



VOLUME 5, ISSUE 4 – APRIL 2011



## COACHES COLUMN

### NATIONAL AGE CHAMPIONSHIPS - ADELAIDE

The Adelaide age nationals were Willoughby's most successful ever, highlighted with another medal through Carlee Millikin's brilliant negative split 200m Breaststroke final where she won bronze in 2min 36.6. Willoughby was represented capably by eleven swimmers who collectively qualified for ten finals, one of which was the 15/16 Boys' Freestyle Relay who placed 8<sup>th</sup> in the country.

Plenty more eighth places were earned through the week, and at one stage we were five from five! Considering National Age finals are comparable to NSW State medals, we were naturally excited with the form of the swimmers, however it's always tantalizing to eye off the medals – particularly gold.

The brand new Adelaide Aquatic Centre was opened especially for this event, and provided all competitors with a magnificent stage in which to compete. The spectator seating was impressive reaching way up into the heavens, and the luxury of a 50m warm-up facility was appreciated by all athletes and coaches. It is a likely venue for many National Championships into the future, and quite possibly next year's London 2012 Olympic trials. Willoughby's reserved bus parking space was also a major bonus!

Whilst our team's full results are reported on the Willoughby Swim Club website, I would like to report in more

achievements. Our youngest team members were notably outstanding, smashing personal best times and improving their already creditable national ranking. Matt Clifford sliced 2 seconds from his 200m Breast on day one (2:47.46), and then managed himself in a most mature way to gain 1.5 seconds in his 100m Breast clocking 1:16.95 in the last event on day five. Max Graham improved 1.5 seconds on his 200m Back with 2:27.42, and again improved in his 100m in spite of a very unfortunate turn on the final day. Both boys showed great race composure for their 13 years, and are heading for a bright future in coming seasons.

Karim Diallo posted all personal bests and was most unlucky to miss a final, finishing 11<sup>th</sup> in the 15 years 100m Breast with 1:08.50. His 100m fly time of 59.9 was another cracker, however he suffered a disqualification due to a technical error at the turn – one of a few turn mishaps on day six which included a horror by Commonwealth Games and Olympic medallist Cate Campbell who blew a certain gold medal and possible national record in her 100m Free final. A couple of races later we watched as our own Ben Schafer misjudged the wall and lost momentum in his 100m Fly final, where he placed an outstanding 6<sup>th</sup> in 57.55 just 0.5 seconds out of the medals.

Our Breaststrokers were clearly on fire, Chris Huang clocking a smart 1:12.85, Sally Gilbert making both finals in the tough 17&18 years division with 1:12.82 and 2:39.33 and of course Carlee Millikin winning bronze in 2:36.66 and 1:13.56 for 8<sup>th</sup> in the 16 years 100m. Matt King (15) and Claire McConnell (17) made the most of their opportunities both posting season best times of 25.63 and 59.97 respectively in their 50m and 100m freestyles, and contributing to both relays with solid performances.

Elliot Long qualified for both 50m and 100m Freestyle finals in the 16 years, and his 24.19 and 53.47 were both excellent pb's. Emma Morgan was the busiest swimmer on tour with six individual races in her new 15 years age division. Emma narrowly missed the final in her last race the 200m IM where four girls were separated by less than one tenth of one second. Emma's swims were all the more impressive as she was recovering from illness, and by day six became more comfortable racing this new group of girls.

Off the Blocks



Ben Schafer set a new standard in sleeping as he also fought off the Sydney virus, spending more than half his time in the rack. His results included 9<sup>th</sup> 50m Free (24.33), 8<sup>th</sup> 200m Fly (2:10.02) and 6<sup>th</sup> 100m Fly (57.55) – three great individual finals as well as the relay success.

Willoughby's support crew headed by Regina maintained a terrific atmosphere both around the accommodation as well as at the pool. The catering began with a sumptuous BBQ hosted by Kirsty Morgan at her brother's beautiful home in North Adelaide (close to our apartments), and continued throughout the week with all parents expertly arranging racing food for our competitors. This support was critical to the success of our team in Adelaide, so take a bow please Molly and Neil Schafer, Cath and Michael King, Trish and Paul Long, Jenny Gilbert, Sara Millikin, Ann Collins, Annie Diallo, Scott Graham, Gina McConnell and of course Regina who kept us all in line and on time.

Some memorable bus trips around the scenic Adelaide foothills and through the "red centre", an interesting McDonalds visit, frequent mid-afternoon swim sessions at Unley pool, late night appraisals of finals and early morning coffees, along with a brief tour to historic Hahndorf, great bus music, lengthy hair straightening sessions, and rescuing our poor babies from the swimmers' disco were notable memories of a most successful 2011 National Age campaign.

#### COMBINED INDEPENDENT SCHOOLS SUCCESS

One of the busiest school meet for Willoughby swimmers is the Secondary CIS meet which was held in the first week of term 2. Having just competed at Nationals many swimmers are in peak form and demonstrated this at Homebush. Sally Gilbert won four races (3 Breaststrokes and the 400IM), Ben Schafer won eight (3Fly, 4Free and 200IM!), Emma Morgan won three (50 and 100 Free and 200IM), Karim Diallo won 3 (all Breaststroke) with Callum Lowe-Griffiths and Lachlan Hile also collecting gold.

Tom Chancellor, Matt Clifford, Max Graham and Elliot Long also qualified to compete in the NSW All Schools to be held at Homebush on May 9, while Sam Fitzgerald, Chris Huang and Matt King were all extremely close to placing in the top three. Well done and stay focussed for this important climax to the long course season.

#### FAREWELL LUANE

Luane has departed for work in San Francisco and we wish her every success in her career in design with Finis. Luane's departure leaves a gap at the front of the line at training, and we do need to step up and "move forward" to attain the improvements required for success at open level. There is a glut of talent in the ranks at present and the only limitation for our squad is personal commitment both to attendance and training application. As we approach the short course season, set your goals for training and achieve them day by day, session by session, and repeat by repeat. This way success in competition will be assured. One legacy we should all value from Luane was her consistent attendance and attention to detail when performing training sets. These qualities are worthwhile adopting as we prepare for the challenges ahead including Olympic trials 2012.

#### NOOSA TRAINING CAMP

We are again booked into September training camp during the first week of school holidays following term 3. Please check your diaries and plan for a big week of training to set up a successful long course season 2011-12. Details will be distributed by the end of this term.

#### GRAEME

##### **Bunnings BBQ 2/4/11-**

Thank you to Club members who helped for the fundraiser: Katrina Sims, Anne Collins and Mathew Clifford, Gianni and Tor Taranto, Lesley Collins, Sam and Karina Fitzgerald, Susanna and Jorma Hatunen, Chris Huang, Richard and Kirsty Morgan, James Boynton, Sara, Matt and Hugh Millikin, Graeme Brewer, Annie and Karim Diallo, Paul and Trish Long. The next Bunnings BBQ is on 28/5/11 – if you haven't helped for a while, please mark the next BBQ date as a time where your assistance would be appreciated.

##### **Welcome to new members:**

Sophie and Melanie Bernes, James and Roger Wang – we look forward to meeting you all poolside.

**STATE RESULTS**

State Nippers:

Congratulations to Callum Lowe-Griffiths, Lucas Anderson and Oliver Sims who competed at the State Nippers Championships at Kingscliff in March with many medals brought home by the boys.

CHS:

Congratulations to Steph Cannell, Brianna Sims, Oliver Sims and Roger Wang (our Killara High contingent) that competed recently at the Combined High School State Carnival. All made the finals with Brianna finishing 5<sup>th</sup> in the 16yrs 50m Free and Oliver and Roger 3<sup>rd</sup> in the 13yrs relay.

**Club Night Point Score:**

Points are awarded at club nights as follows:

- 1 point for each event entered (maximum of 3 events)
- 1 point for each Personal Best achieved (as per times recorded on the WSC data base)

Points are accumulated and awards will be presented to our top point scorers for the year at the WSC Presentation Day in September). The awards are:

- 12 yrs and under: top 10 point scorers (all ages, male and female combined).
- 13 yrs and over: Perpetual Trophy for 13/over male and female.

**NEXT CLUB NIGHT: FRIDAY 14<sup>th</sup> May 2011**

**UPCOMING MEETINGS AND EVENTS:**

\* Joe Hockey MP visit Thursday 5 May at 4.30pm to meet WSC swimmers and National Age Team.

\* Club night races Term 2 – next 14/5/11

NB Netball began its' Friday night winter season on 1/4/11. Games start at 5pm and 5.50pm which makes parking and traffic hectic – be warned - you need to allow time or park some distance from the pool to avoid the confusion (unless it rains heavily, as netball would then be cancelled)

\* Canberra Tour – now 25 and 26 June – mark your diaries – see website for info

\* SMNE winter championships 14/15 May

\* Club Championships – distance events and 25m events in Term 2 (see calendar on website) and qualifying event on Sunday 24/7/11 at same time as inter-club meet

**AGM and Special General Meeting 27/5/11 6.30pm Leisure Centre Crèche – join the Committee – new Secretary and General Members needed - bring your ideas forward!**

**Entertainment Book:****Entertainment Book:**

WSC sells North Shore Entertainment books as part of our fundraising. 2011 – 2012 books will be available in April 2011. Please let Regina know if you would like to order a book. The book sells for \$65 and if you only use a very discount offers in the book you will receive the outlay back. Just email your interest to [regina.haertsch@gmail.com](mailto:regina.haertsch@gmail.com). A book or two will be put aside for you.

**Willoughby Committee Members 2010**

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Other Key Contacts		
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Next Committee Meeting 9th May at 7.45pm, Bridgeview Hotel Willoughby		