



off the blocks



COACH'S COLUMN

2011 NSW STATE AGE LONG COURSE CHAMPIONSHIPS

NSW 12 and under meet gave our youngest competitors a chance to flex their swimming muscle against the best in our state, and they responded with a flurry of personal best performances.

Lachlan Hile bagged a complete set of medals winning GOLD in his 11 years 200m Breast, Silver in the 100m and Bronze as a member of the 12/under boys' medley relay splitting 36.1 in the Breast, along with Callum Lowe-Griffiths Back 34.5, Sam Fitzgerald Fly 33.6 and Oliver Sims Free 29.8 – under 30 for the first time! Lucas Anderson won Bronze in a fiercely competitive 12 years 100m Breast clocking 1min26.9.

Brielle Wallington narrowly missed top ten placing 11th in the 12 years 50m Free with 29.4, while Callum scored points in both 100m and 200m Back as well as 200m Freestyle in his brand new 12 years' age division following his birthday on the Friday prior to competition. Ainsley Scott and Angelique Roth both finished in the State's top 20 in the 11 years' girls Breaststroke

The 13 – 18 years State Championships commenced on Tuesday January 11th, and a busy day 1 heats session was successful for Willoughby, with 6 individual finalists and two first reserves; Max Collins 17-18yrs 400m Free and Claire McConnell 17-18yrs 50m Free both finishing 11th. The finals were naturally very closely contested, and Emma Morgan and Elliot Long swam strong personal best times to narrowly miss bronze placing 4th; Emma in the girls 200m IM in a new Club Record time of 2min24.84sec and Elliot in the boys 100m Freestyle with a smart 53.53 sec.

Sally Gilbert broke the medal drought having qualified 7th for the 17-18 years 100m Breast, with a flying personal best time of 1min 13.84 to grab Bronze behind Commonwealth Games

Silver medallist Samantha Marshall. Ben Schafer displayed his outstanding versatility by narrowly missing the medals in the 14 years 200m Back in a 4 second personal best finishing 5th, and backing up to secure the Bronze Medal in the 15 years 1500m just forty minutes later, establishing a new Club record of 16min 50.55sec. Tom Chancellor had a tough assignment in lane 1 chasing Wally Eggleton who is currently training with Dennis Cotterell in Miami, but managed to muscle past his two nearest rivals in lanes 8 and 9 in a great finish to gain 8th place in the 17-18 years 400m Freestyle.

Emma achieved more success placing 5th in her 100m Fly with another personal best of 1min 05.60, and repeated this speed in the 14/under medley relay with Kate Biviano, Carlee Millikin and Brianna Sims which finished 11th. The boys' relay achieved an outstanding 6th place through Elliot (Back), Karim Diallo (Breast), Ben Schafer (Fly straight after his 1500m success) and Matt King (Free) – well done boys!

Day two was another memorable day filled with personal best times and seven finalists comprising Ben in the 15 years 100m Free where he grabbed Bronze in a fast 53.87 challenging Elliot's mark, Emma in the 200m Back gaining another outstanding 4th in another PB with 2min26.29, Elliot winning bronze after an average start in the 16 years 50m Free with a PB of 24.36, Ben clocking our 4th 4th by 0.02 sec in the 15 years 200m Fly in a huge 3 second PB and club record of 2min 09.76sec, Sally achieving a PB finishing 7th in the 17-18 Girls' 400m IM with 5min 12.67, Carlee Millikin storming home to secure our first Silver medal in the 16 years 100m Breast in 1min 14.45, and Emma winning yet another 4th in another PB of 9min26.40 in the 14/under 800m Free.

Our relay teams were all competitive with Kate Biviano, Rachel Mangan and Tierney Seeto teaming up with Emma to finish 12th in the 14/under Free Relay, while Claire McConnell, Steph Cannell and Sally Gilbert joined Emma for a 13th finish in the 18/under 400m Free relay. Our younger boys swam fast splits in the 14/under Freestyle event with Matt King(26.4), Hamish Moore(28.6), Max Graham(29.38) and Gianni Taranto(28.22), followed by the 18/under team





Elliot Long(54.3), Ben Schafer(54.52), Max Collins(57.15) and Tom Chancellor(55.49).

Success followed on day three (Thursday) when Karim Diallo still suffering a nasty virus, managed to progress from 5th qualifier to win Bronze in 1min09.53, Elliot Long cracked 1Min03 for the first time in 100m Back qualifying 10th for the finals, Ben Schafer turned a 6th qualifying PB of 4min 18 into another narrow 4th in the finals with a "negative split" club record of 4min12.47 this time by 0.2sec! Emma Morgan produced another PB and Club Record of 58.84 in placing narrowly 5th in the 14 years 100m Free while Matt King backed up his 10th place heat swim of 57.29 with a strong 8th place in the final with 56.68 and another big PB.

Max Graham's national qualifying finals performance of 2min29.52 was good enough for 9th in the State, and his effort was followed by Sally's 2nd Bronze medal performance in the 17/18 200m Breaststroke in 2min 40.10 with another great finishing burst. When Ben put together another excellent PB of 24.55 from Lane 4 in the 15 years' 50m Free we were again reminded of the quality of this meet as he earned a Silver medal. Our relay teams were all competitive and our highest place was achieved in the girls' 14/under 200m Medley team of Kate Biviano32.94 Back, Tierney Seeto 36.4 Breast, Emma Morgan 29.1 Fly and Rachel Mangan 29.6 Free finishing in 6th position. The Boys 18/under 400m Free relay team matched this result also finishing 6th through Elliot Long 53.83, Matt King 58.1 Karim Diallo 57.2 and Tom Chancellor a smashing 54.8 on the anchor leg. The 18/under Girls also scored valuable points with a 10th place performance; Emma 59.8, Brianna Sims 63.4, Lauren Amedee 63.4 and Carlee Millikin 62.6, while the 14/under Boys 200m Medley team produce more good PB's with Max Graham 32.99Back, Matt Clifford 35.5 Breast, Matt King 29.6 Fly and Gianni Taranto cracking 28 on the Free.

Willoughby was extremely well placed in the Club point score after the Meet's half way mark at 6th, and we were keen to maintain this position. Friday's onslaught again paved the way for more finals and more team points. Our first three competitors all qualified for the finals in Friday's heat session as Elliot (15 200m Free), Emma (14 50m Free) and Matt (14 50m Free) all progressed, later to be joined by Sally (17-18 200mIM), Emma again in her 400m Free, Carlee Millikin (16 200m Breast) and Ben Schafer (15 400m IM). The finals session produced our first GOLD MEDAL when Carlee raced home to beat a tight field in 2min40.14sec. Fourth place was again popular with our swimmers with Emma's 27.25 and Sally's PB 200IM of 2min 24.59 both narrowly missing the podium. Ben and Emma placed 7th in their respective 400's to cap another busy finals session, and maintain our Club position on the points table.

Saturday produced more excellent results with Emma 8th in a close final in the 14 years 100m Back. Ben suffered another 4th Placing in the 15yrs 200m Free with a PB posting 1min58.25 along with Karim, whose 2:32.69 200m Breast was within 0.2 sec of the medals! Matthew Clifford enjoyed his two 100m Breast PB's and finished a close 10th in the 13 years final in 1min18.5. With only one remaining day we were still firmly in the top ten clubs, and our swimmer rose to the challenge posting more finalists than our rivals with five qualifying for evening swims. Emma began the evening with another PB in the 14 years' 200m Free of 2min07.89, while Matt King (14 yrs 200m Free, Kate Biviano and Max Graham all produced solid finals performances. Ben Schafer had already re-written his 100m Fly PB with a quick 58.37 in the heats of the 14yrs 100m Fly, but he had more in the tank and produced his best again in the final to win another Silver medal in 57.34sec, not far from the stringent NSWIS standard for his age or from Sam McConnell's club record. Our final relay teams both produced very competitive standards with the 18/under girls finishing a creditable 8th with Gen Brewer 1:11.07 Back, Carlee Millikin 1:16.2 Breast, Sally Gilbert 1:09.9 Fly and Claire McConnell 1:01.7 Free, and the boys 12th with Elliot Back 1:04.04, Karim Breast 1:11.2, Ben Fly 59.6 and Tom Free 55.8.

Our swimmers were a joy to supervise and assist throughout the hectic week of racing, and without exception performed at or beyond their current potential. The team's 10th place in NSW 13-18 years and 11th in the overall (10-18 years) point score reflects the high standard our squad has reached during the past twelve months, and much of this success can be attributed to Rudy's faultless commitment both at training and during competition, along with Michael Macri's assistance with strength, flexibility and on pool deck.

Swimmers should now capitalize on their excellent physical condition, and make every effort to perfect their technical skills both in strokes and turns. Focus on replicating your racing speed whenever possible at training. The preparation period from now until National Age in Adelaide in April includes many competitions including NSW State Open, Speedo Sprint Series events and School carnivals, as well as frequent Ocean Swims including Palm to Whale, Bondi Classic, Cole Classic, Malabar, Harbour Classic, and more. I hope we can field many teams in these ocean swims so please let Rosemary Leamon know if you are racing and she can assist us entering the best combinations.

I look forward to an exciting period of racing over the remainder of the 2011 summer season.

Graeme



New Editor needed

Kathie Mason is retiring from the role of newsletter editor. The Club has benefited from Kathie's regular news productions over the last few years and I am sure that you would all endorse my expression of gratitude to Kathie.

When an editor moves on, as they must, the Club calls for another volunteer to make the news their own. All copy is provided so unless you want, no creative penmanship is necessary.

The editor is just one role which will see a change in 2011. If you would like to discuss how you can assist the Club by stepping up this year, as editor or otherwise, please let Regina or Graeme know.

Upcoming Meets and Events (watch the website):

- Club night races Term 1 - 4/2/11, 11/2/11, 25/2/11, 4/3/11, 11/3/11, 25/3/11
- Speedo Heats – 6/2/11 start 12.30pm
- Major 2011 meets – NSW Opens 11-13 February, Australian Opens 1- 8 April and Australian Age in Adelaide 18 – 23 April
- Canberra Tour – 21/22 May

Oceanswims

If you do the occasional oceanswim and are agreeable/interested to being part of a WSC team or just want to know who is doing what and where on a weekend, please email Rosemary Leamon (WSC Treasurer) on rosemary.leamon@bigpond.com

Rose will include you in our WSC group emails so you can let WSC know what you are up to in your spare time over summer.

Chance to see Champions

On 29/1/11 and 30/1/11 Swimming Australia is holding the inaugural Summer Swim Series at North Sydney Pool from 4.30 – 9.30pm.

At least on Saturday 29/1/11 the kids could watch their role models without worrying about the next day ie school.

On Sunday Willoughby has been invited to join in a JX mixed relay which means that 2 boys and 2 girls aged 10 to 13 will swim in the 4 x 100 freestyle event. Kate Biviano, Callum Lowe-Griffiths, Brielle Wallington and Jack Spano will swim for WSC.

Encourage your swimmers to go out for the night and enjoy being a spectator (for a change) with friends.

Easy access by train, as you all know. Tickets available via Swimming Australia or Swimming NSW websites.

Willoughby Committee Members 2010

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Next Committee meeting 7th February 2011 at 7.45pm, Bridgeview Hotel Willoughby