



COACH'S COLUMN

off the blocks

METROPOLITAN CHAMPIONSHIPS

Willoughby was represented by 21 swimmers at the recent winter Metropolitan Short Course Championships, and all achieved personal best times. In fact of 76 swims only a handful were narrowly outside the entry time.

Emma Morgan enjoyed outstanding results winning Gold in the 14-15 400 IM and smashing the five minute barrier in the process. Emma also won silver medals in the 14 years 100m Freestyle with another club record of 57.53, 14-15 200m IM with a club record 2:22.17 and the 14 years 100m Fly in 1:04.28.

Carlee Millikin won silver in the 15 years 200m Breast and Bronze in the 100m Breast with a new club record of 1:12.84, while Sally Gilbert kept the breaststroke rivalry alive winning Bronze in the 16/over 200m Breast in another club record of 2:35.33.

Lucas Anderson was narrowly 4th in the 11 years 100m Back with a huge personal best, while Lachlan Hile and Matt Clifford swam strongly in the 12 years 100m Breast touching 3rd and 5th respectively. Lachlan's controversial disqualification for an illegal touch (we all know both hands hit the wall) while turning was a harsh reminder to all swimmers to practise impeccable technique in every training session.

Kate Biviano had 100% best times during the meet and placed 5th in her 13/under 200m Back in 2:31.3 as well as 8th in the 100m in 1:10.02....so close!

Our 16/over men continue to improve with Elliot Long leading the charge in the 200m Free with a smart 1:56, and Tom Chancellor and Justin Brewer following closely in a tight race both achieving 1:58's. Elliot consolidated his 100m with another 52.8 while Justin is closing in on National Open standards with a 53.3.

Elliot's 59 sec 100m Back and sub 24 sec 50m Free were significant milestones, with swims by Matt King; 2:04 200 Free, 56.6 100m Free, Matt Clifford 1:18.8 100m Breast, Max Graham 1:09 and 2:27 for 100m and 200m Back, Chris Huang 59.8 100m Free and Tierney Seeto 1:19.4 100m Breast all breaking new ground.

Willoughby finished 21st in the point score, and considering the absence of many swimmers through holidays, injuries and entry issues we have every reason to approach State Age in August with great confidence.

Many swimmers would have received invitations to the new Metropolitan North East Region talent programs for the Green development squad sessions and the A squad Dual meet on July 31st and August 1st. Please return the registrations ASAP so places in these events can be finalized.

Noosa camp forms are also due soon, so please let me know if you are attending the year – we are keen to involve as many parents as possible in this week-long camp.

With only a month until State Age, all swimmers should make their training commitment a high priority so we can see you at your best in August!

- Graeme



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.



Gold Club 2010:

Hot news – WSC is again a Swimming Australia Gold Club for the fourth consecutive year. The standard of the Club is derived from evaluating key aspects such as swimmer's competitive involvement, fundraising, reporting to members and opportunities provided for different swimming experiences. Members, pat yourselves on the back!

Feedback:

If you have an idea please do not hesitate to make your suggestions to Graeme, Regina or any Committee member. You are also welcome to attend any Committee meeting and learn more about 'the organisation'.

Noosa Training Camp:

Could all parents who are available to assist coaches at Noosa please let Graeme know. As those who have attended in the past are aware, the camp is lots of fun and very relaxing if the duties are shared.

Technical:

There will be presentation to become a Starter on Saturday afternoon 7/8/10. If you would like further information tell Regina. Remember, for school carnival results to be registrable with SNSW, an accredited Starter and Referee must run the event.

Sponsorship Opportunities:

If you know any business which would like to be associated with WSC, please put forward your ideas to Graeme or Regina. Perhaps it is a business which would donate to WSC if members use their services. All ideas are welcome.

Welcome new members:

Welcome to our new members, Philip Kang and Suzanne Hatunen.

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 (with band) starts at 7pm at Northbridge Golf Club, Sailors Bay Rd, Northbridge. Tickets will be available soon.

Club Championships SOPAC 25/7/10:

In advance THANK YOU to all the parents who have volunteered to assist on the day with timekeeping and other officiating duties. It will be fun and efficient with your kind help.

Upcoming Meets

- WSC Club Championships at SOPAC 25 July (manual closing 9 July)
- NSW State Age Short Course Championships 13 – 15 August (online entries close 3pm 4 August – do not leave until last minute – perhaps enter after 25/7/10)

Willoughby Committee Members 2010

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