



# off the blocks

## COACH'S COLUMN

The WASA meet on Saturday evening gave many of our swimmers a last chance to qualify for Metropolitan Championships or improve on their times for this first winter Championship event. Willoughby had more than thirty swimmers enter this event and many achieved personal best times or close to them. Max Graham had a great night winning the 9-12 100m Backstroke in 1:13.17 – a 3 second improvement! Max went on to also win the 50m Back in 34.08. Matthew Clifford sliced 2 seconds from his 100m Breaststroke, winning the 9-12's with 1:23.58. Hamish Moore also achieved best times including 32.17 for the 11yrs 50m Free, while Cooper Stewart improved his 200m IM time by 9 seconds in the 11yrs with 2:54.76. Sally Gilbert swam fast in both her 200m IM (2:27.13) and 200m Breast (2:45.85) with Ben Schafer also improving his 200m IM with 2:23.91 – a 3.6 second drop and Kate Biviano improved a number of times winning the 12yrs Backstroke with a 2 sec p.b. of 1:16.13. Jack Spano (9) and Daniel Tobin (10) improved in all their events, highlighting the strength in our junior age divisions.

The competition was excellent for our team, however the meet ran until after 9pm due to a large number of entries spanning both Northern Suburbs and Warringah districts. This demonstrated one major reason for our concerns about combining these districts in line with SwimmingNSW directive. We are pleased that at this stage Northern Suburbs Championships will proceed as in previous years, avoiding what could likely become a monstrously long district event.

## Noosa Training Camp

The Training Camp at Noosa is booked for the **first week of the October School Holidays**, and swimmers who are interested should email me their interest as soon as possible at: [graeme@brewerswimming.com.au](mailto:graeme@brewerswimming.com.au)

This camp is tailored for swimmers who are ready and capable of national standard training, and we are likely to swim in excess of 70km during the week. No missed training sessions will be tolerated, and a commitment of 100% is expected along with an enthusiasm for accomplishing new challenges both in and out of the pool.

We have space for 25 swimmers, and will require a number of parent helpers to assist with catering and supervision during the week.

The camp will commence on **Saturday October 3rd and conclude on Saturday 10th**. Cost for the week is \$500 payable to Brewer Swimming, and covers all accommodation, meals, bus hire, coaching, pool entry and lane hire.

Individuals are responsible for their own transport to and from Noosa, and we recommend you book flights early to take advantage of any special fares that may be available. Flights in to Maroochydore are best, with a \$20 transfer bus available to Noosa which will drop off to the accommodation address. Preferred arrival time is early afternoon, which will allow for a training session on the first day.





## Metropolitan Championships

All competitors should review their entries and plan their days at Homebush to maximise warm-up opportunities as well as supporting their teammates where possible. Team gear is essential at all meets, and make sure you have adequate swimwear/goggles/caps to perform at your best.

It's a great opportunity to race some of the best swimmers and also a perfect chance to improve or achieve NSW State and National Open qualifying times. Make sure you bring adequate food and drink to the meet, and sit with our team between events. Both Rudy and I will be at the meet throughout the weekend and we expect to see every swimmer for warm-up, pre-

race and post race for every event.

Don't forget the **post Metrop's dinner** - planned for the **Ranch** (Epping Rd, near the Macquarie Centre) on Sunday evening.

Keep up your intensity at training this week and next and you will be rewarded with some exciting results at this meet!

## Metropolitan Entries Winter 2009

Good luck to the Willoughby team comprising:

**10: Oliver Sims** (100 Breast, 100 Free, 100 Fly), **Callum Lowe-Griffiths** (100 Breast, 100 Free, 100 Back, 100 Fly)

**11: Jacqueline Schafer** (100 Back), **Matthew Clifford** (100 Breast, 200 Breast), **Lachlan Hile** (100 Breast), **Cooper Stewart** (100 Free, 100 Back)

**12: Kate Biviano** (100 Back), **Brooke McConnell** (100 Free, 100 Back), **Max Graham** (100 Free, 100 Back)

**13: Emma Morgan** (200 IM, 200 Back, 100 Breast, 100 Free, 400 Free, 200 Free, 100 Back, 100 Fly), **Brianna Sims** (200 IM, 100 Breast, 100 Free, 200 Breast), **Christopher Huang** (200 IM, 100 Breast, 200 Breast), **Matthew King** (200 IM, 200 Fly, 200 Back, 100 Free, 400 Free, 200 Free, 100 Back, 100 Fly)

**14: Genevieve Brewer** (100 Back, 200 Back, 50 Free, 100 Free, 50 Back), **Ben Schafer** (200 IM, 50 Fly, 200 Free, 400 Free, 100 Fly, 100 Free, 50 Back)

**15: Stephanie Cannell** (200 Fly, 100 Back, 50 Fly, 200 Free, 100 Fly, 100 Free), **Lucy Mason** (100 Back, 100 Free), **Claire McConnell** (200 Free, 400 Free, 50 Free, 100 Free), **Tom Chancellor** (200 Free, 400 Free, 100 Free), **Elliot Long** (100 Back, 200 IM, 50 Fly, 200 Free, 400 Free, 100 Fly, 50 Free, 100 Free, 50 Back)

**16 and over: Carly Brewer** (200 IM, 200 Free, 400 Free, 50 Free, 100 Free), **Sally Gilbert** (100 Breast, 50 Breast, 200 IM, 50 Fly, 100 IM, 400 Free, 100 Free, 400 IM, 200 Breast), **Luane Rowe** (800 Free, 200 Free, 400 Free), **Justin Brewer** (50 Free, 100 Free), **Max Collins** (100 Fly)

### Ranch dinner:

All are welcome to join in dinner at the **Ranch Hotel** (corner Epping & Herring Road, Eastwood) on **Sunday 28 June 2009** at **6pm**. Enquiries and RSVP to Regina at [sstokes@bigpond.com](mailto:sstokes@bigpond.com) / 0413 020 991

### Presentation Day:

Reserve Sunday afternoon **27 September 2009** for **Presentation Day**. The achievements of the Club Championships and Club night point score are recognised with medals and trophies. In addition those athletes who broke Club records over the 2008/09 season are acknowledged. Dignitaries will make the awards.

### Aquatic Facilities Feasibility Study:

The report is due to Council in August/ September 2009. In the meantime, don't forget to let your local Councillor know about your interest in expanding pool space for everyone in the district.



## Club Championships:

Entries for the main part of the Club Championships to be held 2 August 2009 must be lodged on a multi-entry card by **17 July 2009**. The cost is \$10 for 11 years and under or \$20 for 12 years and older. This is a qualifying meet.

Congratulations to both Max Collins and Luane Rowe who have both broken the 800m pool records.

## State Open Championships:

Entries and accompanying fees are due by **3 July 2009**, the last Club races night before the school holidays. All entry deadlines set by the Race Secretary are strict and no late entries are possible – so plan ahead!!

## Friday Club Nights

Next club night is **3 July**.

Please check the Willoughby Swim Club website for the list of available races. This list of races will be on the Willoughby Swim Club website under **Club Night Program**.

<http://www.willswim.org.au/>

Please complete all entries by **Thursday evening** at the latest. If you are having difficulties entering via the website, please email Kerry with details of which child is swimming each race.

Kerry's email address is:

[kerry.oloughlin@ozemail.com.au](mailto:kerry.oloughlin@ozemail.com.au)

## Bunnings BBQ

A big thank you to the great volunteers at the Bunnings BBQ held 30/5/09. Although traditionally the smallest BBQ, a handy profit of \$1107.35 was made. The volunteer troop comprised, Peter Nolan, Jake Nolan, Jon Mason, Leslie Rowe, Luane Rowe, Martina Stokes, Vincent Dwyer, James Boynton, Max Collins, Lauren Amedee, Scott Amedee, Molly, Neil, Jacqui and Ben Schafer and Tim Collins.

The next Bunnings BBQ is the biggest that the Club manages being the day before Father's Day on **Saturday 5/9/09**. We will need many volunteers again so if you have not helped for a while, please reserve this day and **let Regina know** that you are available to go on the roster.

## Welcome to new members

Welcome to Christopher Huang and Toshi Para who have recently joined the Willoughby Team.

## Willoughby Committee Members 2009/10

President	Regina Haertsch	0413 020 991 sstokes@bigpond.com.au
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
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 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 26 June at 7.45pm, Bridgeview Hotel Willoughby