

**Willoughby Swim Club INC**



**Coaches News February 2008**

**SPEEDO SPRINTS**

The Heats of this year's Speedo Sprint event were held last week at Homebush, closely followed by the outstanding State open Championships on the weekend of 17<sup>th</sup> February

Willoughby swimmers gained some great race experience throughout the younger age divisions with a host of personal best times leading into the school racing season.

Our most outstanding performers included Callum Lowe-Griffiths in the 9 years who scooped the pool, winning every stroke in the 50m event! A huge p.b. in the fly should ensure Callum is competitive in March when the finals take place. Chris Dwyer was another stand-out competitor, also winning all four strokes in the 10 years races, whilst Emma Morgan won both the Butterfly and Breaststroke in the 11 years.

Matthew King was successful winning the 11years Freestyle and Reiji Sano also finished first with a win in the 12 years Breaststroke. Oliver Sims placed in all four strokes in 9 years, as did Max Graham in 10 years behind Chris Dwyer. Other places were gained by Ben

Schafer 12 (Fly and Back), Harry Scott 8 (Free), Briana Sims 12 (Free and Fly), Genevieve Brewer 13 (Free), Clarence Gro-mowski 12 (Free), Chanel Lai 12 (Back), Cameron Jones 11 (Fly), and Daniel Tobin 8 (Breast and Back).

All swimmers should be proud of their results at the end of a long day of activity including the Warringah Branch Nipper's Carnival and the Bondi Classic Ocean Swim. Luckily you are all in peak condition and can handle such a busy schedule! Not so sure about the coach.

**STATE OPEN**

The State Open Championships were studded with world class swimmers posting world class times, including Eamon Sullivan's new world record for 50m freestyle. It seemed every event required a top ten ranked time to win, from his 21.56, to Hackett's 3min45 400m, Leisel Jones' 1min 06.3 100 Breast and Bronte Barratt's 4min06 400m Free. The Olympic trials will really be something at the end of March –well worth a visit I suggest.

Willoughby swimmers included Sam McConnell, Dylan Curtis, Emily Chancellor, Luane Rowe,

Linley Dundas, Claire McConnell and Carla Rowe. All performed well in such company, achieving a sprinkling of personal best times and national qualifying standards, along with B final swims for Luane Rowe 400m and 200m Free and Linley Dundas 200m Free.

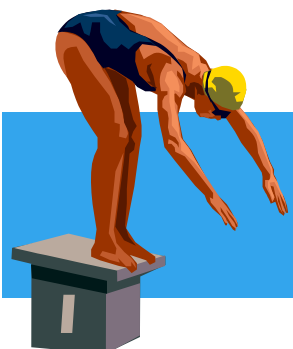
**BONDI CLASSIC**

Our ocean swimmers did well in the Bondi classic, again winning both teams divisions with the prize including a dinner at the Beach Road Hotel for club members to share. Luane won the double – both 1km and 2km, and Jake finished a strong 5<sup>th</sup> in the open men's against strong opponents. Next weekend is Manly followed by the Harbour Classic so remember to contact Rose Leamon if you would like to make up a team.

Good luck in the school events and please let Rudy and me know when you are competing as well as your results – we do like to hear how the racing is progressing!

Graeme

**Off the blocks**



**Friday Night races**

Club nights for the remainder of term I are: 29 Feb, 28 March, 4 April. Please check our website for race details.

Please make sure you have registered for Friday Night Club races before 6.15. Molly and Gina need to have everything in the computer by then so that club races can start on time at 6.30.

Another way of registering is to enter on line by Thursday night. The club race calendar is on our web site and so is the on line registration form.

[www.willswim.org.au](http://www.willswim.org.au)



## Entries

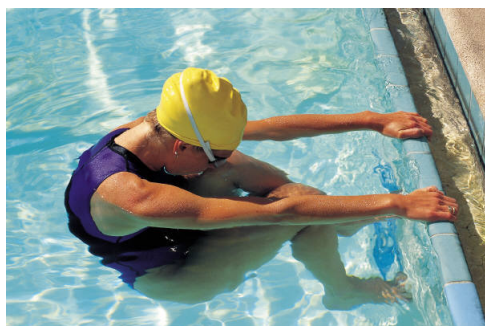
Entries for **Northern Suburbs Meet** (16 March) should be given to Gina or in the entry box by Feb 29th or sooner if possible

Please make cheques payable to Willoughby Swim Club.

Entries for **National Age** should be with Gina by **March 8** ( any last minute qualifiers, or updated times need to be given to Gina at the Northern suburbs qualifying meet March 16)

## School Swimming Dates

- Fri 22nd Feb - GPS Carnival 3- SOPAC, 7 pm
- Sat 23rd Feb - CAS Swimming & Diving Meet SOPAC
- 29th Feb -ISA carnival -SOPAC 3pm
- 4th & 5th March- JSHAA Swimming Carnival - SOPAC
- Fri 7th March—GPS Carnival 4- SOPAC, 7 pm
- 10th March—CGSSSA
- Thurs 13th March - CAS Swimming Championships -SOPAC
- Fri 14th March - IGSSA 83rd Annual Swim & Dive Carnival – SOPAC
- Fri 14th March -GPS Carnival 5 – SOPAC, 7pm
- Tues 18th March -Sydney North District Primary & Secondary Swimming – SOPAC
- Mon 31st March -AICES C/Ships –SOPAC
- 2nd April- CIS (Junior) -SOPAC
- 3 - 5 April- CHSSA Secondary Swimming - SOPAC
- 7 - 8 April -NSW PSSA -SOPAC
- Tue 29th April -CIS (Secondary) – SOPAC
- Fri 2nd May -NSWCCC Swimming Championships -SOPAC
- Fri 23rd May- **NSW All Schools** – SOPAC
- 29th November - 6th December **School Sport Australia** -Pacific School Games ACT



WILLOUGHBY SWIM CLUB INC.



## Willoughby Committee members 2007/2008

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Leona McLeod	(02)9967 8992
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	Leslie Colins
	Sharon Cook	Rowan Shaw
	Molly Schafer	

Willoughby  
Swim Club  
Inc

### Next Meeting

Monday 3rd  
March 2008  
– Freeway  
Hotel, Artar-  
mon 7.45pm

## WSC Committee

A general invitation is extended to any parent to come to a Committee meeting and hear more about how the Club operates and put their ideas forward. Meetings are held the first Monday of each month with the next meeting on Monday 3/3/08 at the Freeway Hotel in Artarmon at 7.45pm. An agenda is prepared beforehand and meetings always finish by 9.30pm. For more information ask any Committee member

## Club BBQ

BBQs: Volunteers are needed for the Club BBQs Fridays 28/3/08 and 4/4/08 and for Bunnings BBQ 1/3/08 and 3/5/08. Please contact Regina to nominate the night which suits you - 0413 020 911 or sstokes@bigpond.com

## Upcoming Swimming Events

- Speedo Sprint Finals SOPAC 9 March
- Tasmanian Age Hobart 8-10 March
- Northern Suburbs Qualifier SOPAC 16 March
- Olympic trials SOPAC 22-29 March
- Australian Age Brisbane 9-13 April
- Australian Age Open Water 14-15 April

## Upcoming Tours

- Tasmanian Age Hobart 8-10 March 2008
- Australian Age Brisbane 9-13 April 2008
- Australian Age Open Water 14-15 April

## School Swimming

Term 1 is the season for school swimming competitions.

WSC wishes every swimmer good luck initially at their school swimming carnival. The Editor will do her best to report how swimmers achieve at the next level being District or School grouping eg CAS, GPS, IGSSA, CCC.

Please email Rowan with any results – rowanshaw@tpg.com.au



**NATIONAL AGE QUALIFYING MEET  
SOPAC  
16<sup>th</sup> MARCH, 2008  
8:00AM WARM UP, 9:00 AM START**

M	F	AGE	DIST	STROKE	M	F	AGE	DIST	STROKE
1	2	12-18	400	Freestyle	43	44	12-18	400	Individual Medley
3	4	12-13	100	Backstroke	45	46	12-13	50	Freestyle
5	6	14	100	Backstroke	47	48	14	50	Freestyle
7	8	15	100	Backstroke	49	50	15	50	Freestyle
9	10	16	100	Backstroke	51	52	16	50	Freestyle
11	12	17	100	Backstroke	53	54	17	50	Freestyle
13	14	18	100	Backstroke	55	56	18	50	Freestyle
15	16	12-14	200	Individual Medley	57	58	15	100	Butterfly
17	18	15-18	200	Individual Medley	59	60	16	100	Butterfly
19	20	12-13	100	Breaststroke	61	62	12-14	200	Butterfly
21	22	14	100	Breaststroke	63	64	17	100	Butterfly
23	24	15-18	200	Backstroke	65	66	18	100	Butterfly
25	26	12-14	200	Backstroke	67	68	15	100	Freestyle
27	28	15	100	Breaststroke	69	70	14	100	Freestyle
29	30	16	100	Breaststroke	71	72	15-18	200	Butterfly
31	32	17	100	Breaststroke	73	74	12-14	200	Breaststroke
33	34	18	100	Breaststroke	75	76	15-18	200	Breaststroke
35	36	12-13	100	Butterfly	77	78	12-13	100	Freestyle
37	38	14	100	Butterfly	79	80	16	100	Freestyle
39	40	15-18	200	Freestyle	81	82	17	100	Freestyle
41	42	12-14	200	Freestyle	83	84	18	100	Freestyle

**LUNCH BREAK AFTER EVENTS 41 AND 42**

- Race entry is \$5.00 per entry. Please make cheques payable to Willoughby Swim Club.
- Entries due by Feb 29th or sooner if possible
- Age as at 16th March 2008
- Prize money will be awarded to overall winners of each event.

**WILLOUGHBY SWIM CLUB INC.**

