



# OFF THE BLOCKS

APRIL 2016



## Coaches Column

### MEET WRAP UP

#### 2016 Australian Age Swimming Championships

The 2016 Australian Age Swimming Championships was held in South Australia from the 28<sup>th</sup> March-4<sup>th</sup> April. With over 1700 individual swimmers and more than 150 swimming clubs represented this is by far the biggest swimming competition in Australia and represents the pinnacle of competition within the age group calendar that nearly all competitive swimmers aspire to.

Swimmers between the ages of 13-18 years of age dedicate themselves to the training process with the aim of qualifying for this prestigious event, for it is recognised as bringing the best swimmers within Australia in the one location to compete. All of Australia's Olympic swimmers have come through age nationals as a pathway to the top. Qualifying times are tough! Competition is fierce and you will need to bring your best to walk away with a smile on your face!! Just to make it to this level you are probably close to top 10 within your state in a specific event and age group.

Willoughby had 8 swimmers qualify and represent their club. Well done an awesome effort in itself!! So congratulations to Hannah Baldwin, Amanda Crowe, Emily Doyle, Gabriel Gorgas, Daniel Sims, Jacqui Schafer, Ainslie Scott and Angela Tremain on your efforts in qualifying and competing. Willoughby Swim club also had numerous other potential qualifiers but due to the toughness of the qualifying times didn't make it.... this year. ....There's always next year.

Part of the goal for all of these swimmers is to aim to final at Nationals. This is a great goal and achievement and means that you are in the Top 10 in your age group in Australia. Considering Australia has one of the best age group programs in the world this is a significant result. Final swims are normally always faster and tend to bring out the best in all swimmers who get the opportunity, so this is why we want to final, but

Age Group swimming can be a tough arena, at the end competition I walk away as coach recognising that these swimmers have had great fun throughout the week. There is a vibrancy in the energy of the young, they have built friendships with other swimmers and clubs, maintained warm ups and swim downs, good resting and nutritional requirements and raced hard for six days. They have encountered the full spectrum of emotion and most importantly persevered through it, and through the process of perseverance there is great learning about swimming and about self that ensures improvement comes to those who stick at it and are prepared to master the art of self-improvement.

Age group swimming is known for the inconsistency of performance that is often the trait of the age groups. (One day great the next day a shocker!) There can be uncertainty and a lack of confidence in this age group, and sometimes a great variance in performance without any real explanation. (So this is normal, don't make a big fuss about it) Consistency of performance does improve with age and frequency of race practice, especially when that race practice has importance attached to it. In other words the remedy for inconsistent performances is to practice it more often so that you become more comfortable in the "pressure cooker" environment of competition.

Racing is often a maturation race where success is often awarded to those that mature early and you must be able to keep this in perspective especially if you are late in maturation. Training for all ages should be a continuum of consistency that adds training load over time to peak as mental maturity peaks. This rarely happens before 18 and is still in progress well into the mid- twenties and often beyond.

Nearly all swimmers who we have taken away to Nationals have been long time Willoughby Swim Club members, often starting as a Stingray doing 2 x per week before the age of 10 and then growing to Sea lions at 3-4 times per week, becoming club members with the opportunity for regular racing and having fun with friends. From there many find great enjoyment in training, an enthusiasm for competition and will go on



to be representatives of Willoughby Swim Club, NSW Swimming and maybe even the Australian Swimming Team!!

**CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A MEDAL WINNING PERFORMANCE**

(Top 3 in their age group in Australia!!)

Gabriel Gorgas  
14 Years 200 FS      1.57.48      3rd

**CONGRATULATIONS TO THOSE SWIMMERS WHO TOP 10 PERFORMANCE (Finals)**

Hannah Baldwin  
16 Years 100 BS      1.15.10      10<sup>th</sup>  
16 years 200 BS      2.39.51      8<sup>th</sup>

Emily Doyle  
14 years 400 FS      4.34.47      10<sup>th</sup>  
14 Years 800 FS      9.15.28      7<sup>th</sup>

Jacqui Schafer  
17/18 Years 200 BK      2.17.85      4<sup>th</sup>  
17/18 Years 100 BK      1.03.92      5<sup>th</sup>  
17/18 Years 100 BF      1.05.52      10<sup>th</sup>  
17/18 Years 200IM      2.24.41      9<sup>th</sup>

**All Other Swims:**

Hannah Baldwin  
16 Years 200 IM      2.27.41      22  
16 years 400 IM      5.15.41      16

Amanda Crowe  
15 years 50 FS      27.77      24  
15 Years 100 Fs      59.73      24

Emily Doyle  
14 years 100 Fs      101.21 42  
14 years 200 FS      2.12.51 28  
14 Years 200 Fly      2.29.69 16

14 Years 200 IM      2.29.5017

Gabriel Gorgas  
14 years 50 FS      26.21 24  
14 years 100 FS      55.25 12

Jacqui Schafer  
17/18 Years 100FS      59.08 25  
17/18 years 200 Fs      2.07.7122  
17/18 years 400 FS      4.26.9014

Ainslie Scott  
16 years 50 Fs      28.75 47

Daniel Sims  
14 years 100 FS      57.33 41  
14 years 50 FS      26.21 37

Angela Tremain  
14 years 100 BK      1.10.47 43

Willoughby also placed 9<sup>th</sup> in the 18/under 4x100 Medley relay:

Angela Tremain	Backstroke	1.09.47
Hannah Baldwin	Breaststroke	1.16.07
Jacqui Schafer	Butterfly	1.02.57
Emily Doyle	Freestyle	1.02.25

Thank you to all the swimmers for their efforts that they have contributed throughout the season and thank you to all the parents for their organisation and management of this successful team.

Paul Hardman



**Willoughby Swim Club AGM:**

Friday 20<sup>th</sup> May 6.30pm

Willoughby Leisure Centre Creche

The Annual General Meeting of Willoughby Swim Club will be held at 6.30pm on **Friday 20th May 2016**, at the Willoughby Leisure Centre, in the 'Play Club' room near the entrance to the Leisure Centre. The meeting normally runs for 30 minutes.

All Committee positions will be vacated and a new Committee for the year will be elected by members.

We will require of quorum of 20 members to be present, so we encourage all to attend. Please advise if you can attend by Friday, 13th May.

The 25m races for the younger Club members will be held at the same time as the AGM, and will be run by Rudy and the older swimmers. Pizza for the swimmers will be provided.

**GENEROUS GRANT FROM CHATSWOOD RSL**

The generous funding by Chatswood RSL through ClubGrants, has enabled Willoughby Swim Club to purchase a range of new exercise equipment for land based training, which the swimmers have been using since the start of the year. Feedback has been really positive with many benefits for their fitness. They love the large new cupboards that were built as well, for storing their bags and gear, as well as the equipment.

We sincerely thank Chatswood RSL for their support of Willoughby Swim Club.

**WILLOUGHBY SWIM CLUB COMMITTEE 2015/16**

- President: Molly Schafer
- Vice President: Char Loh
- Treasurer: Lindon Egan
- Secretary: Marisa Anderson
- Race Secretary: Jemma Baldwin
- Registrar: Char Loh
- Communications: Jemma Baldwin
- Newsletter: Katrina Sims
- Sponsorship: Dom Fitzgerald/Sion Griffiths
- Bunnings Coordinator: Jo Ryan
- Uniforms: Lettitia Gorgas
- General: James Radford  
Siobhaun Cremin