



VOLUME 5, ISSUE 12 – DECEMBER 2011

OFF THE BLOCKS



WISHING OUR MEMBERS AND
THEIR FAMILIES A VERY HAPPY
AND SAFE CHRISTMAS AND NEW
YEAR,

GRAEME, RUDY, REGINA AND THE REST OF THE
COMMITTEE OF WILLOUGHBY SWIM CLUB



COACHES COLUMN

Swimmers were busy competing both in Canberra and Sydney last weekend with some encouraging performances from our novice competitors up to National Open standard.

The Grand Prix event at Homebush gave our experienced swimmers some crucial race practise leading into State Age in January as well as Open Championships in February. Some highlights included personal best 200m Freestyle times from Elliot Long 1:58.63 and Matt King 2:03.41 in the first event, followed by Emma Morgan returning to competition after her broken finger with a best time and top ten performance in the 400IM in 5:12.50. Rachel Mangan continued the pb's with a 1:04.66 in her 100m Freestyle while Ben Schafer narrowly missed a top ten in the 200m Fly with a pleasing 2:11.59.

Matt King continued his top form with a National qualifying 25.34 in the 50m Freestyle, and together with Justin Brewer (25.16), Ben Schafer (24.74), Elliot Long (24.77) and Michael Paris (24.46) showed off Willoughby's depth in men's sprint freestyle. Michael qualified for his first final in open competition with his 16th place performance, while Ben's 21st and Elliot's 23rd were narrow misses. We discovered the harsh policy of Swimming NSW when vacant lanes in the B finals were not opened up to reserves, much to the disappointment of many enthusiastic swimmers including Chris Huang in the 200m Breaststroke where 4 lanes were left vacant despite his 21st placing in the heats. Carlee Millikin smashed 29 seconds for the first time in the heat of the 50m Freestyle with 28.78, and followed this with a strong 100m Breaststroke, placing third in the final with 1:15.11.

Sunday began just as strongly with Matt King achieving a best time in the heats of the 200m IM and posting another National Age QT with a three second gain swimming 2:15.53 in his B final for 3rd place. Ben qualified for the 400m Freestyle A final with 4:11.65 achieving 9th in the evening, while Chris Huang finished 21st with a PB of 2:40.81 in his 200m Breaststroke. Carlee Millikin swam a great race to qualify 2nd in the 200m Breaststroke in 2:42.38 and backed this up to place 2nd in the final with 2:41.78 after a marshalling scare which was unsettling to say the least!

The Men's 100m Freestyle was another highlight with Matt King collecting yet another best time (56.04), Justin negative

splitting (55.81). An awkward delay in the start of the first seeded heat made Ben's 24th (54.26), Elliot's 27th (54.60) and Michael's 29th (54.70) challenging races which narrowly missed the finals. Gen Brewer swam a 1:09.30 in the 100m Backstroke heat, qualifying for the B final where she achieved a PB with 1:08.64 – another National Age Qualifying standard. Ben Schafer completed a most successful meet for Willoughby swimmers with a couple of 58 sec 100m Fly races finishing third in the B final with 58.37 having torn his cap behind the blocks.

Some learning experiences for all swimmers as we proceed towards State championships; be early to marshalling, have spare equipment with you, plan your warm-up timing and make sure you have plenty of easy technical swimming included – at least 2km is suggested! Wear team gear whenever possible so coaches can easily spot you in your event, and always consult me or Rudy before and after your performance to gain valuable tips and feedback.

I am looking forward to a few weeks' solid race preparation training for State swimmers so we can assist all competitors to reach their potential in the upcoming championships.

Harriet Gillson contested a number of 12/under 100m events and narrowly missed the State Age times in 100m Freestyle and Backstroke

NEW YEARS EVE AT CLOVELLY

Our traditional ocean swim in Clovelly Bay followed by BBQ breakfast has become more popular every year, and the goal is still to swim 10km in one session prior to year's end! Although since Luane is no longer with us, I'm sure we have a few swimmers who'll take up this challenge. Meet on the south promenade at 7am sharp to enjoy the aquarium-like waters on offer at Clovelly, and bring something special for the year- end brunch. Fins are again permissible for this ocean experience and parents are welcome to join in.

GRAEME

PLEASE NOTE THAT THE FULL CANBERRA REPORT WILL BE PROVIDED IN NEXT MONTH'S NEWS LETTER

WELCOME TO NEW MEMBERS:

A big welcome to Michael Paris and Michaela Rifkin



BUNNINGS BBQ: next 28/1/12 –

The BBQ's are a major fund raiser for the club. Many helpers make light work so please get involved. They are great fun and a chance to catch up with other members away from the pool. To volunteer or for more information please contact Regina.



RACING SWIMSUITS:

If any swimmers are looking to purchase TYR performance suits, you may contact our supplier Stephen Thomas via Graeme or on 0418 978 434 or stcom@top1.com.au

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 27th January 2012 6.30PM



UPCOMING MEETS AND EVENTS:

CLUB NIGHT RACES AND BBQ 2012 term 1:

27th Jan, 17th Feb, 16th March, 30th March

OCEAN SWIMS (ALL WELCOME):

- Newport – 2/1/12
- North Bondi - 8/1/12
- Avalon – 15/1/12
- Mona Vale – 22/1/12
- Sydney Harbour – 26/1/12
- Palm to Whale – 29/1/12

SOCIAL (ALL WELCOME):

New Year's Eve swim (flippers permitted) and bring your BBQ breakfast 31/12/11 – 7AM Clovelly

SUMMER LC COMPETITIONS:

- NSW Age 10&U to 12yrs – 7-8/1/12
- NSW Age 13 to 18yrs 10-15/1/12
- Speedo Heats 5/2/12
- Australian Age Open Water Championships – 17-19/2/12
- NSW Open 10-12/2/12
- SMNE Sprint Meet 18/2/12
- Metropolitan Championships 3&4/3/12
- Speed Sprint Finals 11/3/12

MASTERS:

11/2/12 North Sydney Carnival 7pm warm up.

MASTERS SWIMMING:

Did you know that you can join Masters Swimming through Willoughby Swim Club? As a member you can compete in sanctioned meets – the calendar is on Master Swimming NSW website. If you are over 25 years, you can compete in international events such as the FINA Masters World Championships to be held in Riccione Italy in June 2012.

If you would like to try out 50m events without joining there will be an opportunity at the North Sydney Masters Carnival on Saturday 11 February 2012 from 7pm. For more info contact Regina.

WILLOUGHBY CLUB COMMITTEE 2011

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Next Committee Meeting:

6th February 2012 – Bridgeview Hotel