



off the blocks

COACH'S COLUMN

NSW STATE AGE SHORT COURSE CHAMPIONSHIPS

Our swimmers achieved great results at the recent NSW Championships which were conducted at Homebush on August 28th-30th. The Friday evening was extremely challenging after a long week at school, and many performances were slightly below expected as many swimmers took a few days to freshen up.

Our boys' 15/Under Freestyle Relay performed outstandingly to grab a silver medal in a tight finish with Knox, who are the current National Age Champions in this event. Elliot led out with a slick 54.5 followed by Ben Schafer in a personal best of 56.6 and Reed Cotterill who split 57.00. But it was Tom Chancellor who brought the team home with a great finishing leg of 54.9, making up several meters on the Knox team and missing gold by the smallest margin of 0.1sec. A lesson to be learnt for every swimmer – medals are won by the slightest margins, and we had plenty more close calls throughout the weekend.

Carlee Millilin was the outstanding competitor winning gold in the 14 years 100m Breaststroke in a new club record of 1:13.38. In addition to this victory in one of the closest fought races of the championships, Carlee also won Bronze in the 200m Breaststroke and played an important part in the Bronze medal winning 15/Under medley relay team. Genevieve Brewer led out this relay in a club record backstroke leg of 1:05 78, followed by Carlee's 1:13.6 Breaststroke and Steph Cannell's 1.05.5 Butterfly split. Lucy Mason brought the team home in a very fast 1:01.8 and almost snatched silver, touched out by a slim 0.04 seconds! A great result in this very competitive age division.

Lucas Anderson won bronze in the 10years/under 50m Breaststroke in 41.1 and also achieved a huge personal best in his 100m Breaststroke taking 5 seconds off. This range of improvement was evident in many swims as the meet progressed with Sunday being a day full of great personal improvements.

Steph Cannell (100m Butterfly 1:05.55) and Sally Gilbert (200m Breaststroke 2:37.49 and 200 IM

2:23.17) both collected Willoughby Open Short Course Club records at this meet, and will have their names added to the record board in the pool area.

Genevieve Brewer achieved two fourth places in the 14 years 50m Freestyle and 100m Backstroke to go with the relay bronze medal, while the boys' 12/under medley relay finished a strong 6th with Max Graham (Back 33.2), Matt Clifford (Breast 37.6), Chris Dwyer (Fly 31.0) and Callum Lowe-Griffiths (Free 31.5). In the Freestyle relay Matt Millikin stood in for Matt Clifford and the team went one better finishing 5th with Chris (28.5), Matt Millikin (29.8), Callum (32.5) and Max (29.9).

It was great to share the excitement of this event with all our competitors, and disappointing that Emma Morgan was forced to withdraw due to sickness – the 'flu suffered by many of our swimmers at various times throughout this winter.

Rudy and I were extremely pleased with the over-all results this winter, and I thank him for his encouragement and supervision at all these competitions.

We both believe many of our swimmers are ready to step up to National Age and National Open level this coming summer.

Allswimmersareencouragedtoborrowoneofthree DVD recordings of these State Championships, and please use the feedback to help identify any technical and tactical improvements that you can work on over the upcoming season.

HAWAII SWIMS

Congratulations to Luane Rowe and Claire and Brooke McConnell who competed last weekend in the Waikiki rough water international ocean swim. Luane won the open women's 3.8km event in a fast 47 minutes, while Claire was first in the Girls' 15 - 18 years category in 53 minutes. All three girls should take great memories forward from the experience of swimming such an iconic venue; from Diamond Head to the Hilton hotel! Luane travels now to San Francisco for the Tiburon Mile under the Golden Gate Bridge – hope it's not too cold after Hawaii!

BRONZE DISTRICT SQUAD

The first session was held last Saturday and the next is also at Ravenswood on Saturday September 19th from 1:45pm. Congratulations to our selected





representatives; Lucas Anderson, Yvette Boynton, Brielle Wallington, Hannah Carlson, Daniel Tobin, Jacqueline Schafer, Hamish Moore and Tamsin Elliff on earning a place in this program. The Development Meet on October 4th is the cornerstone of this squad, and we are confident these swimmers will gain crucial experience through exposure to this competition.

SILVER DISTRICT CAMP – NARRABEEN ACADEMY OF SPORT

NOVEMBER 20TH – 22ND

All swimmers 12 years and older who competed at Summer State Championships long course 2009 are eligible for this camp, and I strongly urge you to be involved as I am running the camp! We will be doing some great things both swimming related and otherwise, and it's a great opportunity to get to know the other swimmers from our district and have some fun. You will each receive an invitation soon, and this should be returned to Judy Davies as soon as possible to confirm personnel for the camp.

WILLOUGHBY CANBERRA TOUR

Please make sure your entries are in for the Canberra tour in October, and talk to the coaches so we can start the summer season with a great team tour and plenty of fast long course times. This event really helps prepare the swimmers for all the summer championship events including District, Metropolitan and NSW State. The swimmers learn about how to manage multiple events in one session, as well as get to know the other Willoughby club swimmers of all ages. Another bonus is the great AIS food!

NOOSA CAMP FINAL ARRANGEMENTS

We have a core group of swimmers and parents confirmed for Noosa, but if you are keen and have not yet contacted me, there are still additions possible. We have ample accommodation and there is sufficient pool space, so

please let me know this week if you would like to be included, and I will send you the relevant information. We will be holding an information/question evening during the last week of September so please keep **Thursday 24th free for a briefing from 7:15pm.**

NATIONAL SCHOOLS CHAMPIONSHIPS

Good Luck to our four representatives on the NSW Schools team: Elliot Long, Emma Morgan, Callum Lowe-Griffiths and Lucas Anderson who are off to Perth for the Australian Schools Championships next week. We look forward to hearing about your experiences and results at this exciting national event.

GOAL SETTING – “AIM HIGH”

(My primary school motto from 1970)

I always encourage swimmers to set challenging goals at this time of year, and for those who competed recently, it's great to try to achieve your short course time in a long course pool. This is not always as easy as it seems, but you should be capable of reaching this target by the end of the summer.

In addition to times and results, swimmers should re-assess their weekly timetable to match their goals. If you put an extra one or two sessions into your week you are guaranteeing success, and this is how swimmers climb to the top of their sport.

I am very happy with the training performances of our swimmers during each session, but recommend that every swimmer accept that State and National success is difficult on less than six sessions each week. Make training a HABIT rather than a chore, and enjoy the health, fitness and success that are part of an elite athlete's regime.

Looking forward to an exciting summer season.

Graeme

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.** Geoff Huegill and the Mayor will join us. Please come as it will be lots of fun and a great social occasion.

Please bring a plate – sausage sizzle complementary.



Club News

Summer Club program is available on website.

You will notice that racing opportunities are available either through Club or another competition in which the Club is participating throughout Term 4.

Term 1 2010 has reduced racing to take into account the school carnival season.

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).

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

Bunnings BBQ:

Thank you very much for all the help with the September Bunnings BBQ to Jon Mason, John and Tom Chancellor, Leslie Rowe, Sarah and Carlee Millikin, Steph and Lainie Cannell, Graeme Brewer, Tim and Max Collins, Michael King, Scott and Lauren Amedee, Paul and Elliot Long who made \$1537 for the Club.

Club Registrations due now ...

If you rejoin by 30 September 2009 you save money \$\$\$ Email information has been distributed to current members about how to renew. New members who need assistance should contact our Registrar Lesley Collins via email at willswimclub@gmail.com

Leisure Centre Open Day:

On Saturday 26 September 2009 from 9am – 12.30pm the Club will be represented – feel free to join in!



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
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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 28 September at 7.45pm, Bridgeview Hotel Willoughby