

Willoughby Swim Club INC



Luane wins Bronze at Queensland Open Water Championships



Luane Rowe came 3rd in the 10km Open Water championships in Queensland last weekend. Congratulations!

Luane is competing in the 10km Victorian Open Water Championships this weekend—Good luck Luane (your mother would like to see you kick this time!)

Just as a point of interest—Grant Hackett is also swimming the 10km in Victoria this weekend—he is aiming for Australian selection for the 10km in his bid to be the first to win gold in the inaugural 10km event in Beijing.

Canberra Trip

This weekend Graeme and Rudy are taking a team of swimmers to the Burley Griffin swim meet held at the AIS pool.

Good luck to all competing.

The bus is leaving at 7.30 am sharp Saturday—see you all there. Don't be late!

Off the blocks

Noosa Trip

The recent trip to Noosa was a huge success.

While training was tough the atmosphere was positive—and everyone seems to have benefited a great deal. As you can see from the snap shots accompanying the newsletter it was a busy week with a variety of experiences for everyone, with a mixture of pool sessions, surf swims, board paddling and dry land. Rumour has it that training included the swimming of over 85 km –which explains the slight tiredness displayed by many of the kids on their return!

This trip and experience could not have happened without the vision and planning of the 2 coaches, Graeme and JR. The other vital members of the trip were the parents—some of whom are probably still recovering! The Willoughby vol-

unteers were: Leslie Collins, Lucy and Lyndsay Cotterill, Leslie Rowe, and Regina Haertsch—thank you for all your hard work and support. Hopefully the experience was fun for the parents as well—although driving, cooking and washing up does little to improve fitness!

Graeme's Report:

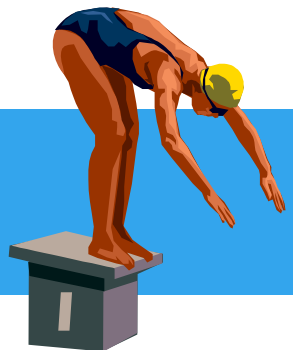
It was an honour to have the opportunity to spend the week with JR and his team at Noosa this month, and I know all the swimmers found that little bit extra during a week where we covered over 60 kilometres in the water.

Some more memorable moments included a whale and dolphin corroboree 100metres from shore off Sunshine Beach, involving three humpbacks and more than 50 dolphins!. Some of the world's biggest jellyfish in the surf, beautiful clear waters both in ocean and pool, lots of warm sunshine, great company to

work, train and have fun with, Three certain Beijing competitors in full flight, beautiful home cooked meals every day, five star accommodation, some challenging open water sessions on nippers boards, dry land exercises with Mozzzy – the real-life ancient iron man who has twice paddled his craft from Maroubra to Noosa for charity!

I hope all the swimmers found something positive through this camp, which was hopefully the first of many into the future. Congratulations on your achievements, many have already used this training platform to increase their training intensity and frequency.

Thanks must go to our management team of Regina, Leslie, Leslie, Lindsay and Lucy who tirelessly assisted with transport, meals and shopping. It was great to have such professional support keeping our 17 teenagers moving non-stop!



Goal Time

It is paramount that every swimmer set season goals now, allowing for a planned assault on a challenging achievement. Whether aiming for National times, State times, School Championships or surf titles and ocean swims, be specific and identify your dreams and direction for the season.

An integral part of your goal setting strategy is planning weekly and Daily activities that will lead you to your outcome. Clearly plan your time and stick to your commitment – Rudy and I are both here to assist you to move forward as far as you dare. I am certain the Burley Griffin tour will help everyone establish a clear direction for the season, culminating in Sydney's Olympic Trials, Brisbane National Age Championships and the Hobart trip for Tasmanian State Championships. -Graeme

Silver Camp

The District Silver Camp is to be staged at Narrabeen from November 2nd to 4th, and I hope our swimmers are ready for some specific racing skills practise in preparation for the Northern Suburbs Carnival on Sunday. I am looking forward to assisting Steven Badger during this race specific workshop where our State qualifiers from last year can join others from within the Northern Suburbs Clubs.

-Graeme

Northern Suburbs District Swimming

The first Northern Suburbs meet is November 4 at SOPAC. Programs for all 3 meets are on the website.

The **closing date** for entries for Northern Suburbs 1 is **19 October**.

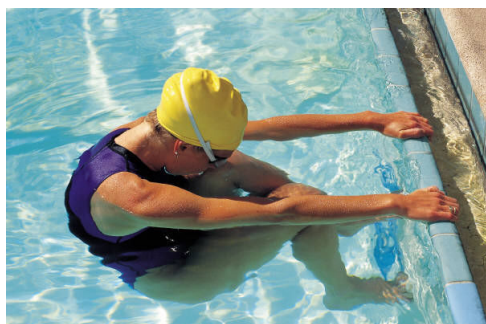
Entries for the following 2 carnivals (November 24 and December 2) are due November 9. Age for all 3 carnivals is at November 4. Give entries to Gina McConnell, Graeme or place in the entries box by the club noticeboard.

RELAY TEAMS FOR NORTHERN SUBURBS

Willoughby Club relay teams will be posted on the noticeboard next week, and we will need to know immediately if any swimmers are unable to represent the club in these events.

NSW SC Development Meet

Apologies to Lauren Spicer who represented Willoughby as part of the Northern Suburbs team competing at SOPAC at the NSW SC Development Meet on Sunday September 30. Lauren competed in three events and achieved significant improvements to her PB's in all three events. She is, understandably, a little disappointed that she was not mentioned along with the other team members in the last newsletter! Sorry Lauren.



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	

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Swim Club
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Next Meeting

Monday 29th
October 2007
- Freeway
Hotel, Artar-
mon 7.45pm

Upcoming Swimming Events

- Northern Suburbs Meet 1, SOPAC
4 November
- 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

- Canberra, ACT
20 & 21 October
- Tasmanian Age Hobart
8-10 March 2008
- Australian Age Brisbane
9-13 April 2008

Club BBQ's

Your kids need you!!!

A BBQ will be held after all Summer Club nights: 26/10, 9/11, 16/11, 30/11, 7/12 and then 1/2, 8/2, 22/2, 23/3, 28/3.

Volunteers are needed to cook, serve and clean-up. Meat, bread etc will be provided. The BBQ cooking starts about 7pm, swimmers eat about 7.30 -7.45pm and then it all finished by 8.15 - 8.30pm or earlier if you sell out.

Please let Graeme or Regina know which night you are available.

HSC

Good luck to our HSC students Sam McConnell, Sian McGrouther, Vincent Stokes and Hannah Cook - we know you will perform well and achieve a milestone in your academic careers. I look forward to sharing in your future directions, and remind you that many past Willoughby swimmers are currently continuing their training well into their late twenties.....They never admit to more than 27. -Graeme.



Fundraising / Sponsorship Committee

WSC Committee seeks to form a Fundraising/Sponsorship Committee. The Committee will oversee (not necessarily undertake personally) all the fundraising such as the Bunnings BBQ, Swim-a-thon, sourcing and managing sponsors and the undertaking of fundraising events. Essentially the Committee will put their ideas forward and coordinate fundraising initiatives.

Fundraising is essential for WSC to be able to provide tours with Coach support.

It is anticipated that the Committee could meet as needed at Willoughby Leisure Centre around 6.30pm to coincide with the completion of training at 7.15pm on mutually suitable weekday. Please contact Regina by email if you would be interested (sstokes@bigpond.com). All ideas welcome.

Bank of Queensland, Hornsby "Lend a helping hand"

Willoughby Swim Club is looking at a sponsorship arrangement with Bank of Queensland, Hornsby (BOQ) whereby if any members or community of Willoughby Swim Club introduced to BOQ, take out a home loan, for private or investment use, Willoughby Swim Club will receive a donation.

This "Lend a helping hand" fundraising initiative may help club members/community also as it would serve as an introduction to a competitive bank they are not currently dealing with.

We will provide more information as it comes to hand—next newsletter will include a website address and flyer.

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