



# off the blocks

## COACH'S COLUMN

### Canberra Tour November 2009

The recent tour to Canberra for the Telopia Carnival was an outstanding introduction to long course racing for our competitive swimmers. Achieving personal best times is never more difficult than at the start of summer, but our swimmers are determined to progress, and achieved numerous performances faster than their short course (25m) p,b, which is often not possible until later in the summer season after many attempts.

Swimmers who improved on their entry time have been awarded \$1 per swim!

The tour was very successful in many ways, with all our swimmers learning to live out of their suitcase, as well as being punctual and independent within the team environment.

Many Metropolitan and State qualifying times were achieved by our swimmers at this first Long Course meet, and we expect steady improvements as the summer season progresses.

Thanks to the Willoughby Swim Club for supporting this trip, and Regina for again overseeing bookings.

Molly Schafer and Vinny were always available to fine-tune the management issues which included accommodation and meals and general supervision.

Rudy was again invaluable in his assistance both poolside and throughout the tour, and his involvement is greatly appreciated.

The AIS is a fabulous place to stay, and we were excited to find Australia's Track and Field great Jana Pitman dining with

us for both dinner and breakfast. I'm sure the experience of staying at Australia's national athletic institute will benefit all our swimmers for many years to come.

We travel to Canberra twice each year and all swimmers are welcome to sign up for these tours.

### Northern Suburbs Championships Number 1

Northern Suburbs Championships began on Saturday 7/11/09, and Willoughby dominated on the back of an outstanding commitment from our swimmers. By the evening's end at 10:30pm our team had amassed 300 points to our nearest competitor club Knox-Pymble's 220 points.

Our swimmers achieved numerous personal best times and many more qualifying standards for Metropolitan, NSW State and even National Age and Open Championships. These achievements were all the more impressive considering the absence of current NSW State Age Short Course finalists Brooke and Claire McConnell, Linley Dundas and Chris Dwyer through illness.

Keep up the intensity in the next meet on Sunday November 29th. We are ahead because of an excellent commitment and effort across all age divisions by Willoughby swimmers, and we will need a further commitment to maintain this dominance of the District Championships.





*Willoughby teams won the following trophies last week:*

### 10/Under Boy's 4 x 50m Freestyle Relay

Lucas Anderson	33.20
Oliver Sims	33.66
Tom Gillis	38.20
Callum Lowe-Griffiths	31.73
<b>First</b>	<b>2 min 16.79</b>

### Open 10 x 50m Mens' Open Free Relay

Justin Brewer	25.08
Elliot Long	25.32
Anthony Isiais	26.67
Marcus Anderson	26.13
Jake Nolan	25.63
Tom Chancellor	26.14
Ben Schafer	26.87
Max Collins	27.77
Nate Elliff	26.74
Vinny Stokes	24.73
<b>First</b>	<b>4 min 20.98</b>

### Open Womens 10 x 50m Free Relay

Emma Morgan	28.51
Isabelle Meulenbroek	30.68
Genevieve Brewer	29.30
Carly Brewer	30.43
Brianna Sims	29.35
Stephanie Cannell	29.57
Lucy Mason	29.43
Carlee Millikin	29.70
Sally Gilbert	29.13
Luane Rowe	28.86
<b>First</b>	<b>4 min 55.04</b>

*Both Men's and Women's teams were also winners in the Open 4 x 100m Medley Relays on Saturday, achieving the following splits:*

#### Men's B team

Nate Elliff	1:07.20
Max Elliff	1:23.40
Jake Nolan	59.22
Vinny Stokes	54.35
<b>First</b>	<b>4 min 24.17</b>

#### Men's A team

Elliot Long	1:08.90
Chris Huang	1:19.81
Ben Schafer	1:03.46
Justin Brewer	59.82
<b>Third</b>	<b>4 min 31.95</b>

#### Womens A team

Genevieve Brewer	1:12.15
Carlee Millikin	1:19.85
Stephanie Cannell	1:08.20
Emma Morgan	1:01.43
<b>First (RECORD)</b>	<b>4 min 40.93</b>

#### Womens B team

Lucy Mason	1:15.65
Sally Gilbert	1:20.04
Luane Rowe	1:09.07
Carly Brewer	1:05.47
<b>Second</b>	<b>4 min 50.23</b>

### Girls 14/Under 200m Free Relay

#### A team

Genevieve Brewer	29.90
Brianna Sims	29.60
Rachel Mangan	30.00
Emma Morgan	27.63
<b>First</b>	<b>1 min 57.13</b>

### Girls 14/Under 200m Free Relay

#### B team

Lauren Amedee	31.40
Rachel Clifford	29.60
Tierney Seeto	30.70
Morgan Randy	30.90
<b>Fourth</b>	<b>2 min 02.60</b>

### Boy's 14/Under 200m Free Relay

#### A team

Matthew King	27.68
Jackson Scott	29.44
Chris Huang	29.11
Ben Schafer	27.08
<b>Second</b>	<b>1 min 53.31</b>

### Boy's 14/Under 200m Free Relay

#### B team

Matthew Millikin	30.83
Max Graham	31.44
Andre Anderson	30.83
Gianni Taranto	30.08
<b>Sixth</b>	<b>2 min 03.18</b>



*Willoughby boasts the following individual Northern Suburbs Champions following the first carnival:*

<b>Lucas Anderson</b>	10/under 100m Breast,
<b>Emma Morgan</b>	13/14 100m Freestyle, 100m Backstroke,
<b>Ben Schafer</b>	13/14 100m Freestyle, 100m Butterfly, Open 200m Butterfly,
<b>Callum Lowe-Griffiths</b>	10 yrs 50m Freestyle,
<b>Sally Gilbert</b>	15/16 200m Breaststroke,
<b>Elliot Long</b>	Open 50m Backstroke and 50m Freestyle, 15/16 200m IM,
<b>Stephanie Cannell</b>	15/16 100m Butterfly,
<b>Carlee Millikin</b>	Open 100m Breaststroke,
<b>Matthew Clifford</b>	12/under 200m Breaststroke,
<b>Luane Rowe</b>	Open 200m Butterfly,
<b>Rachel Clifford</b>	13/14 100m Butterfly

Thankyou to Regina Haertsch, Jenny Gilbert and of course Kerry O'Loughlin who all played an important role in the Carnival operations, along with Gabi Biviano, Ingrid Graham, Mario Isaias, Anne Collins, Kirsty Morgan, Marissa Anderson, Peter and Gina Wallington who time kept fulfilling Willoughby's duty. THANK YOU!!

Ocean swimming commences this month, and I would love to see all our swimmers swimming the Coogee Wedding-cake Island event at the end of November. Growing up in nearby Clovelly, I can recommend the thrill of achievement you experience after swimming around this landmark, its well worth the effort! Get your entries in and notify Rose Leamon of your rego number to assist us in organising Willoughby's "team" entries. For novices there is a shorter event on as well.

*Graeme Brewer*



Geoff Hugel inspired all the members with his talk at the Club Presentation afternoon.



## Upcoming Meets:

**Molly Schafer is the Race Secretary for the following competitions at 1, 2, 3, 4 below**

1. **Northern Suburbs Championships** to be held Sunday 29/11/09 (entires closed) and Saturday 30/1/10. Entries for the third Northern Suburbs carnival due 18/12/09.

**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](mailto:regina.haertsch@bigpond.com)

2. **NSW Summer Metropolitan Championships** is 12/13 December 2009 – entries due 30/11/09 if you enter yourself enter online.

*If you are using a short course time or seek Molly's assistance, the closing date 25/11/09*

3. **NSW Age Championships** – closing date to give Molly entries is 30/11/09
4. WSC is looking to enter **RELAYS** for **NSW Age Championships** (13-18 and 10/under – 12). If you are available please tell your coach
5. **Tasmanian Age Championships**: This year WSC will be touring again to compete in this great event.

Departure is 5/3/10 returning 8/3/10. Information will shortly be on the website. All inclusive cost will be \$550 which covers air travel, transfers, food and accommodation. Deposit due 18/12/09

## Oceanswims

The season is upon us. Rose Leamon coordinates our team entries so please send Rose your email if you would like to be notified about the processes and kept informed about ocean swim activity.

Parents can join in ocean swims this as well. These are great mornings out in the fresh air. Rose's email is [rosemary.leamon@bigpond.com](mailto:rosemary.leamon@bigpond.com)

## Club Christmas Party:

**Queenscliff Surf Club Friday 18/12/09** – pizza and drinks provided after a bit of beach racing – come along – will be great regardless of weather especially if your family joins in!

## Welcome to (re)new members

A hearty welcome from WSC to rejoining members Sonia and Raymond Song who return after several years in China. Good to have you back!

## Willoughby Pool Space Increase Feasibility Study:

The report now goes before Willoughby Council on 7/12/09 – keep your eyes peeled!

## Club News:

Summer Club on **27/11/09** at Willoughby Leisure Centre – **BBQ will be available.**



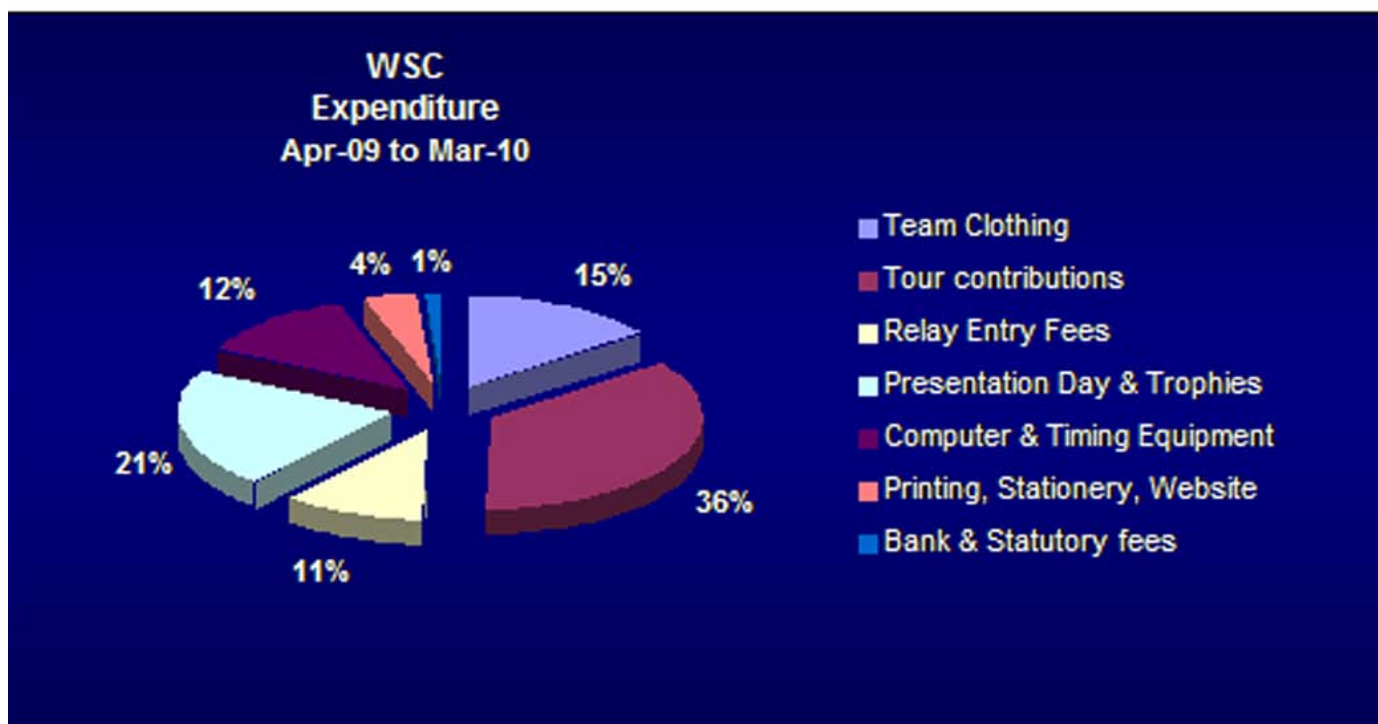
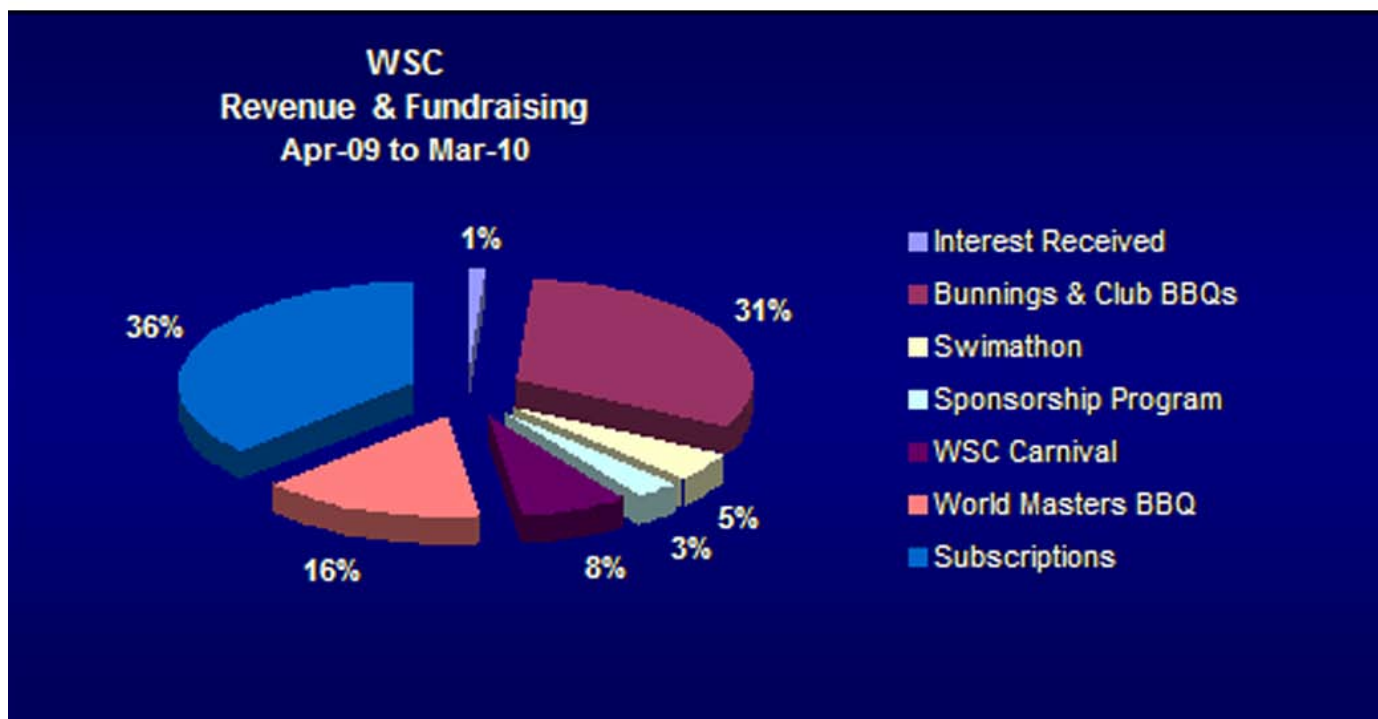
## WSC Financials “show me the money”

Have you ever wondered where our money comes from and where it is spent? The below charts indicate our outlook for the current financial year ending 31 March 2010.

As you can see the lions share of revenue comes from member subscriptions and our highly successful Bunnings BBQs. This enables the club to make significant contributions to tours such as Canberra and Tasmania

with additional spending focused on presentation day and team clothing.

All financial decisions are approved by the committee who endeavour to maximise member value. If you have any questions or feedback on club financials we encourage you to contact a committee member or email our treasurer, Rose Leamon on [rosemary.leamon@bigpond.com](mailto:rosemary.leamon@bigpond.com)





## Bunnings BBQ

Our next fundraiser is on 5/12/09. Please consider coming for a 2-3 hour shift and let Regina know which time suits you.

## Success

Congratulations to our Jake Nolan for achievements in the legendary °Coolangatta Gold.

Also congratulations to Claire McConnell for *Swimming Competitor of the Year* and Kate Biviano for *Junior Swimmer of the Year* awarded at the 2009 Monte Annual Sports Awards Dinner.

## 5-6 December 2009 - NSW Open water Championships

We wish Max Collins good luck when he represents WSC in the 5k and 10k race on 5-6 December 2009.

## Technical Official Training:

Plainly a swimming competition also depends on having competent officials.

If you would like to be trained as a Starter, Timekeeper and Check Starter/ Marshall please contact Regina who would like to hear from you soon.

With WSC being on duty for the 3rd Northern Suburbs Carnival (30/1/10), there is an opportunity to practise your new skills at SOPAC which is the best environment possible.

Remember, you will be able to use your skills for the busy school carnival season in Term 1 and assist those meets to provide a fair competition for your children.



## Open Day

Rosemary Leamon (left) and Regina Haertsch (below) provided information at the Willoughby Swim Club Open Day in the Leisure Centre.

## Medals and Media:

If any swimmer wins a medal/s at an event could a photo be emailed to Regina please. The deal is that we will try to have the photo published in the local papers and promote our swimmers success.



## Willoughby Committee Members 2009/10

President	Regina Haertsch	0413 020 991 regina.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
Registrar	Lesley Collins	9967 2716 0413 593178 lfcollins@optusnet.com.au
Club NightCo-ordinator	Molly Schafer	0408 196 905
Clothing	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
Newsletter	Kathie Mason	9958 1302 offtheblocks@gmail
Other CommitteeMembers	Peter Nolan	Vincent Dwyer
	Lainie Cannell	Katrina Sims
	Leslie Rowe	Michael King
	Molly Schafer	Sion Griffiths

Next Committee meeting 7th December 7.30pm at Kaffir Lime