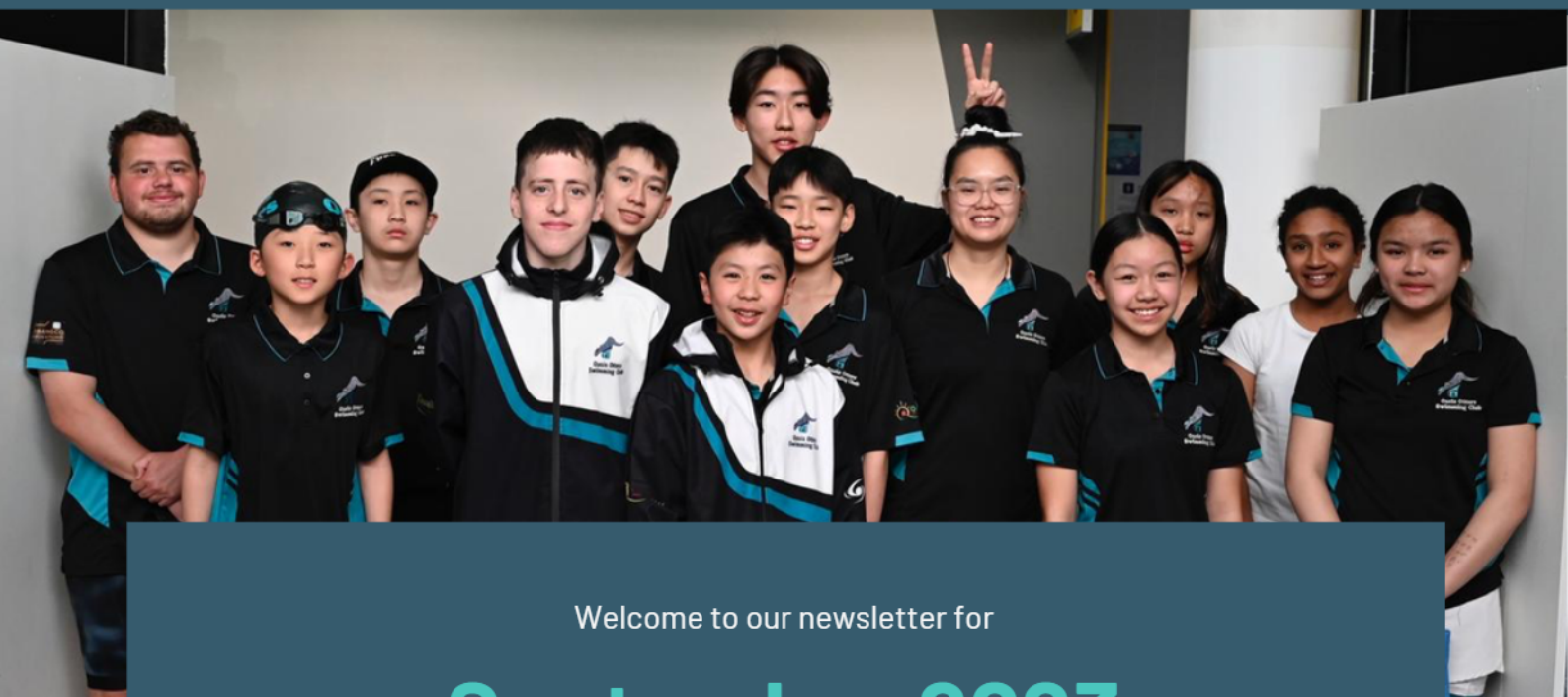


You Otter Know



Welcome to our newsletter for

September 2023

Welcome new families

In September we welcomed Leo, and his mother Lisa, to Development Squad.

If you have friends or family that are interested in joining our Otters family, 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

7 October 2023

Mini Meet

14 October 2023

JX Start LC Hit-Out

15 October 2023

Firbank Aquastars LC Meet

28 October 2023

Metro Junior Competition



Oasis Otters Swimming Club

Victorian Age Short Course Championships

What a meet! Congratulations to our State Team who competed at the Victorian Age Short Course Championships over 1 - 3 September. **Daniel, Andrew, Lucas, Dion, Henry, Georgia, Jayden, Scott** and **Brownyn** all brought home fantastic PBs to close out the short course season.

Round of applause to the team on a great short course campaign resulting in the club placing 23rd in the state with 152 points! Massive thanks to James for the preparation and hard work day in and day out and for spending six long sessions at MSAC with the swimmers.

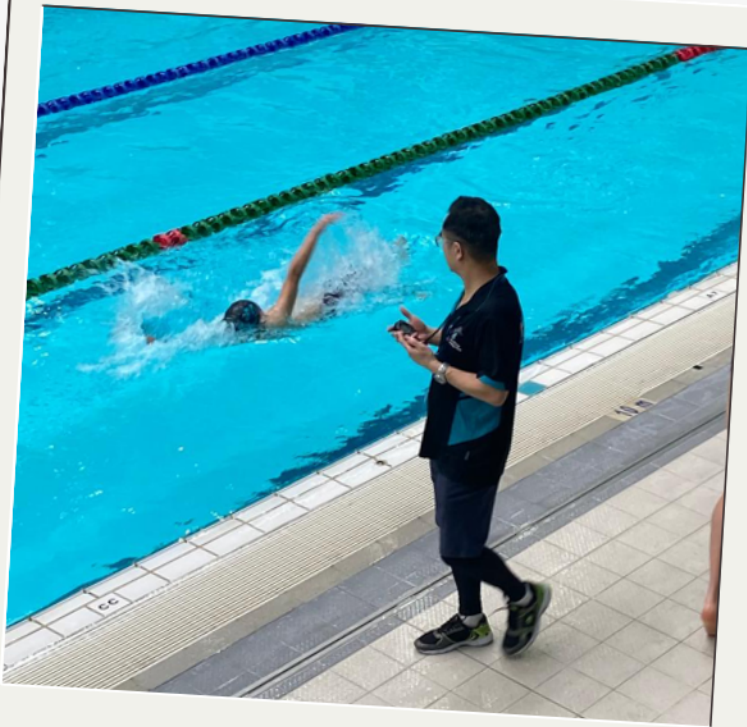
Notable performances

- **Dion** with a 6sec PB and a 9th place finish in his Boys 14 Years 400m Timed Final
- **Lucas** placing 8th in the Boys 13 Years 100m BR just outside the PB he posted in the heat swim
- **Georgia** just off her PB in the Girls 15 Years 100m FLY, coming into the final ranked 8th and placing 6th
- **Dion** sneaking into the Boys 14 Year 100m FLY final (11th Emergency Swimmer) and finishing 7th, just outside of his PB
- **Lucas** and **Andrew** with an exciting 3rd place finish with two of Geelong Swimming Club's swimmers in the Mixed Para and Able-Bodied Relay
- **Henry** with a 7th place finish and new PB in the Boys 15 Year 100m BR, a further improvement on his PB from the morning, which was faster than his time 2 weeks prior at the Victorian Open SC Championships
- An incredible Boys 14 Years 200m FLY with **Daniel, Scott** and **Dion** battling it out. All three boys each shaved another 2 seconds off their newly posted PBs from their morning heats swims with Daniel finishing 9th, Scott in 5th place and Dion snagging a 3rd place (Victorian). What a gruelling and exciting race!
- A nail-biting finish for **Dion** who placed 4th in the Boys 14 Years 800m FS, just 0.01secs outside of a bronze medal
- Our last Otter of the meet was **Lucas** finishing 9th in the Boys 13 Years 200m BR on the final evening with an improvement of 1.5secs from his morning PB swim
- Boys 13 - 14 Years 4x50m FS Relay (**Daniel, Lucas, Scott & Dion**) rising to 11th place from 17th, with all four boys posting incredible individual splits, shaving 4.5seconds off their entry time
- Boys 13 - 14 Years 4x50m Medley Relay (**Daniel, Lucas, Scott & Dion**) shaving off a massive 7 seconds to finish 14th out of 28 teams
- Boys 13 - 16 Years 4x50m Medley Relay (**Jayden, Henry, Scott & Dion**) bettering their entry time by 3 seconds and finishing a great 16th place



Oasis Otters Swimming Club

Victorian Age Short Course Championships photos



Warm up



Go Otters



3rd!



Coach James



Oasis Otters Swimming Club



Australian Short Course Championships

Congratulations to **Kelvin** who competed at the Australian Short Course Championships on Wednesday 13 September. Kelvin flew in one day prior for some pre-meet training and went up against some of Australia's best in the Men's MultiClass 400m FS. A PB in the heats and just off it in the finals session, it was a fantastic day of racing for Kelvin, placing 5th at his second Short Course Nationals. Well done, Kelvin!

Metro South Junior Selections

A brilliant start to the long course season with our 11/Under swimmers competing at the Metro South Junior Selections on Saturday 16 September. Well done to our first time racers and to everyone on massive PBs.

Congratulations to the following swimmers who have qualified for the Metro Junior Competition to be held in October:

- **Leo's** first time racing for the Otters saw him qualify for all four strokes for his age group
- **Rainn** with two 1st place finishes (FLY & BR) and two 2nd place finishes (BK & FS)
- 6th place for **Miguel** in the Boys 10 Years 50m FLY
- **Fiona** coming 10th in the 50m FLY and 8th in the 50m BR
- Four 2nd place finishes for **Vanessa** in all her strokes
- **Grace** with a 9th place finish in the Girls 9 Years 50m FLY
- **Julia** 7th in the FLY and 5th in the BK
- **Ziao** qualifying for all four strokes in the Boys 8 & Under races
- **Zimo** with a 1st place win (FLY), two 2nd place finishes (BK & FS) and a 4th in the BR
- **Sean** with a 3rd (FLY), 9th (BR) and 5th (FS)

Well done to our two relay teams of the morning. Both teams worked together to produce some fast swimming and great team bonding experiences.

'A' Team: **Julia, Zimo, Fiona & Rainn**

'B' Team: **Kiyara, Sean, Vanessa & Miguel**

Parents, please keep an eye out from Metro South regarding progressing to the Metro Junior Competition. Good luck to all swimmers who will be competing.





Oasis Otters Swimming Club

Metro South District Championships

Our 12 & Over swimmers felt the energy of their younger teammates and delivered excellent performances over the two-day meet. Some State qualification times were hit (and a sneaky National time) to ring in the long course season for our Senior swimmers.

Congratulations to the following swimmers on topping their age group in their respective swims:

- **Punara** with a 2nd place finish in the Girls 100m BR
- **Daniel** with two 1st place finishes (100m BK & 200m IM), 2nd in the 100m FLY and a 3rd in the 100m FS with great PBs across all events
- **Michaellah** placing 2nd in the Girls 50m, 100m BK and 100m BR, and 3rd in the 50m BR
- **Henry** with a sneaky National qualifying time in the Boys 50m BR and 1st place, along with the same accolade in the 50m FS and 100m BR
- **Keith** placing 2nd in the Boys 100m BR, just outside of the State qualifying time
- **Raven** with a 2nd place finish in the Boys 100m FLY
- 3rd in the 50m FLY and 2nd in the 200m IM for Marjy
- **Scott** with a 1st place finish in the 200m FLY and a 2nd in the 200m FS
- **Gou** with a big PB in the Boys 100m BR to place 2nd and achieve the LC State qualifying time
- **Bronwyn** with two 1st place wins in the 200m BR and 100m FLY

Again, massive round of applause to our relay teams for the weekend:

- 'A' Team 4x50m Medley: **Daniel, Henry, Bronwyn & Marjy**
- 'B' Team 4x50m Medley: **Punara, You, Michaellah & Keith**
- 'A' Team 4x50m FS: **Scott, Michaellah, Marjy & Henry**
- 'B' Team 4x50m FS: **Keith, Jess, Sanaya & Daniel**

Although relay results were unofficial, we had by far the best cheer squad in Metro South with all swimmers and parents cheering for every Otter. You've all done an exceptional job!





Oasis Otters Swimming Club

Meet the family

Quinn Rush, 10, Junior Squad

How long have you been with the Otters?

Since May 2022

What is your favourite event?

50m Butterfly, I was really proud that I got to compete at SSV Regionals in this event.

What do you like most about swimming?

I like competing in races.

One fun fact about yourself:

I'm a lefty, I kick a footy with my left foot but I play golf and cricket with my right hand.

How did you get into swimming?

I did swimming lessons with King Swim. We went to Queensland for a year when I was in grade 2. I was doing swim lessons at the junior school but then they closed it to fix the pool, and then I got to go to the senior school on the bus to do lessons with the senior school coach. When the junior pool reopened the coach asked my mum if I could continue swimming with him. I really liked him, he taught me lots.

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

Persistence. I've learnt that I have to keep trying, even if I don't achieve something the first time.



Swimmers Corner

How do I swim faster? Improving Your Balance

"Stand tall, swim fast", as Ian Thorpe says in his book Live your Dreams. But standing tall is not just a confidence trick while you're out of the water, it also helps you swim. Elongating your body is vital to improving your swim time. Each stroke and every kick should be at the greatest distance to maximise forward thrust! This is something you can practice both in and out of the water, even while catching up on the latest trend on Netflix.