



# OFF THE BLOCKS

VOLUME 9 - ISSUE 1 FEBRUARY 2015



## COACHES COLUMN:

### Meet Wrap Up

#### 2015 NSW 13-18 Years State Championships

The 2015 13-18 Years State Championships were held at Homebush between the 19-24<sup>th</sup> January. It is a six date meet that includes heats and finals that truly tests the ability to sustain performance levels. Willoughby had 15 swimmers competing at this level, which is down on the usual numbers for Willoughby, but the quality of performance was high and I think our swimmers should be very pleased with their efforts.

Congratulations to the following swimmers who achieved gold medal performances:

Jacqui Schafer:

- 1<sup>st</sup> 17/18 Years Womens 100 BK 1.04.12
- 1<sup>ST</sup> 17/18 Years Womens 200BK 2.17.33

Ainslie Scott:

- 1<sup>st</sup> 15 years 50 FS 26.79

Congratulations to the following swimmers who achieved podium level performances (top 3 –medals!!):

Lucas Anderson:

- 2<sup>nd</sup> 15 Years 50 FS 24.73
- 2<sup>nd</sup> 15 Years 100 Breaststroke 1.07.53
- 2<sup>nd</sup> 15 years 200 IM 2.10.79

Hannah Baldwin:

- 3<sup>rd</sup> 15 Years 200 BS 2.42.91

Ciaran Loh:

- 3<sup>rd</sup> 15 Years 100 BK 1.01.39

Callum Lowe Griffiths:

- 2<sup>nd</sup> 16 Years 200 BK 2.07.22
- 3<sup>rd</sup> 16 Years 1500FS 16.36.73
- 3<sup>rd</sup> 16 Years 400 FS 4.08.18

Jacqui Schafer:

- 3<sup>rd</sup> 17/18 Years 200 Fly 2.24.41

Congratulations to the following swimmers who achieved top 10 Placing (finals):

Lucas Anderson:

- 5<sup>th</sup> 15 Years 100 Fs 54.19
- 5<sup>th</sup> 15 Years 100 BK 1.01.66
- 7<sup>th</sup> 15 Years 200 Fs 1.58.10
- 10<sup>th</sup> 15 years 100 Fly 1.03.00

Hannah Baldwin:

- 4<sup>th</sup> 15 Years 100 BS 1.15.66

Matt Clifford:

- 9<sup>th</sup> 17/18 years 200 BS 2.30.38

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Ciaran Loh:

- 7<sup>th</sup> 15 Years 200 BK 2.18.75
- 9<sup>th</sup> 15 Years 100 FS 55.56
- 10<sup>th</sup> 15 Years 50 FS 25.88
- 6<sup>th</sup> 15 Years 100 Fly 1.01.06

Callum Lowe Griffiths:

- 4<sup>th</sup> 16 Years 100 BK 59.93
- 5<sup>th</sup> 16 Years 400 IM 4.45.28
- 5<sup>th</sup> 16 Years 200 FS 1.58.70
- 4<sup>th</sup> 16 Years 200 IM 2.13.15

Koji Nomura:

- 9<sup>th</sup> 15 Years 100 Fly 1.02.55

Jacqui Schafer:

- 9<sup>th</sup> 17/18 Years 50 FS 27.60
- 4<sup>th</sup> 17/18 Years v400 FS 4.29.67
- 5<sup>th</sup> 17/18 Years 200 FS 2.07.95
- 8<sup>th</sup> 17/18 Years 100 Fly 1.04.66
- 9<sup>th</sup> 17/18 Years 100 FS 59.42



Ainslie Scott:

- 10<sup>th</sup> 15 Years 200 FS 2.12.76

Angela Tremain :

- 7<sup>th</sup> 13 Years 100 BK 1.10.25



## 2015 NSW 10-12 Years State Championships

The 10 -12 Years NSW State Championships was held at Homebush on the weekend 16/17 January and whilst our representation at this meet was low in numbers the performances were still strong.

Congratulations to all 3 boys who represented Willoughby Swim Club. Gabriel Gorgas was outstanding earning 2 bronze medals in a highly competitive field. Gabe broke the minute in the 12 Years 100 FS for the first time to record 59.79, splitting 29.91/29.88 (Neg Split in a 100!!?) and achieved another bronze medal and PB in the 200FS to record 2.11.40 ( another Neg Split ) Great to be strong backend swimmers!!

Gabe also swam in 200 IM, 50 FS, and 100 BK and throughout the weekend recorded 4 out of 5 PB's.

The following swimmers contributed to our strong team performance by either qualifying for State Championships and /or achieving personal best swims throughout the meet, so thank you and congratulations to the these swimmers. Maeve Boakes, Jessica Egan, Eleni Gorgas ( 5 second pb in the 200FS and down to 2.14.!!),Max Graham, Emily King, Matt King and Kaitlyn Radford.



The following swimmers also contributed to our strong relay performances. Thank you to Sam Fitzgerald, Mikaela Rifkin and Oliver Sims.



Shannon Lowe Griffith recorded a 5 sec personal best in the 12 year 100 BS to record a time 1.24.33. Well done Shannon!! and thank you for your much improved efforts in the training pool this summer. More easy improvement to you when you learn the value of

1. Keeping feet off the bottom of the pool!! Very destructive for the development of good technique
2. Streamlining all walls up to 10+ metres for underwater stroke in BS and 6-8 metres in FS
3. Watch and learn the clock



Jake Bailey swam a time of 34.23 for the 11 years 50 FS. Well done Jake and I did note that you swam a 32 low for you 50 FS at Club on Friday night. Well done!

All of these boys swam well and all show high levels of talent and will be worth watching into the future.

Regards

Paul Hardman

### BREASTSTROKE BODYLINE:

The pull and the kick are very important aspects of breaststroke. However, there is a part of the stroke that often gets overlooked: the body line.

The best breaststrokers in the world don't win the race because of their super strong pull or kick. Their ability to hit a solid line close to the surface of the water between every stroke helps them keep their speed throughout the race.

Check out some of these photos illustrating each athlete hitting a very strict body line, close to the surface of the water: Note head down, eyes down position!!



### SCHOOL CARNIVAL RESULTS:

School carnivals are here again. We love to hear about our swimmers achievements. Forward your results to [offtheblocks@gmail.com](mailto:offtheblocks@gmail.com) to be published in upcoming newsletters.

### CLUB CAPTAIN 2015 – JACQUI SCHAFER



Congratulations to Jacquie, WSC's Club Captain for 2015. Jacquie's position is well deserved. She is an extremely motivated trainer and competitor and is an inspiring role model to our swimmers. Jacquie takes over the position from Elliot Long.

### BUNNINGS BBQ – UPCOMING DATES:

The next Bunnings BBQ is scheduled for March 20<sup>th</sup>. Our BBQ's are a major source of funds for the club and all help from our members and their parents is greatly appreciated. Jo will be sending an email shortly asking for volunteers. Please offer your services. Many hands make light work!

### UPCOMING MEETS AND EVENTS:

#### CLUB NIGHTS FRIDAY 6.30PM:

13/2/2015, 20/2/2015, 6/3/2015, 20/3/2015

#### MEETS:

- 8<sup>th</sup> Feb: NSW Speedo Sprints Heats (SOPAC) entries closed.
- 27<sup>th</sup> Feb: NSW State Open Champs (SOPAC) entries close 18<sup>th</sup> Feb 2015
- 8<sup>th</sup> March: NSW Speedo Sprint Finals (SOPAC)
- 14<sup>th</sup> March: NSW National Prep Meet (SOPAC)

#### BUNNINGS BBQ:

- 21<sup>st</sup> March 2015 – Volunteers Required