

Willoughby Swim Club INC



NOOSA CAMP REPORT

We each travelled our own way to Noosa, many flying into Brisbane and driving in the trusty Thrifty 24 seat bus to Noosa – **heaven on earth for swimming training**. The bus stopped just short to pick up some supplies at a roadside fruit market. Trays of mangoes for \$14 and a great rate on boxes of oranges, tomatoes and apples and our first dozen loaves of bread got the shopping off to a very positive start.

The accommodation at Grant Lea and its various adjoining apartments was more than adequate and quite luxurious, boasting multiple spas and swimming pools, along with ample living areas and sleeping space. I happily recommend the agents “noosabreakaway” to anyone considering a sojourn to this Queensland sanctuary.

Neville and Kristine at **noosabreakaway** made sure our stay was extremely comfortable, and coupled with the generous hospitality of the Sunshine Swimming Pool staff including Jason’s fab breakfasts at the pool, added up to one of the most enjoyable week’s training imaginable. The efforts from Rudy in making himself available to assist for the whole week cannot be understated, and without his input camps such as this would be impossible to conduct.

We spotted a wide range of wildlife during the seven days including **koala, frilled neck lizards, goanna, a black snake!, whales, dolphins and fish,... along with sea lice and marine stingers!** Typically, my choice of afternoon for a beach swim at Noosa coincided with the one day that Mr Jellyfish came to town, and a few itchy bodies resulted. Fortunately all the victims were

toughened athletes, determined that their misfortune would not effect their training aspirations.

We swam in excess of 73km during the seven days, and many awards at the week’s end reminded swimmers that they had completed more than six weeks’ swimming in six days! No-one seemed too exhausted as a result, testifying to a good starting fitness level.

I attribute the high survival rate to an excellent nutrition program made possible through a large parental involvement. At the conclusion of every pool session a parent would appear with cold milk to supply every swimmer with their choice of pure protein supplement, followed by either a high protein breakfast or a range of fruit options with some wicked jam sandwiches and OJ in the evening! Lunch was ham and salad sandwiches along with ample fruit salad, and dinners were a gourmet style ranging from the steak Barbeque to Spaghetti Bolognese, Gourmet Pizza, home made Lasagne or chicken either Barbequed or marinated. Potatoes came baked, bbqed, in a salad or jacket with butter/sour cream, and dessert was fresh fruit salad and yoghurt with strawberry dominance. We ate very well!

To our tireless parent helpers: Regina Haertsch, Cathryn and Michael King, Sara and Hugh Millikin, Jo and Brian Scott, Trish and Paul Long, Sally and Scott Amedee, Jenny Gilbert, Marissa and David Anderson, Ingrid and Scott Graham, Kirsty Morgan, Cathy and Jon Mason, please consider coming again next year!, which has been booked!, and encourage as many other parents as you can to join us. The healthy sense

of “team” amongst Willoughby parents is vital to helping our swimmers to climb towards their goals.

The tour was the best yet, and that’s saying a great deal. Our swimmers were outstanding both in and out of the pool, running the 4km to training every morning and staying motivated for the entire 15 hour day.....6am until 9pm..... every day! Our swimmer/manager Vinny’s efforts in organization should also be acknowledged.

The tidy room initiative rivalled the parent meal roster for tour’s best event, producing an unbelievable sense of pride in the swimmers’ rooms, and leaving a lasting impression on the cleaners. On our final inspection, every bed had been stripped, and all linen was folded neatly on every bed prior to our departure. The floors were mopped and the kitchens were immaculate! Well done to every swimmer!

The beach footy,..... long nature walks through the national park,..... whales frolicking daily off the beaches,..... challenging training sets,..... beautiful sun-sets, stunning rainbows,..... every type of beach condition ranging from calm and glassy, to gentle playful surfing waves, up to an angry, strong and volatile ocean at Sunshine Beach,..... were all lasting visions of a memorable week in Noosa.

Congratulations to all swimmers on their achievements at this camp. I look forward to sharing in the successes resulting from this commitment.

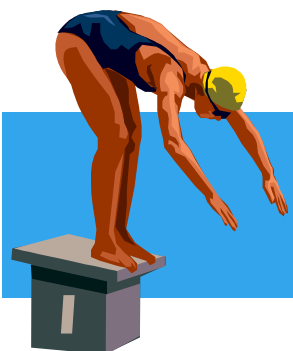
Graeme

Off the blocks

NSW Short Course Development Meet

It was another exciting day at Homebush as the intensity was at fever pitch for the Annual NSW Short Course Development Meet on 4th October, 2009. Although Willoughby only had three participants, Hamish Moore, aged 12, Jacqueline Schafer, aged 11, and Daniel Tobin, aged 10, the swimmers more than made up for their lack of numbers with their high levels of energy and readiness to race. They were focussed and prepared to give it their best on the day. And boy did they ever!

Competition was stronger than expected with each race having up to 12 heats of swimmers. Highlights included: Hamish Moore achieving personal bests in the 100 IM by 2 seconds (123.4), in the 50 free by a full second (31.2) and just missing 3rd place by 0.1 seconds, in the 50 breast by a full second (48.1), and in the 50 fly by 2 seconds (36.8) Hamish placed 4th in the 50 free and fly and 8th in the 100 IM. Jacqui Schafer matched her personal bests and placed 5th in the 50 back (37.8) and 50 free (33.05) and 8th in the 50 fly (37.7), and finished with an 8th place in the 50 fly (37.77). Daniel Tobin had some big personal bests with a 9 second drop in the 50 fly (47.1), a 1 second improvement in the 50 free (38.1), and equalled his best in the 50 back (43.9).



HCS

Good luck to our members doing their school finals this year – Emily Chancellor and Martina Stokes and Max Collins who is doing the Mathematics exam

Worlds Master Games 2009

Congratulations to Molly Schafer (competed in swimming and surf), Neil Schafer (surf lifesaving), Tim Collins (swimming), Regina Haertsch (swimming) and Ingrid Graham (cycling)

Molly won a silver medal in the 50 m breast-stroke!!

Upcoming Tours

Canberra tour: 31/10/09 – 1/11/09 Telopea meet – Good luck to the 34 swimmers competing in long course meet

Upcoming Swimming Events

Northern Suburbs Championships will be held on Saturday 7/11/09, Sunday 29/11/09 and Saturday 5/12/09.

DUTY Willoughby has to supply 2 timekeepers for Lane 5 and 1 timekeeper for Lane 9 for duration of each carnival, so pick a time which is convenient and let Regina know via

regina.haertsch@bigpond.com

New Members

A hearty welcome from WSC to new members: Gerardette Seeto, Kara, Karen, Hugo and Max Blackley, Zoe and Cassandra Macfarlan, Bill and Gaby Biviano, Alexandra Tobin, Thomas and Amanda Gillis, Nicole and Mark Hile, Sara Millikin, Peter, Callum and Caitlin Brunton, Morgan and Adrian Randy, Nikita and Vyvyan Spalvins, Amy and Charlie Marwedel, Narisara Stewart, Phil, Ayn and Allayne Hopper, Wendy Huang, Thomas, Naomi and Mike Davies, Zoe, Emma and Sam Baptist, Alison Knox, Brent, Jane and Joseph Bonadeo, Mark, Kim and Madeleine Kennedy, Shelley, Simon, Elise and Mim Dixon. It is great to have you all on our team!

Club News: Summer Club returns 23/10/09 and then 13/11/09, 20/11/09 and 27/11/09 – **BBQ will be available.**

Willoughby Pool Space Increase Feasibility Study: The report goes to a Willoughby Council Committee on 2/11/09 and should be on public exhibition from 3/11/09 for comment.



WILLOUGHBY SWIM CLUB INC.



Willoughby Committee Members 2009/10

President	Regina Haertsch	0413 020 991 re-gina.haertsch@bigpond.com
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Jo Scott	9417 1946 joandbri@bigpond.net.au
Treasurer	Rose Leamon	rosemary.leamon@bigpond.com
Race Secretary	Gina McConnell	9427 9197 ginamcconnell@optusnet.com.au
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Registrar	Lesley Collins	0413 593178 lfcollins@optusnet.com.au
Club Night Co-ordinator	Molly Schafer	0408 196 905
Clothing	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
Newsletter	Kathie Mason	99958 1302 offtheblocks@gmail
Other Committee Members	Peter Nolan	Vincent Dwyer
	Lainie Cannell	Katrina Sims
	Leslie Rowe	Michael King
	Molly Schafer	Sion Griffiths

Next Committee meeting 2 November at 7.45pm, Bridgeview Hotel Willoughby

Noosa Training Camp:

Thank you very much to Graeme for organising and overseeing the Noosa camp and to Rudy for coaching alongside Graeme. The camp's success was possible as so many parents undertook meal preparation and our athletes were extremely appreciative of the menu delights created by Kirsty Morgan, Catherine & Michael King, Sally & Scott Amedee, Trish & Paul Long, Sara & Hugh Milliken, Narelle Brewer, Jenny Gilbert, Jo & Brian Scott, Marissa & David Anderson, Kathie & Jon Mason, Ingrid & Scott Graham. On the other hand, the washing up roster adhered to by the swimmers assisted to sharing the load and this was appreciated by the parents.

BBQ Worlds Master Games 2009 Open Water

It was a big day out for WSC running BBQ at the open water event on 17/10/09 at Clifton Gardens. Thank you to those who organised and worked at the fundraiser - Graeme Brewer, Leslie, Luane and Peter Rowe, Molly, Neil and Jacqui Schafer, Rose Leamon, Peter Nolan, Vincent Stokes, Max Collins, Trish, Paul and Elliot Long, Bridgette, Xenia and Yvette Boynton. Thanks also to all the families who prepared the cakes for sale – your generosity was most warmly received and appreciated. The Club's visibility in the swimming community was elevated especially in our new WSC BBQ aprons! And we made over \$2500 – all fund raised are spent on subsidising tours and providing awards and events for our swimmers.