



off the blocks

COACH'S COLUMN

Welcome back from school holidays, and what a great Speedo Sprint day Willoughby swimmers enjoyed at Homebush to complete the summer school holidays. The 50m racing provides excellent incentives at this time of year, and really helps swimmers prepare for the school competitions, and so many personal best performances were achieved.

SPEEDO SPRINT HEATS

In the very first race our youngest swimmer Shannon Lowe-Griffiths (7) streeted the field in the 8/under Breaststroke with a huge p.b. – only to be unfortunately disqualified for executing too many dolphin kicks at the start! A cruel way to learn for our youngster, but I'm sure Shannon will come back stronger in future Breaststroke events!

Every swimmer achieved at least one personal best time during the Sprint Series heats, and the following swimmers have been selected to contest the finals at Homebush on the 13th March:

- Matthew Clifford** 12 years Breaststroke
- Matthew King** 13 years Breaststroke, Free and Medley Relays, Free
- Tierney Seeto** 13 years Breaststroke, Medley Relay
- Joshua Stewart** 9 years Backstroke, Fly, Free
- Jack Spano** 9 years Backstroke
- Lucas Anderson** 10 years Backstroke, Free Relay, Medley Relay, Fly, Free
- Cooper Stewart** 11 years Backstroke, Free
- Max Graham** 12 years Backstroke, Fly, Free
- Kate Biviano** 12 years Backstroke
- Callum Lowe-Griffiths** 11 years Fly

NSW State Open Championships

The NSW State Open Championships were held last weekend and Willoughby again was represented by our elite team, testing themselves against many of Australia's national team. The highlights of this meet included Korea's Tai Kwon Park's domination of the Freestyle events, winning 100m (49.4), 200m (1:45.0) and 400m (3:45.0) in world best non-fast skin times! He is a real class act with flawless technique.

Emily Seebohm was impressive in winning the 100m Freestyle ahead of Sweden's star Therese Alshammer as well as breaking 60 in the 100m Backstroke, and our friend Geoff (Skippy) Heugill showed a huge line-up of male talent how to swim Butterfly, by dominating both the 50m and 100m.

These superstars will again strut their stuff for Commonwealth Games selection in mid-March, so make plans to attend some of the finals sessions – there is a good ticket purchase offer available through SwimmingNSW website.

Our swimmers gained great experience by racing these international athletes, and both Carlee Millikin and Sally Gilbert qualified for the B final in the 200m Breaststroke finishing 3rd and 4th in the final respectively, both improving on their heat times. Our girls' 4 x 100m Medley Relay team of Genevieve Brewer, Carlee Millikin, Steph Cannell and Emma Morgan finished 4th of the NSW Clubs, and are looking to be very competitive at Age Nationals in April.

Elliot Long posted excellent times in open company in both 50m(25.01) and 100m Freestyle(54.60), while Luane Rowe finished 5th in the 800m Freestyle with a solid 9min02.5sec. Emma Morgan had a busy weekend with seven individual events at her first Open State





and performed particularly well with a 27.9 50m Freestyle.

Tom Chancellor and Ben Schafer also achieved some solid results considering their school rowing duties on Saturday, Tom achieving a personal best 50m Free and Ben competing for the first time since his Vietnam trip.

Training regimes have now settled in to accommodate school timetables, and I encourage all swimmers to keep strictly to their weekly plan as we prepare for School Carnivals, Tasmanian State and National Age Championships. The quality of your work in training will guarantee success – both technique and effort are crucial, and need to be your best during the next two months, which will ensure consistent improvements in your race times.

An opportunity is currently being explored to provide coaching at Lane Cove Olympic Pool, and I am offering myself as their new Head Coach. Along with expanding our coaching staff this additional pool space can greatly benefit our service for competitive swimmers within both swim clubs. No change is planned to the operations of either club if we are successful in this negotiation, however it is envisaged that swimmers of similar standards will have increased exposure to a more specific and competitive training environment.

Graeme



Photo of Luane from Sydney Morning Herald, courtesy of Fairfax Photos

Cole Classic

In The Sydney Morning Herald **Cole Classic** Luane Rowe claimed the women's title in the 2km event in a time of 26:00.

Max Collins took third place in a time of 26:26.

Tasmanian Age 2010 Championships:

Good luck to our team Steph Cannell, Chris Huang, Rachel Clifford, Xenia Boynton, Gen Brewer, Emma Morgan, Lucy Mason, Lauren Amedee and Brianna Sims.

Thank you to Graeme and Brigitte (Xenia's mum) for giving up their time to manage the team.

2010 is WSC 20th year

Diary Dates:

The presentation day and 20th party will be held on **18/9/10**. Club Championships will be held at SOPAC on **25/7/10**. The entire Winter program is now up on the website so mark your calendars!



Australian Open Water News

in the Australian Open Water Championships held in Victoria Luane Rowe and Max Collins represented Willoughby.

Luane came 8th Australian in the 5k women's open, Max came 9th in the 5K and 5th in the 10 K in his age group (16-18)



Community Service:

NB Year 11 and Year 12 students!

Assisting WSC with Club nights and BBQs can count towards community service for those swimmers who are required to serve in this way.

See Regina if you want to help and make it count for school.

Next Bunnings BBQ 27/3/10

Annual General Meeting

The AGM will be held **14/5/10** in the crèche at the Leisure Centre. The 25m Club Championship events will be held concurrently and *the older swimmers will need to marshall and timekeep*, Rudy can start.

If you would like more information about how the Committee functions so that you can step up and nominate, please ask any other current Committee about the roles.

Willoughby Pool Space Increase Feasibility Study:

The Study is on public exhibition until 28/2/10.

Get your community behind a 50m pool as the Council needs to know what the priorities are for this area.

Use 'bangthetable' for easy feedback especially as Council seems to take most notice of this feedback.

Club News:

Next Club night **19/3/10** at Willoughby Leisure Centre – BBQ will be available.

The Mayor will be attending Club on **Friday 26 March 2010** to present our Australian Age Team with their tshirt and our new State level swimmers with their personalised cap. Everyone should attend.

Oceanswims:

If you want to join in a great day out especially when there are teams, let Rose Leamon know.

Rose coordinates our team entries (with Graeme) Rose's email is rosemary.leamon@bigpond.com

Welcome New Members

Welcome to Bernadette, Charlotte and Kieran Gates, Cathy and Matthew Lowe, Karina and Samuel Fitzgerald – great to have you on board.

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 ginamccconnell@optusnet.com.au
Registrar	Lesley Collins	9967 2716 0413 593178 lfcollins@optusnet.com.au
Club Night Co-ordinator	Molly Schafer	0408 196 605
Clothing	Karen Elliff	9410 1676 Karen.elliff@bigpond.com
Newsletter	Kathie Mason	99958 1302 offtheblocks@gmail.com
Other Committee Members	Peter Nolan	Vincent Dwyer
	Lainie Cannell	Katrina Sims
	Leslie Rowe	Michael King
	Molly Schafer	Sion Griffiths

Next Committee meeting 15th March at 7.45pm, Bridgeview Hotel Willoughby



**Open Water
Success**

Some shots from
the Bondi Classic, the Cole
Classic and the Australian
Open Water Championships
held in Victoria

