



COACH'S COLUMN

off the blocks

OPEN STATE SHORT COURSE CHAMPIONSHIPS

A packed 18 hour of swimming last weekend was our NSW State Open Championships – and if you blinked you missed a lot of action!

The best in our state lined up to race the full program as well as age 400m Freestyle events in three sessions finishing on Saturday afternoon. I must admit to being perplexed at why this event is rushed through with such little fan-fare. There were some great swims considering such a frenetic pace, with swimmers backing up for multiple swims in all three sessions, including a Friday night which didn't finish until after 9:00pm.

Willoughby was represented by 13 swimmers, our largest ever contingent at State Open standard. Most swims again were personal best times or extremely close, and Luane Rowe managed to win a Silver Medal in the women's 800m Freestyle early on Saturday afternoon in a creditable 8min46.39. Max Collins achieved an excellent improvement also in his 1500m placing 6th in a ten second personal best of 16min29.13. Both Max 12th and Luane 7th also enjoyed success in the Open 400m Freestyle event, backing up on Sunday for the Mona Vale ocean swim!

Sally Gilbert and Carlee Millikin were outstanding in the women's Breaststroke events; Sally 12th and Carlee 14th in the 50m, Carlee 8th and Sally 10th in the 100m and Carly 7th and Sally 8th in the 200m! Go Girls!

Emma Morgan had a busy day (including a soccer final with extra time), and achieved 9th in the Open Women's 200m IM, 11th in 400m IM and 12th in the 400m Free.

Elliot Long enjoyed a breakthrough clocking 52.8 in the men's 100m Freestyle and restating his form leading off the relay in 52.9. His 200m Free lead-off of 1min 58.64 in the 4 x 200m relay was another milestone, and pressured Tom to achieve an impressive 1min58.54 in the individual 200m event. Both boys enjoyed cracking 2 minutes for the first time. Tom continued his top form achieving 4min08 in the 16-18 400m finishing 9th.

Ben Schafer swam an impressive 400m Freestyle finishing 5th in the 14&15years event with 4:13

Our club Freestyle relays stood up well in open company with the men's 400m Free team of Elliot Long, Justin Brewer, Tom Chancellor and Max Collins placing 10th and the women's team 11th including Emma Morgan, Steph Cannell, Luane Rowe and Sally Gilbert. In the longer 4 x 200m events our teams made an even greater impression with the Men, (having Ben Schafer replacing Tom) 7th and the Women placing 6th. Our women's Medley relay finished 12th which was creditable considering the changes necessary due to Genevieve's untimely foot injury.

This meet gave our top swimmers great exposure to open competition, and augurs well for meets approaching including Metropolitan(3-4 July), National Open(14-18 July), and State Age(13-15 August) Championship events.





NATIONAL SCHOOLS CHAMPIONSHIPS

The National Schools Championships were held in Brisbane in early June, and Willoughby was well represented with Sally Gilbert, Emma Morgan, Callum Lowe-Griffiths, Lachlan Hile and Steph Cannell all qualifying to represent NSW.



Emma Morgan, Callum Lowe-Griffiths and Lachlan Hile competed with obvious success.



Stephanie Cannell (left) and Sally Gilbert

These swimmers competed exceptionally well during the week-long competition with Callum winning the 11 years swimmer of the meet – Gold medals in 200IM and 50m Backstroke, Silver in 50m Free and Bronze in 50m Fly as well as two relay golds. Emma won gold in the 14 years 200mIM and silver in the 200m Free and Sally won Bronze in the 17-19 200m Breast. Lachlan Hile was unlucky in his Breaststroke events finishing a very close 4th in both the 12 years 50m and 100m finals, however enjoyed a Gold medal as the breaststroke swimmer in the victorious NSW Medley Relay. Steph also placed 4th in her 17-19 years 100m Butterfly completing a most rewarding week in Brisbane. These events are a great experience for our

swimmers, allowing them to socialize with swimmers from throughout Australia while representing their school and state.

NOOSA TRAINING CAMP IN SEPTEMBER

Letters regarding this camp are being sent by email this week, and I need your response to finalize bookings by August 1st. Please contact me if you require information or have not received the letter by next week (29th June).

The camp is open to all swimmers in the Swordfish and Dolphins squads who are aiming to compete at State and National level next summer season. Training sessions at Noosa will be challenging, so please make sure you are training consistently in the months leading into September if you are planning to attend the camp. As always we welcome parents to join us on camp to assist in managing the swimmers' needs!

TRAINING FOCUS

Our training focus from now until NSW State Age is clearly on race specific speed, and I urge every swimmer to come to training sessions prepared for a challenge, and with their immediate goals in mind. We have identified Starts and Turns as two major areas of weakness in our team, so concentration on these two skills is essential to maximise improvements over the next two months.

Another concern is many swimmers missing sessions, or not diving in on time. Thorough warm-up swimming is crucial to adjust technique and balance in the water prior to applying pressure and swimming fast. If you are late you are pulling your team-mates down and contributing to a culture of laziness – most undesirable in a competitive swimming squad!

*Please ensure you are **at your selected session 5 minutes early** to allow for preliminary stretching as well as a prompt and punctual commencement to every training bout.*

Looking forward to **positive attitude, punctual training and fast swimming.**

- Graeme



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.

If any 9 year old swimmer wish to swim a 100m event enter the events marked 10/11 years. The 100m is not part of the point score for 9 year club champions however the time is good as a qualifying time, and as an experience of course.

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

Presentation:

Presentation to Club Champions for year ending 30 September 2010 will be held 18 September 2010 at 5pm at Northbridge Golf Club, Sailors Bay Rd, Northbridge. The presentations will conclude at 6pm.

20th Birthday Party:

The party starts at 7pm at Northbridge Golf Club, Sailors Bay Rd, Northbridge. Tickets will be available soon.

Social Dinner Sunday 4 July 6pm

Following the last event of Metropolitan Championships, all members are welcome to meet and share a meal at the Bistro in The Ranch Hotel Epping (cnr Herring and Epping Roads, Marsfield). Hope to see you there!

Editors note:

All photos welcome – please email in to Editor, offtheblocks@gmail.com at any time so that the photos can be used in the upcoming newsletter.

Upcoming Meets

- WSC Club Championships 400m/800m events 25 June at WLC
- NSW Metropolitan Championships 3 - 4 July (online closes 23 June)
- WSC Club Championships at SOPAC 25 July (manual closing 9 July)
- NSW State Age Short Course Championships 13 – 15 August

Sponsorship Opportunities:

If you know any business which would like to be associated with WSC, please put forward your ideas to Graeme or Regina. All ideas are welcome.

Willoughby Committee Members 2010

President	Regina Haertsch	09419 8293 - 0413 020 991 regina.haertsch@gmail.com
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Secretary	Jo Scott	9417 1946 joandbri@bigpond.net.au
Treasurer	Rosemary Leamon	rnleamon@bigpond.net.au
Race Secretary	Molly Schafer	0408 196 605 mclarkschafer@gmail.com
Registrar	Lesley Collins	9967 2716 - 0413 593178 llfcollins@optusnet.com.au
General Committee		
	Leslie Rowe	Michael King
	Katrina Sims	Trish Long
	Sion Griffiths	
Other key contacts		
Clothing Cordinator	Karen Elliff	9410 1676 karen.elliff@bigpond.com
Newsletter Editor	Kathie Mason	99958 1302 offtheblocks@gmail.com

Next Committee meeting 19th July at 7.45pm, Bridgeview Hotel Willoughby