



off the blocks

COACH'S COLUMN

Our Recent Canberra trip for the Tuggeranong Vikings meet was our biggest ever tour group with 35 swimmers and many associated parents making a significant splash in the AIS pool. Personal best times were the order of the weekend, with every swimmer improving in more than a few events! The bus left Lane Cove West slightly later than planned, however we still managed a mega Macca's stop en route to satisfy the hungry tummies - Nothing quite like Macflurries to fuel the tank!

Saturday began with success in Open 400m Freestyle with Max Collins clocking a fast 4:13.6 and the girls dominating; Emma Morgan 4:27.5 1st, Stephanie Cannell 4:34.7 2nd and Sally Gilbert 4:44.6 4th . These results fired up the entire team, and even reluctant starters like Jessica Scott were smashing their entry times, achieving an 11 second personal best in her 200m IM after some firm encouragement. Gabi Taranto slashed 17 seconds from her 200m IM and 14 off her 100m Free winning silver, Kate Biviano 8 seconds off her 100m Fly and Ben Schafer 10 seconds off his 200m Breast. Our boys dominated the 14 years' 50m Free finishing 1-2 with Ben's 25.3 and Matt King's 27.0, along with the 12/under 200m Breast with Gold to Matthew Clifford 2:50.3 and Silver to Lachlan Hile 2:57.8. Lucas Anderson began a memorable weekend with Gold medals in the 10 years' 200m IM 2:51.8, 50m Back 36.7, 50m Breast 40.7 and 100m Free 1:10.2.

Emma Morgan was unstoppable in both her 14 years and Open events winning Gold in 50m Back 31.7, 100m Fly 1:04.2 and 50m Free 27.0.

Stephanie Cannell won Gold in the Open 50m Fly with 29.8 – her first sub 30sec swim, and Callum Lowe-Griffiths also achieved Gold in his 100m Back with 1:20.6. Amy Huang bounced back after two weeks' illness winning bronze with 1:17.5 in her 100m Free, while Genevieve Brewer achieved bronze in the Open 100m Back with a personal best of 1:05.8 and Max Graham likewise won bronze in the 12 years' 100m Back in 1:11.5.

The Saturday session finished on a high with Max Collins' 1500m, where he dominated the opposition achieving 16min39 and Gold, with a 45 second improvement on last year.

The medals continued to flow to our team on Sunday after a restful night at Rydges resort. Our accommodation was comfortable and the food more than adequate, while a number of kangaroos could be found grazing and hopping around the grounds - A real treat for us City slickers!

Sunday started with a strong showing in the 200m Freestyles with Emma again shining winning Gold in 2:05.7. Sally and Stephanie both on 2:11 and Genevieve in 2:14 all made personal bests along with the boys achieving good improvements; Elliot Long 5th 2:00, Tom Chancellor 7th 2:00 and Justin Brewer 8th 2:01 in Open competition. Shortly after in the Open 50m Free Genevieve won Gold in a pb of 27.4 with Stephanie 4th in 28.3, and in the men's Elliot achieved Bronze in 24.0 while Justin Brewer placed 4th with 24.7. Our 14 years boys achieved a trifecta in the 200m IM; Ben 2:18, Matt 2:23.9 and Chris Huang 2:27.8, while Emma set a new meet record in the 14 girls IM with a slick 2:23.3. Stephanie Cannell 1:04.4(record) and Lucas Anderson 1:24.1 followed with Gold medals in their 100m Fly events, with Amy Huang winning Bronze in the 10/under 100m Fly.





Sally and Emma finished 2nd and 3rd in the open 100m IM behind National Open medallist Megan Ramsay, and Lucas Anderson continued his 10years domination with Gold in the 50m Free 31.1. Gabi Tarranto took 6 seconds off her 50m Free to place third in 33.6, while Lauren Amedee won Silver in the 14 years 100m Back in 1:13.9. Callum won Gold in his 100m Free and Max Graham Bronze in the 12 years with a big pb of 1:05.9. Lucas again won Gold in the 100m Back with 1:21.3, 50m Fly 36.0 and 100m Breast in 1:29.2 (pretty greedy!), while Amy picked up Bronze with a 5 second pb in her 100m Back. Chris Huang blitzed the 14 years 100m Breast in an impressive 1:12.6, with Matt King 3rd in 1:16.1.



Ben Schafer

Ben Schafer continued success in the Medleys with Gold in the 400m 4:55.4 – a new club open record. Emma likewise created a new club mark in winning the women's 400m IM with 5:01.17 with Sally taking Silver in 5:09.5. Stephanie took Silver in the Open 200m Fly with 2:24 and Genevieve Bronze in the Open 50m Back with 31.0.

Brianna Sims 1:20.3 and Tierney Seeto 1:20.6 were Silver and Bronze medallists in the 14 years 100m Breast, while Ben Schafer 55.7 and Matt King 58.0 won Gold and Bronze respectively in the 14 years 100m Free. Emma added to her club records with a 57.9 Gold medal in the 14 years 100m Free with Brianna taking silver in 1:04.0.

Callum improved his Breaststroke to win Silver in the 100m in 1:34.6, and Matt Clifford touched out Lachlan Hile for Bronze in the 12 years Breast with 1:21.1 to 1:21.3 – great rivals!

In the prestigious Open 100m Elliot Long achieved a fast 53.45 to take Bronze while Justin also made NSW Open standard finishing 5th in 54.69. Stephanie Cannell took Bronze in the women's 100m with 1:01.29 and Genevieve was equal 4th with Megan Ramsay on 1:01.4 – both NSW Open times. Tierney Seeto won Silver in the 13 years 50m Breast in 36.0, Max Graham Bronze in the 12 years 50m Free 30.1 and Callum Silver in the 11 years 50m Free 31.3. Ben created another meet record in the 14 years 50m Fly with 27.2, while Brianna Sims won her first Gold in the girls' event in 32.2. In the final event on the program Genevieve 2:25.4 edged out Emma 2:25.5 in the Open 200m Back to take Bronze, completing a memorable meet for Willoughby swimmers, and a great birthday celebration for Andre Anderson.

I am grateful to Rudy Burattini for his outstanding coaching assistance during the weekend, along with the reliable and helpful parents who always provide an excellent support crew for our swimmers. Congratulations to all members of this season's Canberra touring group on a most exciting and rewarding competitive experience.

Our training focus now is on developing technical skills in strokes, starts and turns as we approach Australian All Schools and NSW State Open Championships in June, Metropolitan Championships in July, and State Age in August.

We will be raising the bar at training to help our swimmers achieve another level of performance, so please remember the "AAAA" rules for success:

ACHIEVEMENT

SET YOUR GOALS FOR DAILY PROGRESS

ATTENDANCE

BE EARLY TO ALL TRAINING ACTIVITIES

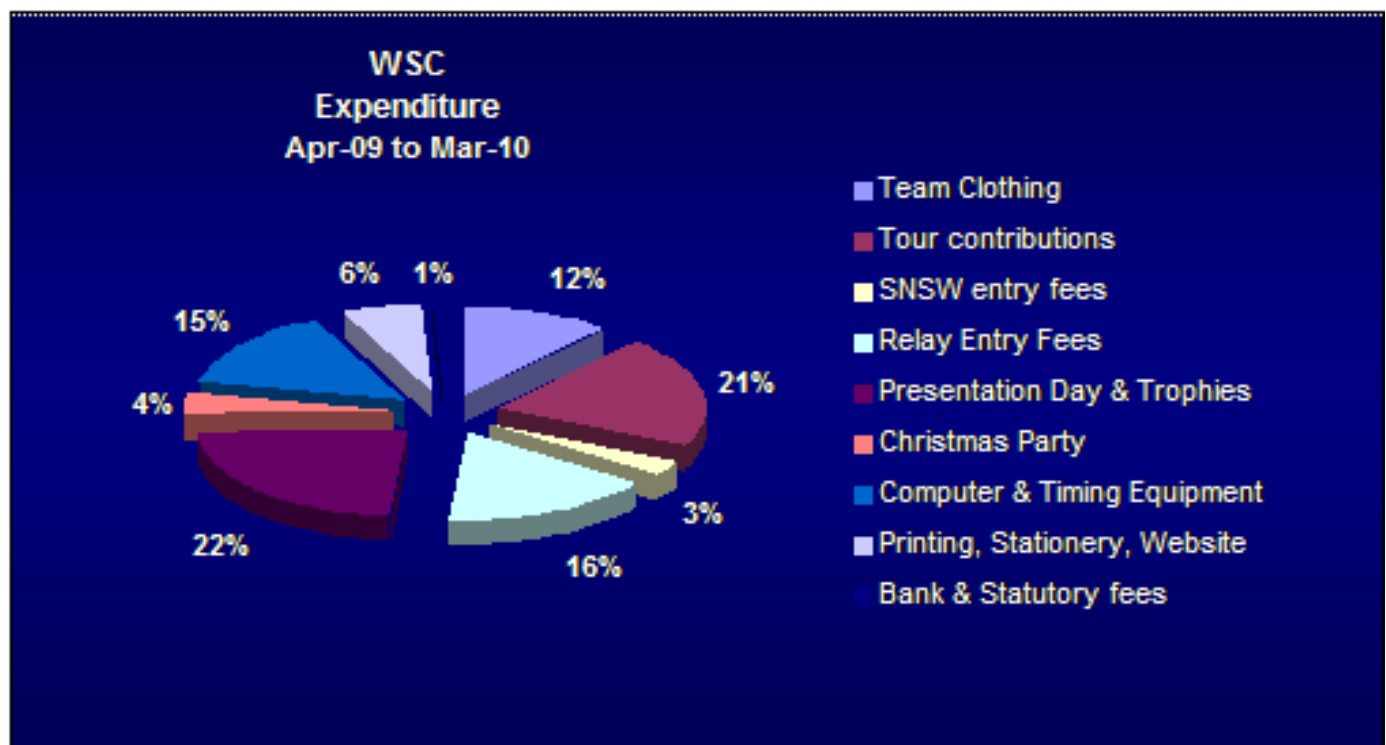
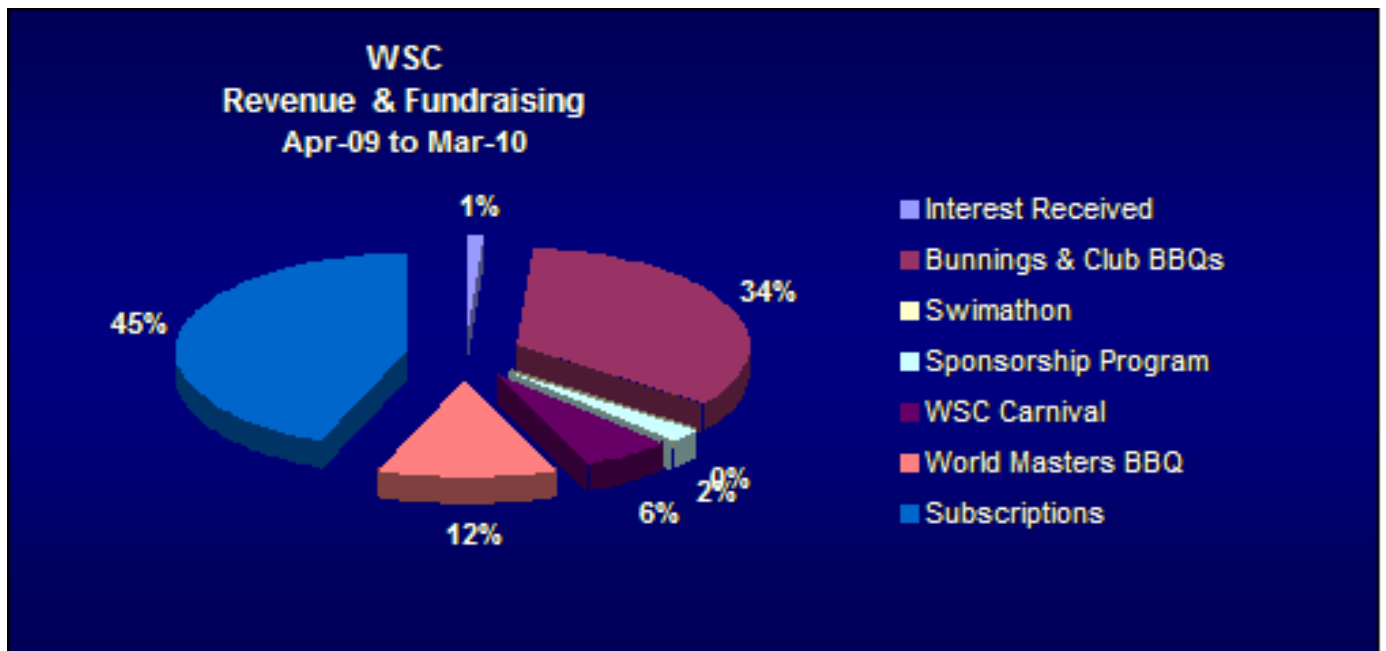
ATTITUDE

TRAIN WITH A DESIRE TO IMPROVE

APPLICATION

DO YOUR BEST IN EVERY SET

- Graeme



JX: GOLD STAR - Joshua Stewart, Lucas Anderson, Callum Lowe-Griffiths, Oliver Sims; GOLD – Thomas Gillis, Jack Spano, Lachlan Hile, Jacqueline Schafer, Cooper Stewart, Kate Biviano, Matthew Clifford, Max Graham, Rachel Mangan, Brooke McConnell, Tierney Seeto; SILVER: Kara Blackley, Gabby Taranto, Maddy Kennedy, Daniel Tobin, Brielle, Wallington, Jessica Scott, Gianni Taranto, Oscar Dean, Matt Millikin; BRONZE: Jonas Elliff, Harrison Scott, Nikkita Spalvins, Emily King, Hamish Moore, Evelyn Parsonage; GREEN: Yvette Boynton, Isabella Daley

YPS: GOLD: Emma Morgan, Carlee Millikin, Sally Gilbert; SILVER: Ben Schafer, Genieve Brewer, Elliot Long, Max Collins; BRONZE: Matthew king, Christopher Huang, Stephanie Cannell, Claire McConnell; BLUE: Brianna Sims, Tom Chancellor, Marcus Anderson, Antony Isaias.

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.



Welcome:

Welcome to our new athlete members: Jemima Davies, Carter McCardwell, Isabelle Hile, Henry and Zach Greneger.

Club Championships procedure:

All Club members are expected to compete in the final and most important events of the 2010 Club Championship series.

The entry fee is \$25 for Club competitors. Please attach your payment to a pink or blue card and place in letterbox by Friday 9 July 2010.

Awards and trophies will be presented on Saturday 18 September at Northbridge Golf Club (Sailors Bay Rd, Northbridge).

The SOPAC carnival is a qualifying meet. This means that swimmers can use their times for the State SC Age Championships.

Bunnings BBQ 27/3/10

Thank you Lainie and Steph Cannell, Anne Collins, Rachel and Matthew Clifford, Lauren and Scott Amedee, Ingrid Graham, Matt King, Carly, Justin and Graeme Brewer, Brian Scott, Carlee, Matt and Hugh Millikin for your most appreciated assistance with the Bunnings BBQ held 29 May 2010 -- your efforts raised \$1701 for WSC!! Congratulations to you all.

The next BBQs will be Saturday 4 September.

Social Dinner:

Following the last event of the Metropolitan Championships, (4 July) all members are welcome to meet and share a meal at The Ranch Hotel Epping. Start time is anticipated to be around 6pm. Hope to see you there!

Swimming Australia rewards junior (9 – 13 years) and senior swimmers (13 – 18 years) for achieving particular time standards in the past season and usually in a long course competition. The award is sent in the next few weeks. Congratulations to you all!

Upcoming Meets

- NSW State SC Open and Age SC Long Distance Championships 18 – 19 June 2010 (online closing 3pm 9 June)
- WSC Club Championships 400m/800m events 25 June at WLC
- NSW Metropolitan Championships 3 - 4 July
- WSC Club Championships at SOPAC 25 July (manual closing 9 July)
- NSW State Age Short Course Championships 13 – 15 August

Willoughby Committee Members 2010

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Next Committee meeting 7th June at 7.45pm, Bridgeview Hotel Willoughby