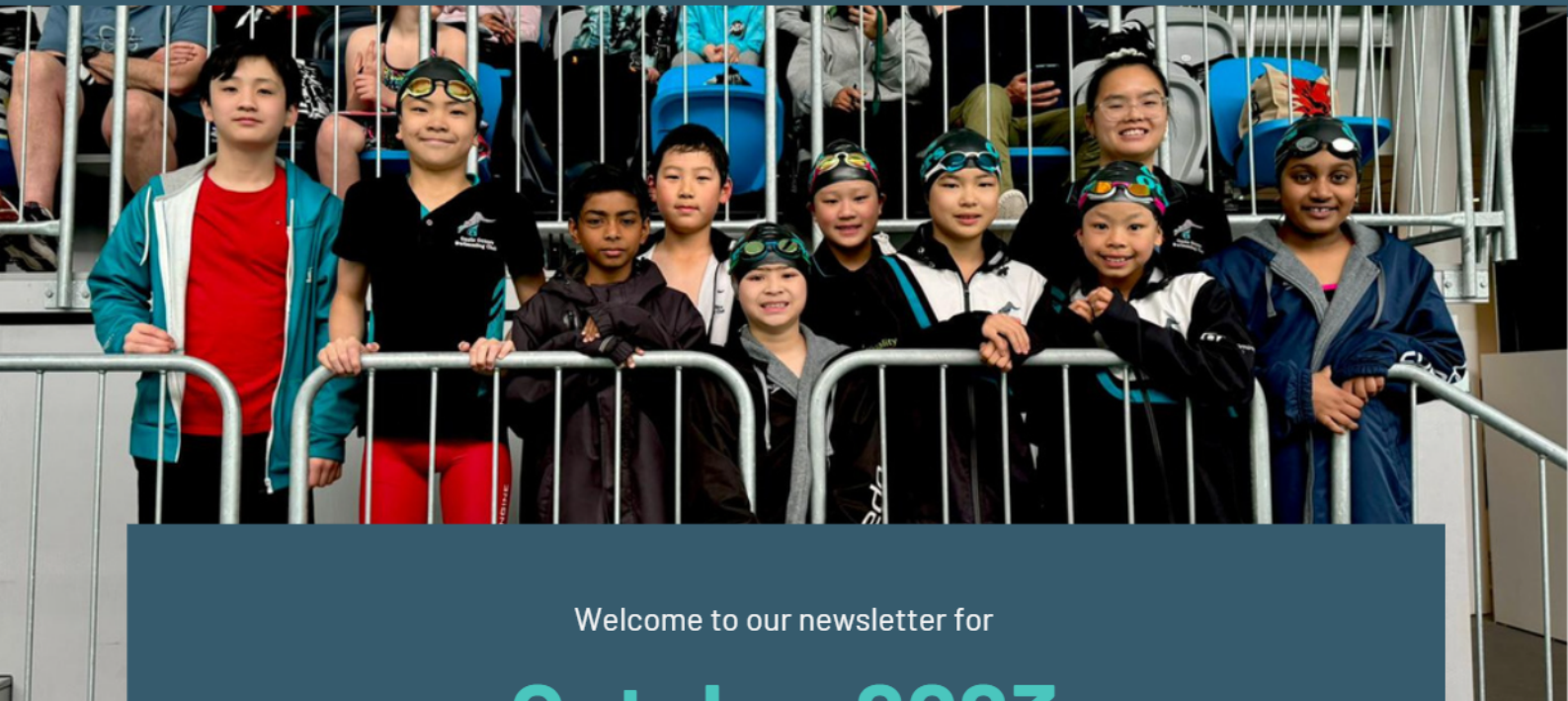


# You Otter Know



Welcome to our newsletter for

## October 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](mailto:oasisotters@gmail.com)

### Coming up

**4 November 2023**

Mini meet - distance test

**7 November 2023**

Melbourne Cup public holiday

**7 November 2023**

Bunnings sausage sizzle fundraiser

**12 November 2023**

Nunawading LC Meet

**26 November 2023**

Otters Christmas Party



# Oasis Otters Swimming Club

## Between the lanes: News from the Committee

What an exciting month we have coming up, as we near the end of the year.

### Bunnings Sausage Sizzle

On Tuesday 7 November, Oasis Otters will be hosting a sausage sizzle at Bunnings Keysborough, near the corner of Cheltenham and Springvale Roads, from 8am – 4pm.

We would like to thank everyone who has volunteered to help out or has contributed items we can use on the day – it is really appreciated. If anyone is still interested in helping out please reach out to Klara.

Fundraising activities such as sausage sizzles and encouragement meets are essential to the club. The money raised goes a long way to help cover the costs associated with running a fantastic swimming club like the Otters. So come on down with your family and friends to grab a delicious sausage or two on the day (sausage in bread with onions and sauce, yum!!)

### Christmas Party Reminder

Oasis Otters will be having our annual family Christmas party on Sunday 26 November at Melbourne Cable Park, in Bangholme.

For those that have registered for the event, please ensure that your payment is made by Friday 10 November and the waiver forms are completed and returned to Maureen, Bhavna or Lucky by Sunday 19 November.

This is a really great opportunity for all swimmers and their families to relax, have a bit of fun and reflect upon all the success and good times the club has had during the year. We can't wait to see you all there!

**Where:** Melbourne Cable Park (same venue as last year)

**Address:** 5 Riverend Road, Bangholme VIC 3175

**Date:** Sunday, 26 November 2023

**Time:** 10:30am arrival time (to allow for long queues & safety briefing & harnessing); 11am - 12pm session time, followed by lunch in the undercover picnic area near the high ropes.



# Oasis Otters Swimming Club

## JX LC Hit-Out

Well done to our 17 Otters who competed at the JX Start hit-Out Meet on Saturday 14 October. Swimming against fierce competition across the state, the Otters produced fantastic results, with every single swimmer achieving at least one PB. It was also great to see many swimmers hydrating and fuelling with minimal prompting from parents throughout the day. We hope everyone had a great day of racing and left with some JX swag!

### Top 10 finishes:

- **Michaallah:** 5th in the Girls 14years 100m FLY
- **Rain:** 2nd in the Mixed 11years 100m FLY, 5th in the 100m BR, 4th in the 100m BK and 7th in the 100m FS
- **Fiona:** 5th in the Mixed 11years 100m FLY
- **Vanessa:** 10th in the Mixed 8-9years 50m FLY
- **Julia:** 8th in the Mixed 10years 50m BK
- **Zimo:** 1st in the Mixed 8-9years 50m BK

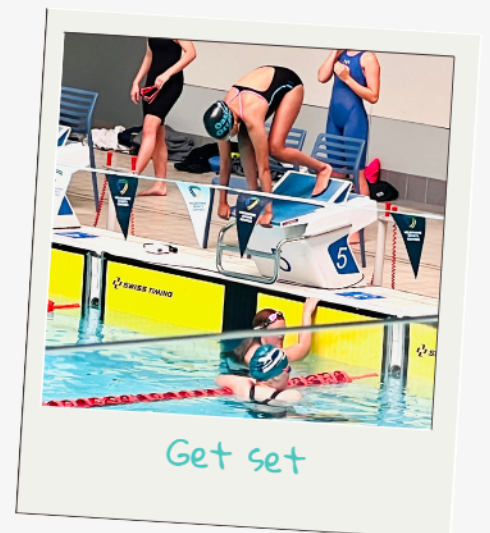


## Firbank LC Meet

Our State Team was up on Sunday 15 October for their second long course qualifying meet of the season. With some big PBs and a couple of State LC qualifying times achieved, it was a great learning experience for all as we head into the last two months of the year. Good results as we look to achieve more State and National qualifying times in the coming months.

### Congratulations to the swimmers who achieved qualifying times for the upcoming Championship season:

- **Punara** achieving the Victorian Sprint qualifying time in 50m BR
- **Daniel** adding the 400m IM, 200m FLY & 200m FS to his Victorian Age LC Championships program
- **Andrew** achieving the qualifying time for the MultiClass 100m FLY
- An additional two events for **Lucas** for his Vic Age LC campaign (200m IM & 100m FLY)
- An additional BR event (200m) added to **Henry's** qualifying times
- Two tough 400m events (FS & IM) added to **Scott's** Vic Age program





# Oasis Otters Swimming Club

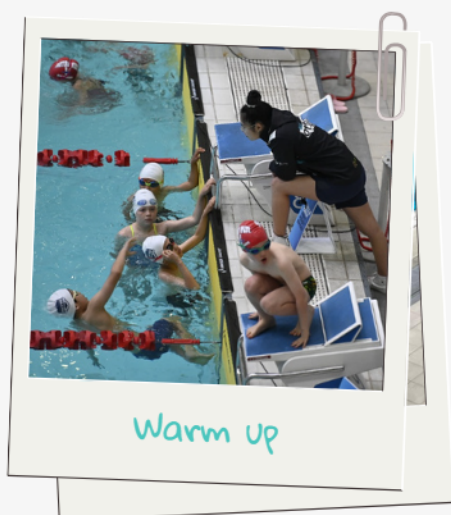
## Metro Junior Competition

On Saturday 28 October, we had 8 Otters represent the club and Metro South at the Metro Junior Competition. A big congratulations to **Leo, Rainn, Fiona, Vanessa, Julia, Ziao, Zimo** and **Sean** for their selection onto the Metro South team and their awesome efforts on the day.

### Notable performances include:

- **Leo** finishing 9th in the Boys 8 years 50m FLY and scoring 4 points for Metro South
- **Rainn** with two individual podium finishes (1st in 50m FLY & 3rd in 50m BR), a 6th place (BK) and 5th place (FS), as well as two relay 2nd place finishes (Boys 11 years 4x50m FS and 4x50m Medley), contributing a whopping 96 points to Metro South's tally
- **Fiona** with a 1.8 sec PB in the Girls 11 years 50m FLY, bringing her ranking from 20th to 10th place and scoring 2 points, as well as her contribution in the BR leg of the Metro South Girls 11 years 4x50m Medley 'B' Team placing 4th and scoring 14 points
- **Vanessa** contributing a massive 98 points to Metro South's tally from her 1st place (50m BK), 2nd place (50m FLY & 50m FS), 3rd place (50m BR) and 5th place finishes (Girls 4x50m FS & Medley Relays)
- **Julia** with a 0.3 secs PB in the Girls 10 years 50m BK to sneak into 9th position and score 4 points
- **Zimo** placing 2nd (Boys 8-9 years 4x50m FS Relay & 50m FLY), 3rd (50m BK & Boys 8-9 years 4x50m Medley Relay) and 4th (50m FS) for a total of 82 points
- **Sean** contributing 36 points with his 4th (Boys 8-9 years 4x50m Medley Relay), 5th (Boys 8-9 years 4x50m FS Relay) and 6th (50m FLY) place finishes

The Otters earned a grand total of 334 points for Metro South - an absolutely phenomenal day of racing!





# Oasis Otters Swimming Club

## Meet the family

**Hannah Lubbe, (almost) 11, Junior Squad**

**How long have you been with the Otters?**

Almost 2 years

**What is your favourite event?**

50m Freestyle

**What do you like most about swimming?**

I like diving most of all

**Who is your favourite sporting hero?**

My favourite sporting hero is LeBron James from the LA Lakers basketball team

**What's your favourite post training meal?**

Spaghetti bolognese - yum!

**What skills or lessons have you learnt while swimming that help you outside of the water?**

Perseverance. I've learnt to keep trying, even when it's hard.

**Happy birthday to Hannah**, who turns 11 on Thursday 2 November. If you see Hannah at training or on the pool deck, be sure to wish her a great year ahead.



## Swimmers Corner

**What should I eat the day before a meet?** Eat little and eat often

Nutrition is everything! Eat every two to four hours to keep blood sugar levels steady and fuel muscles. Stick to foods that you are familiar with and avoid big meals. Concentrate on complex carbs and hydration. Foods with complex carbs include oats, brown rice, sweet potatoes or white potatoes with skin, whole wheat bread and pasta, grapefruit, apples, bananas, blueberries and cantaloupe. Drink fluids often, sip on water bottle throughout the day and consider replenishing any lost electrolytes and other minerals.