



COACH'S COLUMN

NSW SC Age Championships - 7th in State

The 2010 Winter State Age Championships last weekend were our best ever results as a club, with our 20 swimmers performing lifetime best times and winning a stack of medals. These NSW Short Course Championships are the highest level of competition available for 11 to 18 year olds during the winter season. Willoughby placed 7th in the team point-score amassing 1,021 points, less than 20 points behind 6th placed and past champion Age Group club Liverpool.

Our swimmers achieved top ten finishes (point scoring places) throughout the full range of age-groups and stroke disciplines, along with medals in both individual and relay events. The highlights included Gold Medals to Carlee Millikin and Elliot Long who both improved their previous best times in winning events. Emma Morgan again performed brilliantly in a range of events spanning the Individual Medleys, Freestyle, Backstroke and Fly, whilst other individual medallists included our international visitor Phillip Kang, Sally Gilbert, Gen Brewer, Callum Lowe-Griffiths and Lachlan Hile.

Willoughby relay teams were strong throughout the meet demonstrating a healthy depth of talent within our club. Our 15/under boys; Ben Schafer, Phillip Kang, Matt King and Chris Huang won silver in the Medley relay behind Carlile and narrowly missed silver finishing third in the Freestyle event. The girls

15/under also won silver in the Medley relay through Gen Brewer, Carlee Millikin, Emma Morgan and Brianna Sims, with a creditable 5th in their Freestyle event. The 18/under boys comprising Elliot Long, Tom Chancellor, Ben Schafer and Max Collins placed 6th in their Freestyle event while the girls' 18/under Medley team placed 4th with Gen Brewer, Sally Gilbert, Steph Cannell and Emma Morgan and the Freestyle team of Steph Cannell, Sally Gilbert, Gen Brewer and Lauren Amedee also finished in the State's top ten.

Individually Emma Morgan started the meet with a flurry of great results on Friday night with Silver in the 14years 400IM(4:58.96), 5th in the 100m Freestyle(58.46) and Bronze in the 200m IM(2:20.90) all within two hours. Both Emma's IM times created new Willoughby



NSW A Meet - some Willoughby club members were included in the Metro North East team

off the blocks





NSW A Meet - some of the Metro North East team

club records, and achieved in a most competitive age division. Emma smashed two more club records with bronze in the 50m Freestyle(26.46) and 4th in the 200m Freestyle(2:03.58).

In winning Gold in both the 15 years 100m and 200m Breaststroke Carlee Millikin also created two new club marks with 1:11.87 and 2:33.92. This was the first time she has won NSW titles in both distances, and her contribution to the Medley relay team was another memorable effort.

Elliot Long's 23.55 was just 1/100th behind the club record in winning Gold in the 16 years 50m Freestyle, and he narrowly missed the double with a strong performance in another personal best of 52.19 for Silver in the 100m. Elliot also scored valuable points placing 7th in the 200m Free(1:56.86) and 10th in 100m Back(59.36) winding up with a nice personal best in the 100m Fly(1:01.27).

Phillip Kang has missed only one scheduled training session since joining our team in June, and his commitment earned him scoring performances in 7 out of 8 swims! Phillip's Bronze medal in the 15 years 200m Back(2:07.33) was one of many close finishes as he tussled with a rather large 6 foot 4 inch Carlile opponent in every race including the relays! A

narrow 4th place in the 200m IM(2:10.49) and 6th and 7th in his 100m Back(59.97) and 200m Free(1:58.48) respectively gave Phillip a wide range of successful races to re-count on his return to the US next month!

Genevieve Brewer was impressive creating new club records in both the Backstroke distances. Gen won her first State medal with Bronze in the 15 years 200m(2:19.59), and also achieved two 5th places in both the 100m Back(1:05.00) and 50m Freestyle(27.05).

Sally Gilbert fought hard as she recovered from an impressive City to Surf run winning Bronze in the 17-18 200m Breast(2:35.33) and finishing 6th in both her 400m IM(5:06.77) and 100m Breast(1:13.44). Steph Cannell achieved five best times and narrowly missed the hardware placing 5th in the 16 years 100m(1:04.00) and 6th in the 200m (2:20.56) Butterfly. Steph continued her best time rampage adding 100m Free(1:00.53), 200m Back(2:24.97) and 50m Free(28.20) to the list.

Callum Lowe-Griffiths scored in 6 races, winning a Silver medal in the 11 years 50m Backstroke(33.18) and finishing narrowly 4th in the 100m(1:13.82). Callum swam personal best times in every race and was again polished in every respect for his tender age.



Another young achiever was Lachlan Hile who raced to a Bronze medal in the 12 years 100m Breast (1:17.67) and narrowly missed a medal in the 200m placing 4th in 2:47.69 – a 4 second p.b. Lucas Anderson achieved three best times and scored in the 11 years 50m Breast breaking 40 for the first time(39.72), along with narrowly missing top ten in both Freestyle and Backstroke.

Ben Schafer made an excellent contribution adding to his relay medals and following a long US holiday, achieving personal best times in every race. Placing 7th in both 100m (59.00) and 200m(2:12.58) Butterfly for 15 years was outstanding in his new age division, while cracking 25 seconds for the 50m Free(24.98) also earned Ben some points finishing 8th. His biggest improvement though was 7 seconds in the 200m back(2:17.86)!

Tom Chancellor recovered from sickness to post a 2 second best time in the 16 years 100m Free (54.57) and anchored the relay with a slick 53.8!

Matthew King was another returning from holiday – this time the Galapagos Islands! Matt seemed to have picked up a few skills from those dragons managing three personal bests in 200m IM (2:22.62)9th, 200m Freestyle(2:03.43)10th and 50m Free(25.91). Chris Huang changed his underwater action after another unfortunate lane 9 DQ and achieved a 2 second best placing 7th in the 14 years 100m Breast(1:10.98). Max Collins scored points in the 17-18 200m Fly(2:13.88) as well as cracking personal bests in both 50m(25.59) and 100m(55.37) Freestyle – all during his HSC trial examinations!

Kate Biviano finished 10th in the 13 years 200m Back with a p.b.(2:29.19), Matt Clifford made two new marks in the 13 years Breaststroke with 1:18.48 and 2:48.37 having turned 13 on day one of the meet and Max Graham likewise sliced a second from his Backstroke times with 1:08.56 and 2:26.80 in the 13 years events. Brianna Sims improved 5 seconds in the 14 years 200m Breast with 2:48.68 and 2 seconds in her 100m (1:18.69), along with more than 1 sec off her 100m Free(1:01.80). Tierney Seeto was 100% personal best in her events posting 1:19.15 and 2:57.01 in the 14

years Breaststroke events.

Following their outstanding performances Carlee Millikin and Emma Morgan have been selected to represent NSW in Canberra at the Age National Dual Meet, and Elliot Long has made the NSW team to compete in Brisbane in November. Congratulations on this honour and best wishes for some successful racing against the other states!

A memorable winter NSW Championships for our club! Many thanks to Rudy who was so supportive throughout the meet and Michael Macri whose enthusiastic contribution through dry-land programming and test set feedback is vital. Willoughby is in a strong position as we prepare for summer competitions culminating in State Age, State Open, National Age and National Open championships.

Noosa training camp is only a month away, followed closely by our Canberra tour and of course the 20th Birthday celebration at Northbridge Golf club! I look forward in anticipation to some great times ahead.

Keep up your enthusiastic work in and out of the pool and set some goals now to aim for during next season.

- Graeme

Upcoming Meets

- Canberra LC tour 30 & 31 October 2010 - entries and payment due 21/9/10 – info on website
- SMNE area meets – junior meet 6/11/10 (4.30pm), championships 21/11/10 (8am), 28/11/10 (2.30pm)

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.



Presentation:

Presentation to and acknowledgement of Club Champions for year ending 30 September 2010 will be held 18 September 2010 at 5pm at Northbridge Golf Club, Sailors Bay Rd, Northbridge. Patron and Mayor Pat Reilly will preside. The presentations will conclude at 6pm. Attendance at club races and/ or representation of the Club at SNSW events, is a major factor in who can be a 'club champion'.

20th Birthday Party:

The party (with band) starts at 7pm at Northbridge Golf Club, Sailors Bay Rd, Northbridge. Tickets, \$55 ph, (with cocktail food) available from **Lesley Collins** on 0413 593 178. Please purchase by *September 1st* if you are coming along.

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'.

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.

Membership:

All renewals are due by 1st October. WSC will discount membership for renewals before 1st October. Members will be emailed as soon as SNSW opens registrations on their website. All queries to Registrar, Lesley, lfcollins@optusnet.com.au

Noosa Training Camp:

Good luck to you all.

Think about Adelaide and Australian Age Championships in 2011 – the training may inspire you to achieve the standard.

Bunnings BBQ volunteers needed! Saturday 4th September

Preparations are underway for the September BBQ Saturday 4th (day before Father's day) at Bunnings Artarmon. WSC stalwarts are away in water or Europe with family on 4/9/10 - lots of volunteers are needed.

Please contact

Trish Long (smandt@bigpond.com) and let her know when you are able to help.

Thank you

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	rosemary.leamon@bigpond.com
Race Secretary	Molly Schafer	0408 196 605 mclarkschafer@gmail.com
Registrar	Lesley Collins	9967 2716 - 0413 593178 lfcollins@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 13th September at 7.45pm, Bridgeview Hotel Willoughby