



off the blocks

COACH'S COLUMN

WORLD CHAMPIONSHIPS WRAP

Phelps and Cielo were my pick of highlights in a meet with clearly too many peaks to properly digest. More than 40 world records in one championships has never been seen, and will certainly never again occur now that the superfast teflon swimsuits have been outlawed.

Phelps' win in the 100m Fly in an "old fashioned" SpeedoLZR (circa 2008!) showed a true champion at his emotional height, breaking 50seconds and repeating his Beijing performance against his closest rival.

The images of Caesar Cielo breaking down in tears on the award podium for the 100m Freestyle was a reminder of the devotion, commitment and self belief required for success at the elite level in our sport.

Australians amassed 16 medals during these championships and again punched well above its weight on a world scale. Melissa Gorman (5km), Marieke Guerer(50m Fly), Brenton Rickard(100m Breast World Record) are our newest world champions!

STATE OPEN CHAMPIONSHIPS

Such a short break after Metropolitan Championships and squeezed into three tight sessions our NSW Open short course meet was challenging but rewarding. It's always great experience to measure up against open competition, and our girls narrowly missed a medal in the 4x200m Relay with Luane Rowe, Claire McConnell, Emma Morgan and Sally Gilbert finishing 4th. Luane managed silver in the women's 800m Freestyle, but many swimmers found it difficult to perform so soon after their Metropolitan successes.

CLUB CHAMPIONSHIPS

Thankyou for all the enthusiastic involvement and participation in last Sunday's big event, hosting Wests Illawarra and Bayside Swim Clubs to compete in our annual Club Championship meet at Willoughby. The afternoon was particularly successful in bringing all our swimmers together for some fun, giving everyone a chance to race and meeting some new faces from these two well established clubs.

While not every swim was a personal best, the

experience of racing many of the best competitors in NSW during the World Championships was exciting and fabulous fun.

NOOSA TRAINING CAMP

I have emailed the final registration form and letter for this camp to all interested families, and await their replies to confirm final numbers. It's quite likely the camp will be a record number close to 30 swimmers this year. Training is the focus of this tour, and those attending are certain to find new strength, discipline and resilience through this experience. We are shooting for over 80km, and will complete some of this in the ocean! Can't wait, less than two months to go!

STATE AGE CHAMPIONSHIP

Good luck to all our NSW State swimmers and relay teams. Whilst final relay selection has not yet been finalised, we would appreciate everyone making themselves available for the club on this important weekend's competition at the end of August. This meet will define the swimmers' achievements over the winter months. And will also provide a platform from which summer season goals can be targeted. We are really excited to see the fruits of some excellent training both in and out of the water this season.

NORTHERN SUBURBS SQUADS

Northern Suburbs District Development Squads will continue this year and the following swimmers have been selected to participate:

Gold Squad – NATIONAL AGE QUALIFIERS

Elliot Long, Claire McConnell, Sally Gilbert, Stephanie Cannell, Emma Morgan, Genevieve Brewer, Ben Schafer, Matt King, Carlee Millikin

Silver Squad – NSW STATE AGE QUALIFIERS (12YRS/OVER)

Tom Chancellor, Carly Brewer, Lucy Mason, Rachel Mangan, Matthew Clifford, Antony Isaias, Brianna Sims, Nate Elliff, Max Elliff, Tierney Seeto, Chris Huang, Brooke McConnell, Max Graham, Chris Dwyer

Bronze Squad – SWIMMERS WORKING TOWARDS METROPOLITAN QUALIFYING TIMES

– compete on Sunday 4 October 2009 at NSW Development meet SOPAC as part of the Northern Suburbs District Team





Willoughby Club Championships – 2 August 2009

Thank you to all the Club parents and swimmers for your great involvement on 2/8/09. The generous donation of your time, as WSC parents always donate, made the afternoon heaps of fun.

Our guests were able to enjoy a relaxing afternoon because WSC members created the opportunity for everyone.

It was efficient as a carnival should be and all the kids gained lots of competition practice which will benefit them for the future. A magnificent social – thank you.

Congratulations to new record holders:

Luane Rowe (open 400 free, 800 free), **Max Collins** (open 800 free), **Claire McConnell** (15 yrs 50 free), **Elliot Long** (15yrs, 50 free, 100 free, 100 back), **Stephanie Cannell**, (15yrs 100 fly), **Emma Morgan** (13 yrs 200 fly, 200 back), **Christopher Huang** (13yrs 100 breast), **Ben Schafer** (13yrs 200 back), **Kate Biviano** (12 yrs 200 back), **Matthew Clifford** (11yrs 100 breast, 200 breast), **Callim Lowe-Griffiths** (10yrs 50 free, 200 free, 50 fly), **Lucas Anderson** (10yrs 50 breast), **Daniel Sims** (7yrs 50 free), **Shannon Lowe-Griffiths** (6yrs 25 breast, 25 back).



Australian Open Short Course Championships 2009

Congratulations to **Luane** winning silver in the 1500m free!

State Age Championships

WSC will be represented by the following athletes:

10yrs – **Callum Lowe-Griffiths** (50free, 100back, 100free, 50back, 50fly, 100breast, 100fly), **Oliver Sims** (50free, 100breast), **Lucas Anderson** (50free, 100breast, 50breast)

11yrs – **Lachlan Hile** (50breast, 100breast)

12yrs – **Max Graham** (100free, 200back, 100back), **Matthew Clifford** (100breast, 200breast)

13yrs – **Emma Morgan** (200IM, 100free, 200free, 100back, 50free, 100fly, 200back), **Matt King** (100free, 200free, 200fly, 50free, 100fly, 200back), **Brianna Sims** (100free, 100breast, 200breast), **Tierney Seeto** (100breast), **Christopher Huang** (100breast, 200breast)

14yrs – **Ben Schafer** (200IM, 100free, 200free, 100fly, 50free, 200fly), **Genevieve Brewer** (100back, 50free), **Carlee Millikin** (200breast, 100breast)

15yrs – **Elliot Long** (100free, 50free, 100back, 200free), **Tom Chancellor** (100free, 200free), **Stephanie Cannell** (100free, 100fly, 200fly, 100back, 200free), **Lucy Mason** (100free)

16yrs – **Sally Gilbert** (200IM, 100free, 400IM, 100breast, 200breast), **Claire McConnell** (100free), **Nathan Elliff** (200back, 100back)

17/18yrs – **Justin Brewer** (100free, 200free, 50free), **Carly Brewer** (100free, 200free, 50free), **Linley Dundas** (100free, 50free)

Relays to be finalised are potentially:

18/u Free - Lucy, Linley, Carly, Sally & Juz, Max C, Max E/Marcus, Nate

18/u Med. - Linley, Sally, Steph, Carly & Nate, Max E/ William Xu, Juz

15/u Free – Emma, Steph, Lucy, Gen & Elliot, Ben, Reid/ Matt K, Tom

15/u Med. Gen, Carlee, Steph, Emma & Elliot, Chris H, Ben, Tom

12/u Free – Kate, Brielle, Rachel, Jacqui & Chris D, Max G/Matt M/Gianni/ Callum

12/u Med. Jacqui, Rachel, Kate, Brielle & Max G, Matt M, Chris D, Callum/Gianni

Canberra tour:

31/10/09 – 1/11/09 Telopea meet at AIS – details on website now including permission slip. This meet has a tremendous program with every long course event on offer.

This is the time to try a distance event in your form stroke or a new event AND the 400IM or the 800/1500 free. Opportunities for this range of events are rare – give it a go! Entries due **27/9/09** (presentation day).

20th Birthday – 26 September 2010:

Leslie Rowe has commenced gathering photos of WSC history – if you have any you could share please let Leslie know
prow1532@bigpond.net.au

Willoughby Swim Club

... a Swimming Australia Gold Club again in 2009 ...
Congratulations members!



BBQ volunteers needed!

Saturday 5th September at Bunnings Artarmon - lots of volunteers needed (day before Father's day).

Please email Regina with your preferred 2 hour shift
(9 – 11 am, 11-1 am, 1-3pm)



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.

Entries for all Northern Suburbs carnivals due **23/10/09** - *Mark your diaries now.*

NSW Summer Metropolitan Championships

is on 12/13 December 2009 - entries due **20/11/09**

Presentation Day 2009

To be held at **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, the Mayor and Geoff Huegill will be there to award trophies and join the fun. Please come as it will be lots of fun and a great social occasion.

Club night news... Brett Hill Memorial

handicapped 50m butterfly challenge – to be held at Club **This Friday (21st August)**. **Come'n Try nights** in September for potential new swimmers – please invite class mates whom you think might enjoy WSC – **free to try!**

Willoughby Swim Club

Registrations for 2009 – 2010 due before 1/10/09

It will soon be time to re-register for the coming year, 2009 – 2010 at Willoughby Swim Club.

As in previous years, registration fees are due by 1st October 2009 for the next season.

This year there will be two fee structures. There will be an **'Early Bird'** fee for those fees **paid on or before the 1st October 2009** and a greater fee for those people who chose to join/renew after 1st October 2009.

In keeping with Swimming NSW policy, we are hoping that most people will re-register using the Clubs-online website.

The registrar will notify all club members when the new 2009-2010 fee structure is available on the website, with some up to date instructions on how to use the site.

If you have any queries, please contact the current registrar,

Lesley Collins on **9967 2716** or email her at willsimclub@gmail.com

New members

Welcome to Sara, Matthew and Carlee Millikin, Melissa and Michaela Harcourt and Tierney Seeto.

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 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 7 September at 7.45pm, Bridgeview Hotel Willoughby