



# off the blocks

## COACH'S COLUMN

### METROPOLITAN CHAMPIONSHIPS SUCCESS – 6TH IN POINTSCORE

Willoughby swimmers excelled in this summer's Metropolitan Championships on the back of a great base built in Noosa in October, along with good preliminary racing in Canberra and at the first two Northern Suburbs meets.

Highlights included GOLD Medals from Carlee Millikin in both 100m and 200m Breaststroke 15years, Emma Morgan 200m IM and 200m Backstroke 13 years, Sally Gilbert in the Women's 16/Over 200m Breaststroke and Callum Lowe-Griffiths in the 10/under 100m Freestyle. SILVER medals were won by Emma in her 100m and 400m Freestyle and 100m Backstroke, Ben Schafer in the boys 14years 100m Butterfly, while Bronze went to Genevieve Brewer in the 15years 100m Backstroke, Sally in the 16/over 400m IM, Lachlan Hile in the 11years 100m Breaststroke, Elliot Long in 14-15years 200m Freestyle, Callum in his 10/under 100m Backstroke, Emma in the 13years 100m Butterfly and Luane Rowe in the Open 800m Freestyle. Many were close to medals with 4th place achieved by Ben (200m Free), Max Graham (12years 100m Back) and Matt King (13/under 200m Fly).

### NSW STATE 13 -18 AGE CHAMPIONSHIPS – 12TH PLACE IN THE STATE!

We planned Metropolitan Championships to serve as the Preliminaries for NSW State Age, the heats becoming semi-finals, and the finals to be the main focus – swum at night sessions. This turned out to be a good plan as every swimmer progressed their time from Metropolitan to State Age, which is always difficult when Christmas and New Years cheer is smack in between the two events. All our swimmers gave 100% in State Age heats, and many achieved finals status for the first time. It is

most prestigious to contest a NSW State final, and heartbreaking that many swimmers missed top ten positions by the slimmest margins; The final heats session, Saturday January 10th we achieved 3 "first reserves" – Emma Morgan (100m Back), Linley Dundas(100m Free) and Brianna Sims(200m Breast), adding to Day One frustrations when Steph Cannell(200m Fly) and Linley Dundas(50m Free) both scored 11th in our first two events.

Emma Morgan was our first finalist on Monday evening achieving BRONZE in the 13years 200m Freestyle, followed by Ben Schafer who also achieved BRONZE in the 14 years 100m Butterfly, just missing 59 with a 1:00.02! The night concluded with an amazing GOLD MEDAL to our 16/under 4x100m Medley Relay team of Genevieve Brewer, Carlee Millikin, Steph Cannell and Emma Morgan who snatched glory from the Newcastle teams in a great team effort.

Tuesday saw Tom Chancellor final in the 16years 400m Free, Elliot in the 15years 100m Free, Emma in the 200m 13years IM and 100m Fly and Sally Gilbert in 16years 100m Breast. Emma won GOLD in the 200IM final and teamed with Tierney Seeto, Rachel Clifford and Brianna Sims to place 6th in the 14/Under 4x50m Freestyle Relay. Sally swam a great personal best of 1:15.37 to finish a close 4th in the Breaststroke while Elliot improved on his heat swim with a slick 54.47 finishing 5th in the 100m Free.

Carlee Millikin got us away well on Wednesday morning qualifying third in the 15 years 100m Breast, and was joined in the finals session by Emma (100m Back), Elliot (50m Free), Sally(400m IM), and Ben (100m Free). Adding to these individuals our four relay teams made for Willoughby's busiest





NSW State finals session in history! Medals were hardfought though with fourth place to Elliot and our girls' 4x50m Medley Relay of Lauren Amedee (Back)35.04, Tierney Seeto (Breast)36.34, Emma Morgan (Fly)29.80 and Rachael Clifford (Free)29.29. Our 16/Under boys and girls 4x100m Free relays finished 8th and 9th respectively, both scoring valuable points.

Thursday's results included SILVER for Sally(200m Breast) and BRONZE to Emma(400m Free) as 4th places to both Genevieve(100m Back and Ben (400m Free).

Friday's finals featured SILVER to Carlee Millikin(200m Breast) in one of the closest races of the meet along with another BRONZE for Emma in her 400m Free.

Saturday reminded us all of the difficulty in qualifying for finals at this level, with 3 first reserves (11th place) in the heats. Emma however managed to win another SILVER in the evening in the 400m IM, completing a club record of a medal in every finals session.

### NSW STATE 10/under – 12Years AGE CHAMPIONSHIPS – 14TH PLACE IN THE STATE!

The achievements continued. GOLD: Callum Lowe-Griffths in 100Back; SILVER: Callum 200IM, 50Free and 100Free, Lucas Anderson 100Breast; BRONZE: Lachlan Hile 100 and 200Breast. FINALISTS: Matthew Clifford 100 and 200Breast, Lucas 200IM, Callum 100Fly and Boys 12year Medley relay.

Great experiences for Oliver Sims, Rachel Mangan, Max Graham, State first-timer, Kate Biviano and all the relay members including Jessica Scott, Emily King, Chris Dwyer, Daniel Tobin and Jack Spano.

Congratulations to all swimmers and parents for a great NSW State pool meet 2010, and we look forward to many successes throughout the remainder of the summer season.

Graeme

**Welcome New Members**  
Welcome to new members Anne and Thomas Watkins, Jo-anne Ryan, Cameron, Ainslee, Declan and Felix Scott.



10x50 relay team Northern Suburbs meet

### Upcoming meets:

#### NSW State Open Championships

Will be held on 12 - 14 February 2010. Online entries only, due 3 February 2010.

#### Northern Suburbs Championships Meet #3

Will be held on Saturday 30/1/10. Warm up 11.45 for 12.30pm start. Willoughby is one of the duty Clubs so will be filling additional of-ficiating roles as well as doing time keeping on lanes 5 and 9.

#### Speed Sprint Series Heats

Sunday 7/2/10 Warm up 2pm, 2.30pm start. Willoughby will need to provide time keepers for lanes 5 and 9.

#### Club Nights

CLUB NIGHTS – 29/1/10, 12/2/10, 19/2/10, 19/3/10, 26/3/10 – BBQ available. These nights are valuable practices for upcoming school carnivals enabling swimmers to polish starts, turns and finishes as well as backing-up race after race.

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 196 605
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 Monday 1st February at 7.45pm, Bridgeview Hotel Willoughby		



**Social Activities**

Big attendance at the New Years Eve Swim and BBQ breakfast held at Clovelly and the mid-State dinner at Bridgeview Hotel.

**Open Water News**

Many swimmers have been competing in the Sunday ocean swims. The Australian Open Water Championships are coming up on 20-21 February 2010 and Luane Rowe and Max Collins will be representing Willoughby. The event is to be held in Victoria.

