

THE GRAPEVINE

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Duel in the Pool

Largs Bay v Seaton v Parafield Gardens:

Sunday 9 May, Seaton Pool 1pm warm-up.

LPSC Aims for 2015

The Club exists to train swimmers to be the best they can be. This year you will see the squads have greater focus to their training through a revised coaching program.

Not only that but you'll see more club social events, club trips and investment in equipment.



Upcoming Events

Date:	Event:	Entry Deadline:
Sat 16 May	Div 1 - SC - Meet 1	29 Apr (9am)
Sun 17 May	JX - SC - Meet 1	29 Apr (9am)
Sun 17 May	Div 2 - SC - Meet 1	29 Apr (9am)
Sat 23 May	Marion SC Carnival	1 May (5pm)
Sun 31 May	Fleurieu Carnival	13 May (5pm)
6-7 May	Starplex Carnival	9 May
9 May	Duel in the Pool (Seaton)	6 May

Happy Birthday to you...

Robin Currie, Will Larven, Larissa Lock and Charlize Williams are all a year older having celebrated their birthdays in March.

And make sure you wish **Taylah Green** and **Frank Martin** a happy birthday as they celebrate theirs in April!



Swimmer Profile: Alison Burford

Preferred Name: Alison

DOB: 9/10/1996

School: UniSA - Bachelor of Clinical Exercise Physiology

Parents: Garry & Karen

Joined Club: 2006 & again in 2013 (I just couldn't keep away!)

Squad: National

Greatest Personal Achievement in swimming: 2011 South Australian State Team

Swimming Idols: Libby Trickett & Matt Cowdrey

Favourite Strokes: Backstroke & Freestyle

Favourite Colour: Yellow (my room is bright yellow!)

Favourite Food: Watermelon!

Career Aspiration: Accredited Exercise Physiologist specialising in oncology

Little known fact: I have an awesome older brother, Ben, who has a beautiful wife, Deanna, and their daughter Georgia is my gorgeous little niece.

Loves LPSC because: Everyone at LPSC is always so supportive and fun. Whilst I was doing Yr12 LPSC was a great place for some time out from the stress of school and study. I really enjoy my role as co-captain.

Introducing... Head Coach David James

Youngest of 6 children, David grew up around the Ethelton pool where Dad was the Chief Instructor. By the age of 8 he showed promise and so began swimming under the instruction of David Urry (Commonwealth Games coach) at Seaton Pool, and later by Bill Dempsey. Seaton pool became his swimming home for the next 24 years.

Like many of you, he combined competitive pool swimming with Surf Lifesaving (Grange SLSC) and was successful at both.

An injury in 1981 was the catalyst for David to move into coaching (Bronze Coaching licence 1984) and by 1988 he took it a stage further and became the leaseholder of Seaton pool. Over the next 5 years, James Aquatic swim club became the No.1 programme in SA and was ranked 8th in Australia as an age group program.

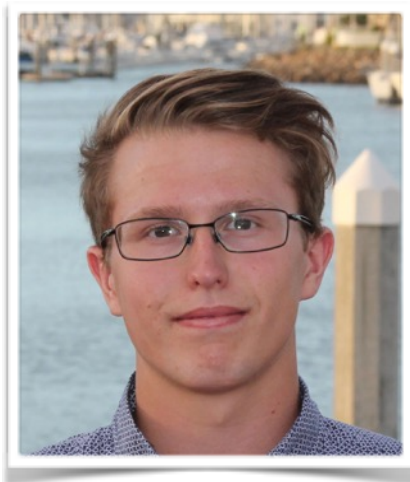
In 1998 he began coaching at LPSC and produced a core group of National swimmers that helped put LPSC back on the map. David scaled back his coaching commitments to concentrate on his rapidly expanding finance business in 2006, but couldn't keep away for long! By 2012, he was lured back by an invitation to coach the High Performance Team at Marion Swim club.

Now he has returned to his Western Adelaide roots and is based at our pool. What should you expect? In his words:

"I do not want to see great kids miss their opportunity to do well. My goals are to help all swimmers achieve their best and to also produce some enthusiastic young coaches."

Achievements:

- As a teen, David was in the open top 10 in Australia for the 1500 F/S
- 1st South Australian ever to win the Australian Cadet Surf Race (Queensland)
- Coached swimmers to achieve 25 medals at the 1989 National Championships
- Coached on 3 international teams
- Gold Coaching licence (1993)
- 3 of his swimmers made the Australian Team (1995).



Swimmer Profile: Kyle Thomas

Preferred Name: Kyle
DOB: 12/05/1998
School: Henley High
Sibling: Corey

Joined Club: 2011

Squad: National

Greatest Personal Achievement in swimming: Winning gold in the 400m IM at state age final in 2014 and silver in the 200 Fly open final 2015.

Favourite Stroke: Butterfly

Favourite Activities: Hanging out with friends

Favourite Colour: Red

Favourite Food: Pasta

Favourite pastime: Playstation

Favourite holiday: Gold Coast

Favourite band: In Hearts Wake

Career aspirations: Artist

Little known fact: Kyle once had 4000 likes on a Facebook comment!

March Competition Roundup

Surf Lifesaving Junior State Championships

LPSC would like to congratulate all LPSC members who participated in the Surf Lifesaving Junior State Championships at Port Elliot in March 2015.

In particular, the following came in the top 3 in individual events:

Jake Andrews (U9 Boys)

- 1st in Surf Swim
- 1st in Beach Sprint

Tyler Richards (U9 Boys)

- 2nd in Surf Swim
- 3rd in Beach Flags

Lucas Piscioneri (U11 Boys):

- 2nd in Surf Swim

Teagan Richards (U11 Girls):

- 2nd in Surf Swim
- 3rd in Board Race
- 3rd in Iron Person

Will Larven (U11 Boys)

- 2nd in Iron Person
- 3rd in Surf Swim

In the team events, the Semaphore SLSC U9's were first in the Wade Relay, Cameron Relay, Board Rescue, Surf Teams and Beach Relay. U11's came 1st in the Surf Teams and Board Rescue and 3rd in Cameron Relay.

AWESOME!

Duel in the Pool

Thanks to all that attended last weekend's 'Duel in the Pool' event which pitted swimmers from Seaton and Parafield Gardens up against our own.

The fundraising totalled just over \$1,000 which will go towards equipment/travel support for club members.

April 2015 Time Trials PB's

Swimmer	Event	New PB
Ella Andrews	100M IM	1.31.10
Brianna Arnoldus	200m Back	2:52.32
	50m Free	32.41
Jemma Bennett	50m Free	34.03
	25m Fly	18.23
	100M IM	1:28.25
Robin Currie	50m Free	36.90
	100M IM	1:35.50
Jasmin Gibbins	200m Back	3:44.60
	50m Free	36.76
Bailey Hahn	50m Free	36.96
	100M IM	1:54.08
Jack Jackson	200m Back	3:11.57
	50m Free	35.58
	100M IM	1:27.03
Rhys Krauter	50m Free	27.41
Will Larven	50m Free	37.31
	100M IM	1:35.53
Pascale Mackenzie	200m Back	3:20.36
	25m Fly	21.36

Swimmer	Event	New PB
Frank Martin	200m Back	3:00.03
	100m IM	1:26.83
Will Martin	50m Free	42.41
Summer Partridge	50m Free	39.65
Lucas Piscioneri	200m Back	3:10.97
	50m Free	34.36
Stephanie Piscioneri	200m Back	3:06.43
Teagan Richards	50m Free	38.78
	100m IM	1:30.31
Tyler Richards	200m Back	3:18.43
	50m Free	37.41
	100m IM	1:35.89
Victoria Severin	50m Free	35.64
	100m IM	1:32.31
Kyle Thomas	200m Back	2:29.06
	50m Free	27.89
	100m IM	1:09.32
Jasmine Vanderbrink	200m Back	2:48.47
Bianca Williams	200m Back	2:44.14

Well done all everyone!

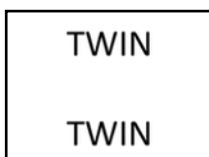
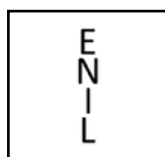


Club Knowledge

Q1: What was Shane Gould's time for the 200 free in the Munich Olympics?

Q2: What role does Sylvia Piscioneri hold on the LPSC Committee?

Quizzes



What is the phrase?

Q3:

Q4:

First person to email the answers to lefevreportside@gmail.com wins free entry into the April Time Trials!

Club Sponsors



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Gone...to Italy!



Lucky Kaylah is currently in Rome having a fabulous time. She was one of six students selected to go because she worked hard and attained good marks in Italian.

She is missed and we look forward to seeing her back at the pool. Hugs from all your friends.

Fundraising

We are always looking for innovative ways to raise money for our club. Here are a few ways you can help:

1. Peoples Choice Community Lottery

Paper tickets will be available 1 May but this year you can also buy them online:

www.peopleschoicecu.com.au/le-fevre-swimming-club

2. Need Hotel Accommodation?

If you are booking accommodation for an upcoming holiday or trip away, book it through Quickbeds, and you will help raise funds for your club.

www.quickbeds.com/?grassrootscode=1603

3. BBQ Fundraisers

This year we will be doing a number of BBQ fundraisers. The first of these is on **Sunday 26 April, outside Coles Port Adelaide**. We will also have some dates in the second half of the year for Bunnings Woodville.

Volunteers are always needed for these events, and there will be calls to action as each date approaches. Please donate an hour of two of your time, it really does make a huge difference.

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