



OFF THE BLOCKS

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COACHES COLUMN:

MEET WRAP UP – SMNE WINTER CHAMPIONSHIPS

Willoughby Swim Club was back in action competing in the SMNE Winter Championships at Homebush on the weekend of 20/21st June 2015. Willoughby had more than 25 swimmers competing with a good representation from some of our younger swimmers competing at this level of competition for the 1st time.

CONGRATULATIONS TO THOSE SWIMMERS WHO RECORDED A TOP 3 PLACING

Amanda Crowe

- 2nd 14 yrs 100 Bk 1.09.52

Gabriel Gorgas

- 1st 13 yrs 100 Fs 58.12
- 2nd 13/U 200 Fs 2.05.02
- 2nd 13/U 200 Im 2.26.94
- 3rd 13/U 50 Fs 26.86

Santiago Johnson

- 2nd 10 yrs 100 Bk 1.29.40

Jacqui Schafer

- 1st Open 50 Bk 29.52
- 1st Open 100 Bk 1.03.01
- 1st 14 Over 200 Bk 2.17.10
- 2nd 14 200 Im 2.22.60
- 2nd 15/0 100 Bf 1.03.35
- 3rd 14/0 200 Bf 2.20.61
- 3rd Open 400fs 4.25.46
- 3rd 15/0 100 Fs 58.35

Daniel Sims

- 2nd 13/U 50 Fs 26.35
- 2nd 13 Yrs 100 fs 59.23

CONGRATULATIONS TO THE FOLLOWING SWIMMERS WHO RECORDED A TOP 10 PLACING

Jake Bailey

- 8th 11 yrs 100 Fs 1.11.88

Tui Balfour Ash

- 9th 11yrs 100 Bf 1.27.70

Toby Brandon Cooper

- 5th 10 yrs 100 BS 1.49.71
- 8th 10 Yrs 100 Fs 1.21.99

Amanda Crowe

- 7th 14/0 200 Bk 2.35.35

Ava Doyle

- 8th 9 yrs 100 Fs 1.36.88
- 6th 9 yrs 100 Bk 1.53.01

Lily Doyle

- 10th 8/U 50 Bk 1.06.57

Marie Doyle

- 5th 14 Yrs 100 Bk 1.10.83
- 7th 14 yrs 100 Bf 1.14.30
- 8th 14/0 200 Bk 2.35.75
- 10th open 50 Bk 33.29

Jessica Egan

- 8th 15/o 100 Bk 1.12.34

Eleni Gorgas

- 5th Mixed Open 800 fs 9.30.88
- 7th Open 400 fs 4.43.43
- 9th 15/O 100 Bk 1.12.80



Summer Ho

- 8th 13/U 200 Bs 3.25.81

Lara Hurley

- 9th 13/U 200 Bs 3.25.81

Santiago Johnson

- 5th 10 Yrs 100 Fs 1.19.41

Harry Kember

- 9th 11 yrs 100 Fs 1.12.06

Caroline Paulsen

- 9th Womens 100 Bk 1.15.59
- 10th 14yrs 100 Bs 1.28.28

Lucinda Peace

- 13 yrs 100 Bs 1.31.81

Jacqui Schafer

- 9th 14/O 50 Fs 27.38
- 4th Womens 50 fly 28.74
- 14/O 200 Fs 2.07.10

Angela Tremain

- 4th 13 100 Bk 1.11.68
- 7th Open 50m Bk 32.18
- 8th 13 /U 200 Bk 2.41 .28

Well done to all swimmers who competed over the weekend including Maeve Boakes, Cameron Bogatez, Josephine Brakey, Alexia Johnson, Emily King and Alec Price. Many swimmers were competing at this level of competition for the 1st time and their efforts were excellent. Most importantly it gives all swimmers a reference point for their training and subsequent performance. From there swimmers are always able to add to their training to allow them to achieve their competitive goals and aspirations.



Goals

I recently gave our top squad, (Dolphins) the opportunity to complete a goal sheet, with a view to identifying their short term goals as well as their long term goals. Without identifying any particular swimmer, I thought some of the goals should be considered by all swimmers as it encourages them to identify behaviours that we consider valuable, worthy and important for elite level athletes.

Some of these goals are what we term “elite athlete behaviours” and I am encouraging all of our swimmers to identify them and build them into your repertoire of skills that you bring to the pool on a daily basis.

Here are some of the goals suggested by our Dolphin swimmers

- I want to be effective and efficient at training when I attend (work my hardest at every session)
- In the Summer season I’m aiming to qualify for nationals and improve my performance at State and Metros by swimming in finals events. I would also like to add to my number of events and improve those that are my target races. This would involve my focus on pacing especially in training; ensuring that I



don't over exert myself in the first 50 or 100. By further developing my endurance and establishing consistency in my training regime throughout the summer season, I can ensure that I will feel more comfortable in my understanding of the expectations and preparation for this race and my other events.

- To apply myself fully to the sport. To reach my full potential by consistently putting in the hard work and competing well and to the best of my ability.
- To take pride in completing all laps within the session, for I know this will make me mentally stronger and will contribute to the k's per week that I need to achieve to compete successfully at the national level.
- Commit 100% in every training session, no matter what type of set or land session it is
- To learn how to manage my time more effectively. (Good point!! Swimmers have to be good at time management, because they simply will not have a lot of spare time. Planning your week ahead will help you to prepare well for training and will identify the spare time that you will need to give to your studies and other activities.
- To control my breathing patterns more often in training because this will contribute to a technique that has better balance and therefore greater efficiency.
- To improve my kick sets!!, because the coach reckons I need to be a great kicker to be a great swimmer.
- In the training pool I want to aim to have my FS kick consistently under 1.40 and improve it enough to have my 100 kick time closer to 1.30. I'd also like to increase my range of short rest time cycles including getting down to 1.15 and 1.10. Improving my ability to swim breaststroke as this my weakest stroke, and this would help me achieve better results in the IM.

Another one of my goals would be to have a consistent record of 7-8 sessions a week.

- To maintain a strong technical focus, thinking about areas of improvement that I can give more attention to eg Turns - especially maintaining a specific number of underwater dolphin kicks off each wall, pull pattern, distance per stroke focus, push ups and improvement in chin ups.



Most of our Dolphin swimmers also had goals that included qualifying for state championships, making nationals, making national finals and even medals. Some of our swimmers also have aspirations of competing at the international level.

Many swimmers correctly identify number of sessions achieved each week and maintained over the season as important goals that contribute to what they want to achieve competitively. Many also spoke of the need to achieve balance, staying healthy, having fun and being with friends. Effort, perseverance and eating healthy were also common themes.

Goals are often an end point, however it is the actions or the behaviours that we demonstrate that determine if we are to be successful in achieving our goals. To this end all swimmers might like to consider the following actions that



will all contribute to make you a more successful swimmer.

- Be on time to all training sessions and be sure to follow a pre training routine that includes activation followed by light stretching prior to each session.
- Always listen carefully to the coaches instructions and execute this instruction precisely.
- Take pride in completing all laps in all sessions that you attend.
- Take the time to prepare early and perform great streamlining with every push off that you do.
- Learn to lead the lane and do it often. This requires knowledge of instruction, and knowing how to read the clock.
- Be a great example for others to follow, and be sure to encourage your peers and acknowledge their efforts.
- Swimming is about morning sessions! You will need to learn how to do this if you are to learn how to be a great swimmer. Swimming morning sessions allows for improved time management, because you have more time in each day.
- Technique is everything!! Those who master great technique become the best swimmers. Pay attention to distance per stroke. (count number of strokes per lap often) Learn to swim smoothly at low speeds. Control you breathing particularly at low speeds. Learn bi lateral, pay attention to a level body position with eyes down. Be adaptable and show the coach you are able to respond to his instructions and that change is possible.
- Be the best at SOMETHING. Swimming has so many skills that all contribute to faster swimming. If you are good at something pursue it. Here are a list of skills that you might consider being the best at. Butterfly, Backstroke , Breaststroke , Freestyle, Kick in all four strokes, underwater kick, dives + under water work, drills such as BS pull fly kick, Kick no board in the 4 strokes, all skills with fins or without, then there is dryland skills such as push ups, chins ups,

burpies, running, skipping, planks for time, dishes for time and outstanding demonstrations of exceptional flexibility. Our best athletes are able to demonstrate great competency at many of this skills.

- Create positive momentum. Doing great training once make it easier to replicate and repeat and before you know it, you are easily identified by your hard work ethic. This works both ways. Be sure that you are identified by your great training and outstanding attitude to be a great athlete.

Paul Hardman





WSC Club Championships and Invitational Meet August 16 – Knox Pool

The Annual WSC Club Championships will be held at Knox Grammar School Pool on Sunday 16th August, 2015 starting at 10.30am (warm up) for a 11am start.

All WSC members are encouraged to compete.

WSC Swimmers can enter as many events as desired for the flat rate of \$20.00. The program is available on the WSC website. Entries, including event #, event name and official qualifying times are to be sent to the Race Secretary (Jemma Baldwin) via email at wsc.entries@gmail.com by Friday 31st July. Please make payment directly into the CLUB account, using "surname and WSC Meet" as the reference.

Our cake stall last year proved to be an excellent fundraiser and we will be holding a stall again this year. Your donations of Cakes, slices, muffins etc. (no lolly bags please) would be most appreciated, please bring these to Knox pool in a suitable container on the day.

As you will appreciate hosting and running a meet requires a lot of work and effort, therefore it is essential that we can call on our members to volunteer their time in order to make the day a success.

We have a number of the official duties covered already but will certainly require our members assistance with Marshalling, Check starting, Time Keeping, Presentation Desk and manning the BBQ and Cake Stalls. Please let Jemma know, if you have a preference/experience with any of these duties.

UPCOMING MEETS AND EVENTS:

CLUB NIGHTS FRIDAY 6.30PM:

17/7, 31/7, 14/8, 4/9

MEETS:

- 19/7 SMNE Development Day 1 (Knox)
- 8/8 SMNE National Development Squad (Knox)
- 16/8 Willoughby Invitational (Knox)
- 28/8 NSW State Age SC Championships (SOPAC)
- 30/8 SMNE Development Day 2 (Knox)
- 11/9 NSW State Open SC Championships (SOPAC)

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
- Carnival Rosters:
- PR: Chris Tremain
- Bunnings Coordinator: Jo Ryan
- Uniforms: Lettitia Gorgas
- General: James Radford, Siobhaun Cremin