



# off the blocks

## COACH'S COLUMN

### Canberra

With a blaze of personal best performances, our recent Canberra tour was by far Willoughby's most successful ever.

We again thrived on the AIS smorgasbord meals which must have somehow neutralised any negative effects of two visits to McDonalds in transit.

Personal Achievements too many to mention! We had Xenia ripping 21 seconds off her 400m Free with 5 min15, Lauren Amedee 10 sec with a 2:27 200m Free, Justin Brewer 6sec in 200m Free (2:02), Steph Cannell 8 sec 400m Free (4:50), Max Collins 24 seconds 1500m Free (17:25), Lucy Mason 7 seconds in 200m Free (2:21), Ben Schafer 12 sec in 400m Free (4:31), Jacqueline Schafer 14 seconds in 200IM with 2:57, Jackson Scott 16 seconds off his 200IM (2:46), Jessica Scott 9 seconds off 100m Back (1:29), Brianna Sims 13 seconds off 200 IM (2:41), Oliver Sims 10 seconds off 200m Free ( 2:43), Gabbi Taranto 12 seconds off 100m IM (1:39) and Gianni Taranto with a 6 second improvement of 1:10 for his 100m Freestyle.

This was the tip of an iceberg so big we helped slow the Global warming for the year – and may have also

softened the GFC! I have never witnessed such a display of independent focus and excitement from a swim team, with all our competitors stepping up to impress their teammates.

Well done to all on your impeccable behaviour and fine swimming – I hope you enjoyed the tour as much as I did!

Medals were also won by many of the team; Gold by Stephanie Cannell (2), Matthew Clifford (2), Callum Lowe-Griffiths (8), Claire McConnell (3), Ben Schafer (5)



*On Friday 29th May Luane Rowe received Her NSW University Blue Blazer. She will be competing at the Australian grand prix meet in Melbourne 20-21 June.*



### JX Qualifiers 2008/09

*This Swimming Australia program recognises swimmers aged 9 – 13 years for their achievements in a 50m pool in certain events over the summer season 2008-09.*

Congratulations to the following Willoughby athletes:

**Gold Star:** Lucas Anderson, Callum Lowe-Griffiths, Oliver Sims, Jacqui Schafer

**Gold:** Matthew Clifford, Christopher Dwyer, Max Graham, Lachlan Hile, Cameron Jones, Matthew King, Rachel Mangan, Brooke McConnell, Emma Morgan, Genevieve, Brewer, Clarence Gromowski, Ben Schafer, Brianna Sims.

**Silver:** Jonas Elliff, Harry Scott, Daniel Tobin, Brielle Wallington, Georgie Dean, Jessica Scott, Isabella Daley, Andre Anderson, Oscar Dean, Reiji Sano

**Bronze:** Gabi Taranto, Emily King, Lorcan Halfacre, Evelyn Parsonage, Lauren Amedee, Rachel Clifford, Jackson Scott, Miguel Urbina

**Green:** Sam Alldritt, Tamsin Elliff, Sophie Amedee, Yvette Boynton, Sean Graham, Tessa Meulenbroeks





and Oliver Sims, Silver by Kate Biviano (2), Carly Brewer, Max Collins, Sally Gilbert, Callum Lowe-Griffiths, Oliver (5) and Gianni Taranto, and Bronze by Carly, Justin, Sally, Lachlan Hile, Callum Jacqueline, Harry Scott, Jackson Scott, Brianna Sims (3) and Gianni.

Many thanks must go to Vinny for his managerial support throughout the weekend and also Rudy who always offers great support to the swimmers at competitions. We blooded many new competitors this weekend who all competed well and enjoyed the team camaraderie and getting to know their team-mates.

There were also many swimmers who could not make the trip, some of whom would have enjoyed great success – including a number of State and National qualifiers.

We are really looking forward to having a full team compete at the Championship events later in the winter season including Metropolitan and State Open and Age – our team is ready to make significant impact at this level.

## NSW All Schools

NSW All Schools were held last Monday and our swimmers again were amongst the State's best.

Elliot Long and Emma Morgan were selected to represent NSW in the Nationals in Perth later this year, Elliot winning the 14 years 50m Free and placing third in the 100m Free, and Emma placing 2nd in the 13yrs 50m Free.

Chris Dwyer won silver in the 12 yrs 50m Free and Bronze in 50m Fly, while Ben Schafer won two bronze medals in the 14 yrs 50m and 100m Fly.

Sally Gilbert and Claire McConnell both placed 4th individually in the 16yrs 200m Breast and 100m Freestyle events.

The Relays added success for our swimmers, with Emily Chancellor picking up Gold in



Emily Chancellor with her gold medal from the All Schools Swimming Championships 17 & over Medley Relay (Scegg's team)

the Senior Medley Relay with the SCEGGS Darlinghurst team, Elliot teaming up with Marcus Anderson in the Aloysius' 15-16 boys relays winning Silver and Bronze, while Sally Gilbert, Carly and Genevieve Brewer won silver in both the All-Age and Medley Relays in the Willoughby Girls' team.

Chris Dwyer, Matt King and Oscar Dean narrowly missed bronze in the Riverview Boy's all age event placing 4th by a tenth of a second.

## Bondi to Watson's Bay

Two of our swimmers achieved a milestone last weekend by competing in the annual Bondi to Watsons Bay relay event, breaking the event record in a swift 3 hours 10 minutes for the 11km race.

Conditions were bumpy and spectacular passing Dover Heights and 'The Gap', as Jake Nolan and Justin braved the "sharky waters" along with Peter Theil and Paul LaMonte from the Tattersall's Club team.

The water was extremely warm and clear for this epic journey into Sydney Harbour, and I'm sure the boys will carry this memory with them for many years to come – they both swam brilliantly in tough conditions.

## Upcoming Events

Willoughby is competing again as a club at the **WASA** meet on **June 13th** at **Warringah** where our swimmers can improve on their qualifying times for Metrop's and NSW State events.

Our **Club Championships** are being held currently and culminate with our invitation meet on **August 2nd** at the **Leisure Centre**, and all swimmers should make sure they enter these events.

We are again planning our training tour to **Noosa** during the first week of **October**. The cost for this camp is \$500 for the week which includes accommodation, pool hire/entry, food and coaching. Swimmers stay in 5 star holiday apartments and have a great time meeting the challenges of training at an elite level for a week, preparing for summer long course competition.

Details will be circulated shortly, and we have places booked for thirty swimmers. Swimmers should be at NSW State level to best benefit from this training camp.



## Willoughby Council Aquatic Facilities Feasibility Study

Council has appointed HM Leisure Planning Pty Ltd to undertake a feasibility study in relation to expanding pool space in the area. Specifically WSC has sought in addition to the 25m pool,

- a dedicated “learn to swim” pool (for example, 10m x 15m x 600mm - 800mm deep)
- an Olympic 50m swimming pool
- warm water program including aqua aerobics / hydrotherapy pool
- a significant recreational pool for families, including slides and other water features

WSC also recommended seating, concourse width and other rooms necessary to run competition meets. The consultants have met with WSC representatives (Graeme Brewer, Regina Haertsch, Molly Schafer, Mary Tobin, Kirsty Morgan, Vincent Dwyer, Leslie Rowe, Tim Collins, Michael King). The President of Swimming NSW attended one of our meetings to also support the case for expanding pool space.

### What you can do:

If you wish to lend your voice to this issue, you either talk with the WSC Committee about a role and/or ask your local school to write to Council supporting pool space expansion so that all local schools can hold their carnival/s and swimming programs locally. Council need to know that provision of this facility will meet local requirements and be well used. If you swim outside the local area tell Council why.

### Welcome to new members

Sally Gilbert, Kate Biviano, Cooper Stewart and Joshua Stewart.

WSC is pleased you have joined the team.

## Bunnings BBQ

Our Next Bunning’s BBQ is Saturday 30 May, starts 9am, volunteers are sought to help out.

The next BBQ is Saturday 5th September - lots of volunteers needed (day before Father’s day). For those swimmers that need to do community service for school - this is a great opportunity, please let Regina know if you can help.

## Upcoming Events

Metropolitans SC  
SOPAC **June 27-28**

State Open SC Championships  
SOPAC **July 24-25**

Willoughby Club Championships  
other Clubs attending, 1pm warmup **August 2**

Australian SC Championships  
Hobart **August 8-12**

State AGE SC Championships  
SOPAC **August 28-30**

Noosa Camp **October 3-9**

## Free online Member and Child Welfare Policy Training

Swimming Australia has free online Member and Child Welfare Policy Training which can be found in the middle of the page on the Swimming Australia website at [www.swimming.org.au/community/clubs](http://www.swimming.org.au/community/clubs) This information explains appropriate behaviour to ensure that the sport is safe, harassment free and inclusive. Swimming Australia policies apply to all persons involved in WSC.

### Willoughby Committee Members 2009/10

President	Regina Haertsch	0413 020 991 sstokes@bigpond.com.au
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
Treasurer	Rose Leamon	rosemary.leamon@bigpond.com
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Club NightCo-ordinator	Molly Schafer	0408 196 905
Clothing	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
Newsletter	Kathie Mason	99958 1302 offtheblocks@gmail
Other CommitteeMembers	Peter Nolan	Vincent Dwyer
	Lainie Cannell	Katrina Sims
	Leslie Rowe	Michael King
	Molly Schafer	Sion Griffiths

Next Committee meeting 1st June at 7.45pm, Bridgeview Hotel Willoughby - to decide all dates for next year