Hi everyone,

For this years Seals Splash we had many, many compliments from the officials and 99% of the competitors (can’t please everybody all the time?).

We had officially 89 competitors on the program competing and the events and heats went so smoothly you would of thought we only had half that number. So to all the dedicated members that helped to put this together, run the night and compete, a GREAT BIG THANK YOU!

There are always some that excel far and beyond expectations and I’m sure we all know who they are, but most importantly, they know who they are and why they do what they do?

I’d like to mention two swimmers that performed particularly well: Molly Thwaites and Brendan Gray both got state records in their respective age group, well done guys!

We would like to send a special mention to our new coach Frank Haas, Frank has joined the team at Seals and has settled in well and is running some great sessions catering to all our needs.

Would also like to mention Frank swam his first competitive pool event (ever) at the Seals Splash, congrats mate and well done. We look forward to many more rewarding training sessions and swim meets.

For those entering in the States at MSAC in 2 weeks remember to get your entries in ASAP, and keep the good work up.

GO SEALS.

Special Announcements

- A special welcome to our two new pups this season this being Mackenzie (Macca) proud parents (Ann and Rob Gibbs) and to Lachlan (baby brother to Ryan and proud parents Daniel and Sarsha Kalker).
- Congratulations to Megan and Jason on their unofficial announcement of their engagement..
- It is also good to see Mal back in pool after a lengthy shoulder rehab.
### Seals Splash Results

#### Molly Thwaites
- **25m Freestyle**: 13.74
- **100m Freestyle**: 1:05.41
- **200m Individual Medley**: 2:41.86

#### Kathryn Marmara-Stewart
- **25m Freestyle**: 16.10
- **200m Backstroke**: 3:12.34
- **25m Breaststroke**: 20.80
- **100m Breaststroke**: 1:41.57
- **25m Butterfly**: 17.68

#### Ann Gibbs
- **25m Freestyle**: 21.25
- **25m Backstroke**: 23.72
- **100m Backstroke**: 1:48.87
- **200m Backstroke**: 4:00.19
- **100m Individual Medley**: 2:02.81

#### Georgina Beech
- **25m Freestyle**: 16.68
- **100m Freestyle**: 1:19.21
- **200m Freestyle**: 2:03.60
- **25m Breaststroke**: 19.79

#### James Hampton
- **25m Freestyle**: 19.79
- **25m Breaststroke**: 30.11

#### Victoria Greenham
- **25m Freestyle**: 21.81
- **25m Backstroke**: 26.35
- **25m Breaststroke**: 23.95
- **25m Butterfly**: 29.17
- **Individual Medley**: 1:59.89

#### Sarah Byron
- **25m Freestyle**: 14.67
- **100m Breaststroke**: 1:26.66
- **100m Breaststroke**: 1:19.46
- **200m Individual Medley**: 2:52.00

#### Jody Gray
- **25m Freestyle**: 20.63
- **25m Backstroke**: 23.53
- **25m Breaststroke**: 28.41
- **25m Butterfly**: 24.09

#### Brendan Gray
- **25m Freestyle**: 13.77
- **100m Freestyle**: 1:05.12
- **25m Backstroke**: 15.23
- **25m Butterfly**: 14.51
- **100m Individual Medley**: 1:16.67

#### Aurel Wachter
- **25m Freestyle**: 14.31
- **25m Backstroke**: 17.95
- **100m Backstroke**: 1:20.50
- **200m Backstroke**: 2:51.64
- **100m Individual Medley**: 1:23.16

#### Frank Haas
- **25m Freestyle**: 15.80
- **100m Freestyle**: 1:17.10

#### Eric Van-Toor
- **25m Freestyle**: 17.70
- **100m Freestyle**: 1:30.25
- **200m Freestyle**: 3:29.65
- **25m Breaststroke**: 24.46
- **25m Butterfly**: 21.40

#### Ebony Ebenwaldner
- **25m Backstroke**: 16.27
- **100m Backstroke**: 1:10.73
- **200m Backstroke**: 2:28.76
- **25m Breaststroke**: 18.03
- **100m Individual Medley**: 1:14.77

#### Greg Chaplin
- **25m Freestyle**: 13.59
- **100m Freestyle**: 1:04.17
- **25m Breaststroke**: 15.02
- **25m Butterfly**: 14.10
- **100m Individual Medley**: 1:15.34

#### Jorge Zamora
- **25m Freestyle**: 17.29
- **100m Freestyle**: 1:27.13
- **25m Backstroke**: 25.59
- **25m Breaststroke**: 23.51

#### Nicole Dainton
- **25m Freestyle**: 14.99
- **25m Backstroke**: 18.07
- **100m Backstroke**: 1:23.60
- **25m Breaststroke**: 18.22
- **200m Individual Medley**: 2:57.79

#### Jen Rees
- **100m Backstroke**: 2:14.53
- **100m Individual Medley**: 2:04.11

---

**Note from the Ed:**

Sorry if I missed anyone? Times were taken from the official [MSV website](#).
Up-Coming Meets

- 2012 Victoria Short Course Championships 05/08/2012
- Frankston Peninsula Swim - Short Course 18/08/2012
- Hoppers Crossing Inter club - 01/09/2012
- MSV Relay - 22/09/2012
- Glamour heads 13/10/2012
- MSV LDLC 11/11/2012

Inspiration

“When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven’t put everything into it, you haven’t actually achieved anything at all. When you've had to work hard for something and you’ve got the best you can out of yourself on that given day, that’s where you get satisfaction from.”  Ian Thorpe

If you have any news you would like to add to our news letter please forward to Shags at shaneq@sandhurst.net.au

Disclaimer:

• All care is taken when writing of this news letter: how-ever sometimes things may get missed or are just wrong: (stiff)