

Willoughby Swim Club INC



COACHES COLUMN

STATE AGE CHAMPIONSHIPS SUCCESS

Last weekend was a terrific three days of racing for our swimmers at Homebush, capitalising on the Olympic focus and racing the best in NSW. Apart from the numerous personal best performances it was great to see so many Willoughby swimmers finishing in the top 20 – an excellent achievement considering the depth of talent in our state.

No swimmer experienced the highs and lows quite like our 11 year old Chris Dwyer, who was tragically disqualified in his favourite event 50m Fly having touched the wall in first place. To his credit Chris followed this disappointment with some of the most remarkable achievements; including gold medals in both 50m Back and 50m Free in huge personal best times of 32.94 and 28.47 respectively. Chris backed these up with Bronze medals in the 100m Free and 100m Back, also achieving best times.

Emma Morgan completed a marathon program with eight individual swims as well as five relays, having suffered two weeks of illness leading in. Her results included Bronze medals in the 12 years 100m Free(61.95), 50m Free(28.63) and 200m Free (2:12.86) as well as top ten places in 200 IM, 100m and 200m Back.

Genevieve Brewer placed 6th and 9th in the 13 years 100m and 200m Backstroke following a few days in the snow, Max Graham placed 7th in the 11 years 50m Back in a slick pb of 34.71, Claire McConnell finished 9th in the 15 years 50m Free with 27.50 which was a half second pb, Steph

Cannell placed 10th in the 14 years 200m Fly and Brianna Sims also made top ten in her 12 years 200m Breast, competing at her first State meet.

BIGGEST PERSONAL BESTS

Matt King took 7 seconds off his 200M Free entry time, Jake Nolan and Claire McConnell both took four seconds off their entry times in the 200IM and 200m Free respectively, while Ben Schafer (100m Free and 200m Fly), Emily Chancellor (200m Back), Tom Chancellor (100m Free), Max Graham (100m Back), Brooke McConnell (50m Back) all shaved more than a second from their entry times!

RELAY SUCCESSES

Our relays were a highlight of these Championships with all teams finishing in the top twelve teams! Our 12/under boys placed 4th with Chris, Matt, Max and Cameron Jones who split a fast 28.7 in the Free relay and 6th in the Medley with the same four. The 12/under Girls enjoyed similar success with 6th in both the Free and Medley with a team of Emma, Brianna, Brooke and Evelyn Parsonage who replace Rachel Mangan (suffering a twisted ankle) brilliantly at late notice.

The Girls 18/under Free of Linley Dundas, Claire McConnell, Emma Morgan and Carly Brewer team placed 8th with a fast 4:08.52 in a very competitive event, while our boys 15/under Free team of Nat El-liff, Max Collins, Tom Chancellor and Antony Isaias finished a strong 11th. The girls' team enjoys plenty of depth

and the combination of Claire, Steph, Xenia Boynton and Emma achieved a slick 4min 10.54 placing 12th.

NOOSA FOCUS

All swimmers who are planning to join the Noosa training camp in September should have their forms and money submitted this week so accommodation can be finalised – we are going to have a great week of work and play! Make sure you are building your fitness now with this camp as a stimulus to increase your training commitment.

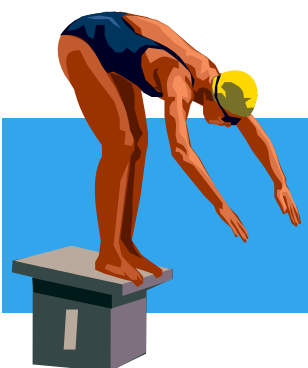
SKINS MEET SUCCESS

Thanks to all swimmers and parents for making our skins event such a great success last month. We had excellent feedback and some great racing – pity Vinny got hailed on whilst flipping sausages on the BBQ! This event helped cement the vitality of our club in the mind of our Mayor Pat Reilly, who kindly braved the weather to present Wests Illawarra with the skins trophy.

DRY LAND PROGRAM

The initial session with Joel was a great success with all swimmers currently improving their strength through the added use of "theraband" exercises. Andy has been working well with the swimmers on Mondays and Thursdays and through his assistance I am certain that our progress in this area is assured. Please show Andy the respect he deserves by turning up EARLY with your equipment and concentrating on Andy's instructions, performing your exercises with your best form. Graeme

Off the blocks





Willoughby Swim Club Presentation Day

Saturday 20 September 3.30pm
Willoughby Squash Centre
cnr Small St and Willoughby Rd

The afternoon will feature a table tennis (ping pong) round robin. Club members partner their friends, siblings or parents for play off before trophies are presented - should be fun - prizes for the winning pairs.

Cost will be no more than \$15 per family and will include pizza to nibble when the awards are distributed.

We look forward to seeing you there.

Willoughby Committee members 2008/2009

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Treasurer	Rose Leamon	rnleamon@bigpond.net.au
Secretary/ Clothing	Karen Elliff	karen.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 8
September
2008
7.45pm
Freeway

Upcoming Swimming Events

- NSW State Open SC
22-23 August
- Northern Suburbs Interclub
Meet 4 –Ravenswood
13 September
- Northern Suburbs Interclub
Meet 5–Pymble
18 October
- Northern Suburbs 1
SOPAC
November 22
- Northern Suburbs 2
SOPAC
November 23
- Northern Suburbs 3
SOPAC
December 6

Upcoming Tours

- Noosa
September 27 –October 4
- Canberra, ACT
18-19 October
- Tasmanian Age Hobart
March 2009

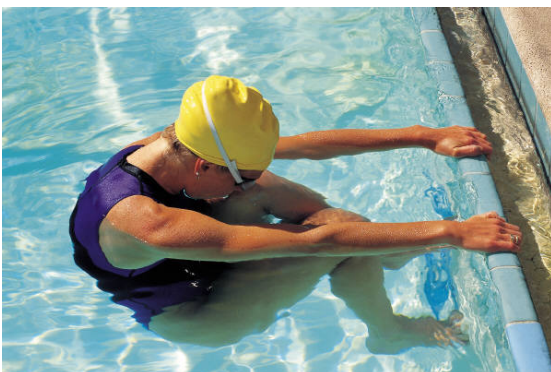
Willoughby Club Nights

Things have been getting a little hectic at our Friday evening club nights— so to make things a little more organised (and hopefully a little less stressful!) the following methods for registering for club races have been made available:

1. The normal email to the website by Thursday night before a Club Night.
2. You can drop a note in the box at the pool with your selections for the Friday night events anytime **before** 4:00PM on the Friday in question.
3. All swimmers who do not take either Options 1 or 2, must sign up personally on the Friday night by 6:00PM. This means they must arrive before 6:00PM so they can make their selections by the allotted time.

Bakers Delight Promotion

Bakers Delight who support us by providing cheap bread for our BBQs are running a promotion for Clubs. When you buy a Savoury Scroll you can nominate Willoughby Swim Club into the draw to score a Top Sports grant of \$2500. The more nominations, the greater your sports club's chance to win. So hurry into Bakers Delight, you've only got until **August 20th!**



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!