

Willoughby Swim Club INC



COACHES COLUMN

SEPTEMBER 2008

WINTER SEASON HIGHLIGHTS

Congratulations to all Willoughby swimmers who competed this winter, and good luck to those swimmers representing Northern Suburbs in the Development Meet on September 28<sup>th</sup>: Rachel White, Lucy Mason, Max Graham, Jackson Scott, Briana Sims, Caitlin Wallington, Cameron Jones, Lucy Wills and Evelyn Parsonage.

Winter State Open Championships was a great meet for our club, with all swimmers performing at their best: Jake Nolan with a sharp 4:09 in the 400m Free, Luane Rowe winning Gold 800m, Silver 400m and Bronze 200m Free. Claire McConnell cut 4 seconds off her 400m time finishing 11<sup>th</sup> in the State in the 14/15 years with 4:35, and our girls' relay placed an excellent 6<sup>th</sup> in the Open 4x100m with Claire, Luane Linley Dundas and Emma Morgan clocking 4min04.41.

All swimmers competed well in this open All-Age competition which has always been a significant challenge. Well done! Best wishes for Luane who travels to Melbourne this weekend to compete in the National Open Championships.

Luane joins Max Collins as members of the NSW Open Water team, and are off to the Victorian State Open Water Championships in October— congratulations on your well deserved selection and good luck in the first open water race for 2009!

Well done to Luane who won the Waikiki Rough water 3.8km event last week, beating the next female by a cool 8 minutes! Luane has been invited to compete for \$10,000 in San Francisco next month as a result of her win – and I hear the coach is sharing a %!.....only joking! It's always great to beat the Yanks in the USA.

Noosa is drawing close, and both Rudy and I are getting excited about having the swimmers' undivided attention for a whole week. All swimmers will need their own fins and paddles which can be purchased through our office. Both fingertip and hand paddles would be useful and we can also supply net bags. Pull buoys and kick boards can be borrowed for the week, and please let me know if you are unsure about any details.

Accommodation has been confirmed and the pool is booked, and we have a packed itinerary planned which will challenge all the swimmers to go beyond previous boundaries. This camp is a great opportunity

to prepare swimmers for the Canberra meet and Northern Suburbs Championships coming up in October and November.

Presentation day is this Saturday and everyone should plan to be at our Table tennis extravaganza, which includes special guests; Olympic finalist Alicia Coutts and Local State member Gladys Berejyklian. Please make sure you are there to celebrate the success of all swimmers over the past twelve months, and plan for the upcoming season.

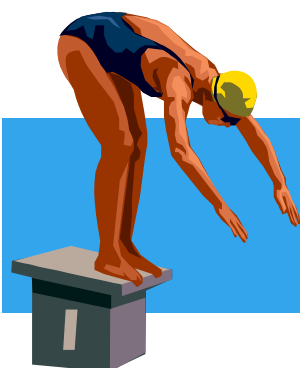
Our recent Bunning's BBQ raised over \$1,300 which will be used to support all competitors in their swimming experiences and competitions. Please let Regina know if you are available to assist in these events which are so essential for the survival of our club. The more hands the more fun, and it's great for the children to participate in this voluntary capacity. Everyone benefits in some way and your involvement really cements the sense of "TEAM WILLOUGHBY".

Speaking of TEAM, please make sure you have Willoughby Club gear for competition this season – T-Shirts, Swimsuits, Leg-ins, Jerseys and Caps are all available through the Club.

See you at the Pool

Graeme

Off the blocks



Congratulations to Luanne and Max who have been selected in the NSW Open Water Touring Team, to swim at the Victorian State Open Water Titles in October.



## Willoughby Swim Club

### Presentation Day

Saturday 20 September 3.30pm

Willoughby Squash Centre

cnr Small St and Willoughby Rd

Presentations by:

Gladys Berejikian MP  
Member for Willoughby  
and  
Alicia Coutts  
Olympic swimmer

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 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.

## Luane and Graeme Swim in Hawaii

On September 1 Graeme and Luane competed in the Waikiki Rough water 3.8km ocean swim. Luane won the female division and Graeme came 2nd in his age group. In the Maui Channel Swim, Luane's team won women's and Graeme's team won his division

In an article in the Honolulu Advertiser titled "**Australians Dominate Waikiki**" it was reported: *Luane Rowe dominated the women's division. Rowe was an impressive eighth overall in 55:01, and finished more than eight minutes ahead of the rest of the females. Like Grimsey, (Trent Grimsey, who won the swim—coached by Graeme's coach J.R.) Rowe was competing in the Waikiki Rough-water Swim for the first time.*

*"It's hard not to get distracted," said Rowe, who is 19 and from Sydney. "The water is so clear, and you can see all the fish."*

*Rowe said there are ocean swims "every Sunday" in Australia, so she was not completely surprised with yesterday's results."*

*"There are a lot of events in America as well, but it's more of a lifestyle in Australia," she said.*

A great effort by both Luane and Graeme!

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The Ocean Swim season is about to start and Willoughby swimmers are always a force to be reckoned with. Willoughby Swim club is manning the BBQ at the Chowder Bay Challenge on November 9—so that might be a good opportunity for anyone who is interested in a new challenge!

Next newsletter will have information and dates for Willoughby swim club targeted Open Water Swims for the 2008/2009 season.





## Technical Official Training

### Please note new confirmed dates

Pauline and Regina are organising technical official training for three qualifications - Starter, Check Starter (incl. Marshalling), Timekeeping. As you would be aware, Club and all meets run efficiently with trained volunteers. Parents also have a chance to understand the technical side of their child's sport.

Could you please contact Regina if you would like to take up this opportunity. It will involve attending a presentation on the qualification you choose on Wednesday 15/10/08 at 7.30pm for about one hour and then attendance at the assessment the following Wednesday 22/10/08 again for a short period at Ravenswood.

It is essential that names are provided to Regina by Friday 26/9/08 as only those who 'enrol' so to speak can undertake the qualification (Swimming NSW requirements). In the case of those who seek to become a Starter, that person will need to do their practical 'starting' at any of the Northern Suburbs meets in Term 4 (Sat 18/10/08, 22/11/08, 23/11/08 or 6/12/08).

If you have any queries about this offer - call Regina Haertsch on 0413 020 9910 or email [sstokes@bigpond.com](mailto:ssstokes@bigpond.com)

## 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/<br>Clothing | Karen Elliff    | karen.elliff@bigpond.com<br>9410 1676 |
| Registrar              | Lainie Cannell  | lainiecannell@hotmail.com             |
| Race Secretary         | Gina McConnell  | scb1@bigpond.com<br>9427 9197         |
| Club Coordinator       | Molly Schafer   |                                       |
| Newsletter             | Rowan Shaw      | rowanshaw@tpg.com.au                  |
| Committee Mem-<br>bers | Peter Nolan     | Lesley Collins                        |
|                        | Katrina Sims    | Vincent Dwyer                         |
|                        | Leslie Rowe     |                                       |

Willoughby  
Swim Club  
Inc

### Next Meeting

Monday 13  
October 2008  
7.45pm  
Freeway  
Hotel

## Upcoming Swimming Events

- Northern Suburbs Interclub Meet 5-Pymble  
18 October
- Chowder Bay Challenge Clifton Gardens  
9 November
- 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

## Swimming Australia's member welfare policy

There is a free online course in Swimming Australia's member welfare policy available at: [www.assessmentsolutions.com.au](http://www.assessmentsolutions.com.au) for parents, swimmers, coaches, officials and administrators. It covers information which people involved in the sport should come to understand. The purpose is to ensure that a good environment is created for everyone to fully enjoy all aspects of the swimming sport by clarifying behavioural standards.

The committee encourages all members and parents to take the time to have a look at this site.

## Bunning's BBQ

A big thank you to Peter Nolan, Mario Isaias, Graeme Brewer, Vincent Dwyer, Jon Mason, Luane Rowe, Antony Isaias, Nate Elliff, Max Elliff, Max Collins, Genevieve Brewer for a huge effort on Saturday September 6 at Bunning's. We made \$1382!

