



# off the blocks

## COACH'S COLUMN

### METROPOLITAN CHAMPIONSHIPS

This weekend Willoughby swimmers competed in the first Championship meet of the summer season, the Metropolitan Championships at Homebush on December 11th and 12th.

Willoughby finished a creditable 14th in the pointscore out of 81 competing clubs, and our swimmers came away with one Gold and six Silver medals.

Emma Morgan was successful in winning gold in the 14 years 100m Butterfly with a personal best time of 1:05.4. Emma also won Silver in a tight 14 years 100m Freestyle with a strong personal best of 59.06 achieving the 5th fastest female 100m Freestyle time.

Karim Diallo made some spectacular improvements winning silver in the 15 years 100m Breaststroke in a slick 1:09.7, qualifying for Open National Championships in the process, backing this up with bronze in the 200m, along with a 6 second improvement in his 200m IM with 2:20.7 and 3 seconds off his 100m Fly placing 7th with 1:01.4.

Ben Schafer was outstanding throughout the weekend winning Silver in the 15 years 400m Free in 4min 15.7 and 100m free in 54.57, and Bronze in the 100m Fly. Ben's 200m Freestyle was a highlight breaking the 2minute barrier with a fifth placing 1min 59.94.

Matthew King achieved a number of personal bests with 2min06 for the 200m Free and 57.6 for his 100m Free placing 8th in the 15 years event. Max Graham placed top ten in both the 13years 100m(1:10.5) and 200m Backstroke (2:29.16), achieving a national age qualifying time in the 200m. Steph Cannell achieved a 100 Butterfly national time in a handy 1:06:77.

Our Breaststroke results continued with Sally

Gilbert bagging silver in both the 16/over 100m and 200m Breaststroke, Lucas Anderson gaining Silver in the 11 years 100m in 1min 27.6 Lachlan Hile winning bronze in the 12 years 100m with 1min 19.0. Matthew Clifford joined Lachlan Hile in placing top ten in the 13/under 200m Breast, while Karim added to his medal tally with Bronze in the 14/15 200m Breast.

Elliot Long made a pleasing recovery following a week long school camp achieving a number of personal bests in 50m and 200m Backstroke and racing successfully in the open age division (16 and over), however Tom Chancellor may require an extra week or so having shouldered the responsibility of controlling Year 7 Shore boys on their annual school camp!

Lead up commitments aside, racing is another form of training and Willoughby team members are now in good shape for the next hit outs.

Our next competition is the **NSW State Championships** which is the premier Age-group swimming event on our summer calendar, and leads swimmers towards the **National Age Championships** which are to be staged in Adelaide in April. Our State appearances start this weekend with the summer specials, the 5km and 10km open water events. Willoughby will be most ably represented by Max Collins, and new comers, James Huang and Steph Cannell.

Training during the holidays is essential for success in your swimming success so please make sure you have booked in for the weeks that you are available. School swimming events are immediately after the holidays also, along with the 13/under Speedo Sprint series in early February.

Please make every effort to join us for our **Christmas celebration evening on Friday 17th at Queenscliff SLSC**. We will commence our ocean swim to Shelly Beach at 4:30pm for senior swimmers, and we will all join together for pizzas from 6:30! I hope you can all be there!

Merry Christmas to all members and looking forward to a prosperous, successful, fast and fun 2011.

Graeme





## Chance to see Champions

On 29/1/11 and 30/1/11 Swimming Australia is holding the inaugural Summer Swim Series at North Sydney Pool from 4.30 – 9.30pm.

At least on Saturday 29/1/11 the kids could watch their role models without worrying about the next day ie school.

Encourage your swimmers to go out for the night and enjoy being a spectator (for a change) with friends. Easy access by train, as you all know.

Tickets available via Swimming Australia or Swimming NSW websites.

## Australian Age Championships 2011

This meet has the most challenging qualifying times for age group swimmers. Many WSC swimmers have achieved the qualifying times and will be heading off for the competition, which will be held in Adelaide 18 o 23 April 2011.

If you would like further information about the arrangements for accommodation and WSC activities in SA around this event, please ask Regina or Graeme.

*All photos welcome – please email in to Editor, [offtheblocks@gmail.com](mailto:offtheblocks@gmail.com) at any time so that the photos can be used in the upcoming newsletter.*

## Manly Daily Scoop ...

DESPITE a water temperature that saw organisers allow entrants to compete in wetsuits, just under 500 starters made their way to Bilgola on Sunday morning for the annual Big Swim.

Max Collins, was “very happy” with his time of 18mins 31secs over the 1.5km course, earning a cool \$500 from event sponsor Blackmores after winning his elite category.



Max Collins





# Merry Christmas and Best wishes for 2011

## Christmas Party 17/12/10 Queenscliff Surf Club

Open water training etc from 5pm promptly – pizzas etc from 6.30pm – all provided by Club – we hope to see you there as this is evening much fun!

## Club Dates for 2011

There are new Club dates for 2011 and the calendar is up on the website – Fridays start 6.30pm promptly

**Term 1:** 4/2/11, 11/2/11, 25/2/11, 4/3/11, 11/3/11, 25/3/11

## Oceanswims

If you do the occasional oceanswim and are agreeable/interested to being part of a WSC team or just want to know who is doing what and where on a weekend, please email Rosemary Leamon (WSC Treasurer) on [rosemary.leamon@bigpond.com](mailto:rosemary.leamon@bigpond.com) – Rose will include you in our WSC group emails so you can let WSC know what you are up to in your spare time over summer.

## Member welfare and behavioural guidelines

Good sportsmanship, care, friendliness, fun, acknowledging achievement – these are some of the values which make WSC – WSC abides by national guidelines and these can be viewed on the WSC website or on that of Swimming Australia Ltd.

## Membership cards

If you haven't received your membership cards please email Lesley Collins WSC Registrar, [lfcollins@optusnet.com.au](mailto:lfcollins@optusnet.com.au) so that the card can be posted to you or left at the pool with the coaches for you to collect.

## Upcoming Meets and Events (watch the website):

- NSW Open Water Championships 18/12/10 and 19/12/10
- NSW State Age 10&under – 12yrs 8/1/11 and 9/1/11 - manual close 13/12/10 5pm and online entries close 15/12/10 3pm
- NSW State Age 13&over - 11/1/11 to 16/1/11 - manual close 13/12/10 5pm and online entries close 15/12/10 3pm
- Speedo Heats – 6/2/11 start 12.30pm - all youngsters ie 13&under are expected to enter - \$4 – closing 10/1/11 – watch for email from Molly Schafer Race Secretary for details about how to provide entries to her
- New Years Eve Clovelly swim and BYO BBQ brekkie - 31/12/10 7am – a WSC highlight
- Major 2011 meets – NSW Opens 11-13 February, Australian Opens 1- 8 April and Australian Age in Adelaide 18 – 23 April.

## Willoughby Committee Members 2010

President	Regina Haertsch	09419 8293 - 0413 020 991 <a href="mailto:regina.haertsch@gmail.com">regina.haertsch@gmail.com</a>
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	Katrina Sims	Trish Long
	Sion Griffiths	
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Next Committee meeting 7th February 2011 at 7.45pm, Bridgeview Hotel Willoughby