



OFF THE BLOCKS

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COACHES COLUMN

2014 Winter Metropolitan Championships

The 2014 Winter Metropolitan Swimming Championships were held at Homebush on the weekend of 12/13th July. Willoughby Swimming Club had 14 swimmers competing. Many of our swimmers were on holidays so our numbers were a little down on our usual representation, but for those who did compete there were some outstanding performances by those who had managed to string together a consistent block of preparation leading into the meet.

Special mention should go to Callum Lowe Griffiths who lead the team admirably, winning three gold medals in the 15 years 100 and 200 Backstroke and the 14-15 years 400 FS. Callum also managed three silver medals in the 14-15 years 200 IM, 400 IM and the 200 FS and a bronze in the 100 FS. Most of these performances were strong PB's and reinforced the outstanding athletic qualities that Callum displays on a consistent basis in the training pool... and the surf and on the track. Well done Callum. An awesome time of 401.86 was impressive, now time to think 3.55 short or sub 4.00 long. Of course none of these times will come easy!! In this sport the higher you go the more it will take. It has often been said that the harder you work the luckier you get.

Well supported by and never far away from the action Lucas Anderson also managed to impress with 6 top ten finishes and a bronze in the 15 years 100 fly. Lucas has been training consistently well and is currently preparing for the upcoming school Nationals to be held in Melbourne in the next few weeks.

Ainslie Scott demonstrated that when you are able to put the training in and get your sessions done then then talent is able to shine through. Ainslie was all smiles all weekend, achieving significant PBs in all her events and notably breaking the minute for the 100 FS for the first time recording a 58.70. Personally my favourite swim was her 200 FS getting down to a 2.10.78, and whilst we all know that Ainslie is a sprinter who might prefer the 50, ultimately the development of her endurance and

the longer distance events will only serve her well into the future.

It has been pleasing to see some of our younger crew standing up and taking on the challenge of extra training. Both Gabe and Eleni Gorgas have been doing some excellent training both preceding and during the holiday period and whilst Eleni didn't manage to qualify for Metros this time around....just watch this space, her time will come. On the other hand Gabe performed some strong PB's recording a time of 1.00.44 for the 100 FS and a 1.11. 62 for the 100 BK Gabe is also currently preparing for School Nationals in Melbourne along with Jacqui Schafer and Lucas Anderson.

Amanda Crowe demonstrated why she has such a good future in this sport. 28.20 for the 50 and 101.26 for the 100 is outstanding for a 13 year old. Well done Amanda. Keep up the great training, you are impressive on your kick sets and that is a vital part of being a great swimmer. Shannon Lowe Griffiths swam a great 100 BS to record a time of 1.25.62 well done Shannon, I recognize your talent..... but the lesson for you at the delicate age of 11 is....

A coach can always provide the motivation and the discipline required to get one lap done well, maybe one set, maybe one session or even one week, but the greatest discipline you must find is self-discipline for this will endure and motivate you far beyond what a coach can give you!!

Congratulations for a strong team effort , excellent performances and a sound contribution all round should also go to Genevieve Brewer, Matt Clifford, Sam Fitzgerald, Lachie Hile, Emily and Matt King and Angela Tremain. Whilst I may not have mentioned you in detail I have valued you efforts both in the racing pool and the training pool and I look forward to a stronger representation from all Willoughby swimming club members at the upcoming State Championships at the end of August which is now about 6 weeks away which should give all of you a wonderful opportunity to settle



down a get a consistent block of training executed before this meet.

Congratulations on the following swimmers who achieved a top 3 finish:

Lucas Anderson

3rd 15 years 100 fly 59.14

Callum Lowe Griffiths

1st 15 years 200 Bk 57.98

1st 15 years 100 BK 2.07.05

1st 15 years 400 FS 4.01.84

2nd 15 years 400 IM 4.33.95

2nd 15 years 200 Im 2.11.01

2nd 15 years 200 FS 1.54.83

3rd 15 years 100 FS 53.31

Congratulations on the following swimmers who achieved a top 10 finish

Lucas Anderson

4th 15 years 100 BS 1.07.79

5th 15 years 100 BK 1.00.70

4th 15 years 200 IM 2.12.45

7th 15 years 200 FS 1.58.29

5th 15 years 100 FS 53.66

Genevieve Brewer

8th 16 years over 200 BK 2.19.74

Sam Fitzgerald

7th 15 years 200 Fly 2.13.87

9th 15 years 100 Fly 1.00.93

Gabe Gorgas

5th 12 years 100 FS 1.00.44

10th 12 Years 100 BK 1.11.62

Shannon Lowe Griffiths

6th 11 years 100 BS 1.25.62

Ainslie Scott

6th 15 years 100 FS 58.70

8th 15 years 50 Fs 26.80

WILLOUGHBY SWIM CLUB CHAMPIONSHIPS AND INVITATIONAL MEET

SUNDAY 17TH AUGUST AT KNOX GRAMMAR

Warm Up: 10.30am
Start: 11.15am

This is WSC's big team event of the year, and we would like to see all our swimmers attend. Send your entries to Jodie (wsc.entries@gmail.com) by **Friday 1st August at 5.00pm**. All entries will be confirmed and you can enter as many events for a flat fee of \$20.00

Once you have sent your entries, please deposit the monies directly into the WSC account.

We have invited KNOX, North Sydney and Ravenswood Swimming clubs to this invitational.

SPONSORSHIP:

Thank you to our new friends of Willoughby Swim Club for their kind support to our club BBQ's.

VINA Bakery (Sailors Bay Rd Northbridge & High St Willoughby)

Craig Cook Butchers (Northbridge Plaza)

Lennard's Chicken (Northbridge Plaza)

Dominic Fitzgerald and Sion Griffiths are looking for other sponsors who would like to support the Club.

There are all type of opportunities room donations to branding for example, club shorts and/or a portable club banner for carnivals so families can sit together. If you know a business that could be approached or if you have any ideas please contact Dominic or Sion.



UPCOMING MEETS AND EVENTS:

2014 CLUB NIGHT RACES:

Term 3 – 1/8/14, 23/8/14, 5/9/14

Term 4 – 10/10/14, 24/10/14, 7/11/14, 21/11/14,
5/12/14

WINTER SC COMPETITIONS:

August:

17TH: WSC Club Championships

24th: Abbotsleigh Invitational Meet

29 – 31st: NSW State Age SC Championships

September:

12 – 13th: NSW State Open SC Championships