



off the blocks

COACH'S COLUMN

TASMANIA TOUR – MARCH 2010

What a great trip we had this year down to Tassie! Eight girls and Chris Huang (lucky Chris) spent last weekend in Hobart at the Tasmanian State Championships, competing against some of Victoria's top age-group swimmers along with all the Taswegians.

We arrived on Friday evening and checked into the aptly named Graham Court Apartments in North Hobart, settling in and preparing for the three day competition at the Tattersall's Aquatic Centre. What a hot venue – in every sense of the word – the temperature is maintained at a constant 40deg C keeping everyone toasty warm! The heats ran from 9am til 12pm and finals began at 4:30pm, finishing at 6:30pm leaving a comfortable amount of time for dinner and early bed-time.

Emma Morgan was outstanding in the 12-13 years events, qualifying for finals in 100m (silver 59.44) and 200m Free(silver 2:10.38), 100m Fly(gold 1:06.69), 100m Back(gold 1:09.20), 200m IM(gold 2:25.21) and 400m IM(bronze 5:19.79)

Stephanie Cannell achieved excellent results in the 16-18 years' 200m Fly(silver 2:27.83), 400m Free(bronze 4:47.32) and 100m Fly(4th1:06.13), having achieved a huge personal best in the heats of 1:05.1.

Chris Huang had some stress on Saturday morning with a delayed arrival, but still managed a national qualifying standard of 1:15.43 in the 14-15 100m Breast, and improved on this finishing 5th in the final with 1:14.91. Chris also achieved a great 100m Back

Brianna Sims achieved best time in every event she contested and was unlucky to miss a final

swim with the Victorian swimmers taking up the two available lanes. This made qualifying for finals very challenging throughout the weekend, but gave our swimmers some great competition in every event.

Lauren Amedee and Rachel Clifford also achieved 100% personal best times across the weekend, with Xenia Boynton, Lucy Mason and Genevieve Brewer all posting strong performances in their events. The 400m IM was particularly successful with best times tumbling by 12 sec (Chris 5:28.6), 21 sec (Brianna 5:41.9), and 15 sec (Lauren6:13.4)! Lauren ripped another 40 sec from her 400m Free (5:08.8), while Lucy managed a pleasing 100m Fly (1:16).

Aside from Brigitte's narrow escape from imprisonment on arrival for interstate transportation of precious goods (ie a cucumber), we enjoyed a fruitful tour which included a scenic drive to the summit of Mount Wellington amid torrential sleet and fog – along with a few soggy local wallabies.

Many thanks to Brigitte for accompanying the team, and assisting us in all aspects of care and organization. These experiences are only possible with the assistance of willing and capable parents, and I know the swimmers all appreciated Brigitte's support – (even Xenia!)

SPEEDO SPRINT FINALS

Congratulations to all our swimmers and parents who attended the Speedo Sprint finals last Saturday. Many found this difficult due to clashes with numerous school events, but our swimmers made the most of the racing achieving many excellent results. Notably Tierney Seeto winning Gold in the 13years Breaststroke, Lucas Anderson's impressive Silver medal from lane 9 in the 10 years' Freestyle, and Max Graham's 4th place in the 12 years Backstroke. Tierney also won Silver in





the Senior 200m Medley relay for Northern Suburbs, who were again hamstrung by being limited to three qualifiers per event – other larger districts are allowed six swimmers – making this event quite a marathon! Well done to all our representatives, in particular those who continued through into the GPS carnival immediately afterwards!

OPEN NATIONALS – COMMONWEALTH GAMES TRIALS

As I write this report the Commonwealth Games Trials are being contested at Homebush. Luane Rowe, Emma Morgan and Sally Gilbert are all competing and we wish them every success at this premier meet. Only the Olympic Trials trump this meet as a showcase of Australia's swimming talent, and I encourage all swimmers and their parents to attend some sessions if possible to see these stars performing live and at the peak of their preparation.

Graeme

20 years – a bright future for WSC

***Good Luck to all WSC swimmers in
upcoming Championships***

Australian 2010 Championships

Good luck to our Age team with individual swims being Steph Cannell, Sally Gilbert, Claire McConnell, Carlee Millikin, Gen Brewer, Elliot Long, Ben Schafer, Chris Huang and Emma Morgan. Together with Luanne Rowe and Max Collins, WSC is very proud of our swimmers who are competing at top level.

Good luck to our relay teams and the swimmers who will complete the team for 13/14s and 15/16s.

Club members should consider coming to support the Club relays.

Club News

Next Club night 19/3/10 and then 26/3/10 when State caps and National tshirts are presented at Willoughby Leisure Centre – BBQ will be available.

Tasmania compliments:

The following email has been sent to our Race Secretary regarding our representatives:

Hi,

I am writing to thank the girls for their kind words at the end of the swim meet that was held down here in Tasmania over the weekend. It was a very hectic weekend and their words and sincerity meant a lot to me as this was the biggest meet I had been Meet Director for.

Please pass my thanks to them all and I look forward to meeting them all again soon and they and their coaches are welcome here in Tasmania. I will be in Sydney for the National Age Championships and would be nice to see them and the coaches again.

Regards

Tracey Dobby
*Meet Director
Swimming Tasmania*

Bunnings BBQ 27/3/10

Volunteers are needed to help at the BBQ from 9am – 4pm . Please let Regina Know on 0413 020 911 when you can help. Shifts generally are 9 – 11, 11- 1.30, 1.30 – 4. Year 11 and Year 12 students should check if they need community service hours as assisting WSC with Club nights and BBQs can count. You will be appreciated if you can help.



Canberra tour 22/23 May 2010:

Mark your diaries – the winter tour will be for the Tuggeronong Vikings Meet. Details will be posted on the WSC website as soon as the program is available.

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!

Technical:

Timekeeping training is the beginning of technical training. Please let Regina know if you would like to obtain this credential.

Training will be offered at a time when you are poolside while your swimmer is in the pool so you won't need to put aside any other time. With the WSC carnival/ club championships on 25/7/10 the more trained officials WSC has, the faster the event will run. Technical training makes it easy to understand how the rules are applied.

New District being formed

Swimming NSW is forming the **Metro North East** swimming district which will comprise some clubs from Warringah (others are forming a Rockpool Association) and clubs from Northern Suburbs including WSC.

One club member is invited to nominate to represent WSC for the first general meeting which will be held on Thursday 6 May 2010 at Roseville Golf Club.

If you would like to obtain more information and/or nominate please contact WSC Secretary Jo Scott on joandbri@bigpond.net.au so that the papers for the meeting may be given to you.

Congratulations *to WSC members who represented WSC at NSW Championships for the first time in Winter 2009 and Summer 2010:*

Sally Gilbert, Justin Brewer, Tierney Seeto, Christopher Huang, Lucas Anderson, Carlee Millikin, Lachlan Hile, Rachel Clifford, Raymond Song and Kate Biviano – the Mayor will present you with your 'cap' on 26/3/10

Annual General Meeting:

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 with assistance from Rudy. 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. All roles will be declared vacant – the Club will benefit if you step forward to offer your ideas.

Member Welfare:

WSC and its members abide by the Swimming Australia member welfare policies. All the policies, procedures and rules are set out on the Swimming Australia website. If you ever have any concerns about anything related to WSC please feel free to look at the policies and/or discuss your concerns with the Club President.

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	Molly Schafer	0408 196 605
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 15th March at 7.45pm, Bridgeview Hotel Willoughby



Open Water Success

Max Collins was the first male solo swimmer in the 11 k *Bridge to Beach* held on Sunday 7th.

Regina was fifth in the non-licensed swimmer division (the French system) in the *Anse Vata - Ille Canard ocean swim* in Noumea on 28th February.

Sydney Harbour Swim Classic, Sunday, March 14. Graeme Brewer was first in his age group. Elliot Long swam for St Aloysius who were placed 1st, 2nd and 3rd overall and won the Head of the Harbour. The Collins won the Family teams prize.

