

## Willoughby Swim Club INC



# Off the blocks

### COACHES CORNER

Congratulations to all swimmers who attended the Silver camp at Narrabeen leading into the first Northern Suburbs Carnival. Your efforts at the camp were appreciated by all involved coaches, along with the other Silver swimmers. The camp was a great success and many thanks go to Judy Davies for her efforts in organisation and management, along with the Head coach Steve Badger from North Sydney.

It was a great honour to be able to listen to Matt Dunn during the camp talk about his early training and competition years both in Leeton and at Knox as a boarder, hearing how he climbed the ladder to achieve World Championship gold medals and World records in both Individual Medley and Freestyle Relays.

One notable story he recounted was his first NSW Championship where he swam 25m in the wrong lane after a mishap on his Backstroke-Breaststroke turn. Even the best swimmers have some memorable goof-ups on the way to stardom!

Congratulations also to all our Swimmers at Northern Suburbs, we are currently leading all three point scores: Boy's, Girl's, and combined! Let's keep it up and perhaps finish on top in all three. This will take consistent effort throughout the next two carnivals, so get ready to compete at your best. Many swimmers achieved PB's last weekend, and some have also qualified for State Championships in January.

It was especially satisfying to share

in the two open 10x50m relay teams' victories, as we combined generations together with Ben Trickett and Dan Peel joining our younger guns for a hit-out. Ben's slick 24.7 shows how maturity and technique can work wonders in a sprint!

Well done to our open water swimmers who swam so well at Penrith last weekend – Max Collins, Nate and Max Elliff all performed creditably, with Max C qualifying to contest Australian Open 5km Championship in December.

We are looking forward to the ocean swimming season starting this weekend, with Coogee Island and Bondi-Bronte coming up very soon. Please let me know if you will be entering so I can organise teams in advance.

Thanks to Regina's efforts we will be using our new semi-automatic timing system this Friday night – it will really assist accuracy and efficiency on race nights so our swimmers can enjoy a more professional race experience.

The new Centre manager Kate Day has informed me that swimmers who are members of the Leisure Centre will no longer be charged for squad entry to the pool. I would therefore encourage everyone to contact Natasha regarding an appropriate Willoughby Leisure Centre membership and enjoy the wide ranging benefits.

See you at the pool

**Graeme**

### Northern Suburbs District Swimming

The second Northern Suburbs meet is November 24 at SOPAC. Warm up starts at 4pm. There will be a timeline posted on our website closer to the event. Events start at 4.30 .

**Don't forget to wear your Willoughby swimming cap!** Joan Curtis will have caps available for purchase at the meet.

The 3rd Northern Suburbs Swim Meet is on **December 2nd** at 4.30. **Willoughby Swim Club is on duty that day.** We need to provide 20 time keepers, 2 marshals and 2 check starters. If we have enough volunteers we can roster people on 2 hour shifts. If you can give a couple of hours please contact the club at:

willoughbyswim@yahoo.com.au

### WILLOUGHBY SWIMATHON

#### Friday December 7

This will be a fun night. It is the last Club night before Christmas and BBQ will be free!

Please see attached form.

All Money raised will support the tours to Tasmania and to National Age Championships.

### 5km Open Water Swim

Congratulations to **Max Collins**, **Max Ellif** and **Nate Ellif** who competed in the Ripples St Mary's 5km open water at Penrith Lakes on Sunday.

**Max Collins** swam 1:07:15.33 which qualifies him for all Open Water Championships –NSW Age and Open and Australian Age and Open 5km! -Well done.

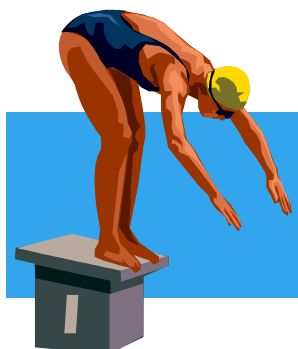
**Max Elliff** qualified for NSW AGE and Australian Age 5km and **Nathan** qualified for the NSW Age. What a great achievement.

### Entries for

### NSW Metropolitan Championships

Please have your entries and correct money for Metropolitan's ready to hand to Gina at the next Northern suburbs meet – November 24. ( or place in the entry box at Willoughby before hand)

Qualifying times and program are attached to this newsletter.



## Ocean Swimming

### November

Sunday 18<sup>th</sup> Dawny's Cockatoo Challenge, 1 km, 2.4 km (around Cockatoo Island in Sydney harbour)

Sunday 25<sup>th</sup> Gosford Stingrays Open Water Carnival, 1km, 3km, 5km Terrigal Beach,

Sunday 25<sup>th</sup> Island Challenge, Coogee, 1 km, 2.4 km Coogee, Sydney eastern beaches (Coogee SLSC)

### December

Saturday 1<sup>st</sup> 3 Points Challenge Nth Curl Curl North Curl Curl, Sydney Northern beaches (North Curl Curl SLSC)

Sunday 2<sup>nd</sup> Bondi-Bronte, 2 km, 10 am Bondi Beach - Bronte Beach, (Bronte SLSC).

Sunday 9<sup>th</sup> Bilgola Ocean Swim, 1.5 km, 11 am Bilgola, northern Sydney beaches (Bilgola SLSC)

## Open Water Qualifying Swims

**There are a number of opportunities to qualify for Stage Age and National Age open water events (5km and 10km) coming up.**

-18 Nov Telopea Lake Burley Griffin 5km & 10km  
-25 Nov Gosford Stingrays Terrigal Beach 1km, 3km & 5km

Entries due 16/11/07

-1 Dec Penrith Berry Rickards Penrith Lakes 5km & 10km  
Entries due 23/11/07

All details can be found in the 2007/2008 Almanac at [www.nswswimming.com.au](http://www.nswswimming.com.au) the NSW Swimming website.

### Entry dates

**NSW Stage Age : 17th December 2007**

**National Age: 17th March 2008**

**NB: Entries must be lodged on SAL Open Water Entry Cards—which are available from Gina.**

## Club BBQ's

A big thankyou to Lesley and Tim Collins, Mario Isaias and Nicola Moran who have cooked at our Friday night Club BBQs over the past few weeks.

The roster is now complete for 2007 and anyone who wishes to contribute in 2008, please email Regina on [sstokes@bigpond.com](mailto:ssstokes@bigpond.com)



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	Lesley Collins
	Sharon Cook	Rowan Shaw
	Molly Schafer	

Willoughby  
Swim Club  
Inc

### Next Meeting

Monday 26<sup>th</sup>  
November  
2007 – Free-  
way Hotel,  
Artarmon

## Upcoming Swimming Events

- Northern Suburbs Meet 2, SOPAC  
24 November
- Northern Suburbs Meet 3, SOPAC  
2 December
- Swimming Australia Open Water Championship, SIRC Penrith  
8-10 December
- NSW Metropolitan Champs, SOPAC  
15 –16 Dec
- NSW State Age LC 10-12 years,  
SOPAC  
12–13 Jan 2008
- NSW State Age LC 13 –18 years,  
SOPAC  
14–18 Jan 2008
- Olympic trials  
22-29 March 2008

## Upcoming Tours

- Tasmanian Age Hobart  
8-10 March 2008
- Australian Age Brisbane  
9-13 April 2008

## Hobart Trip

Please consider joining our March tour to Hobart as this can provide a great swimming goal for late in the summer season, and last year all swimmers made great progress through this event. The tour is open to all our swimmers aged 12 – 18 who meet the Qualifying Times (see attachment) We intend to fly to Hobart on Friday 7<sup>th</sup> March in the afternoon and return to Sydney on Monday 10<sup>th</sup> March sometime late evening.

If you are interested in participating in this trip, please complete the slip below and return to Club box at Willoughby Pool by Friday 7<sup>th</sup> December, together with a non-refundable deposit of \$250. We anticipate that the cost per swimmer to be no more than \$500.

## Friday Night races

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)



**Sydney Credit Union**  
**NSW Metropolitan Championships**  
**Sydney Olympic Park Aquatic Centre**  
**15-16 December 2007**

Session 1 Saturday 15 December 9.00am					Session 2 Saturday 15 December Not before 12.30pm				
M	W				M	W			
1	2	14/15yrs	200m	Butterfly	29	30	Open	50m	Butterfly
3	4	16yrs/Over	200m	Butterfly	31	32	13yrs/Under	200m	Butterfly
5	6	14yrs	100m	Breaststroke	33	34	14/15yrs	200m	Freestyle
7	8	15yrs	100m	Breaststroke	35	36	16yrs/Over	200m	Freestyle
9	10	16yrs/Over	100m	Breaststroke	37	38	Open MD	50m	Breaststroke
11	12	14yrs	100m	Backstroke	39	40	13yrs/Under	200m	Backstroke
13	14	15yrs	100m	Backstroke	41	42	10yrs/Under	100m	Breaststroke
15	16	16yrs/Over	100m	Backstroke	43	44	11yrs	100m	Breaststroke
17	18	Open	50m	Breaststroke	45	46	12yrs	100m	Breaststroke
19	20	13yrs/Under	200m	IM	47	48	13yrs	100m	Breaststroke
21	22	14/15yrs	200m	IM	49	50	10yrs/Under	100m	Freestyle
23	24	16yrs/Over	200m	IM	51	52	11yrs	100m	Freestyle
25	26	Open MD	50m	Freestyle	53	54	12yrs	100m	Freestyle
27		Open	1500m	Freestyle	55	56	13yrs	100m	Freestyle
	28	Open	800m	Freestyle					

Session 3 Sunday 16 December 9.00am					Session 4 Sunday 16 December Not before 12.30pm				
M	W				M	W			
57	58	14/15yrs	400m	Freestyle	85	86	14/15yrs	400m	IM
59	60	16yrs/Over	400m	Freestyle	87	88	16yrs/Over	400m	IM
61	62	14yrs	100m	Butterfly	89	90	Open MD	50m	Butterfly
63	64	15yrs	100m	Butterfly	91	92	Open	50m	Backstroke
65	66	16yrs/Over	100m	Butterfly	93	94	13yrs/Under	200m	Freestyle
67	68	13yrs/Under	200m	Breaststroke	95	96	14/15yrs	200m	Breaststroke
69	70	14/15yrs	200m	Backstroke	97	98	16yrs/Over	200m	Breaststroke
71	72	16yrs/Over	200m	Backstroke	99	100	10yrs/Under	100m	Backstroke
73	74	13yrs/Under	400m	Freestyle	101	102	11yrs	100m	Backstroke
75	76	Open	50m	Freestyle	103	104	12yrs	100m	Backstroke
77	78	14yrs	100m	Freestyle	105	106	13yrs	100m	Backstroke
79	80	Open MD	50m	Backstroke	107	108	10yrs/Under	100m	Butterfly
81	82	15yrs	100m	Freestyle	109	110	11yrs	100m	Butterfly
83	84	16yrs/Over	100m	Freestyle	111	112	12yrs	100m	Butterfly
					113	114	13yrs	100m	Butterfly

AGE AS AT 15 DECEMBER 2007

Entry fee is \$11.50 per individual event

Entries to Gina Mcconnell no later then November 24

(may be handed to Gina -with correct money- at Northern Suburbs Championship 2)



# WILLOUGHBY SWIM CLUB INC.



## TASMANIAN AGE CHAMPIONSHIPS (8-10 March 2008)

Following a very successful trip to Hobart in 2007, Willoughby Swim Club is going to field a team to the 2008 Tasmanian State Age Championships, under the banner '**Hometraders Artarmon**', a new club sponsor. The tour is open to all our swimmers aged 12 – 18 who meet the Qualifying Times (PTO). We intend to fly to Hobart on Friday 7<sup>th</sup> March in the afternoon and return to Sydney on Monday 10<sup>th</sup> March sometime late evening.

If you are interested in participating in this trip, please complete the slip below and return to Club box at Willoughby Pool by Friday 7<sup>th</sup> December, together with a non-refundable deposit of \$250. We anticipate that the cost per swimmer to be no more than \$500.

If you have any queries, please contact Lesley Collins via email on [lfcollins@optusnet.com.au](mailto:lfcollins@optusnet.com.au) or Regina Haertsch via email on [sstokes@bigpond.com](mailto:sstokes@bigpond.com).

Thank you.

Lesley Collins

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### TASMANIAN AGE CHAMPIONSHIPS

(8 – 10 MARCH 2008)

1<sup>st</sup> Person: \_\_\_\_\_

2<sup>nd</sup> Person: \_\_\_\_\_

3<sup>rd</sup> Person: \_\_\_\_\_

I enclose a cheque for \$250 per person, which is a non-refundable deposit for the trip

Parent's Name: \_\_\_\_\_

Parent's Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Parent's email: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

## 2008 Tasmanian Age Championships

### Qualifying Times

MALE	16-18 years	14/15 years	12/13 years	FEMALE	16-18 years	14/15 years	12/13 years
<i>Freestyle</i>				<i>Freestyle</i>			
50				50			
100	1.13	1.18	1.25	100	1.18	1.20	1.25
200	2.38	2.45	3.00	200	2.50	2.55	3.00
400	5.25	5.45	6.00	400	5.50	5.55	6.00
<i>Backstroke</i>				<i>Backstroke</i>			
50				50			
100	1.25	1.30	1.40	100	1.30	1.35	1.40
200	3.00	3.10	3.30	200	3.10	3.20	3.40
<i>Breaststroke</i>				<i>Breaststroke</i>			
50				50			
100	1.35	1.40	1.50	100	1.40	1.45	1.50
200	3.20	3.30	3.45	200	3.30	3.35	3.45
<i>Butterfly</i>				<i>Butterfly</i>			
50				50			
100	1.25	1.30	1.40	100	1.30	1.35	1.45
200	3.10	3.25	3.45	200	3.20	3.30	3.45
<i>Individual Medley</i>				<i>Individual Medley</i>			
200	3.00	3.10	3.20	200	3.05	3.15	3.20
400	6.00	6.20	6.40	400	6.10	6.30	6.50

Swimmers may only swim in one age group for each type of Relay