



VOLUME 5, ISSUE 10 – OCTOBER 2011

## COACHES COLUMN

We arrived in sunny Noosa on Saturday 24<sup>th</sup> Sept and settled in for the week. There was the usual debate about rooming arrangements, but the swimmers soon became focussed on the challenges this training camp would provide.

Saturday afternoon was a picturesque Noosa sunset featuring a brisk North wind, whipping up choppy water conditions on this infamous stretch of beach. We swam from the surf club west, past the middle groin and back, for an estimated 2km in challenging seas. After enjoying the beach shower and comfort of Noosa surf club, we returned to the apartments for our first team dinner; a tasty bolognaise courtesy of Kirsty Morgan (chef), and the many transporters of Tupperware container's full!

Sunday provided an exceptional opportunity as we scheduled two 2-hour pool sessions, along with establishing our daily morning 6:15am 3km run to the pool and 30minute dry land workout. This basic schedule continued for the seven days, but for one afternoon beach session that defined the week.

We met at Noosa Spit river-mouth on Tuesday at 2:15pm having completed 12x400 in the morning pool session. Swimmers were all keen for the ocean experience. As I detailed the planned course to the team some concern was evident that reaching the far headland on the horizon was a bridge too far! We agreed to attempt the journey

together, and with the help of David Anderson on his kayak keeping watch on the slower swimmers, made our way towards the Noosa Surf Club.

Negotiating strong waves and withstanding sea-lice attacks, the swimmers continued to the National Park Beach where we had arranged to collect our afternoon tea of jam sandwiches and orange sixths. Due to the speed of our lead swimmers we arrived before the refreshments, and so decided to venture further around the Park towards Alexandria Bay. We swam past the lookout, and on beyond the next bay, where the group paused in deep water to enjoy the stunning scenery of Noosa National Park... from the sea!

The decision to press ahead for the Sandy Beach some 1.5km further on was not taken lightly, as we had already been swimming for more than an hour, and the return distance was steadily increasing. However we were all rewarded with an exhilarating ocean swim around the rocky point, and into the most remote beach within Noosa Heads. After enjoying the waves and resting a few minutes, we returned to the car park and our afternoon tea, some deciding that their journey was complete here – not bad at a total of 5km. But many were determined to continue, and swam back to Noosa Beach before exiting the ocean. Juz however led us all the way back to our starting location at the river-mouth, and Xenia dragged the tired old coach along as well, to complete an amazing swimming journey on a stunning Noosa afternoon totalling more than 7km!

Wednesday was our tour to Eumundi markets and some great bargains – coffee cups, spanners and cheese for me! – followed by an exciting afternoon walking the National Park, and viewing where we had swum the previous afternoon, surfing and playing touch on the famous Alexandria Bay at low tide.

Apart from an unfortunate finger injury to Emma – treated at the scene by Rudy and then later by our handy hand surgeon Mark Hile – it was a tremendous afternoon walk which freshened up the swimmers for the second half of the week.

Hearing about the weather in Sydney made us all feel privileged to be in such beautiful surroundings with summer

Off the Blocks



temperatures, lapping up the laps, and demolishing more than 200 eggs between us every morning for poolside breakfast.

The meals prepared by the parents were nothing short of amazing, and included Chicken potato and white wine casserole, Mexican burritos, Steak and Veges, Gourmet Burgers, Pumpkin soup, Lasagne, Pizza and even Birchen Muesli on our final morning! Bravo to all the parents whose support is so crucial to the success of the camp.

Although we are still waiting for someone to actually complete the 80km we plan for the week, both Rudy and I are confident that all swimmers at the camp have improved their capacity to train at a higher level of intensity. A great swimming experience to savour for years to come!

Competition commences next weekend and we are looking forward to the racing phase of this Olympic long course season as we prepare for NSW State Age in January, NSW Open in February, London Olympic Trials in March and Australian Age in April. Set your competitive targets and complete your goal sheets, so your pathway through the summer months is well planned.

Build on the base work we have completed, and train for race pace whenever possible.

Graeme

**HSC SWIMMERS:**

Best wishes to our swimmers for the upcoming exams – Elliot Long, Sally Gilbert, Tom Chancellor, Marcus Anderson, Steph Cannell, Claire McConnell and Antony Isaias.

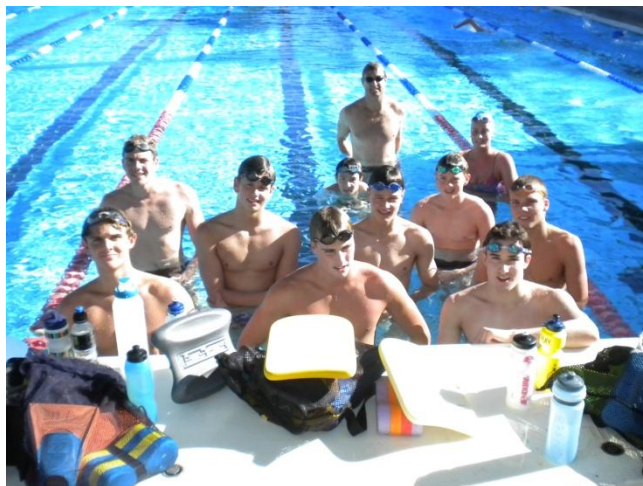
**DEVELOPMENT MEET:**

Congratulations to our swimmers who were part of the SMNE team for the Meet held 25/9/11. Nick Van Venrooy, Daniel Sims, Jack Spano, Sophie Bernes and Kate Burrell. Everyone achieved great PBs and Jack won a silver and bronze medal.

**MEMBERSHIP RENEWAL DUE:**

Join/rejoin for early bird discount up to 16/10/11 – price then rises.

**IMAGES FROM NOOSA 2011:**



**SMNE 2011 CHAMPIONSHIP MEET - ENTRIES OPEN:**

An email has been sent to members explaining the new online entry system for this meet. Entries close on 21<sup>st</sup> October.



### BUNNINGS BBQ FUNDRAISER:

NEXT 26/11/11 – please contact Regina if you can assist.

### UPCOMING MEETS AND EVENTS:

#### CLUB NIGHT RACES AND BBQ:

14/10/11, 21/10/11, 4/11/11, 18/11/11, 2/12/11

#### SOCIAL:

\* Christmas Beach Party Friday 16/12/11

\* New Year's Eve swim and BBQ breakfast – TBC

#### SUMMER LONG COURSE COMPETITIONS:

##### November:

12 – 13: SMNE 2011 Championships (close 21/10/11)

##### December:

10 – 11: Canberra Tour (closes 16/11/11)

##### January 2012:

7 – 8: NSW State Age 10 & Under

10 – 15: NSW State Age 13 – 18 yrs

##### February 2012:

5<sup>th</sup>: Speedo Sprint Heats

### 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](mailto:stcom@top1.com.au)

### 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.

### 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 14<sup>th</sup> October 2011 6.30PM

### WILLOUGHBY CLUB COMMITTEE 2011

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SMNE Delegate: Michael King

Clothing Coordinator: Nicole Hile

General Committee:

Rosemary Leamon, Dominic Fitzgerald, Sara Millikin, Sion Griffiths

Next Committee Meeting:

17<sup>th</sup> October 2011 Bridgeview Hotel Willoughby