

Willoughby Swim Club INC

COACHES COLUMN

The National Age Championships provided a great season highlight for our swimmers this month, taking on the best in the country. Led by Elliot Long who won bronze in the 14 years 50m Freestyle and silver in the NSW State 4 x 50m Freestyle Relay team, Willoughby's team achieved a creditable 60% personal best times across our individual swims.

Ben Schafer was narrowly beaten into fourth place in the 13 years 100m Fly by 6/100ths of one second – the same margin that earned Elliot his bronze medal! Competition is always extremely tight at this event, and any qualifier should be pleased to rank this highly within Australia – most events were four heats or less, meaning top 40 ranking just to qualify.

Emma Morgan's 200m Freestyle was a great start to the meet with a 2:13.23 (22nd), followed closely with Ben's 2:09.04 (17th) – both personal bests. Claire McConnell led out on Tuesday with a solid 1:00.79 in her 100m Free, with Emma and Ben again achieving p.b.'s in their 200m IMs. Linley Dundas improved with every swim from Monday's 400m Free to post a fast 100m Back in 1:09.32 and even faster in Wednesday's 200m Free with 2:09.13 placing her 23rd. Elliot qualified for the 14 years 100m Free final in 8th place with a 55.19, while Claire finished the Wednesday heat session with an excellent 27.88 50m Free moving from

52nd qualifier to 26th place.

Thursday started with Genevieve Brewer placing 19th in the 14 years 50m Free with 28.33 and Ben achieving a p.b. in both the 13 years 200m Fly and 100m Free 58.97 (18th). Emma clocked a p.b. of 1:01.28 to place equal 20th in the 13 years 100m Free.

Friday arrived and Ben was still on fire finishing 15th in the 400m in 4:32.14 (p.b.), Genevieve achieved 21st with a 1:09.19 100m Back and Elliot took 0.5sec off his 100m Back with 1:05.50. Claire added to the personal best tally with an excellent 200m Free in 2:10.55, and was joined by Emma (28.31) 19th, and Ben (26.81) 11th in their 13 years 50m Free.

Saturday was the final day of heats and Linley's 1:00.03 100m Free was a season best, with Steph Cannell clocking a fast 1:07.21 100m Fly. Our final racers were Matt King and Emma Morgan in the 13/under 400m IM, where Emma again improved her time placing 21st with 5min26.15.

Our relay teams were all very successful, and the experience of competing at the national level exciting for all members of our seven teams. Genevieve(1:09.62), Carly(1:23.19), Steph(1:07.23) and Claire(1:00.13) got our relay teams off to a cracking start finishing 17th in the 16/under

Medley relay, but Tuesday saw two top ten results! The Girls' 14/under Free Relay placed 11th with Emma (28.47), Lucy Mason(28.80), Brooke McConnell(28.39) and Genevieve (28.02) clocking 1min 53.63. The boys followed with 8th place in a blanket finish with Elliot(24.90), Clarence Gromowski(26.50), Matt King(28.11) and Ben(26.72) stopping the clock in 1min 46.23.

Wednesday saw four teams in action; Genevieve(32.74), Brianna Sims (38.88), Emma(30.65) and Brooke (28.65) finished 27th in the 14/under Medley while Oscar Dean(32.90), Reiji Sano(36.71), Ben(27.95) and Elliot(25.23) finished 17th. In the 16/under 4x100m Free Claire(1:00.09), Emma(1:01.18), Genevieve(1:03.63) and Carly(1:01.88) placed 14th and in the boys Elliot(56.67), Brad Nolan (56.41), Anthony Isiais(58.02) and Max Collins(59.88) were 17th in Australia.

Many thanks to all the supportive parents who cheered the swimmers throughout the week at Homebush, and particularly to Molly Schafer who was an excellent first-time team manager.

As we prepare for winter season competition the summer racing continues with CIS, CCC and All Schools still to come in May. This is our first major focus for racing and the Tuggeranong meet in Canberra on May 23rd-4th leads in to this final school

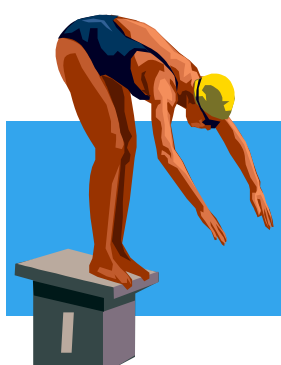
Off the blocks



competition. I encourage all swimmers to make this weekend a swimming priority and capitalise on the fine form we have achieved during the summer



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Club AGM

AGM is 15 May and members should attend to hear how the Club is progressing as an organisation (nominations for Committee were sent with Notice of AGM).

Important Public Meeting

A public meeting will be held at 8pm on Wednesday 13 May 2009 in the netball meeting rooms under the Leisure Centre to provide input on future initiatives at the Willoughby Leisure Centre.

WSC lobbied Council in 2008 to investigate how local aquatic facilities could be expanded to increase pool space for training and this public meeting is part of the process.

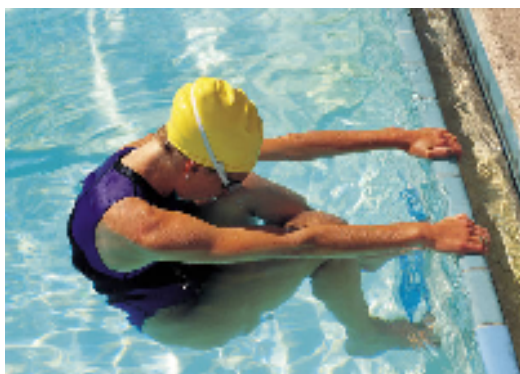
If you would like to see more pool space available for all swimmers to use for training, racing, and other pool-based exercise, please consider attending the meeting to express your views. To attend, you should contact Kate Day, Leisure Centre Manager on 9958 5799.

Bunnings BBQ

Our Next Bunning's BBQ is Saturday May 30, 9am-3pm

Volunteers are sought to help out, particularly people who couldn't assist with the April 09 and December 08 BBQs.

Please let Regina know if you are available



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	lfcollins@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 Members	Peter Nolan	Lainie Cannell
	Katrina Sims	Vincent Dwyer
	Leslie Rowe	

Willoughby
Swim Club Inc

Next Meeting
AGM, May 15,
2009 6.30pm
**Willoughby
Leisure Centre**

Upcoming Swimming Events

- Metropolitans SC
SOPAC
June 27-28
- State Open SC Championships
SOPAC
July 24-25
- Willoughby Invitation Meet
Willoughby Leisure Centre
August 2, 1pm
- Australian SC Championships
Hobart
August 8-12
- State AGE SC Championships
SOPAC
August 28-30

Upcoming Tours

- Canberra 23- 24 May
- Noosa—October

Congratulations to the following swimmers for making NSW Squads

Elliot Long:

Emerging Athlete Program Level Three

13, 14 and 15 year old female athletes who medal at an individual event at the Australian Age Championships. 13, 14, 15 and 16 year old male athletes who medal at an individual event at the Australian Age Championships.

Ben Schaffer:

NSW Age Development Squad

Male and Female athletes in the 13, 14, 15 and 16 year old age groups who compete in the final of an individual event at the 2008 Australian Age Championships.

Luane Rowe:

Open Water Development Squad

Club Nights for May

Friday 15/54/09 Fun Relays/AGM

Friday 25/54/09 Club Champ 400m
Free Normal Club after