



OFF THE BLOCKS

MAY 2016

Coaches Column

RESULTS FROM STATE AGE CHAMPIONSHIPS 13 – 18 YEARS JANUARY 2016

NSW State Championships 13-18 years was held at Homebush from 18-23rd January 2016. Many of the clubs best swimmers have been preparing consistently over the summer months in preparation for this high level competition.

At this level of competition, swimmers are training between 6-10 sessions per week depending on their age and their level of aspiration. Success often depends upon the commitments that swimmers make to their sport. Willoughby Swim Club has a proud tradition of being a small club, well recognised for punching above its weight in producing quality national level competitors.

This year was a transition year for Willoughby, with notable big medal winners and point scorers from the previous year not representing their club this year for a diverse

range of reasons. For the record we were without Club Captain Jacquie Schafer who at the time of State was battling pneumonia in hospital, Lucas Anderson a multiple medal winner over previous years didn't represent this year. Ainslie Scott a gold medallist in the 15 years 50 Fs last year, battled glandular fever and injuries and was out for more than half the year, didn't manage to capture her

form from the previous year. Ciaran Lowe returned from 3 months overseas slightly underdone but represented the club well. Up and comers Amanda Crowe (Broken foot) and Daniel Sims (awol.... Gone surfing??) added to the long list of club members who didn't quite make it to the blocks this year. Matt Clifford, another natural point scorer had given much of his time this year to point scoring in the HSC in which case he did exceptionally well.

With the unavailability of so many talented swimmers it could have been a lean year for Willoughby, but the younger new kids on the block were outstanding in their application throughout the week to ensure that Willoughby maintained a presence throughout the meet that was noted by many. Gabriel Gorgas, Emily Doyle, Hannah Baldwin were all fearsome in the

competitive attitude and ensured that the club kept moving ahead in the pointscore and the medal count. Callum Lowe Griffiths while not at his best, showed his versatility to lead the team well throughout the week.

With 16 swimmers in individual events and 20 including the relays, Willoughby finished 13th

in the pointscore, down just 1 place from 12th last year. Well done to all team members whom contributed throughout the week.





CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A GOLD MEDAL WINNING PERFORMANCE

Gabriel Gorgas
1st 13 years 100 Freestyle 56.18

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A MEDAL WINNING PERFORMANCE

Hannah Baldwin
2nd 16 Years 100 Breaststroke 1.14.32
2nd 16 Years 200 Breaststroke 2.40.37
3rd 16 Years 400 IM 5.07.96

Emily Doyle
2nd 14 Years 800 Fs 9.06.87
2nd 14 Years 400 Fs 4.26.51
2nd 14 Years 200 Fs 2.08.28
2nd 14 Years 400 IM 5.09.09

Gabriel Gorgas
2nd 13 Years 200 Fs 200.98
3rd 13 Years 50 Fs 26.12

Callum Lowe Griffiths
3rd 17-18 Years 400 IM 4.44.29

Medal winners:

Callum Lowe Griffiths, Hannah Baldwin, Emily Doyle and Gabe Gorgas



CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A STATE TOP 10 PERFORMANCE (Final)

Hannah Baldwin
16 Years 200 IM 2.27.42

Emily Doyle
6th 14 Years 200 IM 2.25.41
5th 14 years 200 BF 2.25.41

Thomas Doyle
9th 16 years 200 BF 2.22.14

Eleni Gorgas
7th 15 Years 800 Fs 9.39.07
8th 15 Years 400 IM 5.16.92

Callum Lowe Griffiths
10th 17-18 Years 400 FS 4.09.92
4th 17-18 Years 100 BK 59.17
4th 17-18 Years 200 IM 2.11.42
4th 17-18 Years 200 BK 2.07.88
4th 17-18 Years 1500 FS 16.35.58

Congratulations to the following swimmers on their state qualification and results, many whom achieved PB's along the way. Emily King, Ciaran Loh, Shannon Lowe Griffiths, Ainslie Scott, Angela Tremain, Maeve Boakes, Marie Doyle, Jessica Egan and Lucas Gilbert. Thank you to the additional efforts made by those whom competed well in our relay teams. The results of which are attached in the results file. Lucas Anderson, Issie Stenning, Cameron Bogatez, Sam Jones, Sam Fitzgerald and Tom Edwards.





RESULTS FROM OPEN WATER STATE CHAMPIONSHIPS 19/20 DEC 2015

Congratulations to those swimmers who represented Willoughby Swim Club at the State Championships for Open Water swimming event held at Penrith on the 19th / 20th December. Some truly amazing effort!!! It should be noted that this event was held at Penrith with 30 degree water temperature and air temp degree of 40 degrees Very tough conditions!!

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A GOLD MEDAL WINNING PERFORMANCE

Emily Doyle
1st 14 Years 5 K event 1:04:40.65

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A MEDAL WINNING PERFORMANCE

Kimberly Doyle
3rd 11 Years 2.5 K Event 35.00.96

Callum Lowe Griffith
2nd 16 years 10 K Event 2:00:21.49
2nd 16 years 5 K Event 46:30.46

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A STATE TOP 10 PERFORMANCE

Thomas Doyle
8th 16 years 5 k Event 1:03:40.61

Kaitlyn Doyle
8th 11 years 2.5 K Event 38:22.41

We done Guys!! A truly fine effort.

RESULTS FROM STATE AGE CHAMPIONSHIPS 10 – 12 YEARS JANUARY 2016

Congratulations to Kimberley Doyle and Hamish Robertson on their qualification and representation at the 10-12 years State Championships held at Homebush in mid January. Kimberley competed in 11 years 200 FS 2.28.84, 200 BK 2.50.15, 100 Fs 109.85, 50 Fs 31.96. All Pb's and a number of state top 10 finishes as well. Well done Kimberley!!

Hamish Robertson competed in the 12 Years 50 FS recording a pb of 30.90. Well done Hamish on your qualification and excellent result.

Paul Hardman

Willoughby Swim Club AGM:

Friday 20th 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.



NOTE CHANGE OF DATE FOR SUMMER STATE AGE AND METROPOLITAN CHAMPIONSHIPS 2016/17

The State Age Championships normally held in January each year, will move to December this year. In turn this will see the Sydney Metropolitan championships contested in November 2016. The new dates are:

25th – 27th November 2016 – NSW Metropolitan

9th – 10th December 2016 – NSW State Age 10/U -12 Years

12th – 17th December 2016 – NSW State Age 13-18 Years

UPCOMING MEETS AND EVENTS:

CLUB NIGHTS FRIDAY 6.30PM:

20/5, 24/6, 22/7

MEETS:

28/5 SMNE Short Course 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
Bunnings Coordinator:	Jo Ryan
Uniforms:	Lettitia Gorgas
General:	James Radford Siobhaun Cremin

Next Committee Meeting: AGM 20th May 2016, 6.30pm