



VOLUME 5, ISSUE 11 – NOVEMBER 2011

COACHES COLUMN

HERON ISLAND SWIM

The last weekend in October was full of action with the Lane Cove Carnival producing encouraging results for many of our swimmers, while some of us were happily frolicking in Heron Island at the inaugural Great Barrier Reef Ocean Swim. On arrival we were surprised to see a large reef shark escorting our boat towards the Heron Island wharf. As we docked we discovered he had many friends,.... and spotted no less than ten sharks, along with a 3 metre groper swimming happily within the waters of this tiny harbour. It was right then that Genevieve indicated that she had no intention of entering the water to participate in the race scheduled for Saturday morning (reservations were overcome).

The 4 Star accommodation was excellent, as was the fine dining at this stunning resort, but the vast array of sea life certainly made a lasting impression on the 120 ocean swimming visitors. We swam with many large stingrays, turtles and every type of fish during the four days on Heron, and the bird life had to be seen to be believed, with hundreds nesting in every tree on the island. After a couple of days acclimatizing to the busy waters, we became more interested and excited than frightened of the opportunity to swim with the abundant sea-life, and enjoyed the challenging ocean swim of 3.1km into a stiff current. Narelle successfully

completed her first official ocean swim.

Other highlights included a huge lunch buffet each day, a Hawaiian feast, a sumptuous seafood BBQ banquet and some excellent music and educational entertainment – not to mention a brief technical lecture and swimming stroke workshop in the crystal clear waters of paradise. Aside from the Qantas fiasco and uncertainty about our homeward journey, this tour was pure joy from start to finish. Regina, Rose, Sara and my family (minus Carly) will be struggling for some time as we try to re-focus our lives having experienced such a blissful sojourn in perfect weather.

SMNE CHAMPIONSHIPS

Our performance in the SMNE district championships last weekend was creditable, with our Open relay teams winning Gold in the men's 10x50m and Silver in the Medley relay by the slimmest margin. The Women's teams also enjoyed success in spite of Emma Morgan's absence due to her broken finger flaring up winning Bronze in the 10x50m. Check out how close your State Age qualifying times are so you have targets to aim for in the upcoming Canberra and Grand Prix events.

Don't forget we also have the afternoon meet on December 4th at Knox's brand new 50m facility!

CANBERRA TOUR

Please make the Canberra tour a priority if you are planning to compete at State, as this tour helps our swimmers bind together as a team as well as refine their racing skills away from the comforts of home. It's also nice to compete in a different pool to Homebush against unfamiliar opposition. Entries are still being accepted, so if you want to come and compete, you can.

CLUB CHRISTMAS PARTY AT QUEENSCLIFF

Our Christmas celebration at Queenscliff is set for Friday 16th December, and all swimmers are encouraged to join the ocean swim to Manly/Shelley Beach and back prior to pizza and fun in the Queenscliff SLSC. Younger swimmers can bring their fins for extra safety and confidence. There is NO COST – the Club provides all (except the adult drinks from the bar).

Off the Blocks



This is another important social event where the swimmers can meet away from the confines of the Leisure Centre training environment, and parents can relax with a Chardy or two!

NEW YEARS EVE AT CLOVELLY

Our traditional ocean swim in Clovelly Bay followed by BBQ breakfast has become more popular every year, and the goal is still to swim 10km in one session prior to year's end! Although since Luane is no longer with us, I'm sure we have a few swimmers who'll take up this challenge. Meet on the south promenade at 7am sharp to enjoy the aquarium-like waters on offer at Clovelly, and bring something special for the year- end brunch. Fins are again permissible for this ocean experience and parents are welcome to join in.

STATE AGE CHAMPIONSHIPS

Our first major Championship of the summer season is the State Age Championships, and we hope to have a large number of swimmers competing in this event. Target your qualifying times and plan to race at your peak in these championships, our training programs are designed to have you ready to achieve best times here. The more swimmers we have competing, the better the club will perform in the team point score. To score points you need to finish in the top ten – make a final! Keep in mind we hope to field relay teams, so if you will be away please let the coaches know in advance.

Congratulations to all of our HSC STUDENTS on FINISHING SCHOOL – YAY! Hope we see more of you in the water now you are enjoying life's longest holiday.

Keep up the focus in training, and set your goals high for State Age in January.

Graeme

WILLOUGHBY SWIM CLUB CAPTAIN 2012.

Congratulations to Elliot Long, who has been chosen as club captain for 2012. We are very proud of Elliot's application and achievements and is deserving of this position.

BUNNINGS BBQ FUNDRAISER:

NEXT 26/11/11 – please contact Regina if you can assist.

UPCOMING MEETS AND EVENTS:

CLUB NIGHT RACES AND BBQ:

2/12/11

Term 1 2012: 27/1/12, 17/2/12, 16/3/12, 30/3/12

SOCIAL:

* Christmas Beach Party Friday 16/12/11

* New Year's Eve swim and BBQ breakfast – 7am, 31/12 Clovelly Beach.

SUMMER LONG COURSE COMPETITIONS:

December:

4: Knox Invitational Carnival (closes 20/11/11)

10 – 11: Canberra Tour (closes 16/11/11)

January 2012:

7 – 8: NSW State Age 10 & Under

10 – 15: NSW State Age 13 – 18 yrs

February 2012:

5th: Speedo Sprint Heats

MASTERS:

11/2/12 North Sydney Carnival 7pm warm up.



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 December 6.30PM

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

MASTERS SWIMMING:

Did you know that you can join Masters Swimming through Willoughby Swim Club? As a member you can compete in sanctioned meets – the calendar is on Master Swimming NSW website. If you are over 25 years, you can compete in international events such as the FINA Masters World Championships to be held in Riccione Italy in June 2012.

If you would like to try out 50m events without joining there will be an opportunity at the North Sydney Masters Carnival on Saturday 11 February 2012 from 7pm. For more info contact Regina.

WILLOUGHBY CLUB COMMITTEE 2011

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SMNE Delegate: Michael King

Clothing Coordinator: Nicole Hile

General Committee:

Rosemary Leamon, Dominic Fitzgerald, Sara Millikin, Sion Griffiths

Next Committee Meeting:

5th December 2011 – Dinner (contact Dominic Fitzgerald to confirm your attendance).

2012: 6th February 2012 – Bridgeview Hotel