



February 2015

Danger 1000

On Saturday 3rd January Madeleine, Dylan C, Dylan M and Lynton headed off to Torquay to swim in the Danger 1000 ocean swim. It was hot, windy, salty and very hot! Swimming first was Madi in the Danger 500, a 500 metre swim starting and finishing on the sand. Being that this was Madi's first ocean swim and that she swallowed half of the ocean, a time of 8:01 was very good.

Next up were the two Dylan's in the 1000 metre swim; both swam very well, Dylan C swallowed the other half of the ocean but made it in in a time of 14:46 with Dylan M coming in just behind in a stronger time than the previous year of 16:13. Then it was Lynton's turn, in the top of his age group and in his new wetsuit swam a 14:37 much better than his 19 minutes last year.

Over all it was a great day, it was really good to see Madi and Dylan C take on the challenge of the Danger 500 & 1000. The swim is very different from swimming in the pool and should be seen as a challenge. I am very proud of Madi, Dylan & Dylan for stepping out of their comfort zones and having a go. In addition to this, first time swimmers Madi and Dylan C swam very good times.



A Report from Mad

The Danger 1000 Ocean swim certainly was a challenge compared to swimming in a pool.

I swam first as I was only doing the Danger 500 and *man am I glad I decided to do that and not the 1000*, I mean apart from almost drowning and swallowing half the ocean I enjoyed it and I would, maybe with a little hesitation at first, do it again.

It's a challenge but so is life and if you're not prepared to take on a challenge every so often you're living a safe but pretty boring life.

Dylan C, a first timer like me, took on the 1000m swim and finished with a very impressive time for a first timer. He said *"Doing the Danger 1000 is a true test on you physically and mentally. It puts you into a very unfamiliar environment that swimming laps in a pool cannot properly prepare you for. This being my first year competing in it I didn't know what to expect, but when I got out there things just seemed to flow. I was worrying about losing track of where I was going, but all you need to do is just follow the people in front of you and keep going. Next year I plan on doing the Danger 1000 again, and I would recommend it to anyone who wants to really test their limits."*

Mad.



HAPPY BIRTHDAY

January cont'

Teagan Finn

February

Emilie Cardamone

Riley Mason

Calendar

Term 1 Training Dates

Competitive

5 Jan - 26 Mar 2015*

Non-Competitive

3 Feb - 24 Mar 2015*

Vic State Sprint Championships

Sat 7 Feb

Sun 8 Feb 2015

MSAC

Mansfield Pennant

Sat 14 Feb 2015

Mansfield Pool

Country Interdistrict

Sat 21st Feb 2015

MSAC

Yea Pennant

Sun 22nd Feb 2015

Yea Pool

Seymour Outdoor Pennant

Sat 28th Feb 2015

Seymour Outdoor Pool

All Juniors Heats

Sun 1st March 2015

Seymour Outdoor Pool

Proficiency

Sun 15th March 2015

Seymour Indoor Pool

*Dates subject to change



Alesha preparing for the 50m Butterfly at Vic Country Champs.



Ally at the start of the 100 Fly at Vic Country Champs



Lynton poised to swim 50m Fly at Vic Country Champs



Could this be our **happiest** swimmer?

Backstroke starts at Alex

