



AUGUST 2025

From the President

President's Report – August Highlights

August has been a big month for the South Gippsland Bass Swimming Club, with our swimmers, coaches and families continuing to shine both in and out of the pool.

We proudly represented the club at the Victorian Open Short Course Championships, where our swimmers competed with determination and skill against some of the best in the state. It was a fantastic opportunity to showcase our talent and gain valuable experience at a high level of competition.

A dedicated team travelled to Bendigo for the Victorian Country Short Course Championships, where we achieved an incredible 3rd place overall. This result is a true testament to the hard work, commitment, and unity of our swimmers, coaches, and families.

We also had a strong presence at the Swimming Victoria Annual Awards Night, where several of our members were nominated for prestigious awards. A special congratulations to Lorri, who was recognised with the Victorian Age Group Special Coaching Achievement Award for her outstanding work at the Australian Age Championships. We're also proud to share that our club placed 8th overall in the state—an exceptional result for a regional club.

Behind the scenes, the executive committee is actively working to strengthen our coaching team and is currently in discussions with a highly experienced coach to support our program. Despite being a coach down, our current coaching team has gone above and beyond—thank you for your unwavering dedication and passion.

Let's continue to build on this momentum as we head into the next phase of the season. Go SGB!

– Matt Saario
 President, South Gippsland Bass Swimming Club



Upcoming Events

SEPTEMBER

- 12-14: SC Vic State Age
- 19: Dive Night
- 26: Bunnings BBQ

OCTOBER

- 1-3: AUS SC Champs
- 5: GSI Traralgon
- 12: GSI SGB
- 17: Dive Night
- 25: 8-11 Country District

NOVEMBER

- 9: GSI SGB SC
- 14: FAB Friday RSL
- 21: Dive Night
- 29-30: Vic Sprints

DECEMBER

- 11-15: Vic State Age Champs

JANUARY

- 16-18: LC Country Champs

See Team App Events for details



SGB hunts down gold in Bendigo

SWIMMING

It was a jam-packed weekend for the SGB team as they headed to Bendigo for the 2025 Country Short Course Championships.

Fifty-nine swimmers achieved qualifying times to compete, making SGB the third biggest team at the meet.

Swimmers ranged from under 11 to the open section competing in a range of distances and strokes.

There is always excitement on Day one as the swimmers competing at their first countries were presented with their country caps to wear for the first time at the morning team meeting.

Racing kicked off early Saturday morning, continuing through the day and finishing with relays.

The crew were back early on Sunday again with a full day.

The meet, with 636 swimmers from clubs right across regional Victoria, was a busy one with families from throughout the state descending for the weekend and enjoying the local sights.

The event generates over one million dollars into the local economy, a great boost to the area.



SGB Swim team in enjoying the 2025 Country Short Course Championships held at Bendigo.

SGB featured regularly on the podium, as well as in the top eight.

The event was hosted by Bendigo Swimming at the Guru Wanyarra Centre at Kangaroo Flat.

It was an invaluable experience for many, with coaches giving feedback to swimmers for them to take on and work on

before the State Short Course Age Championships next month.

"The club has swum magnificently," said Coach Dylan.

"It's a real team effort and people have dug deep and put in when it's needed. For the swimmers it seems that the event is as much about being able to catch up and

hang out as it is about swimming. It means they are nice and relaxed and their friends are all there cheering loudly for them on the sidelines."

Coach Sam said it had been a very successful meet.

"We've had a lot of PBs and a handful of state times. All the hard work these kids have put in during training has paid off."

Coach Lori said many kids were racing on the big stage for the first time.

"I always love seeing the kids who I first had learning how to tumble turn that have worked their way through junior development squads to racing here.

"They were amazing, they know that just being here is the first step and I look forward to seeing them continue on this racing journey.

"The other highlight has been seeing the two multi-class relay teams we have competing. There are not always as many opportunities for them, so it's wonderful that they are getting a chance to compete in these ways."

A full list of team members and results, as well as more photos at pisra.com.au/sport



Reg Poxon won Volunteer of the Year for his efforts with Moe Swim Club.



South Gippsland Bass (SGB) coach Lorri McKenzie with squad, Trinity, Archie, Hannah and Josh at the Swimming Victoria awards night.



South Gippsland Bass (SGB) coach Lorri McKenzie was nominated as an outstanding swim coach.

South Gippsland Bass Swimming Club awarded in the top 10 Victorian Clubs

THE Swimming Victoria awards night was a successful one for the Gippsland nominees, with two nominees coming home with awards.

SGB coach Lorri McKenzie was nominated as an outstanding swim coach. She was recognised for her phenomenal efforts in coaching and having a first-time attendee at the National Age Championships medal. Lorri now has 14 multi-class swimmers training with the club, with

three of them making it to Nationals this year. Several fellow club members were there at the event to help her celebrate.

The other awardee from Gippsland was Reg Poxon, who won Volunteer of the Year for his efforts with the Moe Swim Club. He has been President for seven years and the driving force behind the strategic plan, which has made them an inclusive club where swimmers have the opportunity to swim

for fun, fitness or competition. His Inspirational and proactive leadership has transformed the club to become strong and vibrant in the region.

South Gippsland Bass was also celebrated as a club, receiving an award for being one of the top 10 Victorian-based clubs, coming in at number eight. With over 150 clubs in the state, the club is extremely proud of the award. Gippsland was well represented, with

Traralgon finishing seventh.

Others nominated for awards on the night:

- Janelle Smyth SGB – New Official of the Year
- Janelle Croatto SGB – Volunteer of the Year
- Penny Hunt SGB – Volunteer of the Year
- Zane Poxon Moe – Young Leader of the Year.
- Abby Dennison Moe – Young Leader of the Year.



Sophie McKenzie and coach Dylan Muir prepare for Sophie to swim her second finals at the recent State Open Championships.

State Open Championships success for SGB swimmers

SWIMMING

It was a big weekend at MSAC for the South Gippsland Bass swimmers at the State Open Championships.

Lachie Patterson, Sophie McKenzie, Trinity O'Keefe, Cormac Flynn and Molly Dettburn all competed under the watchful eyes of Coach Dylan Muir.

The event had swimmers competing in open events, so anyone with the qualifying time could swim, regardless of age.

mers rubbed shoulders with several of the Australian Dolphins in the heats.

The swimmers competed in heats in the morning with several swimmers managing to get PBs.

Sophie McKenzie made two finals, coming 10th in 50m Breaststroke and 8th in 100m Breaststroke.

Sophie managed to swim several times that will see her return to MSAC in October to swim in the National Open Championships.



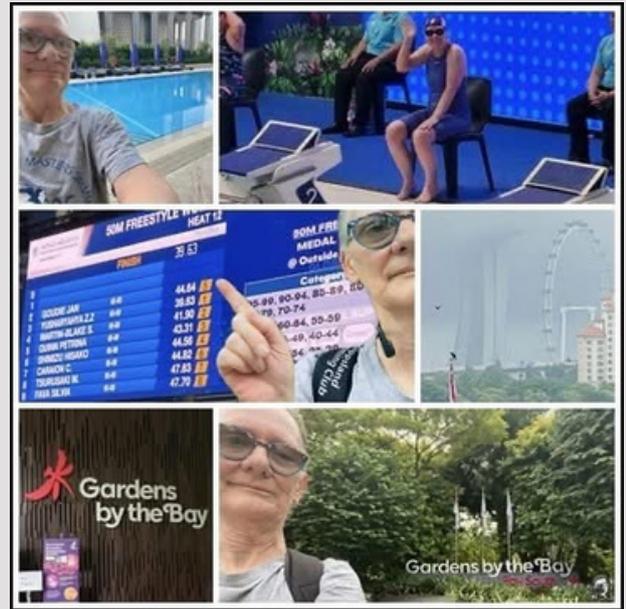
Janice Swims in Singapore at the World Masters Championships

Janice has had a fabulous time in Singapore at the World Swimming Masters Championships. So amazing to see SGB on the World Stage.

- RESULTS: WORLD 65-69 age group
- 100 Breaststroke - 22nd 1:57.44 (PB by 0.95 sec)
 - 50 Freestyle - 36th 44.64 sec
 - 50 Backstroke - 22nd 52.02 sec (1.81 sec PB)
 - 50 Breaststroke - 26th 52.22 sec (1 sec PB)

Janice is part of the SGB Masters team training on Thursday nights at YMCA South Gippsland SPLASH with coaches Sarah & Lorri.

Janice would love some more team mates to go to competitions with, contact the club if you are interested.



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Woolamai Swim School
Enrolments open
Contact Sam: 0427422987

GSI One - Morwell

Coach Lorri and 24 swimmers went to the first GSI of the 25/26 season. An amazing team effort with the older swimmers showing the young new swimmers the ropes and providing much encouragement throughout the meet. Congratulations to Josie for achieving her qualifying time for the 200m Breaststroke at the Victorian State Age Championships.



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