



VOLUME 5, ISSUE 3 – March 2011
COACHES COLUMN

Off the Blocks

Our young swimmers competed well in the Speedo Sprint finals on Sunday March 13, including 8 year olds Shannon Lowe-Griffiths 6th 8years Breaststroke, Nathan Davis and Isabel McCarthy, as well as Gabbi and Eddie Taranto, Sam Fitzgerald 9th 12years Fly, Brielle Wallington, Max Graham 11th 13years Backstroke, Hamish Moore, Gianni Taranto 5th 13years Freestyle and 6th Breaststroke, Kate Biviano 5th 13years Backstroke and 11th in Fly, Angelique Roth 9th 11years Breaststroke, Matthew Clifford, Jacqui Schafer and Lachlan Hile.

This excellent representation from Willoughby swimmers reflects promising progress towards championship standards, and the winter season should provide these swimmers with ample opportunities for further success. Thank you to Rudy for his time and enthusiasm in rallying our forces on what proved to be a very rewarding day, with many swimmers contributing to the success of the SMNE district relay results: 1Gold, 3 Silver and 2 Bronze from eight relay events!

Meanwhile at the Harbour, Willoughby swimmers were

dominant with Luane Rowe winning the All-Star 900m race from Fort Denison (defeating Geoff Heugill, Eamon Sullivan, Michael Klim et al!) as well as both the 1km and the 2km women's events. The Collins family won the family team and the Aloysius school team with Elliot Long, Andre Anderson and Marcus Anderson winning the schools Head of the Harbour team for the fourth consecutive time.

Other category places included Elliot Long 3rd, Andre Anderson 6th, Marcus Anderson 7th, Rose Leamon 3rd, Tim Collins 2nd, Sally Gilbert placed 4th and Steph Cannell 7th in 13-19girls, Jenny Gilbert 5th, and the coach 1st. Luane has been awarded lifetime entry to this iconic swim which was celebrating its 10th anniversary.

Our swimmers have all been busy with school swimming and some awesome results achieved at every level from District to Regional, IGSSA, CAS, GPS, CGSSSA and Catholic primary events on the Central Coast. These carnivals culminate with NSW State All School next term, which is the last long course meet each year. In addition to this racing many of our top swimmers competed at the National Age Qualifying event at Homebush on March 5th and 6th. Congratulations to Max Graham, Claire McConnell and Chris Huang who all made the challenging time standards for this year's event in Adelaide. Brianna Sims and Tom Chancellor both narrowly missed many times, but still are possible additions to the team pending school carnival achievements this week.

We farewell Luane this month to San Francisco USA, where she will commence work for FINIS - a swimming equipment design company. Luane's contribution to our club and training squad has been immeasurable over the past six years. She began in the slow lane and progressed over a short period of time to be a true leader in our fastest lane, and has enjoyed many great achievements in pool competition, open water championships and recently in Surf Lifesaving. Luane has achieved gold medals at every swimming level including National Open Pool and Open water Championships. Throughout her high school education Luane averaged 8 sessions every week, and has recently graduated in Industrial Design at UNSW, winning numerous sports awards along the way.

Have a great time in your exciting new role, and keep swimming – we hope to hear from you regularly and catch up in Hawaii in September for the Maui Channel and Waikiki Rough water events.



Make sure to be at club races on Friday April 1 for the special presentation of our National Age team and State qualifiers for 2011 by our patron Mayor Pat Reilly.

GRAEME

Congratulations to our swimmers who swam their first State Championships for WSC in last 12 months: Ainslie Scott, Sam Fitzgerald, Philip Kang, Karim Diallo, James Huang, Jacqui Schafer, Gianni Taranto, Gabi Taranto, Andre Anderson, Angelique Roth, Brielle Wallington, Susanna Hatunen, Lauren Amedee.

Good luck to our team for the 2011 Australian Age Championships: Emma Morgan, Carlee Millikin, Sally Gilbert, Claire McConnell, Elliot Long, Karim Diallo, Ben Schafer, Chris Huang, Matt King, Max Graham, Matt Clifford

Upcoming Meets and Events:

Club night races Term 1 - Fun night on 1/4/11 Note: Netball commences its' Friday night winter season on 1/4/11. Games start at 5pm and 5.50pm which makes parking and traffic hectic – be warned - allow time or park some distance from the pool (unless it rains heavily, as netball would then be cancelled)

Major 2011 meets –Australian Opens in Sydney 1- 8 April and Australian Age in Adelaide 18 – 23 April

Canberra Tour – now 25 and 26 June – mark your diaries

SMNE winter championships 14/15 May – entries due to Molly by 9 April, preferably email and direct deposit payment

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 (Bayside and Wests Illawarra to be invited)

Club Championships – 25m events - 27/5/11 – pizza for afters.

Friday Club Nights:

Next club night 1st April – Fun races & BBQ plus special presentation to 2011 State and National Teams by Mayor Pat Reilly.

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.

Willoughby Committee Members 2010

President	Regina Haertsch	09419 8293 - 0413 020 991 regina.haertsch@gmail.com
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Other Key Contacts		
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Next Committee Meeting 4th April at 7.45pm, Bridgeview Hotel Willoughby		

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 A book or two will be put aside for you.

