

Willoughby Swim Club INC



COACHES COLUMN

– APRIL 2008

The National Age Championships in Brisbane were a great experience for our swimmers who managed some outstanding individual and team results in both pool and open water events.

Luane Rowe finished her National Age experience with two silver medals in open water events 5Km and 10Km, and a bronze medal in the 17/18 800m Freestyle. This was a great way for Luane to finish her age-group career, and places her well for the future in open competition. Luane travelled to Canberra last weekend to compete amongst the Beijing team, placing second in the 800m Freestyle at this Grande Prix event.

Sam McConnell and Dylan Curtis both qualified for finals in the sprint events in Brisbane, Sam in the 17-18 50m Free and Dylan in the 17-18 100m Free. These top ten finishes in such a competitive field were outstanding and fitting reward for an excellent season of racing following their strong results in Hobart in March. Both were unlucky to miss selection in the NSW State relay teams in Brisbane.

Claire McConnell swam her fastest ever 50m and 100m Freestyle in Brisbane, leading off our 8th placed relay in a smart 28.0, and clocking 1min 00.94 in her individual 100m. Claire has had a great season and still has plenty of improvement ahead.

Linley Dundas broke the Willoughby Club 100m Freestyle record for the second time this season clocking

59.60 in the 17-18 years event.

Antony Isiaias competed in the 50m Freestyle 15 years on the first day of competition and recorded a personal best time of 26.30, edging closer and closer to the elusive 25 second club!

Genevieve Brewer and Emma Morgan travelled up late on Friday to compete on Saturday and both posted excellent times improving their national ranking, and joining with Steph Cannell and Claire McConnell for our most successful relay team result on Saturday evening –all recording personal best split times: Gen 28.4, Emma 28.6 and Steph 29.1!

At the open water event up the road in Kawana Waters we started bright and early on the Monday morning – on the beach at 7:00am having trucked out of Brisbane at 5am sharp. Luckily Luane loves an early morning and she set a gruelling pace in the 5km event finishing with a sprint to grab silver in a world class time of 58minutes and 11 sec, having earned her 800m bronze the previous night.

Max Collins was next to compete in the 15 years 5km and recorded a huge personal best of 62 minutes finishing 12th in his first national level appearance. Max improved on this placing 5th in the 10km on the following day. Emily Chancellor enjoyed a successful 5km event finishing 20th, whilst Max Elliff placed 22nd in the 14 years with a four minute p.b. and Nate Elliff also ripping 4 minutes from his entry time.

During the PSSA NSW School championships our youngsters achieved

magnificent results led by Chris Dwyer who broke records in both 50m Free and 50m fly winning two gold, and Emma Morgan winning both 50m Free and 50m Backstroke. Max Graham also achieved outstanding result placing 5th in the 11 yrs 50m Backstroke

Willoughby swimmers were again in action this week with the CIS championships at Homebush. Dylan Curtis won both 50m and 100m Freestyle, Emily Chancellor won the 1500m Freestyle, Ben Schafer placed top five in 50m Fly and 100m Free, contesting 6 individual events all up. Linley Dundas top three in 50m Back, 100m Free and 200m Free and 4th in the 100m Back. Antony Isiaias finished 2nd in the 100m Fly. Matthew King won silver medals in the 12 years 50m and 100m Free, as well as placing 5th in the 100m Fly. Reiji Sano placed 4th in his 100m Breast and James Anthony placed 4th in the 200m Back. Reed Cotterill represented in four events and Jack Basil-Jones achieved pb's in both 50m and 100m Backstroke placing 6th in both.

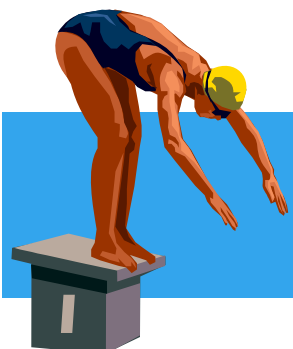
We are in full preparation for our Canberra tour late May, so all swimmers can look forward to achieving great short course times on the back of a successful summer season. Remember that our Club Championships are also held next month, adding to the opportunities for achieving winter qualifying standards.

Graeme



Hard Work Pays Off !!

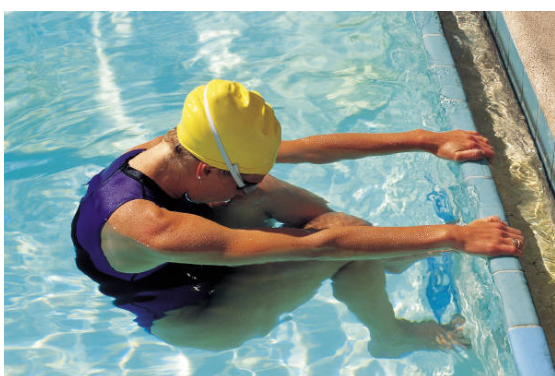
Congratulations yet again to Luane Rowe -not only did she win two silver medals and a bronze at the National Age Championships—she has also been nominated for Female Athlete of the Year at NSW University.



Good Luck Sam and Dylan



The Club bids farewell to two of our senior swimmers, Sam McConnell and Dylan Curtis. Sam, who has been one of our Club Captains for a number of years, has been accepted into the Sydney University Talented Athlete Program—which is a great honour. Dylan Curtis has also been a keen competitor for Willoughby over the last few years. Both boys have developed into strong athletes and have enjoyed many swimming successes at State and National level. They will be missed—both at training and in relays! - We wish them both well and look forward to following their successes and seeing them at future meets. —Please keep in touch!



WILLOUGHBY SWIM CLUB INC.



Willoughby Committee members 2007/2008

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Rose Leamon	rnleamon@bigpond.net.au
Treasurer	Leslie Rowe	(02) 9959 3454
Race Secretary	Gina McConnell	(02) 9427 9197
Registrar	Lainie Cannell	(02) 8901 3086
Clothing	Joan Curtis	(02) 9967 5596
Committee Members	Peter Nolan	Denise McGrouther
	Vivian Dundas	Lesley Collins
	Sharon Cook	Vincent Dwyer
	Molly Schafer	

Willoughby
Swim Club
Inc

Next Meeting

AGM May 30
2008 –

Willoughby
Leisure Centre

Upcoming Swimming Events

- Willoughby Club Championships
13 and 20 June
- Sydney Metropolitan SC
28-29 June
- NSW State Age SC
8-10 August
- NSW State Open SC
22-23 August

School Swimming Dates

- Fri 23rd May- **NSW All Schools** – SOPAC
- 29th November - 6th December **School Sport Australia** -Pacific School Games ACT

Bunnings BBQ

Thank you to the BBQ helpers on May 3 - Vincent Stokes, Max Collins, Lainie and Steph Cannell, Mario and Antony Isaias, Gen and Justin Brewer, Nate and Max El-liff and James Boynton were all fantastic and raised \$1140 for the Club.

Upcoming Tours

- Tuggeranong Vikings Carnival—
staying at AIS
24-25 May

Club Championships

- 16 May -400m
- June 13
- June 20

The program for the Club Championships is attached and also on the website (www.willswim.org.au) under “pages—club championships”.

Could all entries for both nights be placed on a multi-entry card and handed to Gina McConnell on the night of the 16th of May 2008—Entry Fee into the championships is \$10.



National Age
Swimming
Championships



NATIONAL AGE OPEN WATER REPORT

The day after the 10 km open water events at Kawana Waters on the Sunshine Coast, the front page headline in the local news paper caught my eye – **“TORTURE – How conditions turned a swim for elite teen athletes into hell!”** – it didn’t sound like the event the Willoughby open water swimmers had competed in at all – in fact if you look at the photos (taken by team photographer Tom Chancellor) you’ll see that all of our “elite teen athletes” emerged from their races with smiles on their faces.

It seems that the Willoughby kids are made of tough stuff! – It takes a lot more than a bit of wind and chop to upset them! – That’s the joy of open water swimming – its outdoors in variable conditions, its long and its hard – but our kids manage to make the experience fun.

The open water swim team consisted of Luane Rowe (5km and 10 km) Max Collins (5km and 10km), Emily Chancellor (5km) Max and Nat Elliff (both 5km) and the support team of Leslie Rowe, Lesley Collins, Karen Elliff, Tom Chancellor, Rowan Shaw and coach Graeme Brewer.

One can’t say enough about the camaraderie and support this group produced. Each competitor had a group to cheer them on and walk the long walk beside the course – offering lots of encouragement and advice– which often went unheard by the swimmer but made the mothers feel like they were involved.

We all stayed at separate accommodation but gathered together both evenings for dinner at the Mooloolaba Surf Club (thanks to Lesley C’s research) and the kids managed a number of swims in the pool at the Chancellors’ hotel – the first thing you want to do after spending one or two hours racing is to get straight back in the water!

Graeme – we think you are amazing – to leave Brisbane at 5am after a full week of pool competition and then spend a day walking up and down beside a lake (the first race of day one – Luane’s 5km started at 8am and the last event – Nat and Max’s race finished around 4 o’clock) – Four 5km races in a day makes for a lot of walking! Your support and encouragement for each of the competitors was very much appreciated – it was interesting to note how intently each of the kids listened to your advice and suggested race tactics – how come they listen to you?.

Luane and Max Collins both had to swim again on the second day—this time a 10 km race. Max’s race was first—the weather wasn’t nearly as pleasant as the day before and the wind made swimming hard work—but he emerged at the end looking very dirty but satisfied with a strong swim. Luane again swam a great race but didn’t have time to enjoy her success—having to rush straight from the water to drive to Brisbane to fly home—she didn’t have time to wait for the ceremony to receive her second silver medal in as many days.

Open water swimming is not for the faint hearted and a number of other swimmers left the water in tears, suffering from exhaustion and (according to the newspaper article) with dislocated shoulders and bruises – but all the Willoughby kids survived to swim another day!. The event was a victory for all – Luane came away with two silver medals managing a pb in the 5km, Max improved his ranking in both the 5km and 10km, both the Elliffs boys did 4 minute pbs – and Emily managed to keep her form despite still recovering from a sprained ankle.

Even with the long days, sunburn and exhaustion everyone stayed cheerful and at the end of the 2 days we all agreed we would do it again (some people never learn)

Swimmers you should be proud of yourselves – families and coach thank you for the long hours of support!

NORTHERN SUBURBS INTER-CLUB MEETS

This is a new series of meets for clubs in the Northern Suburbs Swimming District.

The first 2 meets are short course competitions. The cost is \$10 and a swimmer MUST do 1 x 200, 1 x 100 and 2 x 50 and a relay. There are 2 programs:

Competition #1 31/5/08: 200m BF or BR or BK, 100m FS or BR, 50m BK or BF, relays and 400m choice.

Competition #2 21/6/08: 200m FS or IM, 100m BF or BK, 50m FS or BR, relays and 800/1500m FS.

Saturday, 31st May, 2008 at Ravenswood Ladies College

Saturday, 21st June, 2008 at Ravenswood Ladies College

Saturday, 2nd August, 2008 at Ravenswood Ladies College

Saturday, 13th September, 2008 at Ravenswood Ladies College

Saturday, 18th October, 2008 at Pymble Ladies College

More information will follow in the next newsletter



National Age Open Water



WILLOUGHBY SWIM CLUB INC.



CLUB CHAMPIONSHIPS

ALL SWIMMERS PARTICIPATING IN THE CHAMPIONSHIPS MUST HAVE ATTENDED AT LEAST SIX (6) CLUB NIGHTS THROUGHOUT THE YEAR.

13 TH JUNE, 2008					20 TH JUNE, 2008				
1	MIXED	OPEN	200	BREASTSTROKE	36	MIXED	OPEN	200	BACK
2.	BOYS	8/U	25	FREESTYLE	37	BOYS	8/U	25	BUTTERFLY
3.	GIRLS	8/U	25	FREESTYLE	38	GIRLS	8/U	25	BUTTERFLY
4	BOYS	8/U	50	FREESTYLE	39	BOYS	8/U	50	BUTTERFLY
5	GIRLS	8/U	50	FREESTYLE	40	GIRLS	8/U	50	BUTTERFLY
6	BOYS	9/10	50	FREESTYLE	41	BOYS	15/OV	50	FREESTYLE
7	GIRLS	9/10	50	FREESTYLE	42	GIRLS	15/OV	50	FREESTYLE
8	BOYS	11/12	100	FREESTYLE	43	BOYS	9/10	100	FREESTYLE
9	GIRLS	11/12	100	FREESTYLE	44	GIRLS	9/10	100	FREESTYLE
10	BOYS	13/14	100	FREESTYLE	45	BOYS	11/12	50	FREESTYLE
11	GIRLS	13/14	100	FREESTYLE	46	GIRLS	11/12	50	FREESTYLE
12	BOYS	15/OV	100	FREESTYLE	47	BOYS	13/14	200	FREESTYLE
13	GIRLS	15/OV	100	FREESTYLE	48	GIRLS	13/14	200	FREESTYLE
14	BOYS	8/U	25	BREASTSTROKE	49	BOYS	9/10	50	BACKSTROKE
15	GIRLS	8/U	25	BREASTSTROKE	50	GIRLS	9/10	50	BACKSTROKE
16	BOYS	8/U	50	BREASTSTROKE	51	BOYS	11/12	100	BACKSTROKE
17	GIRLS	8/U	50	BREASTSTROKE	52	GIRLS	11/12	100	BACKSTROKE
18	BOYS	11/12	100	BREASTSTROKE	53	BOYS	15/OV	100	BACKSTROKE
19	GIRLS	11/12	100	BREASTSTROKE	54	GIRLS	15/OV	100	BACKSTROKE
20	BOYS	13/14	100	BREASTSTROKE	55	BOYS	13/14	50	FREESTYLE
21	GIRLS	13/14	100	BREASTSTROKE	56	GIRLS	13/14	50	FREESTYLE
22	BOYS	15/OV	100	BREASTSTROKE	57	BOYS	8/U	25	BACKSTROKE
23	GIRLS	15/OV	100	BREASTSTROKE	58	GIRLS	8/U	25	BACKSTROKE
24	BOYS	9/10	50	BUTTERFLY	59	BOYS	8/U	50	BACKSTROKE
25	GIRLS	9/10	50	BUTTERFLY	60	GIRLS	8/U	50	BACKSTROKE
26	BOYS	11/12	100	BUTTERFLY	61	BOYS	15/OV	200	FREESTYLE
27	GIRLS	11/12	100	BUTTERFLY	62	GIRLS	15/OV	200	FREESTYLE
28	BOYS	13/14	200	IM	63	BOYS	9/10	100	IM
29	GIRLS	13/14	200	IM	64	GIRLS	9/10	100	IM
30	BOYS	15/OV	200	IM	65	BOYS	13/14	100	BACKSTROKE
31	GIRLS	15/OV	200	IM	66	GIRLS	13/14	100	BACKSTROKE
32	BOYS	9/10	50	BREASTSTROKE	67	BOYS	15/OV	100	BUTTERFLY
33	GIRLS	9/10	50	BREASTSTROKE	68	GIRLS	15/OV	100	BUTTERFLY
34	BOYS	12/U	200	FREESTYLE	69	BOYS	11/12	200	IM
35	GIRLS	12/U	200	FREESTYLE	70	GIRLS	11/12	200	IM
AGE AS AT					71	BOYS	13/14	100	BUTTERFLY
13th June, 2008					72	GIRLS	13/14	100	BUTTERFLY
ENTRY CARDS TO BE IN BY 16th May, 2008					16th May, 2008				
					73	MIXED	OPEN	400	FREESTYLE
					BRETT HILL MEMORIAL 50 BUTTERFLY				