



# DECEMBER 23 & JANUARY 2024

## *From The President*

The month of January is always a busy one for the swimming families, with State Sprints at MSAC and Countries in Traralgon. Once again SGB had many swimmers at both events. It was so great to see our first time state and country swimmers joined the qualifying group. I think we out cheered all the other clubs, with good reason, nearly all events had at least one SGB swimmer competing. At times 6 plus swimmers were in the heats and often we had 3 and 4 swimmers in the finals. What a great achievement and exciting afternoons of racing we were gifted. Well done to all the swimmers who made it along and I can't wait to see who can make it to the next one.

An event the size of Countries is a massive task to run. All the Gippsland clubs had to help in many different ways. Thanks to all the parents and carers that got in and did their jobs. It was lovely to hear many people enjoying meeting other clubs' families while doing their job.

The Gippsland Championships is now our focus. With Traralgon GRAC hosting again it is sure to be another great event. Let's all get in and help make it the best one yet.

I write alot about the events that SGB attend, however there are many swimmers that are in our Junior and Junior Development groups who are doing a great job learning the art of swimming before heading out to competitions if they want. These squads are a great stepping stone from lessons to squad swimming. Our club has swimmers from the age of 7 years through to masters. Many different squad opportunities for our community. It's also so great to see parents and siblings all swimming with SGB.

I look forward to seeing you all on the pool deck soon.

Janelle Croatto  
President

## Upcoming Events

### **FEBRUARY**

- 3: GSI Moe
- 10: GSI Warragul
- 17: GSI All Junior Sale

### **MARCH**

- 9-11: Gippsland Champs
- 16-17: All Junior Finals

### **APRIL**

- Nationals Gold Coast

See Team App Events For details



# SGB shine at state championships

## SWIMMING

It was five huge days of racing for the 32 South Gippsland Bass swimmers who represented the club at the Victorian State Long Course Championship at MSAC last month.

The squad were extremely competitive with several swimmers not only making finals, but coming home with medals.

Other swimmers have achieved personal bests, a great effort given some only swam their qualifying times two weeks prior.

Coach Dylan was pleased with the results.

"Overall, we had some great results for the meet."

"It's been hard for the swimmers, at the end of term when everyone just wants to relax to get themselves up and ready for the five days, but they have done well and I'm really pleased with their results."

Nearly half the team swam in a final, with several others being emergency entries and turning up ready to compete in case each night.

"That is a great result for the club."

"For some who only just qualified a fortnight before, to swim around that time again is really good," Dylan said.

"They are working on their race goals and giving it their all to achieve it."

"To already have several of them come home with medals has been wonderful."

The event was the lead into a couple of big swim comps for the swimmers and they are really leading the way, Dylan explained.

"In a sport of milliseconds, a tenth of a second can be the difference between a swim in



Claudia alongside coaches, Caiden and Dylan.



Rahni and Olivia celebrate their medals from the Victorian State Long Course Championship at MSAC.

the final or being the emergency, as several swimmers found out, but given the large number of visitors from outside Victoria attending, they can be proud of their ranking."

"The club had some swimmers qualify and compete in the long distance races, including the 400m, 800m and 1500m swims while still competing in the shorter events."

Even between SGB swimmers there was some great friendly competition with swimmers ending up in the adjoining lanes or in the same heat and all eager to claim the bragging rights of being the fastest on the day.

It was all friendly though and they were all there to support each other through the nerves, the highlights and disappointments.

Competitors were: Bec Barclay, Billy Boyd, Maddi Boyd, Max Brocklesby, Gemma Cook, Claudia Croatto, Asha Chalmers, Molly Dettbarn, Billy Fisher, Maggie Fisher, Cormac Flynn, Lachie Grimes, Olivia Holmes, Josh Hunt, Sienna Hunt, Holly Hurst, Mostyn Lumsden, Issy Lynch, Rahni Matheson, Sienna Matheson, Harper McRae, Hugh Munro, Trinity O'Keefe, Cooper Quaife, Gypsy Quaife, Miah Roberts, Zac Sherar, Will Simmons, Aidan Smyth, Lara Smyth, Jarrah Tagell and Mason Wiggins.

### Results:

Gemma Cook: 2nd 50m breaststroke, 5th 50m freestyle, 2nd 200m IM, 5th 50m backstroke, 5th 100m freestyle and 2nd 50m butterfly.  
Claudia Croatto: 14yr 3rd

200m breaststroke and 4th 100m breaststroke.  
Olivia Holmes: 14yr 8th 200 freestyle, 3rd 100m backstroke, 3rd 200m backstroke, 8th 200m IM and 5th 400m IM.  
Josh Hunt: 15yr 6th 200m butterfly.  
Mostyn Lumsden: 16yr 10th 100m butterfly.  
Rahni Matheson: 15yr 2nd 100m breaststroke and 3rd 200m breaststroke.  
Sienna Matheson: 17yr 9th 100m breaststroke.  
Cooper Quaife: 17yr 6th 200m butterfly.  
Miah Roberts: 14yr 4th 100m backstroke, 4th 200m backstroke and 6th 400m IM.  
Zac Sherar: 15yr 7th 400m freestyle.  
Will Simmons: 14yr 8th 200m backstroke.  
Lara Smyth: 16yr 12th 1500m freestyle.

## SPORT | SWIMMING



A large group of teammates supported each other through the finals.

# SGB triumph again in the pool

Fifty-one SGB swimmers swam in the fast 50 metre sprint races at the Victorian Sprints Championships at MSAC over the weekend. Held over two days, the 11-14 year olds raced Saturday and the 14 year olds - Open age on Sunday.

In a 50m race at state level, there is not much between competitors as they fly down the pool in the morning's heats. In a competition where the difference between 10th and 30th can be a tenth of a second, the SGB swimmers can hold their heads up high with their results. Several swimmers made finals in the afternoon and many of the swimmers achieved PBs - an amazing accomplishment.

The relays were also competitive, with SGB able to field two competitive teams in each age section, with the 12 years and Under A team seventh and the 13-14-year-olds coming fourth.

A number of swimmers gained national times, joining the ever-increasing SGB national team list.

Coach Dylan and Caiden were in attendance over the weekend and were pleased not only with the number of competitors swimming, the largest team yet, but of their efforts and large number of PBs.

"It's a good gauge for how they will go over the next few months as we head into the other race championships. We are really pleased with their improvements coming off the Christmas/New Year break and look forward to seeing how they go in the next few weeks," said Caiden.

"For some of them, it was their first finals experience, coming back later in the day to race and they learned a lot from that," said Dylan.

"The relay teams looked like they had a lot of fun and we saw some good results in there. We are working our relays for next

weekend, and they knew that they were swimming for their places today. It's going to be a tough call."

The swimmers have only a short break before next weekend's three-day Country Championships at Traralgon.

The SGB team: Rebecca Barclay, Billy Boyd, Maddi Boyd, Max Brocklesby, Rex Brocklesby, Nyah Chapman, Claudia Croatto, Emily Croatto, Isabel Croatto, Tomei Dal Pozzo, Molly Dettbarn, Billy Fisher, Maggie Fisher, Cormac Flynn, Lachie Grimes, Olivia Holmes, Josh Hunt, Sienna Hunt, Holly Hurst, Lucas Jungwirth, Kiarnah Kranen, Amalia Lofgren, Mostyn Lumsden, Isabella Lynch, Rahni Matheson, Sienna Matheson, Tayah Matheson, Neka McKenzie, Sophie McKenzie, Harper McRae, Ruby McRae, Dylan Muir, Hugh Munro, Trinity O'Keefe, Brooklyn Packer, Lachlan Paterson, Maddison Pocklington, Cooper Quaife, Gypsy Quaife, Josie Richer, Miah Roberts, Jemma Rump, Ned Sheahan, Zachary Sherar, William Simmons, Aidan Smyth, Archie Smyth, Lara Smyth, Jarrah Tagell, Jedda Tagell and Mason Wiggins.

**Finalists:**  
Rex Brocklesby, 12-year-old Butterfly 9th, Freestyle 10th

Tomei Dal Pozzo, Girls 19 and over Butterfly 10th

Billy Fisher, 14-year-old Breaststroke 9th  
Cormac Flynn, 14-year-old Breaststroke 8th

Olivia Holmes, 14-year-old Backstroke 2nd, Freestyle 8th

Mostyn Lumsden, 16-year-old Butterfly 5th, Backstroke 10th

Rahni Matheson, 15-year-old Breaststroke 3rd

Sienna Matheson, 17-18 year old Breaststroke 9th

Sophie McKenzie, 19 and over Breaststroke 3rd

Dylan Muir, 19 year and over Backstroke 4th

Miah Roberts, 14-year-old Backstroke 3rd

William Simmons, 14-year-old Backstroke 4th, Freestyle 7th

Archie Smyth, 11-year-old Butterfly 2nd, Backstroke 1st, Freestyle 6th



Camp 21 swimmers: Harper Perry, Ava Lucas, Darby Smyth, Anna Mileto, Callum Hackett, Gemma Cook and Reece McRae.

# SGB start off 2024 with success

## SWIMMING

The sun shone brightly as the 52 SGB swimmers raced at Warragul on the weekend as part of the GSI series.

For many of the swimmers, it was a chance to get back into race mode ahead of a busy few weeks of racing after the Christmas break.

There were a number of younger swimmers who have just started racing and for them, it was a chance to work on those skills they have been developing over the past few months before they start their School Swimming

competitions. Most of them now have competed in three GSI's and will be able to represent the team at the Gippsland Championships in March.

Coaches Dylan and Lorri were pleased with the swimmers' efforts on the day.

"It is good to see all the work they did in the weeks leading up to Christmas has paid off for the older swimmers."

"They are still tracking well heading to next weekend's State Sprints."

"There's also been a few more swimmers getting qualifying times for our team to compete at the

Country Championships the weekend after, which hopefully will help us be top three again."

Nine swimmers from SGB were selected as part of Camp 21, a Gippsland Swimming training program.

The seven Gippsland clubs were all given the chance to nominate swimmers, who attended two training and time trial sessions to try to achieve qualifying times for upcoming Championship competitions. Several of the SGB competitors had success and look forward to racing at the Country Championships.



Rex and Archie celebrate after their finals.





The South Gippsland Bass 2024 team achieved excellent results in the Victorian Country Championships at Traralgon.

# Swimmers retain third place

SOUTH Gippsland Bass continued its domination of Regional Victorian Swimming, retaining third place position at the Victorian Country Championships in Traralgon on January 20 to 22.

The team prides itself on being day three specialists, being able to sustain itself over the three days, keeping strong in their racing right to the end: the lead over fourth place was just one point at the start of the day and 129 by the end of the day.

The Gippsland Regional Aquatic Centre in Traralgon was packed to the rafters for the weekend, with over 700 swimmers and their families converging on the centre for the event.

Spectators and competitors overflowed into the tent city outside as the best of regional Victoria battled it out in the pool.

The strength of Gippsland swimming was on display with the Gippsland District as co-hosts, with the region well represented.

South Gippsland Bass (SGB) was the second biggest team at the meet with 76 swimmers behind Traralgon (who finished second) and Warragul also finishing in the top 10.

The purple caps were dominant in the pool, with most swimmers qualifying for a number of events at the meet and many SGB swimmers qualifying for finals.

Some events had up to eight SGB swimmers in the heats, highlighting the depth of talent in the squad and up to four SGB swimmers in one of the finals.

The club fielded swimmers in all age sections, from U11 to the open category, with the coaches involved as well, leading by example with their competitive racing-much to the delight of the younger swimmers who cheered from the sidelines.

With the event being held locally, many family members were able to come and add support to the cheering.

The relay teams were extremely competitive, the cheering echoing around the pool as the teams came in to touch with a number coming home with medals and B teams earning much needed points by finishing top eight.

Coaches Dylan, Caiden, Sam and Lorri were extremely happy with how the swimmers performed.

Coach Dylan praised swimmers at the team meetings who had given their best - riding the ups and downs of the journey, bouncing back from a disappointing swim to come through with personal bests and medals in following swims.

He praised a number of individuals who gave their all in races, such as Max who held his own in the butterfly leg of the relay against one of the state's best swimmers to help his team win gold in the relay, or Miah who went from being ranked ninth in the 400IM to making



The U12 boys achieved second place in the freestyle and medley relays.

the finals and hunting down the Geelong swimmer to overtake and take out fourth.

After the final results were announced, Dylan praised the team for their whole team effort.

"It wasn't one of you who earned most of the points and the others did little bits. It was the whole team stepping up, giving it their all, especially in the relays, that really made a difference," he said.

Lorri, who works with the junior and country squads was pleased to see how far her charges have come.

"I just love seeing the smiles on their faces when they race, especially those who have worked so hard to get a qualifying time for their first time here," she said.

Lorri who also coaches the multi-class swimmers said, "I loved seeing my multi-class swimmers being so competitive in the multi-class and able-bodied relay, especially with the handicap system. They had a ball being part of it and helping add to the club's points. Seeing them on the podium was just wonderful."

The team has a busy few weeks ahead with All Juniors, School Swimming and Gippsland Championships, but the swimmers are excited and buoyed on by the weekends success.

**Finalists:**  
Rex Brocklesby: 12 6th 100m Freestyle, 5th 100m Butterfly, 2nd 100m Backstroke

Asha Chalmers: Open 6th 200m Butterfly

Nyah Chapman: 12 8th 100m Freestyle  
Gemma Cook: MC 6th 50 Butterfly, 7th 50m Backstroke, 7th 50m Freestyle, 3rd 200m IM

Emily Croatto: 11 and under 4th 50m Backstroke, 6th 50m Freestyle, 6th 50m

Butterfly, 5th 50m Breaststroke,  
Isabel Croatto: 13 8th 100m Butterfly  
Tomei Dal Pozzo: 18 and Over 8th 50m Butterfly, 5th 50m Backstroke, 5th 200m IM

Jaya Dowel: 11 8th 50m Breaststroke  
Maggie Fisher: 12 5th 100m Freestyle, 7th 100m Backstroke

Nathan Foote: 18 and over 2nd 50m Backstroke, Open 5th 200m Backstroke, 3rd 100m Backstroke.

Caiden Gill: 18 and over 5th 50m Butterfly, 7th 50m Backstroke, 1st 50m Freestyle, Open 4th 100m Freestyle, 7th 200m Freestyle.

Joshua Hunt: 14-15 6th 100m Butterfly, Open 7th 200m Butterfly

Sienna Hunt: 13 6th 100m Freestyle, 7th 100m Breaststroke, 3rd 100m Butterfly, 7th 100m Backstroke

Holly Hurst: 13 6th 100m Backstroke,  
Mostyn Lumsden: 16-17 6th 100m Butterfly, 8th 100m Backstroke, Open 6th 200m Freestyle.

Isabella Lynch: 12 3rd 100m Breaststroke,  
Rahni Matheson: 14-15 2nd 100m Breaststroke, 8th 100m Backstroke, 6th 200m IM, Open 3rd 200m Breaststroke, 4th 100m Breaststroke

Sienna Matheson: 16-17 1st 100m Breaststroke, Open 6th 200m Breaststroke, 6th 100m Breaststroke

Sophie McKenzie: 18 and over 1st 50m Breaststroke, Open 1st 200m Breaststroke, 8th 200m IM, 4th 100m Breaststroke

Harper McRae: 13 4th 100m Butterfly  
Ruby McRae: 12 6th 100m Butterfly, 6th 100m Backstroke.

Dylan Muir: 18 and over 8th 50m Butterfly, 4th 50m Backstroke, 7th 50m Freestyle, 5th 200m IM



The South Gippsland Bass captains received the third-place award.

Trinity O'Keefe: 18 and Over 6th 50m Breaststroke.

Cooper Quaife: 16-17 year old 3rd 100m Butterfly, 7th 100m Freestyle, 5th 200m IM, Open 3rd 200m Butterfly, 4th 100m Butterfly

Gypsy Quaife: 13 and Under 6th 200m IM, 2nd 100m Butterfly

Miah Roberts: 14-15 2nd 100m Backstroke, 8th 200m IM, Open 4th 400m IM, Jemma Rump: 12 7th 100m Freestyle

Zachary Sherar: 14-15 6th 100m Breaststroke, 5th 100m Freestyle.

William Simmons: 14-15 3rd 100m Backstroke, 8th 100m Freestyle.

Archie Smyth: 11and Under 1st 50m Backstroke, 1st 50m Freestyle, 1st 50m Butterfly, 5th 50m Breaststroke.

Jedda Tagell: 11 50m Breaststroke Relay Team:

7th Mixed able-bodied and para freestyle team, 8th Medley team

12 and U Girls 3rd A, 7th B, 2nd A, 8th B Freestyle teams, 2nd A Freestyle team

14 and U Girls 3rd A Medley team, 5th A Freestyle team

14 and U Boys 1st A, 9th B Medley team, 2nd A, 8th B Freestyle teams

16 and U Girls 6th Freestyle team, 3rd A Medley team

16 and U Boys 2nd A, 7th B, Freestyle teams, 4th A, 8th B Medley team

17 and Over 4th Women's Medley team, 5th Freestyle team

17 and Over 3rd Men's Medley team, 2nd Freestyle team

Women's 5th 4 x 100m Medley team, 4th A, Freestyle team

Men's 4th 4 x 100m Medley team, 2nd A, 8th B, Freestyle team





**MUIR SWIM SCHOOL**  
 Availability: Monday-Saturday  
 Age: 6months +  
 muirswimming@outlook.com

**Woolamai Swim School**  
 Enrolments open  
 Contact Sam: 0427422987



**Vic Country Champs**



## Diversity & Inclusion

SGB IS AN INCLUSIVE SWIMMING CLUB, WELCOMING ALL MEMBERS OF THE COMMUNITY.  
 SGB IS PROUD TO ACKNOWLEDGE THE PEOPLE OF THE BUNURONG AS THE TRADITIONAL OWNERS AND CUSTODIANS OF THIS LAND AND WATERS. WE RECOGNISE THE UNIQUE DIVERSITY OF THE FIRST PEOPLES HERE IN SOUTH GIPPSLAND AND BASS COAST.



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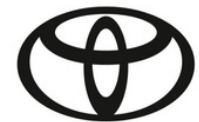
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