



off the blocks

COACH'S COLUMN

Metropolitan Championship Success

The Winter Metropolitan Championships last weekend at Homebush produced some of Willoughby's best results ever with a NSW record achieved by **Emma Morgan** in the 13 years girls 200m Free, and the club finishing 13th overall in the Club Point score.

Personal best times were again posted by almost every swimmer with significant improvements going to Carly Brewer:12 seconds in her 400m Free and 4 in her 200m IM, Tom Chancellor: 4 seconds for a bronze medal performance in the 15 yrs 200m Free and 11 sec in his 400m Free, Matthew Clifford: 4 sec in his 200m Breast, Sally Gilbert: 14sec and 19 seconds in the 400m Free and 400m IM, Max Graham: 4 sec in his 100m Free, Matthew King: 10 sec 200m Free and 3 sec 100m Free, Callum Lowe-Griffiths 4 sec 100m Free, Lucy Mason: 3 sec 100m Free, Emma Morgan: 6 sec in both 200m IM and Free and Ben Schafer: 7 sec 400m Free.

Willoughby boasted many medals in these Championships and joining Emma, who also won SILVER 200m IM and BRONZE 100m FREE to go with the GOLD in her 200m FREE on the podium was: **Tom Chancellor** – BRONZE 15YRS 200M FREE, **Matthew Clifford** – GOLD 11YRS 100M Breast, **Elliot Long** – SILVER 15YRS 100M FREE, **Callum Lowe- Griffiths** – GOLD 10/UNDER 100M FREE, and **Luane Rowe** – GOLD OPEN 800M FREE AND GOLD OPEN 400M FREE.

Many swimmers also placed top ten in their events including Steph Cannell 7th in the 15yrs 100m Fly, Tom Chancellor 7th in both the 15yrs 100m and 400m Free, Sally Gilbert 5th in 16yrs/over 400m IM, 6th in the 200m Breast, 9th in the 100m Breast and 10th in



Emma Morgan with her gold medal and NSW record in the 13 years Girls 200m Freestyle

the 400m Free, Lachlan Hile 9th in the 11yrs 100m Breast, Matthew King 8th 13yrs/under 200m Fly and 9th in 200m Free, Elliot Long 5th 15yrs 200m Free, 6th 400m Free and 8th 100m Back, Callum Lowe-Griffiths 4th 10yrs 100m Back and 6th 100m Fly, Emma Morgan 4th 13yrs 200m Back, 6th 100m Fly and 8th 100m Back, Luane Rowe 5th 16/over 200m Free, Ben Schafer 4th 14yrs 100m Fly and 9th in both the 100m and 400m Free and Cooper Stewart 5th in the 11yrws 100mm Freestyle.

The significant numbers of smaller improvements, which are too many to mention here, reflect an outstanding race day commitment by our swimmers, who were a pleasure to assist throughout the weekend. Thanks again for Rudy for his great support of Willoughby's swimmers again at Homebush, and also to Michael Macri who has developed the strength of our swimmers dramatically through consistently challenging them in dry land training on a daily basis throughout the past two terms.





Thankyou to Regina who booked the post **Metrop's dinner at the Ranch Hotel** – this was a great social for both swimmers and parents, celebrating the swimmers' results, and a fitting way to finish the competition.

Noosa Camp Confirmation

The Noosa enrolments have been pleasing and swimmers will be sent permission forms by email in the next few days. Please complete these forms and return them to me by the end of July so I can finalise accommodation and travel arrangements. If you are keen to come and have not yet contacted me, please let me know your interest so I can send you a form.

Northern Suburbs Squads

The Northern Suburbs District Squads will be conducted this year consisting of three levels:

GOLD Squad (National Age Individual qualifiers) being offered Saturday morning sessions at PLC Pymble in their 50m pool,

SILVER Squad (NSW State qualifiers 12yrs and over) invited to attend a weekend camp at Narrabeen from 22nd to 24th November.

BRONZE Squad (10 – 16 year old swimmers working towards Metropolitan Qualifying times) who will be offered two 3 hour sessions along with the chance to compete in the Development Meet held on the 4th of October.

Invitations for selected swimmers to attend these events will be made after the school holidays.

Importance of Holiday Training

There is much to look forward to in the near future with NSW State Open at the end of July followed closely by our Club Championships and NSW State Age in August.

Over the school holidays try to increase your training load by making more morning sessions – there are 7 on offer each week: Mon, Wed, Fri and Sat mornings along with Tues to Thurs afternoons. The more you can make out of this break from school commitments, the better your results will be at the upcoming State Championships.

Graeme



Willoughby Club Championships • 2 August 2009

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.

Meet 2/8/09 – 1pm warm-up, 1.30pm start

Wests Illawarra and Bayside Swim Clubs will also be competing on 2/8/09. A separate inter-club pointscore will be operated to see which Club takes home the Trophy this year (Wests have from 2008).

Meet procedure:

- Willoughby will provide all officials who should wear white or light coloured clothing to 'dress up' the meet.
- Swimmers will need to sit in the stands when not marshalling or warming.
- Marshalling will be in separate boy and girls events along the far wall opposite the seating. Enter the marshalling area via the baby pool corner.
- The check starter will take swimmers from the marshalling to the blocks. As there will be three timekeepers on each of the 6 competition lanes, it will be crowded behind the blocks.
- Lanes 7 and 8 are reserved for warming.
- A heat which is ready may sit on the bench behind the blocks. Cooperation to assist with the smooth running will be very appreciated.

Many parents are helping to make the event enjoyable for our kids and our guests, and the Club is very grateful for everyone's assistance.

Australian Open Short Course Championships 2009

Willoughby will be represented by **Luane Rowe** (800 Free, 400 Free, 1500 Free)

NSW Open Short Course Championships 2009

Willoughby's team comprises:

Justin Brewer (50 Free, 100 Free, 200 Free), **Tom Chancellor** (14-15 years 400 Free, 200 Free), **Matthew King** (13 years & under 400 IM), **Elliot Long** (14-15 years 400 Free, 50 Free, 100 Free, 200 free, 50 Fly, 50 Back)

Carly Brewer (50 Free, 100 Free, 200 Free, 400 Free), **Stephanie Cannell** (50 Fly, 100 Fly, 200 Fly, 100 Free), **Sally Gilbert** (100 Free, 50 Breast, 100 Breast, 200 Breast, 100 IM, 200 IM, 400 IM), **Claire McConnell** (14-15 years 400 Free, 50 Fly, 50 Free, 100 Free, 200 Free), **Emma Morgan** (50 Free, 100 Free, 200 Free, 200 IM, 200 Back), **Luane Rowe** (200 Free, 400 Free, 800 Free)

Relay Teams: Men 800 (Elliot Long, Justin, Brewer, Jake Nolan, Tom Chancellor), Women 800 (Luane Rowe, Claire McConnell, Sally Gilbert, Emma Morgan Reserves: Carly Brewer Linley Dundas), **Women 400 Medley** (Genevieve Brewer, Sally Gilbert, Stephanie Cannell, Claire McConnell Reserve: Emma Morgan), **Men 400** (Elliot Long, Justin, Brewer, Jake Nolan, Tom Chancellor Reserve: Nate Elliff), **Women 400** (Luane Rowe, Claire McConnell, Sally Gilbert, Emma Morgan Reserve: Lucy Mason)



State Age Championships

The closing date for entries to the Race Secretary is **7 August** 2009

Upcoming meets:

Northern Suburbs Championships

will be held on Saturday 7/11/09, Sunday 29/11/09 and Saturday 5/12/09. Warm up is at 5pm with a 5.30pm start. *Mark you diaries now.*

NSW Summer Metropolitan

Championships is 12/13 December 2009

Presentation Day 2009

To be held **2pm** on **Sunday 27 September** 2009 at Artarmon Bowling Club, 1A Burra Road, Artarmon.

Barefoot bowls is arranged for teams of three. The Club has a bar and all drinks, soft and otherwise must be purchased on the premises.

There will be an **afternoon BBQ** and trophy **presentation at 4.30pm**. A Telstra Dolphin and the Mayor will join us. Please come as it will be lots of fun and a great social occasion.

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.

Technical Official training

If any parents are interested in gaining technical official credentials, please let Regina know on:

regina.haertsch@bigpond.com

The main qualifications are timekeeping, marshalling/ check starting, starter and recorder.

Once any qualifications are achieved and some practice is gained at a NSW championships, you could complete further qualifications and become a referee!

Willoughby Committee Members 2009/10

President	Regina Haertsch	0413 020 991 regina.haertsch@bigpond.com
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 NightCo-ordinator	Molly Schafer	0408 196 905
Clothing	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
Newsletter	Kathie Mason	99958 1302 offtheblocks@gmail
Other CommitteeMembers	Peter Nolan	Vincent Dwyer
	Lainie Cannell	Katrina Sims
	Leslie Rowe	Michael King
	Molly Schafer	Sion Griffiths

Next Committee meeting 3 August at 7.45pm, Bridgeview Hotel Willoughby