



VOLUME 5, ISSUE 5 – JUNE 2011



COACHES COLUMN

NSW STATE OPEN WINTER SHORT COURSE CHAMPIONSHIPS

The NSW State Open Championships held last weekend were over in a blink of an eye – commencing Friday at 6pm and finishing Saturday at 2:30pm – 3 sessions in less than 20 hours!

Willoughby was represented well at this meet considering the early schedule within this winter season, Ben Schafer posted a 4:09 in his 14-15yrs 400m Freestyle to finish 10th, and Gen Brewer returned to competition with a pleasing 1:05 60 to place 20th in the Open 100m Backstroke. Elliot Long made top 20 in both 100m Back and 50m Free, as did Emma Morgan in the Open women's 200m IM in Friday's session.

On Saturday morning Sally Gilbert placed 17th in the 100m IM, with Emma going close to top 20 in the 200IM with a fast 2min 21.0sec. Sally backed this up with 9th in the 200m Breast on a reduced preparation due to HSC commitments. Carlee Millikin managed 4th place in the 200m Breaststroke narrowly missing a

medal, while Ben and Elliot both produced 26+ in the Open 50m Fly.

The final session on Saturday afternoon saw Emma place 8th in the Open 400m IM and Elliot again reach top 20 in both 50m Back and 200m Free. Matt King cracked 2minutes for the first time in his 200m Free while Chris Huang achieved a nice 1 second PB in the 100m Breast to finish the meet.

The training we have completed recently has been of high quality, however the attendance must improve as we approach our major focus meets leading to NSW State Age Championships in August. Many swimmers are finding it challenging in cold conditions to make it to the pool in the mornings, but this is essential if we are to maximise our results in this important short course season.

NOOSA TRAINING CAMP 2011

Planning has commenced for our training camp in Noosa to be staged the first week of October school holidays, and I would like to hear from those swimmers who are interested in participating this year. The camp is a rigorous week of physical work both in and out of the pool, and is designed to provide a solid base for long course summer season.

Swimmers 12 years and over currently aiming for success at State and National level who are training 5 + sessions each week are welcome to participate, and parents are also encouraged to assist within the camp. Please email me your intention to attend so I can plan accommodation and determine costs, which will be around \$550 per person for the week excluding travel.

CANBERRA TOUR

Our tour to Canberra is drawing closer and we boast a team of 29 swimmers of all age divisions this year. This event provides a great opportunity to cement our team and for swimmers to support each-other in competition as well as qualify for events including NSW and Metropolitan Championships. Make the most of your training as we approach this event and make sure you have Willoughby Club gear to wear for this carnival. You will also need some warm clothing as Canberra can be icy at this time of year!

GRAEME

Off the Blocks



Club Championships 24/7/11

This carnival will be a qualifying meet which means that there will be electronic timing and the times achieved by swimmers will be submitted to Swimming NSW. Most importantly it is from this meet that our Club Champions for 2011 are identified and trophies are awarded at presentation day (held in September). All members are expected to attend and compete.

All details are on the website. To make the afternoon even more fun, there will be some visitors so that Club compete amongst themselves. At this stage Bayside are confirmed attendees. Free sausage sizzle.

Pool entry will apply to everyone. For those parents who officiate, the Club will pay entry. Please let me know if you can assist as a timekeeper (18). Your help will be needed from start by 2pm until end which should be about 5pm. The meet is at the Leisure Centre.

Clothing and Kit Stall – there will be WSC clothing at much reduced prices as well as towels, chamois, goggles, drink bottles etc for sale for nominal amounts when the Championships are underway.

UP

YPS and JX 2011

Congratulations to the following swimmers who are recognised by Swimming Australia for the achievement over the 2011 Long Course season:

YPS: Andre Anderson, Kate Biviano, Steph Cannell, Tom Chancellor, Matthew Clifford, Karim Diallo, Sally Gilbert, Max Graham, Lachlan Hile, Chris Huang, Matt King, Elliot Long, Claire McConnell, Carlee Millikin, Emma Morgan, Ben Schafer, Tierney Seeto, Brianna Sims, Gianni Taranto.

JX: Lucas Anderson, Kara Blackley, Hugo Blackly, Thomas Davies, Sam Fitzgerald, Zach Greneger, Amy Huang, Emily King, Callum Lowe-Griffiths, Zoe Macfarlan, Rachel Mangan, Hamish Moore, Angelique Roth, Ainslie Scott, Oliver Sims, Gabi Taranto, Eddie Taranto, Roger Wang, Nikita Spalvins, Jack Spalvins, William Ye, Brielle Wallington, Daniel Sims, Jacqueline Schafer

Upcoming Meets and Events:

- * Club night races – see website and be aware of Friday night winter netball season until August.
- * Canberra Tour –25 and 26 June
- * Club Championships – Sunday 24/7/11 entries due 11/7/11
- * Metropolitan Championships – 16/7/11 and 17/7/11 (online entries close 6/7/11 @3pm)
- * Post Metropolitan Championships Sunday Dinner - 17/7/11 @ 6pm The Ranch, cnr Herring & Epping Rds, Eastwood
- * SMNE Junior Development Meet – 6/8/11
- * NSW Age SC Championships – 12/8/11 – 14/8/11 (online entries close 3/8/11 @ 3pm)
- * State Teams – 16/9/11 - 18/9/11 (team selected from Age Champs)
- * Presentation – 11/9/11 afternoon
- * Noosa Training Camp – 24/9/11 – 1/10/11 – see Graeme

Bunnings BBQ 28/5/11 – thank you to Club members who helped for the fundraiser: Katrina Sims, Gianni, Michael and Tor Taranto, Lesley Collins, Sam and Karina Fitzgerald, Chris Huang, Emma and Kirsty Morgan, Sara, and Carlee Millikin, Graeme Brewer, Scott Amedee, Michael and Matt King, Jenny and Sally Gilbert, Molly, Jacqui and Neil Schafer - \$1350 funds raised!

Next BBQ 3/9/11.

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



Welcome to new members:

Dominic Fitzgerald, Clare Hopkins and Nicholas Van Venrooy – we look forward to meeting you all poolside.

Willoughby Committee Members 2011

President	Regina Haertsch	0413 020 991 regina.haertsch@gmail.com
Vice President	Graeme Brewer	graeme@brewerswimming.com.au
Secretary	Vacant	
Treasurer	Michael Taranto	tor.taranto@gmail.com
Race Secretary	Molly Schafer	0408 196 605 wsc.entries@gmail.com
Registrar	Lesley Collins	0413 593 178 willswimclub@gmail.com
General Committee		
	Rosemary Leamon	Nicole Hile
	Sion Griffiths	Trish Long
	Dominic Fitzgerald	Sara Millikin
Other Key Contacts		
Clothing Coordinator	Karen Ellif	9410 1676 karen.elliff@bigpond.com
Newsletter Editor	Katrina Sims	9880 9746 offtheblocks@gmail.com
SMNE Delegate	Michael King	

Next Committee Meeting 1st August at 7.45pm, Bridgeview Hotel Willoughby

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 24th June 2011 and includes the 200 back/breast club championship races.