

WILLOUGHBY SWIM CLUB INC.



Off the Blocks Newsletter

Vol. 5 Issue 6 July 2011

FROM COACH - CANBERRA TOUR

Willoughby's winter trip to Canberra was another great success for the 27 swimmers who made the journey on a brand new Murray's bus. The weather conditions were clear and cold – a new experience for many of our athletes dealing with frost and chilly hotel rooms. The competition was quite strong as Canberra are preparing for their upcoming winter championship meets, however many Willoughby swimmers stepped up and achieved some great times as well as a bag of medals!

Carlee Millikin won gold in the open 50m, 100m and 200m Breaststroke creating a meet record in the 100, Matthew Clifford won gold in both the 13 years 50m and 100m Breast, while Sam Fitzgerald won two silver medals in the 13 years 50m and 100m Fly and two bronze medals the 100m Breast and 50m Free. This was fabulous on his first trip away to compete!

Lucas Anderson won a silver and two bronze in the twelve years 100m Breast and 50m Breast and Back, as well as finishing 4th in the 100m Back, achieving personal best times in all races. Genevieve Brewer finished 4th in both the Open 50m and 100m Back posting a personal best in the 50m, Matt King bagged bronze in the Open 200m Breast, while Elliot Long collected 3 silver medals in the open men's 50m, 100m and 200m Freestyle.

Matt Millikin collected bronze in the 800m Freestyle, and Emma Morgan enjoyed a host of races against World Championship medallist Emma McKeon, collecting GOLD in the 200IM and silver in the 15/over 50m, 100m, 800m Free and 400mIM. Angel Roth won Bronze in the 13 years 50m Breast and placed 4th in the 100m, while Roger Wang also collected bronze in the 13 years 50m Breast.

The tour again gave all our swimmers a great taste of travel and competition and was a positive experience for both experienced competitors and those racing for the first time. Many achieved qualifying times for Metropolitan and State Age Championships to be staged later in the winter season. Thanks to all parent supporters for your involvement in this successful tour.

METROPOLITAN CHAMPIONSHIPS

Metropolitan Championships were staged this weekend, and GOLD was achieved by Matthew Clifford in the 13 years 200m Breaststroke with a

TEN SECOND PERSONAL BEST of 2min 33.38!

Matt also achieved Bronze in his 100m Breaststroke with a sizzling 1min 12.37 with Lachlan Hile not far behind placing 5th with a 7 second improvement of 2min40.03. Sam Fitzgerald won his first championship medal in the last event on the program bagging bronze in the 13 years 100m Fly in 1min06.52, as well as improving 10 seconds in his 200m Fly with 2min 29.81. Lucas Anderson joined in the action also winning bronze in the 12years 100 Back with a fast 1:10.08, as well as placing 7th in his 100m Breast in 1min21.12

Some excellent personal best times were achieved throughout the meet by our 13 swimmers – many eligible competitors were absent due to holidays/illness/injury/surgery- but those in attendance took full advantage of their opportunities. Chris Huang ripped seconds from his entry times in 200IM 2:17.25(5sec), 400m IM 4min54. (10sec), 50m Breast 31.98(0.7sec), 200m Free 2min03.50(3sec), and both 50m and 100m Free(0.8sec). Genevieve Brewer improved 5 seconds in her 200m Back to finish top ten in the 16/over division with 2min20.75, and Matthew King achieved a nice 4 second improvement in his 400IM with 4min53.62, also improving his 100m Breast with 1min10.53. Elliot Long took a second off his 200m Free with a fast 1min55.76 and Matt Millikin also made outstanding progress with his 200m Back 2min24.76(4sec) and 100m Back 1min07.11(1.5sec).

We are now on our final preparation for NSW State Age Championships in August, and on the way we have our Club Championships this Sunday, as well as National Schools' in Melbourne at the end of July. Training will be demanding in the next three weeks, with a focus on SPEED development and skill refinement for high level race competition. Please make sure you are early to training, and remember to aim at **target race speed** when completing the sprint training sets.

The Noosa Training Camp for next school holidays will provide our platform for the Long Course season which culminates in Olympic Trials in Adelaide. We are planning a fabulous week of intense training and fun in the sun, so please return the application forms which will be emailed this week promptly if you are keen to participate this year. Graeme

Upcoming Meets and Events:

Social

- Presentation Day – 11/9/11 2.30pm – 5pm Artarmon Bowling Club

Winter SC Competitions

- Club Championships – Sunday 24/7/11 Pool entry of \$4.50 applies
- SMNE Junior Development Meet – 6/8/11
- NSW Age SC Championships – 12/8/11 – 14/8/11 (online entries close 3/8/11 @ 3pm)
- State Teams – 16/9/11 - 18/9/11 (NSW team selected from Age Champs)
- Development Meet – 25/9/11 organised by SMNE

Training camp

- Noosa Training Camp – 24/9/11 – 1/10/11 – see Graeme

Summer LC Competitions

- SMNE 2011 championships – 12/13 November 2011
- Canberra tour 10/11 December 2011
- NSW Age 10&U – 12yrs – 7-8/1/12
- NSW Age 13 – 18yrs 10-15/1/12
- Speedo Heats 5/2/12

Big News: WSC has been acknowledged at a gold club again – 5 years consecutively makes WSC one of only 4 clubs in Australia to achieve this standard and become 'platinum'. The award measures many aspects of club life; and it is ultimately the member's that is your participation, which is recognised. Congratulations to you all.

Presentation Day will be held at Artarmon Bowling Club from 2.30pm to 5pm. Bowling will start the afternoon. The Mayor will present trophies at 3.45pm for 4pm. There should be an Australian Swimming Team member – who will be publicised closer to the event. Please bring a plate. Bar operating for all drinks.

Racing swimsuits If any swimmers are looking to purchase TYR performance suits, you may contact our supplier Stephen Thomas via Graeme or on 0418 978 434 or stcom@top1.com.au

Welcome to new members Hugh Fitzgerald, Amanda Crowe – we look forward to meeting you all poolside.

Clothing and swimming kit – for sale \$5 or less – at Club Championships on Sunday 24/7/11 a stall with towels, water bottles, goggles, back packs, caps, chamois etc

Willoughby Committee

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