



VOLUME 5, ISSUE 2 – FEBRUARY 2011



Off the Blocks

COACHES COLUMN

SPEEDO SPRINT HEATS

More than 30 of our 13/under swimmers competed successfully at the SMNE Speedo Sprint Heats at Homebush in early February with many qualifying for the finals on March 13th. Great swimming!

SMNE SOUTH COAST TOUR

Lynn Eliot, Regina and I had the pleasure of taking the first ever SMNE Gold representative team away to Dapto for the weekend to compete in a regional country competition on February 19 and 20. The experience of travelling and staying overnight, managing themselves and racing in an outdoor pool provided numerous challenges for these good State level swimmers. Congratulations to Brianna Sims, Chris Huang, Carlee Millikin, Elliot Long, Tom Chancellor, Tierney Seeto, Ben Schafer for their impeccable behaviour and creditable performances on this tour.

FRIDAY NIGHT RACES

Swimmers are expected to contest Friday night races whenever possible as this provides a crucial communication opportunity between swimmers, parents and coaches in a supportive and team environment. The first race each Friday will always be a 100m event for Dolphins and Swordfish, followed by 50m sprints in each stroke for all members. We follow the published program so please check the "willswim" website for details, and use this important race practise for everyone to improve their skills and speed.

Please arrange your social engagements to commence post 7:30pm to allow time to fulfil this commitment to your swimming club. We always enjoy the sausage sanga's at the completion of races and rarely go beyond the regulation 7:15pm finish, so you can head home fed and climb straight into bed!

STRATEGIC PLAN

Thanks to all committee members for your input into Willoughby Swim club's very swish strategic plan which will guide our club into the future. In particular thanks to Paul Long who convened the "Brain Storm", Regina who drove the discussion and Kathy Mason who cleverly type-set the final document. It is now on the website and guides Committee directions. Any feedback is always welcome.

FAMILY MEMBERSHIPS

Following a meeting with the Mayor Pat Reilly and council facilities manager Steven Head, Regina and I are encouraging all squad swimmers to consider family memberships to cover pool admissions. This way additional entry can be made at any time, access to gym and spa etc is unlimited, and conflicts at the entrance can be avoided. A reminder that pool entry or membership passes must be used for every squad visit to assist the management track our usage rates. SO PLEASE MAKE CERTAIN YOU ALWAYS HAVE YOUR POOL ENTRY PASS WITH YOU!



ELITE TRAINING WITH BAYSIDE

Last Saturday was the first of our fortnightly visits for training alongside the Bayside team at Des Renford Aquatic Centre (Long Course). This has kindly been made possible for National Age swimmers through coach Jon Shaw along with their pool management. Many of our swimmers were surprised by the level of commitment shown by Bayside swimmers and how hard they work! I know this exposure will lift the training intensity within our group, so next time we can step up another notch!

STATE OPEN CHAMPIONSHIPS

Our swimmers competed well in this open competition last weekend and both Carlee Millikin and Sally Gilbert qualified for evening finals. Quite a number of personal bests were achieved notably Tom Chancellor in both 50, 100 and 200 Free, Elliot Long in 100 and 200 Free – cracking 2 minutes for the first time and Brianna Sims in her 100m Free. This was creditable considering no specific taper was possible for this meet.

MALABAR OCEAN SWIM TEAM WINS

Our junior team of Max Collins, Max Elliff, Steph Cannell and Matt Millikin were successful in winning this event, along with many other individual placings of Willoughby swimmers. Luane continue her outstanding form in the ocean backing up her Cole Classic success with another overall win in both the 1km and 2.4km races. Our treasurer Rose Leamon was another age category winner, along with Tim Collins in the 1km and Max Collins in his age division and finishing 4th overall.

We are planning a huge assault on the Harbour Classic on March 13th, so please get your entries in and contact Rose so we can field our best teams. This is an excellent event supporting many charities, and a rare opportunity to swim alongside the bridge and Opera House – great scenery! Some celebrities will swim this event including Michael Klim, Geoff Heugill and Suzie O'Neil.

SCHOOL CARNIVALS IN FULL SWING

Many of our members are currently representing their schools in a range of inter-school events – we wish you all

every success in making your way towards the Regional, CIS, CHS and All Schools Carnivals later in March.

NATIONAL AGE FINAL PREPARATION

Training is geared towards Nationals in April, and those travelling to Adelaide should plan their training to maximize their finals chances. Prioritize your time and make training consistent and punctual.

Stretching is essential during the next few weeks as swimming intensity will be high – therefore get to the pool ten minutes early to allow time to do the entire routine prior to diving in.....ON TIME!

We can't go over our finish time so it is essential we are in the water promptly at every session. Parents must assist here as often swimmers rely on your transport so please try to be early.

Endurance work will be our morning focus and you need 3 to 4 of these every week!

Speed and power sessions are mostly covered in the afternoons, where dry land exercises are crucial commencing at 5pm sharp. Michael and Justin are doing great work strengthening core, legs and upper body.

Frequent and short (30-45 minutes) body weight dry land sessions minimize soreness whilst building lean body muscular strength without excessive bulk. Heavy specific weights should be avoided.

Anaerobic Threshold and skills are integrated in the afternoon programs, so 3-4 per week are also desirable. Friday afternoons cover race specifics and Club Races enhance this focus.

Make sure you are sleeping regular hours, eating a balanced diet, and using supplements post training to allow replenishment of muscle glycogen, growth and repair of stressed muscle fibres.

Protein is necessary for breakfast, so eggs, meat, cheese are also good before school.



Mental training and race visualization is critical for success at high level competition, so plan and review your race strategies regularly. Mental relaxation through breathing or muscle tense/relax techniques prior to sleeping is an ideal way to fit this into your day.

Keep hydrated throughout the day – you should drink 2-3 litres of plain water every day, especially during training and on hot active days.

Measure and record your resting pulse for 60 seconds every day on waking – it should be between 40 and 60 and be similar every day - If it climbs let your coaches know.

These are a few rules to ensure you maximize your opportunities to perform at your best. Encourage your team mates when training so we can all benefit from a positive vibe at the pool!

Graeme

Welcome to New members:

Welcome to Ami and Shigenobu Watanabe and Zoe and Paula Hickey

Ocean Swims

If you do the occasional ocean swim and are agreeable/interested to being part of a WSC team or just want to know who is doing what and where on a weekend, please email Rosemary Leamon (WSC Treasurer) on rosemary.leamon@bigpond.com – Rose will include you in our WSC group emails so you can let WSC know what you are up to in your spare time over summer.

2011 NSW Junior Sharks Squad:

Congratulations to Lachlan Hile for his selection into this State Squad. Lachlan's results from the NSW Championships earned him inclusion.



Upcoming Meets and Events:

Club night races Term 1 – 4/3/11, 11/3/11, 5/3/11

Speedo Sprint Finals 13/3/11

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

Canberra Tour – 21/22 May

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)

Mayor to present to our National Age Team and our athletes who competed in NSW State Championships for their first time on 1/4/11

AGM 27/5/11

Speedo Sprint finals 13/3/11:

The Area team if formed by the athletes who finished in the top 6 in the heats held on 6/2/11. Congratulations to Willoughby swimmers who will be swimming in the Area team are:

Shannon Lowe-Griffiths (8) freestyle, breaststroke, backstroke

Isabel McCarthy (8) breaststroke

Lucas Anderson (11) freestyle, backstroke, butterfly

Gabi Taranto (11) freestyle

Angelique Roth (11) breaststroke

Callum Lowe-Griffiths (12) freestyle, backstroke

Sam Fitzgerald (12) backstroke, butterfly

Brielle Wallington (12) freestyle

Gianni Taranto (13) freestyle, breaststroke, butterfly

Hamish Moore (13) freestyle, backstroke

Matthew Clifford (13) breaststroke

Max Graham (13) backstroke



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 you interested (no money payable until delivery in April) to regina.haertsch@gmail.com

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 11TH MARCH

Willoughby Committee Members 2010		
President	Regina Haertsch	09419 8293 - 0413 020 991 regina.haertsch@gmail.com
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	Sion Griffiths	Trish Long
	Sion Griffiths	
Other Key Contacts		
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Next Committee Meeting 7th March at 7.45pm, Bridgeview Hotel Willoughby		