

Willoughby Swim Club INC



COACHES COLUMN

– COACHES REPORT – MAY 31
2008-06-02

The winter season is off and powering with a number of meets already producing stacks of personal best times. Notably our Canberra tour last weekend gave many swimmers their first short course competition in six months, and an excellent percentage of 71% best times certainly justified the trip. Staying at the AIS facility was beneficial: great food, close to competition pool, a taste of athlete village accommodation, and brushing with fame_ the Swans' train-on squad were dining with us, however were unable to "interrupt eating" to sign autographs for their fans!

Some of the highlights of this trip were Max Elliff (10), Emma Morgan (10), Nate Elliff (8), Xenia Boynton (7), Steph Cannell (7), Ben Schafer (7), Claire McConnell (6), Anushka Miller (6), Callum Lowe-Griffiths (5), Jacqui Schafer (5), Gen Brewer (4) and Max Collins (4) p.b.'s, along with many who competed for the first time. At a dollar a pop these cost the club dearly!

Aside from the competitive success, it was a first taking away a manager in Vincent Stokes, who took care of administrative tasks as well as pro-

viding great support for our swimmers. Molly Schafer was a very helpful assistant to Vinny, and ensured all the swimmers were relaxed and focussed for their events. Thanks also to Rudy who so generously provides his expertise for these tours. Please keep October in mind as we are planning another similar tour and would like to include a larger team as we approach the summer long course season.

The NSW All Schools was held on the Friday before Canberra, and a number of Willoughby swimmers competed successfully – notably Emma Morgan who has been selected to represent NSW at the December Pacific School Games! Emma won gold in the 12 years 200m Freestyle, and silver in both 50m and 100m! Congratulations Emma! Emily Chancellor won bronze in the 1500, while Carly Brewer, Gen Brewer and Carla Rowe teamed up to win silver in the Medley Relay for Willoughby Girls.

Antony Isiais, Linley Dundas, Jake Nolan, Max Elliff, Matt King, Claire McConnell, Martina Stokes, Emma Bissaker and James Anthony also qualified to compete in this finale for NSW School swimming – 2008.

The Northern Suburbs meet held on

Saturday 31st May was an outstanding success with a great number of excellent swims highlighted by State qualifying swim in the 13/ under 200m Breaststroke by Brianna Sims, and Steph Cannell in the 200m Fly. Chris Dwyer achieved a number of personal best times along with Anushka Miller, Cameron Jones, Antony Isiais, Ben Schafer, Jacqui Schafer, Lucy Mason, Rachel White and Louisa Lam. These meets are open to everyone – however all four events must be contested and there is a limit of 16 swimmers per club. The meet is completed in two hours and all times can be used as State qualifying standards. Please check the noticeboard for the next meet planned for 21st June at Ravenswood indoor 25m pool.

Looking forward to our Club Championships over the next few weeks, and hoping to see some Club records tumble!

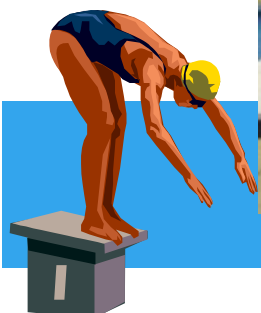
Our Club dinner at Bondi Beach Rd Hotel on Sunday 1st June was very successful, and we ate whilst cheering the Socceroos on to victory over Iraq! This dinner was kindly donated by the ocean swimmers who won the Bondi Beach Classic team event in December - thanks again to Luane, Claire, Carly and Max for making a great dinner possible!

Graeme

Off the blocks



All Schools Silver Medley Relay team: Gen Brewer, Carla Rowe, Sally Gilbert (Lane Cove Swim Club), Carly Brewer





Congratulations Luane

Luane Rowe won Female Athlete of the Year at NSW University. Well done!!

New Members

Welcome to our new members: Lachlan Hensley, Gianni and Gabi Taranto, Ben Watts, and Adam Zalums.

Farewell and Good luck

Ruby Curtis has transferred to Warringah with her brother Dylan.

Zachary Harkins-Caradus has transferred to Barker.

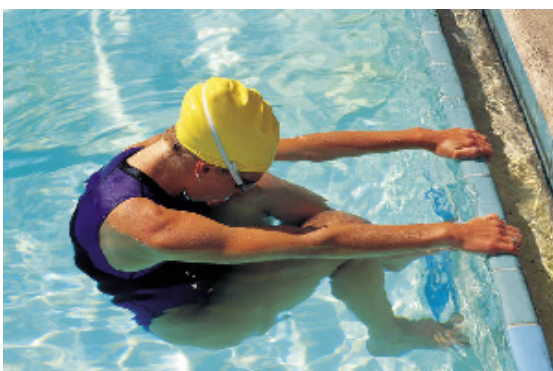
Priya Nath has moved to the Central Coast.

Metropolitan Championships

Entries for Metropolitan Championships must be with Gina by 13th June, 2008. No late entries will be accepted for these Championships so all cards and money must be in the box by that date.

Reminder to Parents and Swimmers

Remember there are always lots of people coming and going at Willoughby Leisure centre—please remind your children to stay near reception when waiting to be picked up. No need for alarm but a talk about “stranger danger” is always a good idea with kids around swimming pools!



Willoughby Committee members 2008/2009

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Rose Leamon	rnleamon@bigpond.net.au
Treasurer/ Clothing	Karen Elliff	elliff@bigpond.com 9410 1676
Registrar	Lainie Cannell	lainiecannell@hotmail.com
Race Secretary	Gina McConnell	scb1@bigpond.com 9427 9197
Club Coordinator	Molly Schafer	
Newsletter	Rowan Shaw	rowanshaw@tpg.com.au
Committee Mem- bers	Peter Nolan	Lesley Collins
	Katrina Sims	Vincent Dwyer
	Leslie Rowe	

Willoughby
Swim Club
Inc

Next Meeting

Monday 23
June 2008
7.45pm
Freeway
Hotel

Upcoming Swimming Events

- Willoughby Club Championships
13 and 20 June
- Northern Suburbs Interclub
Meet 2
21 June
- Sydney Metropolitan SC
28-29 June
- Willoughby State Qualifier
27 July
Willoughby Leisure
Centre—more
info next newsletter
- NSW State Age SC
8-10 August
- NSW State Open SC
22-23 August

Northern Suburbs Interclub Meet 2

Cards and \$10.00 entry fee for the 2nd Interclub meet are to be placed in the box by Friday, 13th June, 2008. Do not send by email please. As before, each swimmer must enter 4 events. If you are not prepared to do the 4 events please do not enter this meet. The program for the 2nd meet is as follows:

100 Butterfly
200 Freestyle
100 Backstroke
50 Freestyle
200 IM
50 Breaststroke
Fun Relay
800 Freestyle
1500 Freestyle

Club Championships

- 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”.

Good Luck everyone!

NORTHERN SUBURBS INTER-CLUB MEETS

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

The first 4 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

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