



# OFF THE BLOCKS

VOLUME 9 - ISSUE 5 MAY 2015



## COACHES COLUMN:

### AUSTRALIAN AGE NATIONALS 2015

#### Meet Wrap up

Australian Age Nationals competition was held at Homebush from the **13<sup>th</sup> -19 April 2015**. Australian Age Nationals is the highest level of competition in Australian Swimming for age group swimming, and as such has extremely tough qualifying times to be eligible to compete in this meet.

Willoughby Swim Club had 10 individual qualifiers for this meet and all swimmers should be congratulated on their efforts in achieving qualification and their subsequent performances at the meet.

Whilst athletes always aspire to achieve their personal bests at the most prestigious events, at precisely the right time (heats then finals) the reality is always different. Challenging conditions always present a range of hurdles and obstacles. Emotion often runs high at this level of competition and needs to be contained. Composure needs to develop into focus and the mind needs to reinforce the positive self-talk, when it is often under siege to nerves, fear and unfortunately doubt.

Our Willoughby Team should be very proud of their conduct and execution. Becoming a great swimmer takes years of training and racing. You will often ride the rollercoaster of success and failure and through this process I hope that you resolve within yourself the desire to be the best athlete you can be. Once you arrive at such a point it will be easier to make

the decisions that will shape your personality towards becoming the best you can be.

And so our week at Nationals was a great success. We all experienced the emotions of success and failure, disappointment, happiness, fun, and great team support. At the end of the day we all bond a little closer and build relationships and friendships through our shared experiences.

### CONGRATULATIONS TO THE FOLLOWING SWIMMERS WHO QUALIFIED FOR A FINAL SWIM

#### Top 10 in Australia in their age group!!

#### Lucas Anderson

9 <sup>th</sup> 15 yrs 100 Breaststroke	1.08.98
10 <sup>th</sup> 15 yrs 200 Freestyle	1.58.85
6 <sup>th</sup> 15 Yrs 200 IM	2.11.38



Lucas

#### Jacquie Schafer

5 <sup>th</sup> 17/18 Years 200 Backstroke	2.16.83
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Jacquie



**CONGRATULATIONS TO THE FOLLOWING SWIMMERS WHO ACHIEVED A TOP 20 PERFORMANCE IN THE AGE GROUP**

**Lucas Anderson**

12<sup>th</sup> 15 Yrs 100 FS 53.85

11<sup>th</sup> 15 Yrs 100 FS 24.66

17<sup>th</sup> 15 Yrs 100 BK 1.01.31

**Hannah Baldwin**

13<sup>th</sup> 16 Yrs 100 BS 1.15.46

12<sup>th</sup> 16 Years 200 BS 2.46.04

**Gabriel Gorgas**

14<sup>th</sup> 12-13 Years 200 FS 2.06.22

**Jacquie Schafer**

18<sup>th</sup> 17-18 Yrs 400 FS 4.32.29

20 17-18 yrs 100 Fly 1.04.55

**Ainslie Scott**

12<sup>th</sup> 15 Years 50 FS 27.04

Congratulations to the following swimmers for their efforts throughout the week. Many of our swimmers were competing in their first Age Nationals and will be better athletes for their experiences.

- Matt Clifford
- Amanda Crowe
- Ciaran Loh
- Daniel Sims
- Angela Tremain

Congratulations to Eleni Gorgas, Max Graham, Lucas Gilbert and Sam Jones and all relay

members who represented Willoughby with great passion and enthusiasm.

There were many great swims through the week and many strong PB's. Congratulations to all swimmers who recorded personal best performances throughout the week.

An additional thank you to Andre Anderson and Matt King who assisted with coaching responsibilities throughout the week and to all parents who suitably nurtured, cared for and encouraged their children and others throughout the week.

A full list of Willoughby results is attached, and you can view a full list of results of the entire meet [here](#)





## Open Nationals

Just a week earlier the 2015 Australian Swimming Championships (open age group) took place at Homebush. Willoughby Swim Club had 2 swimmers who qualified and competed in these Championships. Congratulations to Matt Clifford and Jacquie Schafer for their efforts in qualifying and competing in this meet.

A special mention to Jacquie Schafer for qualifying for the semi-final in both the 100 and 200 Women's Backstroke events. Jacquie's performance propelled her into the top 20 female backstroke swimmers in Australia. In doing so Jacquie proudly put the Willoughby Swim Cap on National TV. Well done Jacquie.

Paul Hardman.

### **CANBERRA CLUB TOUR 29 – 31 May 2015**

Willoughby swim club will be travelling to Canberra to compete at the Tuggeranong Vikings Swim Club meet on 30 and 31 May 2015. This is a short course meet and will be a qualifying carnival for all winter competitions.

The group will be travelling by bus leaving Willoughby Leisure Centre at 4.30pm on Friday 29<sup>th</sup> May and returning approximately 8.00pm on Sunday 31<sup>st</sup> May. We will be staying at the Ibis Styles Eaglehawk Resort.

If you would like to join the group please let Jemma Baldwin [wsc.entries@gmail.com](mailto:wsc.entries@gmail.com) know asap. Entries for the carnival are done online <http://www.vikingsswim.org/about/>. Hurry as entries close at 10:00pm Wednesday 20<sup>th</sup> May.

### **BUNNINGS BBQ – 23<sup>rd</sup> May 2015**

The next BBQ fundraising day will be held on the 23<sup>rd</sup> May 2015. Our BBQ's are a major source of fundraising for Willoughby Swim Club. Jo will be sending an email out to all members shortly seeking volunteers. Please consider assisting on the day.

### **UPCOMING MEETS AND EVENTS:**

#### **CLUB NIGHTS FRIDAY 6.30PM:**

22/5/2015, 12/6/2015, 19/6/2015

#### **MEETS:**

29/5 Tuggeranong Meet Canberra (AIS)  
14/6 SMNE Junior Establishment Development (Knox)  
20/6 SMNE Winter Championships (SOPAC)  
11/7 Sydney Metropolitan SC Championships (SOPAC)  
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 2014/15**

Vice President:	Molly Schafer
Treasurer:	Lindon Egan
Secretary:	Marisa Anderson
Race Secretary:	Gemma Baldwin
Registrar:	Molly Schafer
Communications:	Gemma Baldwin
Newsletter:	Katrina Sims
Sponsorship:	Dom Fitzgerald/Sion Griffiths
Carnival Rosters:	Kim Hurley
PR:	Chris Tremain
Bunnings Coordinator:	Jo Ryan
Uniforms:	Letitia Gorgas
General:	James Radford, Char Loh

**Next Committee Meeting: AGM 12<sup>th</sup> June 6.30pm WLC**