

Willoughby Swim Club INC



COACHES COLUMN

SO MUCH TO SAY AND SO LITTLE TIME TOP TYPE!

HOBART

Willoughby's annual tour to Hobart was the most successful ever, with the Club bagging 17 medals and 11 National Age qualifying performances! This meet is excellent preparation for the National Age Championships which are held over Easter, and give our swimmers one last opportunity too make National Age standards.

The trip was a tremendous success largely due to a great parental involvement, supporting and nurturing the swimmers throughout the weekend with cooked breakfasts, gourmet lunches and a beautiful Saturday evening Bar be que!

Katrina Sims took the role of chief of staff and stocked the kitchen prior to the arrival of most swimmers late on Friday evening. Following Subway meals on the plane, and Xenia's lost suitcase saga, we were treated with a substantial spaghetti bolognese on arrival at "The Palace", and after a sound sleep we all enjoyed a hearty bacon and eggs Saturday breakfast. Katrina was ably assisted by Paul and Trish Long, Michael and Catherine King and Mario Isiais, making a very friendly and homely environment for the swimmers to enjoy throughout the weekend.

At the competition the results started well and continue to improve each day. Best times were accomplished by every swimmer, and many were quite significant: Xenia Boynton 23 seconds in the 400m free, Carly 13 sec in the 400m Free, Genevieve 5 sec in the 200m Free, Steph Cannell 3 sec in 200m Fly, Tom Chancellor 9 sec in the 200m Back, Linley Dundas 2 sec in 100m Back, Nate Elliff 1.5 sec 100m Fly, Antony Isiais 9 sec in 400m Free, Matthew King 9 sec 200m Fly, Elliot Long 4 sec 400m Free, Claire McConnell 6 sec 400m Free, Emma Morgan 4 sec 200m Back, Evelyn Parsonage 12 sec 200m Free, Brianna Sims 2 sec 200m Free.

Linley certainly cleaned up with Gold in 400m Free in 4:29.66, Silver in 100m Back and 200m Free and Bronze in 100m Free in the 18/under age group. Elliot Long won gold in the 14-15 100m Free with a fast 54.84 and silver in the 400m Free

with 4:24. Emma Morgan won gold in the 12-13 100m Back, 200m Back and silver in the 200m Free, Claire Mc Connell secured 3 silvers in the 100,200 and 400 free and Genevieve Brewer gained silver in the 14-15 100m Back in 1:08.18 and bronze in the 200 back. Our relays were very competitive highlighted by silver medals in the 14/under Freestyle (Genevieve, Emma, Xenia and Evelyn) and Medley (Genevieve, Brianna, Emma and Xenia) teams, and bronze in the 18/under Free (Linley, Carly, Steph and Claire).

Thanks to our club which generously supports this tour, and Leslie Collins whose hard work arranging flights and accommodation for our team is greatly appreciated.

NATIONAL AGE RELAY TEAMS

I would like to congratulate the following swimmers on their selection to represent Willoughby in the upcoming National Age Championships to be held in Sydney from April 13<sup>th</sup> to 18<sup>th</sup> 2009. Many swimmers are vying for these positions and the selection was difficult, which serves to make the team on the blocks more competitive. Thankyou to the Club for supporting our team financially, by covering all entry fees amounting to more than \$1800! This generosity may not be possible into the future as we are expanding our numbers dramatically at this standard. Good luck to all the swimmers competing at the Nationals, I know that the exposure to such a competition will allow you to achieve many of your goals.

16/under Women

Medley 4 x 100m 25

Genevieve Brewer

Carly Brewer

Stephanie Cannell

Freestyle 4 x 100m 75

Claire McConnell

Emma Morgan

Genevieve Brewer

Carly Brewer

16/Under Men

Freestyle 4 x 100m 76

Elliot Long

Antony Isiais

Max Collins

Brad Nolan

14/Under Girls

Medley 4 x 50m 73

Genevieve Brewer

Brianna Sims

Emma Morgan

Lucy Mason/Brooke McConnell

Freestyle 4 x 50m 47

Genevieve Brewer

Emma Morgan

Lucy Mason

Brooke McConnell

14/ Under Boys

Medley 4 x 50m 74

Oscar Dean

Reiji Sano

Ben Schafer

Elliot Long

Freestyle 4 x 50m 48

Elliot Long

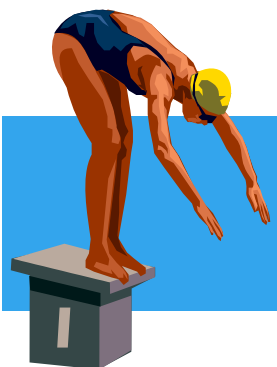
Ben Schafer

Clarence Gromowski

Matt King



Off the blocks



**SPEEDO SPRINT FINALS**

Willoughby's stunning younger age groups ripped up the pool at the Speedo Sprint finals at Homebush on March 8<sup>th</sup>, finishing 4<sup>th</sup> in the District point-score with only half the number of swimmers of the teams ahead. The Northern Suburbs District is extremely competitive in this State-wide 13years and under competition.

Chris Dwyer won three individual Gold Medals in Free, Fly and Back, while Cameron Jones (12 years Back) and Ben Schafer (13 years Fly) also won Gold medals. These three boys all set new NSW State records on the day – a first for our club! Cameron won Silver in his Fly along with Lucas Anderson (9 years Breast), and Ben scored a Bronze Medal in the 13 years' Freestyle.

Our other finalists included Matthew Clifford (5<sup>th</sup> 11years Breast), Max Graham (5<sup>th</sup> 11years Back and Free), Clarence Gromowski (8<sup>th</sup> 13 years Free) and Callum Lowe-Griffiths(10<sup>th</sup> 10 years Back).

Willoughby's young stars are developing great race composure and excellent competitive spirit. Well done all who competed in the series which started back in February.

**OPEN NATIONALS – WORLD CHAMPIONSHIP TRIALS**

Our National Open team was headed by Luane Rowe who won a sensational silver medal on the last day of the trials in the 1500m free, cracking a third personal best for the meet with a world class 16 minutes 43 seconds – that's averaging 67 seconds each 100 metres!

Luane also qualified for the B Final in the 400metres, as well as anchoring our very competitive 4 x 100m relay team who averaged 60.25 to finish 9<sup>th</sup> in the country. Linley Dundas competed strongly in the sprint Freestyle events as well as 50m Backstroke, whilst Claire McConnell matched her times from Hobart in the 50m and 100m Freestyle, leading of the relay with 60.1! Emma Morgan had her first National open experience in the relay in front of a huge Homebush crowd, learning a lot from lining up against Libby Trickett. Stephanie Rice, Cate Campbell and Emily Seebhom.

**RESULTS AND PRIDE**

The number of wins and massive time improvements this season is testament to a great training commitment, persistence and dedication both in the water and out

of the pool. Improvement like this is not common, and be sure to reflect on your best results and feel the PRIDE and SATISFACTION you deserve for your efforts.

Always remember that no-one wins every race, and if you compete at your best you have plenty to be proud of, regardless of your place in the race. Our sport is unique this way, where time improvements sometimes are more special than medals.

Our swimmers have won School Carnival races,... and point-scores,... broken School and District records – even CAS records, .... and won Regional races and relays, in addition to the NSW records mentioned above! Ahead we have more elite School event, the National Age Championships.

Coming up post Easter are Willoughby's Club Championships and the winter season tour to Canberra, a 4 Way Meet in Woolongong with Wests Illawarra Red Devils, etc etc – many more opportunities for our swimmers to show off their skills and strength and stamina. Good Luck, Stay Healthy and be PROUD of your achievements.

**Graeme**



**FANTASTIC SUCCESS AT 2009 TASMANIAN AGE CHAMPIONSHIPS**

Congratulations to all the swimmers who competed at the Tasmanian Age Championships. Fourteen swimmers made the trip to Tassie and all swam P.B's in their events with half also qualifying for Nationals in April.

Competition was tuff, with a large contingent of swimmers from Victoria and as only 2 visitors were able to compete in the finals, every heat was swum like a final.

Compete we did!

Our swimmers won 17 medals in total and congratulations to:

- Linley Dundas 1 Gold /2 Silver/1 Bronze
- Claire McConnell 3 Silver
- Emma Morgan 2 Gold/1 Silver
- Genevieve Brewer Bronze 1 Silver/1
- Elliot Long 1 Gold/1 Silver
- 14/U 200m Medley Silver
- Genevieve Brewer/Xenia Boynton/Brianna Sims/Emma Morgan
- 18/U 200m Medley Bronze
- Linley Dundas/Stephanie Cannell/Carly

Brewer/Claire McConnell

14/U 200m Freestyle Silver

Genevieve Brewer/Emma Morgan/Xenia Boynton/Evelyn Parsonage

Girl Power certainly the winner. A special mention to Xenia Boynton who's luggage missed the flight on Friday night but she didn't let that upset her luckily she had bathers in her backpack and competed on Saturday morning. Gold medal to Katrina Sims for organising the meals and her great Spaghetti Bol for everyone on arrival. Last but not least thanks to Graeme and his dedication to the swimmers.

Trish Long

## OPEN WATER NATIONALS

This year for the first time the Australian National Open Water Swimming Championships were staged separately to the National Age Championships, and were held at Penrith on February 27<sup>th</sup> and 28<sup>th</sup>. On the Saturday the 10km event was staged and Luane Rowe and Max Collins were both extremely competitive in the Open and 16 year's respectively. Max began in excellent form competing in the 16 years age group, splitting a personal best for the first 5km of just over one hour. Clinging onto the group until the 7,500m mark, Max was well up with the minor medallists, but paid a price for the early speed and found the last 2km a challenge when some swimmers were able to change pace. Max finished a strong

4<sup>th</sup> in 2hours 9 min 42sec – considerably faster than his previous best.

Luane was similarly placed in the Open women's event, which was also a selection race for the World Championships later this year in Rome. She held 4<sup>th</sup> place in the lead group for much of the race, but again found the winners' pace too strong during the closing stages. Her 9<sup>th</sup> place in a time of 2 hours 5min 11 sec was again most creditable considering her limited preparation.

On the Sunday Max was again in action, along with Emily Chancellor and Max and Nate Elliff in the 5 km events. Emily achieved a great personal best of 1 hour 9 min 12 sec, reaping the benefits of a consistent summer's preparation and finishing 17<sup>th</sup> in the 17-18 girls'

category. Max backed up his 10km effort with a solid performance clocking 1hour 2min 5 sec in the 5km finishing 9<sup>th</sup>, while unfortunately both Nate and Max suffered physical traumas early in the race – stomach and shoulder - forcing them to unhappily retire early in their race.

The 5km and 10km Championships are growing in popularity every year, and provide a great outlet for all swimmers to flex their endurance muscle – well done to our team this year – we are hoping for an even larger contingent into the future.

**Graeme**





## Farewell and Good luck

The Jones family, Cameron, Lachlan, Angela and Craig are off to Wellington, NZ for a couple of years. The club will miss you all. Please keep in touch and come and visit (and swim) when you are back on holidays!

## Welcome New Members

Warren, Samuel and Harry Kember and Rachel Carlson

## 2009 NSW IM Squad

Congratulations to Matthew King on behalf of the Club for making the NSW 2009 11 - 12 IM squad. A fantastic achievement!!

## National Age Relay teams

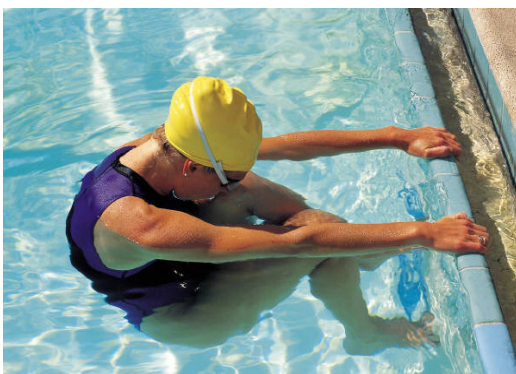
Come and support our relay teams at the National Age Championships at SOPAC on Tuesday 14 April (2 teams) and Wednesday 15 April at SOPAC (4 teams).

## Bunnings BBQ

Our Next Bunning's BBQ is Saturday 4 April, 9am-3pm

volunteers are sought to help out - especially from our National swimmers.

The next BBQ will be May 30 - please let Regina know if you can help.



## Willoughby Committee members 2008/2009

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Treasurer	Rose Leamon	rosemary.leamon@bigpond.com
Secretary/ Clothing	Karen Elliff	karen.elliff@bigpond.com 9410 1676
Registrar	Lesley Collins	lcollins@optusnet.com.au 99672716
Race Secretary	Gina McConnell	scb1@bigpond.com 9427 9197
Club Coordinator	Molly Schafer	
Newsletter	Rowan Shaw	rowanshaw@tpg.com.au
Committee Mem- bers	Peter Nolan	Lainie Cannell
	Katrina Sims	Vincent Dwyer
	Leslie Rowe	

Willoughby  
Swim Club Inc  
Next Meeting  
Monday April 6,  
2009 7.45pm  
**Bridgeview  
Hotel, Wil-  
loughby Rd,  
Willoughby**

## Upcoming Swimming Events

- National Age Championships  
SOPAC  
April 13-18
- Metropolitans SC  
SOPAC  
June 27-28
- State Open SC Championships  
SOPAC  
July 24-25
- Australian SC Championships  
Hobart  
August 8-12
- State AGE SC Championships  
SOPAC  
August 28-30

## REMEMBER:

**Club Night this Friday:**

**April 3** will feature a presentation by Councillor Adrian Cox for our National swimmers and first time state swimmers.

The BBQ will be on!

## Swimmers who represented WSC at NSW State Championships

for the first time between winter 2008 and summer 2009 are: Callum Lowe-Griffiths, Max Graham, Matt King, Brianna Sims, Tom Chancellor, Oliver Sims, Matthew Clifford, Elliot Long, Clarence Gromowski, Lucy Mason, Caitlan Wallington and Isabella Daley. Congratulations to you all.

## Upcoming Tours

- Canberra 23- 24 May (program on the Willoughby website)

## Remaining Club Night for Term 1

Friday 3/4/09 Special Club Night  
Featuring Fun Relays!