

COACHES COLUMN

**COACHES REPORT – JANUARY 2009**

HAPPY NEW YEAR! And HAPPY AUSTRALIA DAY! To all our swimmers and parents – we are looking forward very much to the competitive season coming up including the State Open Championships, Speedo Sprint Series, School Carnivals at all levels and of course the many ocean swims on offer every weekend along with the Surf Lifesaving Carnivals both Senior and Nipper. Is that enough racing?

Over the last two months, as well as celebrating Christmas and New Year many of our swimmers were busy competing at both the Metropolitan and NSW State Age swimming Championships. There is always some challenge encountered balancing priorities at this busy family time, however all swimmers gave a great effort at these meets and should be very proud of their achievements.

METROPOLITAN CHAMPIONSHIPS

Metropolitan Championships were most successful, highlighted with excellent improvements by Elliot Long taking more than 2 seconds off his 200m Free and 100m Back, Callum Lowe-Griffiths lowering his 100m Free and Fly by 2 seconds, Claire McConnell ripping 6sec and 4 sec from her 400m and 200m Freestyle, Emma Morgan improving her 200m Back by nearly 7 sec and taking 2 sec from her 200 IM, Ben Schafer taking a cool 7 sec from his 200m Fly and 2 sec from both 200 Back and 200 IM, Brianna Sims slicing 2 sec from her 100m Breast, Matthew Clifford taking 2 sec off his 100m breast, Oscar Dean 2sec off his 100m Back, Max Elliff 2sec off his 200m Breast, Max Graham 4 seconds off 100m Breast and Matt King a massive 6 seconds off his 200 IM as well as 4 off his 200m Free and 2 off his 100m Fly! These improvements don't come without good preparation and a keen focus on race day, so Rudy and I were really pleased at this first Championship meet. Medals were hard to come by, and it was great to see Max Graham win Silver in his 11 yrs 100m Back, Emma Morgan Silver in 12 yrs 100m Free, as well as Elliot Long taking Bronze in the 14 years

100m Free.

Genevieve Brewer was close to her first Championship medal placing 4th in the 13 yrs 100m Back, with Emma Morgan also gaining 4th in her 12yrs 200m IM. Ben Schafer finished top six in the 13 yrs 200IM, 100m and 200m Fly, 100m Free and 400m Free achieving multiple National Age qualifying times, while Claire McConnell(15yrs 100m Free) and Matthew King(12 yrs 100m Free and 100m Fly) both managed to place 5th and narrowly missed the medals! Well done to all who raced this summer Metropolitan Championships.

STATE AGE CHAMPIONSHIPS

It certainly wasn't easy backing up from Metropolitan Championships on December 12th to again compete at State only three weeks later – with all the parties and holidays in between! Those that did manage best ever times can be assured of better in the upcoming months, whilst those slightly off their p.b. have still benefited, and enjoyed the chance to fine tune their race strategies.

Our stand out performer at State Age was Elliot Long who won silver in the 14years boys 50m Free and Bronze in the 100m Free, qualifying for finals in all his individual races. Racing against possibly the best Australian sprint talent since Thorpe can only make you stronger, and Te Hani Maxwell re-wrote the record books with outstanding times to win in 23.6 and 52.8! Elliot's 25.1 and 55.1 was not too far behind.

Qualifying for the top ten proved quite challenging with Willoughby swimmers placing 11th or 12th more than seven times. Linley Dundas(11th 17-18 200m Free and 12th 50m Free), Claire McConnell(11th 14yrs 50m Free, 13th in both 100m and 400m Free and 14th 200m Free), Jake Nolan(12th 17-18 400m free) and Clarence Gromowski(11th 13yrs 50m Free) all shared narrow misses, but should be please to rank that highly in a most competitive event.

Jake Nolan qualified for the 17-18 200IM final achieving two personal bests and finishing 8th in 2:16.79, while Tom Chancellor ripped seconds from his personal best times in both 200 and 400m Free. Claire McConnell narrowly missed breaking 60 sec for the first time leading off our 16/U

4x100m free Relay, and was tenths out of the finals in all her freestyle events from 50m to 400m.

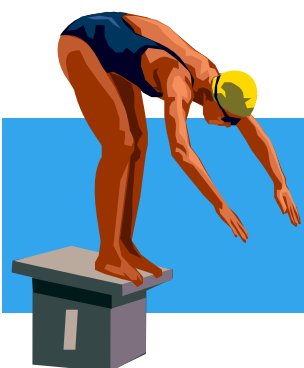
Nathan Elliff, Lucy Mason and Caitlin Wallington all competed well in their first summer State, while Tom Chancellor(17th 15yrs 400m Free and 21st 200m Free), Genevieve Brewer (22nd 14yrs 100m Back), Brianna Sims(16th 13yrs 200m Breast), Brad Nolan(19th 16yrs 50m Free), Emily Chancellor(15th 17-18 200m Back, 18th 50 Free and 21st 100m Back), Max Elliff(21st 15yrs 200m Fly), Antony Isiais(19th 15yrs 50m Free) were all top 20 finishers (or very close!).

The mighty younger brigade of swimmers competed last weekend led by 12 year olds; Matt King, Cameron Jones and Brooke McConnell. Top ten placings were achieved by Matt King (7th 12 yrs 100m fly, 8th 100m Free, 7th 200m Free), Callum Lowe-Griffiths (8th 10/under 200IM, 10th 100m Fly, 9th 50m Free) and still 10 next year!, Oliver Sims (10th 10/under 50m Free), Matthew Clifford (7th 11 yrs 100m Breast, 5th 200m Breast), Cameron Jones (9th 12yrs 50m Free, 10th 100m Back), Brooke McConnell (5th 12yrs 50m Free). Isabella Daley and Rachel Mangan achieved best times in their first summer State and will be primed for the Speedo Sprint meet in February.

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Off the blocks



Entries

All those going to **Tasmania** please have completed entry cards and money to Gina by Feb 16
Entries for **National Age** must be to Gina by March 6

Welcome to new Willoughby Swim Club Members

Allycia Park and her mum, Susan

Farewell and Goodluck:

to the Alldritt family, Murray, Alison and Sam, who have moved to Vietnam for 3 years - perhaps you will let us know about the swimming scene in Vietnam!

WILLOUGHBY SWIM CLUB INC.



Willoughby Committee members 2008/2009

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Treasurer	Rose Leamon	rosemary.leamon@bigpond.com
Secretary/ Clothing	Karen Elliff	karen.elliff@bigpond.com 9410 1676
Registrar	Lesley Collins	lcollins@optusnet.com.au 99672716
Race Secretary	Gina McConnell	scb1@bigpond.com 9427 9197
Club Coordinator	Molly Schafer	
Newsletter	Rowan Shaw	rowanshaw@tpg.com.au
Committee Mem- bers	Peter Nolan	Lainie Cannell
	Katrina Sims	Vincent Dwyer
	Leslie Rowe	

Willoughby
Swim Club Inc
Next Meeting
Monday March
2, 2009
7.45pm
**Bridgeview
Hotel, Wil-
loughby Rd,
Willoughby**

Coaches Column continued:

OCEAN SWIMS

The season is in full swing with today's Manly Cole Classic hotly contested – Luane finished a close 3rd female overall behind Stacey Hansford and Shelley Clarke whilst Jake Nolan came second behind international sprinter Reece Turner.

Last weekend our swimmers enjoyed a challenging Big Swim from Palm to Whale beach and our team of Luane Rowe, Max Collins, Justin Brewer and Elliot Long defended the title by narrowly beating Tattersall's Chris Fydler /Boy Charlton team, which was stacked with swimmers from all over town! Another fine dining experience will be enjoyed by our guys! In a very close dash for cash Justin backed up to win the lucrative \$200 with a great surfing display edging out Jarrod Goldthorpe in the run – shows how desperate school leavers are for spending money! Luane missed the big prize but got lucky and won \$100 in the lucky draw!

Elliot Long won the Men's 10-14 category and

Luane Rowe was 2nd in the Women's 15-19 group, Justin and Max came in 4th and 5th in the Men's 15-19, and I managed to win the Men's 50-54, (still can't match the speed of our young guns) and Rose Leamon our treasurer was narrowly out of the places – 4th in her age category.

Next week we have the Bondi Classic followed by Murray Rose's new Little Bay to Malabar event, so keep your eye on oceanswims.com and enjoy these great community ocean races.

WILLOUGHBY ENTRY PASSES

Your pool entry pass will be changed this month to an **e-swipe** pass, and the cost has been adjusted to \$56 per twenty visit pass. Please assist Leisure Centre staff during this change-over period, and remember to re-charge you pass before it runs out to save any problems at the front desk on entry. The Council has implemented this change to reduce waiting time at the turnstiles, as well as avoiding the job of chasing hand-written I O U's. Please ensure all swimmers treat their

new pass like cash, as lost passes may be difficult to replace.

Hope everyone is well organised and back into a routine – Senior swimmers remember morning sessions save you stacks of time and make it easy to raise your training frequency – a minimum of five sessions is expected from all Swordfish and Dolphins at this time of year.

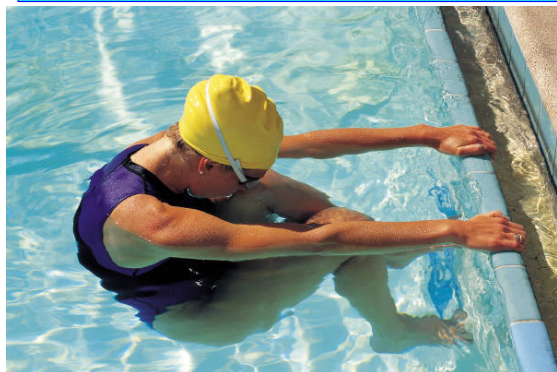
Please remember that Dry Land training starts at 5:00pm to help our new leader Michael Macri get the most out of this important session – make sure you have shoes, drink bottle and a towel for comfort – sun screen is also advisable as some afternoons can be quite hot.

Our focus is now on reinforcing speed and race skills preparing for the school meets, so make sure all starts and turns are the highest quality in training, and train with your race goals in mind. Keep up your good work and encourage your team-mates at training.

Graeme.

Speedo Sprint Heats

Congratulations to everyone who competed on Saturday—some fantastic results and great P.B.s—well done! A report will feature in the next newsletter.



Upcoming Swimming Events

- NSW State Open Championships SOPAC
Feb 13-15
- National Open Water Age and Open Swimming Championships SIRC
28 Feb-March 2
- Speedo Sprint Finals SOPAC
March 8
- National Age Championships SOPAC

Upcoming Tours

- Tasmanian Age Hobart
March 7-9 2009

Remaining Club Nights for Term 1

Friday 27/2/09, 27/3/09 and 3/4/09 - There will be a BBQ every night after club.

April 3 will also feature a presentation night for our National swimmers and first time state swimmers.