



off the blocks

COACH'S COLUMN

Welcome back from the Easter break, and a frenetic period of swimming competition culminating in one of Willoughby's most successful ever Age Nationals. The six day meet at Homebush was highlighted with a brilliant Bronze medal to Sally Gilbert who stripped a cool five seconds from her previous best in the 16 years 200m Breaststroke.



Sally Gilbert with her Bronze medal for 200m Breaststroke.

Willoughby achieved a finalist on every day except the last, commencing with Emma Morgan qualifying for her first National Age final in the 14 years 200IM in 2:26.53. Ben Schafer followed this with his first sub-60 second 100m Fly qualifying 7th for the 14years final. Ben moved up with his final swim of 59.24 placing 4th in the country! Our 16/under

relay teams performed brilliantly with the girls Medley team of Genevieve Brewer(1:09.04 Back), Carlee Millikin(1:14.31 Breast), Stephanie Cannell(1:05.60 Fly) and Emma Morgan(59.72 Free) finishing in 8th place.

On day two Elliot Long experienced the tight competition first hand missing the final by 0.3sec in the 15years 100m Free with a fast 54.53 finishing 15th. Sally Gilbert raced a fast 100m Breast heat to qualify 5th for the final and improved on her heat time to finish 5th in the final with 1:14.04.

Carlee Millikin continued the great rivalry she and Sally share in Breaststroke by qualifying for the 15 years 100m final on day three, with a great personal best of 1:13.90, and was joined by Ben Schafer who ripped 5 seconds off his 200m Fly to qualify in 9th position. Elliot Long continued his good form to make a third day three finalist in the 15 years 50m Free with a 24.56. Adding four relay teams made for our busiest evening session in history, and all the swimmers enjoyed supporting each other in the pressure-cooker of the finals. It was the boys' turn to finish top ten in the relay with Ben Schafer (30.82 Back), Chris Huang (33.60 Breast), Reiji Sano (28.85 Fly) and Matt King (26.62 Free) as the 3rd NSW 14/under team placing 10th overall. Elliot maintained his position in a desperately close 50m final placing 8th, whilst Ben had another big improvement in his 200m Fly finishing 7th in 2min 12.24. Our top placing was Carlee Millikin who narrowly missed the medals with another club record of 1:13.30 in her 100m Breaststroke final.

Day four was our busiest heat session with eight swims producing many pleasing results





with Emma Morgan 13th in the 14years 50m Free in 27.24, Ben Schafer 11th and 12th respectively in the 14years 50m Free (25.64) and 400m Free (4:20.92) missing finals by the smallest margins! Sally Gilbert however swam the perfect 200m Breaststroke qualifying 2nd in an effortless personal best of 2:38.45 and improving on the club record in winning the bronze medal in the evening final with 2:36.80; a fitting reward for Sally, who always prepares herself well mentally for competition.

The second last day of competition was again frustrating for some swimmers who were extremely close to qualifying for the finals. Ben Schafer was 12th in the 14years 400m IM with a personal best of 4:59.24, Sally Gilbert finished 13th in the 16years 200m IM with 2:26.80 and Emma Morgan 18th in the 14 years 400m

IM in 5:18.74. Carlee Millikin managed to qualify handsomely 5th for the 15 years 200m Breaststroke final, in spite of a goggle breakage behind the blocks, cracking 2:40 for the first time. In the finals Carlee had further equipment issues with a swimsuit failure, but still managed another 2:39 to place 5th.

Graeme

Editors note: Can members please submit any photos of swimmers and swimmer events to offtheblocks@gmail.com at any time so that the photos can be used in the upcoming newsletter.

Age Nationals at Homebush





Club News

Next Club night 30 April 2010 when the Championship 400 IM will be swum.

Annual General Meeting:

Will be held 14/5/10 in the crèche at the Leisure Centre. 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.

25m Club Championship events:

The 25m Club Championship events will be held at same time as AGM – 14/5/10.

The older swimmers will supervise and conduct the races. These events are open to members 9 years and younger who cannot swim 50m in the particular strokes.

All 50m, 100m and certain 200m events will be swum at the Championships to be held 25/7/10 at SOPAC.

Further details about SOPAC carnival in May newsletter.

Welcome: Welcome to new members James and Amy Huang.

Diary Dates:

The presentation day and 20th birthday 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!

Bunnings BBQ 27/3/10

Thank you to Peter Nolan, Leslie Collins, Rachel Clifford, Jon Mason, Tierney and Geradette Seeto, Mikaela and Brian Harcourt, Katrina Sims, Elliot, Paul and Trish Long, Hugh Millikin, Ben, Jacqui and Molly Schafer, Jenny and Sally Gilbert and Graeme. Your efforts made \$1430 for WSC!

Next BBQ is **29 May 2010** – please let Regina know if you are able to assist for about 2 hours.

Canberra tour 22/23 May 2010:

Details are posted on the WSC website. Entries and payment due 3 May 2010 – no late entries possible.

Member Welfare:

WSC and its members abides 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
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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
Other Committee Members	Peter Nolan	Vincent Dwyer
	Lainie Cannell	Katrina Sims
	Leslie Rowe	Michael King
	Molly Schafer	Sion Griffiths

Next Committee meeting 3rd May at 7.45pm, Bridgeview Hotel Willoughby