



VOLUME 5, ISSUE 6 – AUGUST 2011

OFF THE BLOCKS

COACHES COLUMN

STATE AGE WINTER CHAMPIONSHIPS

Last weekend Willoughby was represented by 16 swimmers in the winter State Age Championships at Homebush commencing on Friday evening with the 100m Freestyle and 200m and 400m IM. Our swimmers placed 10th or better in 35 from 55 performances winning two silver and two bronze medals through our Breaststroke specialists Carlee Millikin and Matt Clifford who each won Silver in their 200m and Bronze in their 100m.

Callum Lowe-Griffiths finished 4th in the 12/under 200m Back (2:26.74) and 5th in the 200m Free (2:13.98) as well as finishing 9th in the 100m Back cracking 1:10 for the first time. Lucas Anderson finished 8th in both the 12 years 200IM (2:34.08) and 100m Back (1:09.83) and 10th in the 200m Free with 2:15.85 – all personal best times.

Sam Fitzgerald celebrated his birthday on day one of the Championships stepping up to the 13 years and finishing a close 8th in the 200m Fly (2:25.48) and achieved another PB of 1:05.45 in the 100m Fly to post one of Willoughby's five 11th place finishes. Matthew Clifford's 100m (1:10.31) and 200m (2:32.47) Breaststroke medals were also achieved in the 13 years division, along with Jacqui Schafer's strong 200m Back PB of 2:33.92.

In the 14 years age group Kate Viviane continued our Backstroke success with excellent PB performances of 1:07.64 and 2:25.61 finishing 13th and 15th respectively in the 100m and 200m distances. Max Graham returned from a lengthy spell with two broken fingers (soccer goalkeeping) to post 2:26.07 for his 200m Back whilst our other 14 year old Matt Millikin also excelled in the 200m Back with 2:26.90 after 3 hours on the rugby pitch! Go you Backstrokers!

Emma Morgan led the 15 years age division finishing top ten in five out of six events. Emma's 200m Free 5th (2:05.15), 200mIM 4th (2:21.18) and 200m Back 5th (2:20.58) were outstanding results considering a recent Bali holiday and a week competing at National Schools Championships in

Melbourne. Matt King excelled in a wide range of events placing 11th or better in all eight races! Matt's best included 6th in the 200m Breast (2:28.37) and 200m Fly (2:15.36), as well as 9th in each of 50m Free (25.35), 100m Breast (1:09.48) and 200m Free (2:00.02). Chris Huang continued achieving best times from Metropolitan Championships placing top ten in four out of five events. Chris narrowly missed the medals in the 100m Breast finishing 5th with a sizzling 1:07.80. His 2:30.00 was good enough for 7th in the 200m Breast, while also placing 9th and 10th in the 400mIM (4:53.52) and 200mIM (2:18.38).

Carlee Millikin returned following dental surgery to claim her medals in the 100m Bronze (1:12.98) and 200m Silver (2:35.77) Breaststroke in the 16 years, and was supported by Genevieve Brewer who finished 8th in both the 100m (1:05.11) and 200m (2:19.24) Backstrokes. Ben Schafer produced one of the best 100m Freestyle races in finishing 5th in a slick 51.86 and also achieved a 4th placed performance in the 100m Fly in 57.80. Ben also swam fast finishing 7th in the 50m Free (24.17) and 9th in both 200m Fly (2:09.23) and 200m Free (1:55.53).

Our lone 17 year old was Elliot Long who took time away from the HSC books to contest the 17-18 100m and 50m Freestyle, placing 12th in both events with very respectable times of 52.72 and 23.82.

The conclusion of the winter short course season will be in September when our younger swimmers participate in the Development Meet at Homebush following three training sessions offered through our SMNE district squads. Best wishes go to these swimmers who are aiming to qualify for NSW Championships in future seasons. Thanks go to Rudy who is head coach for this SMNE initiative.



Our training trip to Noosa is in September and we currently have more than 25 swimmers enrolled this year along with 12 parent helpers. We will be training hard in preparation for this camp to enable swimmers to complete the 80km planned for the week as well as running and dry land work.

Summer is fast approaching and swimmers should attempt to increase their weekly commitment by a session or two. This way we can promote a steady improvement in all age-groups and look forward to more competitors representing at State Championship level into the future.

Don't forget that Club Race nights now include a \$\$\$ handicap Freestyle event, where placegetters can compete for prize incentives of \$20, \$10 and \$5 for 1st 2nd and 3rd in the final! This is a great way to hone your racing skills, improve your speed and build your bank balance!

Graeme

School Sport Australia Championships 2011

There were some outstanding performances from Willoughby Swim club members who participated in the School Sport Australia Championships in Melbourne from 30th July – 5th August.

Our senior female swimmers, Sally Gilbert and Carlee Millikin, blitzed the competition with a first and second in the 100 Breastroke, respectively. They then switched places in the 200 Breastroke with Carlee taking the gold medal and Sally not far behind with the silver. In the 50 Breastroke, Sally again achieved a medal position with second place while Carlee was just out of medal range finishing in fourth place.

Our intermediate swimmers, Emma Morgan and Ben Schafer, stood strong against their fierce rivals. Emma achieved a podium position in the 100 freestyle with a third place. Her other performances were quite good as well as she finished fourth in the 200 IM and 6th in the 50 free with only three tenths of a second separating third place from sixth. Ben Schafer became a sprint freestyler for the meet as he touched out his nearest rival to finish with a first place in the 50 free. He also achieved another two podium finishes with third places in the 100 fly and the 15/16 boys medley relay.

Our sole junior swimmer, Lucas Anderson, had a sensational meet bringing home not only many medals but several PB's

as well. He achieved a silver medal in the 100 backstroke and two bronze medals in the 200 IM and the 50 Backstroke. In a closely contested race in the 50 free, he narrowly missed third place to come in fourth with a big PB. Lucas also made it through to the finals in the 100 breastroke and the 50 breastroke finishing fifth and seventh, respectively.

Upcoming Meets and Events:

Social

- Presentation Day – 11/9/11 2.30pm – 5pm
Artarmon Bowling Club
- Willoughby Leisure Centre Open Day –
24/9/11 9am – 1pm

Winter SC Competitions

- Development Meet – 25/9/11 organised by
SMNE and SNSW

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

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 – soft drinks etc

Awards to the JX qualifiers, club champions and club night pointscore winners will be made. If the awards for YPS qualifiers have arrived, these also will be distributed.



Bunnings BBQ 3/9/11 – please let Regina know if you are able to assist for a few hours between 8.30am and 4pm – remember, these hours can be contributed toward community service if you need it for school (regina.haertsch@gmail.com).

Welcome to new members: Harriet Gillson – welcome to the team..

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

Club Night Point Score:

Points are awarded at club nights as follows:

- 1 point for each event entered (maximum of 3 events)
- 1 point for each Personal Best achieved (as per times recorded on the WSC data base)

Points are accumulated and awards will be presented to our top point scorers for the year at the WSC Presentation Day in September). The awards are:

- 12 yrs and under: top 10 point scorers (all ages, male and female combined).
- 13 yrs and over: Perpetual Trophy for 13/over male and female.

NEXT CLUB NIGHT: FRIDAY 2nd September 2011

Willoughby Committee Members 2011

President	Regina Haertsch	0413 020 991 regina.haertsch@gmail.com
Vice President	Graeme Brewer	graeme@brewerswimming.com.au
Secretary	Trish Long	
Treasurer	Michael Taranto	tor.taranto@gmail.com
Race Secretary	Molly Schafer	0408 196 605 wsc.entries@gmail.com
Registrar	Lesley Collins	0413 593 178 willswimclub@gmail.com
General Committee		
	Rosemary Leamon	Sara Millikin
	Sion Griffiths	
	Dominic Fitzgerald	
Other Key Contacts		
Clothing Coordinator	Nicole Hile	
Newsletter Editor	Katrina Sims	9880 9746 offtheblocks@gmail.com
SMNE Delegate	Michael King	
Next Committee Meeting 12th September at 7.45pm, Bridgeview Hotel Willoughby		

