



ESSDOLPHINS SWIMMING CLUB

2023-24

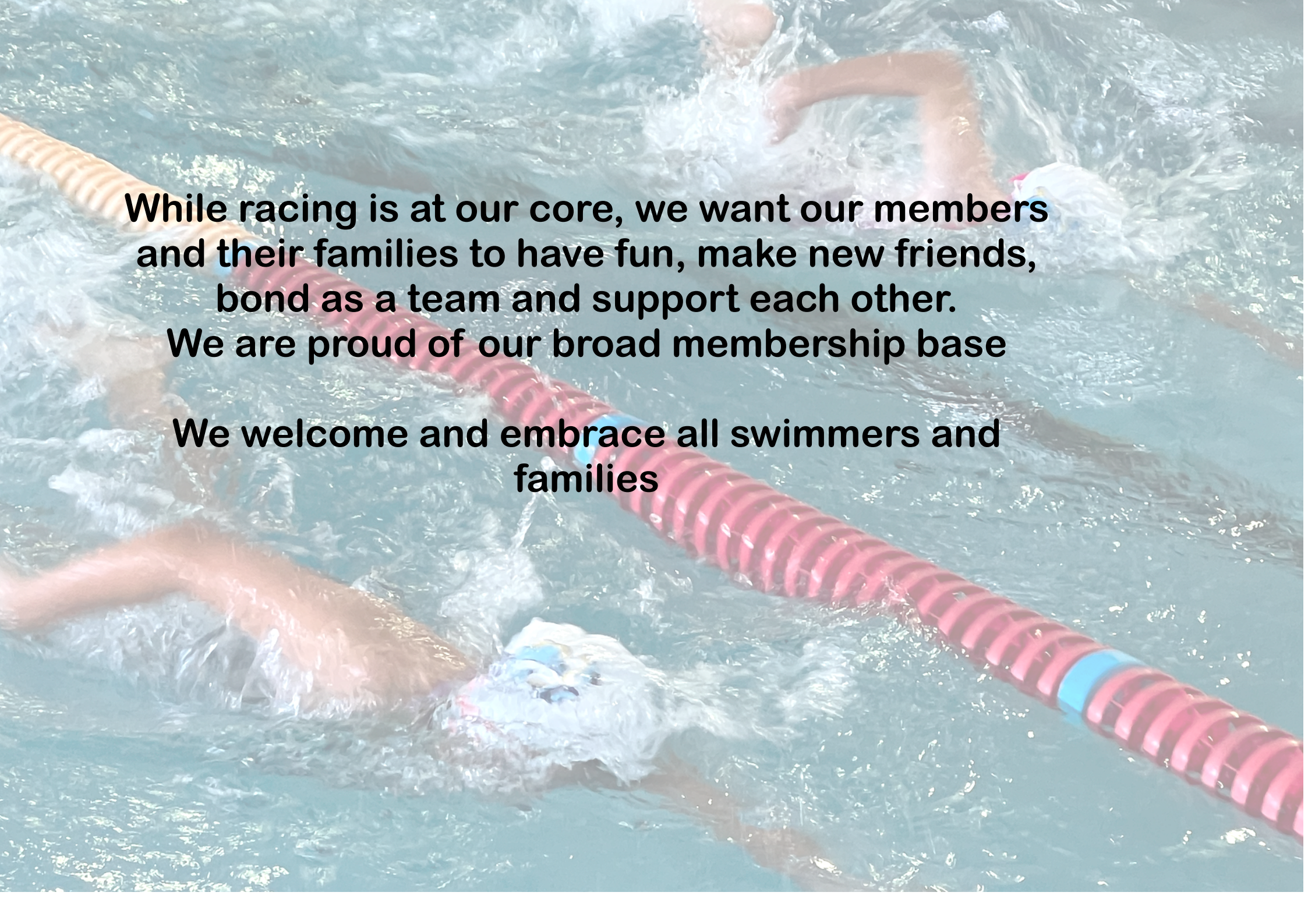
Success through Enjoyment

ESS Dolphins has become the premier swimming club
by ensuring our swimmers love their sport
as they develop great technique.

Achieve your best
with ESS Dolphins



www.elthamswim.com.au

A photograph of a swimmer in a pool, viewed from above. The swimmer is wearing a white cap and is in the middle of a stroke, with their arms extended. The water is blue and splashing. A red lane line with a blue section is visible in the foreground. The text is overlaid on the image in a bold, black, sans-serif font.

**While racing is at our core, we want our members
and their families to have fun, make new friends,
bond as a team and support each other.
We are proud of our broad membership base
We welcome and embrace all swimmers and
families**



As a parent, you are cautious of over-scheduling your child (and yourself). Any activity you commit to, you want to make sure is adding value to your kid's life in some way- Are they having fun? Are they learning something? Are they growing from the experience?

It's hard to know what is going to be a good fit before you try it, but if your child has asked to join a swim team, that is an activity you can say yes to without hesitation. Wondering why swimming is a universal yes for parents? Check out these 10 benefits of swim teams for kids.

Joining a Swim Team Increases Water Safety

You probably already view swimming lessons for kids as an investment in your child's well-being. When it comes to water safety, in answer to the question "when to start swim lessons," the American Academy of Pediatrics found benefits for children as young as one. The AAP found that children between 4-6 years old are developmentally ready to learn to swim. After learning the fundamentals in swim lessons, being part of a swim team will turn hesitant newbies into confident, safe swimmers.



Swim Team is for Kids of All Abilities

Unlike many team sports, the difference in ability is not a factor on a swim team. Whether your kid is just learning to swim or the next Katie Ledecky, there is a chance for every child to shine on a swim team.

Swimming is Good for Your Child's Mental Health

Studies show that regular exercise decreases stress and anxiety. On top of that benefit, the rhythmic breathing involved in swimming laps can jump-start the part of the nervous system that controls rest and relaxation. Who couldn't use a more zen kid?

Swimming Enhances Brain Function

Of course, it makes sense that swimming builds muscles and endurance, but a study from Griffith University of more than 10,000 kids showed that swimmers were more advanced academically than their peers. Research finds that regular exercise changes the brain to improve memory and thinking skills.

Swim Team Members are More Confident

When young swimmers improve their skills in the pool, that confidence translates to other areas of their lives. The Griffith University study found that swimmers tended to be more confident than other children their same age.

Swim Teams Teach Teamwork

Swim teams combine the best aspects of both individual and team sports. So while many of the goals that are set are individual, children on swim teams also learn the value of teamwork. Swimmers rely on their team for encouragement, motivation, and community. Learning to both give and receive support from teammates is an important life lesson for any child.

Swimming Teaches Self-motivation

On the flip side; swimmers' results are their own. The first thing any swim coach will do is evaluate a swimmer and help them set goals for improvement. And unlike in other team sports, reaching those goals is in the control of the individual. Working hard and improving as part of a swim team will help your child self-motivate to reach goals in other parts of their lives.

Competitive Swimming Improves Concentration in Kids

In a world full of distractions, swimming is an activity that can actually improve your child's focus. A 2017 study of adolescent competitive swimmers found many short and long-term cognitive benefits, including increased concentration levels.

Swimming Helps Kids Sleep Better

Anything that will give your child (and you) a better night's sleep is worth doing, right?



Swimming is a Low-impact Sport

Swimming is a low-impact sport, meaning that you can sleep tight at night knowing that your child is not doing any long-term damage to their joints. Swimming is a sport that kids can carry on through adulthood.

Our Helmets



WHAT?

No
Mouthguard?





About us.....

Coaching Team

Senior Coaches

Kevin, Anthony, Paige & Anna

Assistant Coaches

Mat, & Glen



FAMILY FRIENDLY TRAINING

Owning our own pool allows us to schedule lots of sessions which means we can offer sessions that suit families, and their various activities.

It also allows us to have siblings train at the same time

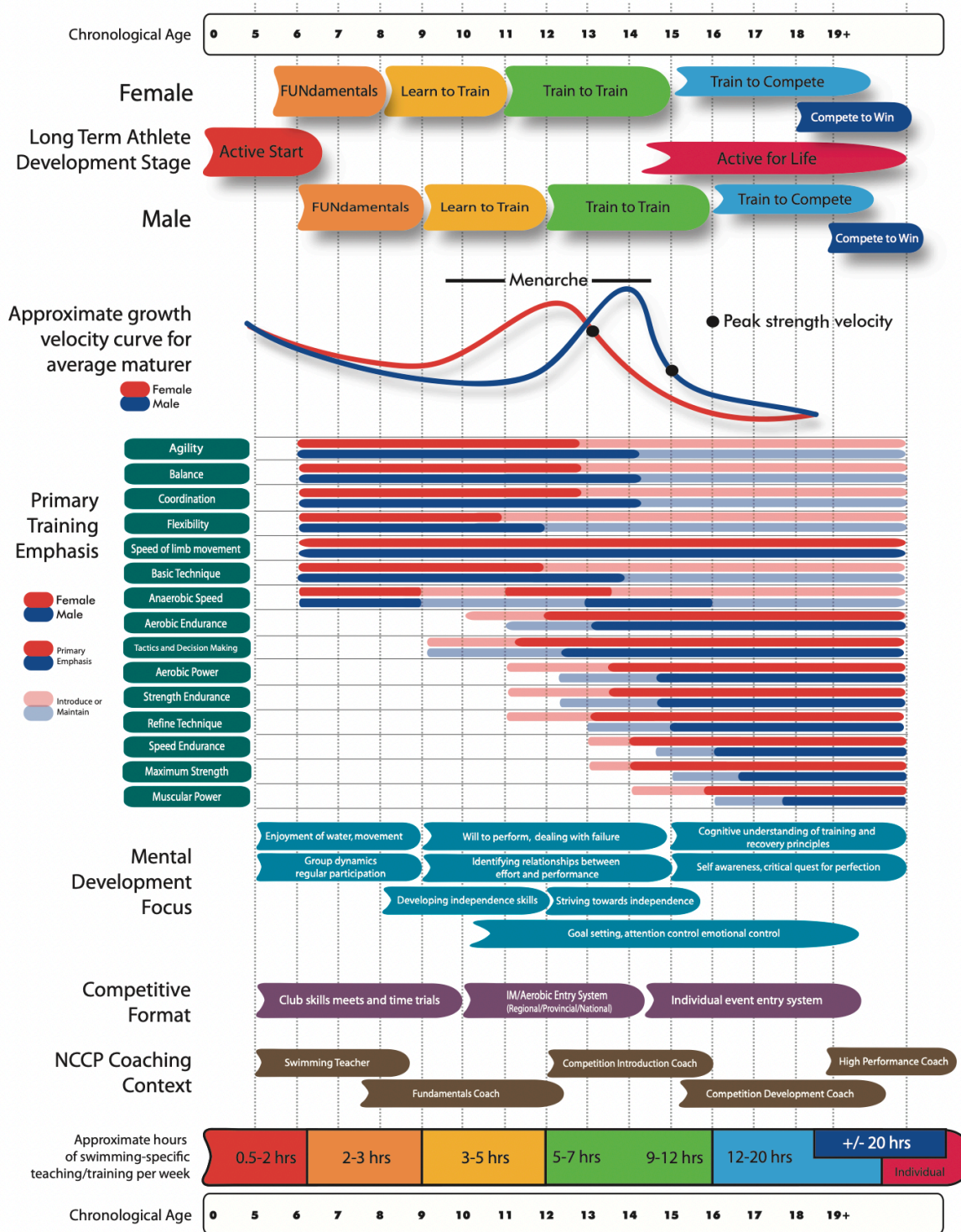
**EVENING , MORNING & WEEKEND
SESSIONS**

YOU CHOOSE !

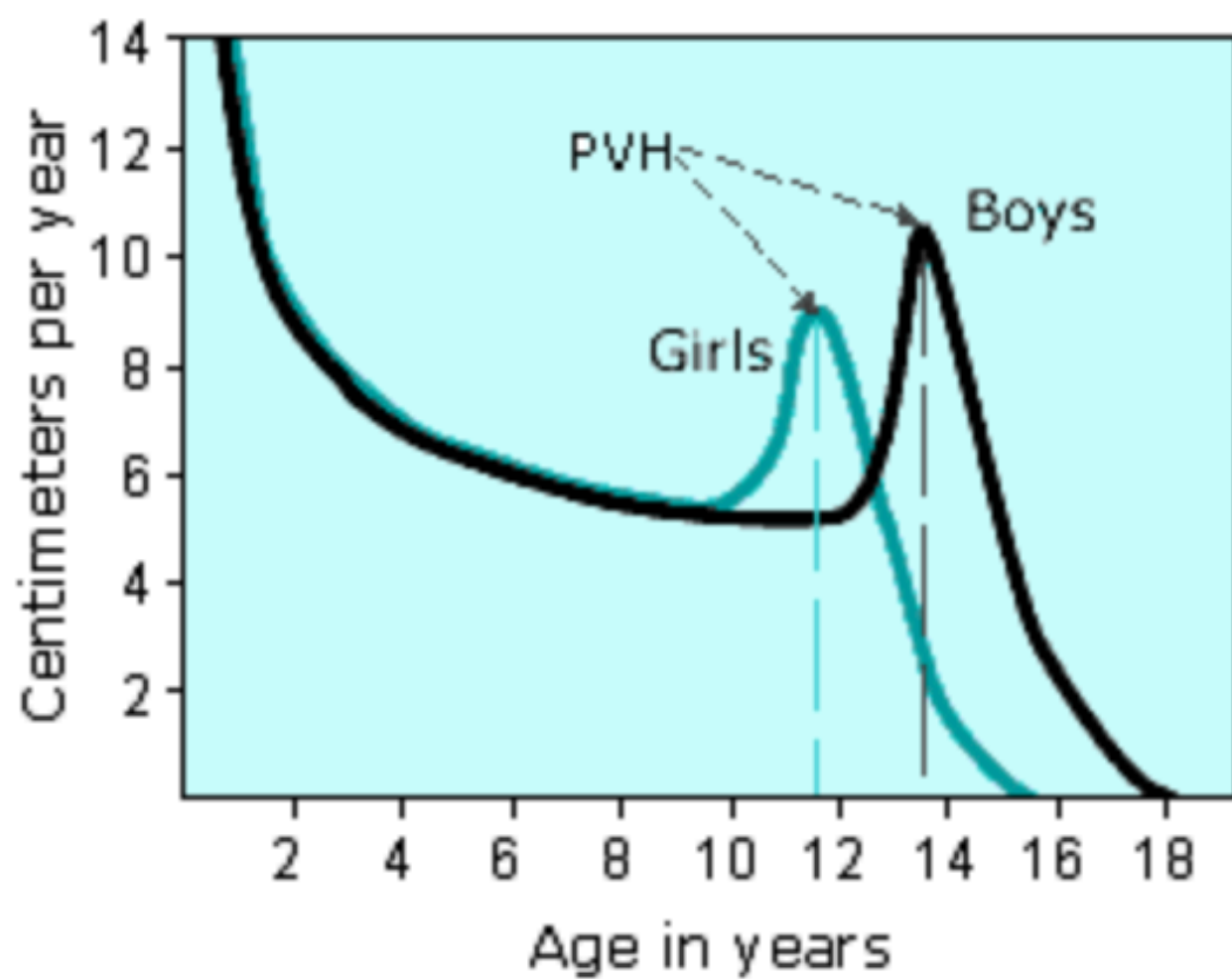
Why we
do what
we do



Long Term Swimmer Development Model



Peak Velocity Height (PVH)



**How is swimming
structured?**

Swimming Club -
Essdolphins

District -
Metro North

Swimming Victoria

Swimming Australia

Swimming Club - Essdolphins

Training, Friday Night races etc

District - Metro North

Interclub events, District Championships

Swimming Victoria

**Various State Championships, short course,
long course, sprints, all Juniors, Country,
Metropolitan**

Swimming Australia

National Champs, Olympic selection etc

**A Team Sport
where every
individual is
successful**

**Race against your
Personal Best**

**Aim For
Benchmark
Times**

**Junior
Excellence
(JX)**

GIRLS



**2023 - 24 times
will be updated
soon**

2021-2022 JX Qualifying Times

Girls																								
9 Years					10 Years				11 Years				12 Years				13 Years							
	Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)					
50 FS	37.66	39.60	41.51	46.99	50 FS	34.31	35.91	38.14	42.48	50 FS	32.64	34.20	35.47	38.70	50 FS	30.93	32.20	34.02	37.63	50 FS	29.86	30.88	32.53	36.95
100 FS					100 FS					100 FS	1:10.41	1:14.18	1:17.62	1:23.10	100 FS	1:06.75	1:09.20	1:13.02	1:20.79	100 FS	1:04.28	1:06.69	1:10.20	1:18.56
200 FS					200 FS					200 FS					200 FS	2:26.11	2:32.13	2:40.75	2:57.24	200 FS	2:20.71	2:25.99	2:32.11	2:52.34
400 FS					400 FS					400 FS					400 FS	5:05.28	5:17.86	5:35.75	6:11.50	400 FS	4:53.99	5:05.00	5:21.08	6:01.22
800 FS					800 FS					800 FS					800 FS	10:23.56	10:49.54	11:28.02	12:36.84	800 FS	9:58.28	10:24.50	10:57.55	12:15.92
1500 FS					1500 FS					1500 FS					1500 FS					1500 FS	19:15.96	19:55.48	20:35.00	22:13.80
50 BK	42.27	44.44	46.58	55.35	50 BK	38.51	40.30	42.18	48.61	50 BK	36.61	38.46	39.89	43.35	50 BK	34.44	35.88	37.31	42.28	50 BK	33.58	34.73	35.88	41.03
100 BK					100 BK					100 BK	1:16.87	1:21.62	1:25.42	1:31.99	100 BK	1:13.74	1:16.81	1:20.89	1:29.44	100 BK	1:10.63	1:13.50	1:16.81	1:26.97
200 BK					200 BK					200 BK					200 BK	2:39.00	2:45.60	2:55.66	3:13.60	200 BK	2:32.88	2:40.30	2:48.99	3:08.25
50 BRS	46.91	49.36	51.72	1:01.70	50 BRS	42.65	44.70	47.51	54.19	50 BRS	40.38	42.48	44.56	48.32	50 BRS	38.04	39.63	42.21	47.13	50 BRS	37.09	38.36	39.63	45.74
100 BRS					100 BRS					100 BRS	1:26.70	1:31.82	1:35.24	1:43.75	100 BRS	1:22.96	1:25.65	1:31.26	1:40.87	100 BRS	1:19.65	1:22.91	1:27.27	1:38.08
200 BRS					200 BRS					200 BRS					200 BRS	2:58.12	3:07.33	3:17.91	3:39.00	200 BRS	2:53.66	2:59.60	3:09.26	3:32.95
50 BF	39.52	41.55	44.04	51.67	50 BF	35.73	37.62	40.02	45.39	50 BF	34.24	35.73	37.93	40.47	50 BF	32.44	33.59	35.69	39.47	50 BF	31.07	32.33	34.00	38.31
100 BF					100 BF					100 BF	1:14.93	1:20.08	1:23.07	1:29.67	100 BF	1:11.71	1:14.70	1:18.01	1:27.18	100 BF	1:08.84	1:12.31	1:15.26	1:24.77
200 BF					200 BF					200 BF					200 BF	2:40.39	2:46.92	2:58.66	3:13.26	200 BF	2:32.60	2:41.64	2:48.08	3:07.91
200 IM	3:19.49	3:32.52	3:38.87	4:05.69	200 IM	2:58.63	3:10.19	3:20.99	03:42.1	200 IM	2:49.09	2:58.63	3:08.83	3:22.35	200 IM	2:40.40	2:46.93	2:59.00	3:16.74	200 IM	2:35.35	2:44.38	2:49.81	3:11.30
400 IM					400 IM					400 IM					400 IM					400 IM	5:30.02	5:53.89	6:08.30	6:49.39
2.5km OW					2.5km OW					2.5km OW	0h 42m	0h 44m	0h 46m	0h 50m	2.5km OW	0h 40m	0h 42m	0h 44m	0h 48m	2.5km OW	0h 38m	0h 40m	0h 42m	0h 46m
5km OW					5km OW					5km OW					5km OW					5km OW	1h 12m	1h 15m	1h 17m	1h 21m

BOYS



**2023 - 24 times
will be updated
soon**

2021-2022 JX Qualifying Times

Boys

9 Years

10 Years

11 Years

12 Years

13 Years

	Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)		Gold (Tier 1)	Silver (Tier 2)	Bronze (Tier 3)	Blue (Tier 4)
50 FS	36.48	38.21	40.01	46.48	50 FS	33.29	34.55	37.62	42.12	50 FS	31.63	33.55	35.00	38.62	50 FS	29.41	30.76	32.89	36.70	50 FS	28.27	29.18	31.25	33.66
100 FS					100 FS					100 FS	1:09.45	1:12.51	1:17.01	1:24.79	100 FS	1:04.51	1:07.20	1:11.05	1:20.57	100 FS	1:02.01	1:04.01	1:08.51	1:16.35
200 FS					200 FS					200 FS					200 FS	2:22.93	2:27.98	2:35.66	2:58.23	200 FS	2:15.47	2:19.84	2:30.11	2:48.90
400 FS					400 FS					400 FS					400 FS	5:02.96	5:13.23	5:32.45	6:17.93	400 FS	4:47.37	4:56.64	5:20.28	5:58.14
800 FS					800 FS					800 FS					800 FS	10:18.85	10:38.04	11:02.03	11:50.00	800 FS	9:54.87	10:14.05	10:38.05	11:21.22
1500 FS					1500 FS					1500 FS					1500 FS					1500 FS	19:02.49	19:39.34	20:25.41	21:48.33
50 BK	41.28	43.24	45.27	52.94	50 BK	37.41	39.26	41.89	47.96	50 BK	35.87	37.62	39.62	43.98	50 BK	33.05	34.07	36.28	41.79	50 BK	31.77	32.79	35.07	39.61
100 BK					100 BK					100 BK	1:16.72	1:20.13	1:24.20	1:33.73	100 BK	1:10.69	1:13.88	1:17.62	1:29.07	100 BK	1:07.95	1:10.14	1:15.26	1:24.41
200 BK					200 BK					200 BK					200 BK	2:36.89	2:43.69	2:52.12	3:16.08	200 BK	2:28.89	2:33.69	2:45.55	3:05.82
50 BRS	45.59	47.60	50.01	58.29	50 BRS	41.38	43.36	46.39	52.90	50 BRS	39.68	41.59	43.51	48.51	50 BRS	36.56	38.69	40.11	46.10	50 BRS	35.14	36.28	38.69	43.68
100 BRS					100 BRS					100 BRS	1:25.64	1:30.00	1:34.80	1:45.19	100 BRS	1:19.89	1:22.36	1:28.00	1:39.95	100 BRS	1:15.85	1:18.30	1:24.36	1:34.72
200 BRS					200 BRS					200 BRS					200 BRS	2:53.25	2:58.62	3:11.94	3:38.22	200 BRS	2:46.53	2:51.90	3:05.44	3:26.60
50 BF	38.46	40.98	42.55	49.79	50 BF	35.05	36.89	39.18	45.11	50 BF	33.61	35.22	37.02	41.37	50 BF	30.97	31.93	34.88	39.31	50 BF	29.77	30.73	31.61	34.78
100 BF					100 BF					100 BF	1:13.88	1:18.52	1:22.16	1:31.09	100 BF	1:08.07	1:11.18	1:15.82	1:26.55	100 BF	1:05.43	1:07.55	1:13.22	1:22.02
200 BF					200 BF					200 BF					200 BF	2:33.73	2:40.50	2:53.45	3:14.14	200 BF	2:27.77	2:32.54	2:48.98	3:03.98
200 IM	3:15.87	3:25.17	3:34.32	4:10.54	200 IM	2:57.99	3:06.43	3:19.40	3:46.00	200 IM	2:50.67	2:58.77	3:07.08	3:28.15	200 IM	2:37.26	2:42.14	2:55.00	3:17.79	200 IM	2:31.17	2:36.04	2:47.14	3:07.44
400 IM					400 IM					400 IM					400 IM					400 IM	5:23.12	5:43.54	5:56.60	6:45.26
2.5km OW					2.5km OW					2.5km OW	0h 42m	0h 44m	0h 46m	0h 50m	2.5km OW	0h 40m	0h 42m	0h 44m	0h 46m	2.5km OW	0h 38m	0h 40m	0h 42m	0h 44m
5km OW					5km OW					5km OW					5km OW					5km OW	1h 10m	1h 12m	1h 14m	1h 18m

**STATE
CHAMPIONSHIPS**

SHORT COURSE

(APRIL - AUGUST)

LONG COURSE

(SEPTEMBER - MARCH)

CHAMPIONSHIPS

**How do you
achieve
qualifying
times?**

**Qualifying
Meets**

v

Encouragement

**Sunday 9th October
2022**

Warm Up from 7:30am
Racing starts 8:30am

Session 2 starts 1/2 hr
after session 1 ends

Medals awarded for 12u
50m events—see over for
more information

**Entries close:
3/10/22 at
11pm or earlier if
meet entry limits are
met**

- Entries \$12 per event

- Pool entry FREE

See over for more -
information and meet
terms & conditions

Event No				
Girls	Boys	Age	Distance	Stroke
1	2	12 & Under	200	IM
3	4	12 & Under	50	Free
5	6	12 & Under	100	Fly
7	8	12 & Under	200	Back
9	10	12 & Under	50	Fly
11	12	12 & Under	100	Breast
13	14	12 & Under	100	Free
15	16	12 & Under	200	Fly
17	18	12 & Under	50	Breast
19	20	12 & Under	200	Free
21	22	12 & Under	100	Back
23	24	12 & Under	200	Breast
25	26	12 & Under	50	Back
27	28	Open	400	Free

Event No				
Girls	Boys	Age	Distance	Stroke
29	30	Open	400	IM
31	32	13 & Over	50	Free
33	34	13 & Over	100	Fly
35	36	13 & Over	200	Back
37	38	13 & Over	50	Fly
39	40	13 & Over	100	Breast
41	42	13 & Over	200	IM
43	44	13 & Over	200	Fly
45	46	13 & Over	100	Free
47	48	13 & Over	50	Breast
49	50	13 & Over	100	Back
51	52	13 & Over	200	Free
53	54	13 & Over	200	Breast
55	56	13 & Over	50	Back

- Session two will start no later than 1pm



Firbank Aquastars 2022 Spring Long Course Meet

MSAC Indoor Pool

**Sunday 9th October
2022**

Warm Up from 7:30am

Racing starts 8:30am

Session 2 starts 1/2 hr
after session 1 ends

Medals awarded for 12u
50m events

**Entries close:
03/10/22 at
11pm or earlier if
meet entry limits are
met**

- Entries \$12 per event
- Pool entry FREE

Meet information and conditions:

- Medals will be awarded in all 50m events from the morning session only in the following age groups: 8u, 9-10, 11-12 years
- The meet is conducted under the rules of SAL and SV inc. and is a proposed Qualifying Meet subject to SV approval
- All events will be swum as time trials, heats seeded slowest to fastest
- Entry is restricted to registered swimmers
- Age as at the day of the meet
- Entry method—Online Entry is the suggested and preferred.
- **Refunds will not be given for any withdrawals. Changing of original entry is considered an additional entry and therefore the \$12 entry fee applies for each new entry**
- Late entries (after the meet closes) will be accepted at the meet directors discretion and only if room exists in an existing heat. Late entry fee is \$20 per event
- Firbank Aquastars reserves the right to cancel or alter events
- Entries are limited to ensure that morning session closes no later than 12:30pm and the meet closes no later than 5:00pm. A 30 minute break is scheduled between session 1 & session 2.
- Entry fee is \$12 per event. Entry to the pool is free
- Timeline and entry lists will be published on the Firbank Aquastars website by Thursday 6th October 2021—see firbankaquastars.swimming.org.au or firbankaquastars.teamapp.com
- **Online Entries close 11pm on Sunday 3rd October or earlier if maximum entry limits are met**
- **Entries are accepted in order of receipt**

All enquiries to the Meet Director—FASaquastars@gmail.com



Lilydale Swimming Club Encouragement Meet

Centenary Pool, Hawthory Road, Kilsyth
Saturday October 1st, 2022



Pool Entry 12.45pm Warm-up 1:00pm Meet Start 1.30pm

Event #		Age Group	Stroke 50m	Event #		Age Group	Stroke 50m
Boys	Girls			Boys	Girls		
1	2	8 & u	Backstroke	29	30	8 & u	Butterfly
3	4	9 yr		31	32	9 yr	
5	6	10 yr		33	34	10 yr	
7	8	11 yr		35	36	11 yr	
9	10	12 yr		37	38	12 yr	
11	12	13 yr		39	40	13 yr	
13	14	14 yr & over		41	42	14 yr & over	
15	16	8 & u	Breaststroke	43	44	8 & u	Freestyle
17	18	9 yr		45	46	9 yr	
19	20	10 yr		47	48	10 yr	
21	22	11 yr		49	50	11 yr	
23	24	12 yr		51	52	12 yr	
25	26	13 yr		53	54	13 yr	
27	28	14 yr & over		55	56	14 yr & over	
57	10 & under mixed	4 x 50 Freestyle Relay		ENTRY BY TEAM ON THE DAY			
58	11-12 male	4 x 50 Freestyle Relay		ENTRY BY TEAM ON THE DAY			
59	11-12 female	4 x 50 Freestyle Relay		ENTRY BY TEAM ON THE DAY			
60	13 & over male	4 x 50 Freestyle Relay		ENTRY BY TEAM ON THE DAY			
61	13 & over female	4 x 50 Freestyle Relay		ENTRY BY TEAM ON THE DAY			

Please Note: *BYO Chairs – limited seating available.* Kiosk facilities available.

Raffle tickets sold on the day – CASH ONLY.

LIVE RESULTS WILL BE AVAILABLE VIA MEET MOBILE APP. Bring your 4G enabled smart devices.

Conditions:

- Conducted under the rules of Swimming Australia Ltd and Swimming Victoria Inc.
- Entries open to registered and unregistered swimmers.
- Any swimmer who has held a State Qualifying time, since May 2021, for a distance of 50m, may not enter that particular stroke.
- All events will be swum as timed finals.
- All entrants must be able to swim 50 metres in the stroke they have entered.
- Multi Class athletes are encouraged to enter standard events.
- Events may be amalgamated, altered or cancelled at the discretion of the club.
- For Manual entries if a swimmer does not have an entry time for an event, please write "NT".
- The organising committee reserves the right to return entries if the meet becomes oversubscribed.
- Please note that this facility does not offer blocks for dive starts. Swimmers only permitted a dive entry from the deep end.
- Relay swimmers can be any combination in 10 and under only, preferably from the one club/swim school and must have competed in at least one individual event. Clubs to complete relay entry.
- No refunds will be given.



CLUB RESOURCES

Access club resources here.

SWIM CENTRAL

Access Swim Central here

SWIM CENTRAL RESOURCES

Resources and help for parents, members and clubs

UPCOMING EVENTS

[CLICK HERE FOR THE FULL CALENDAR](#)

NEWS



Aus SC Champs Highlights



Emy Simsic awarded Local Legend of the Year at Swimming Australia Awards



Vics at Junior Pan Pacs

[VIEW ALL NEWS](#)

SWIMMERS

COACHES

OFFICIALS