



OFF THE BLOCKS

VOLUME 8 - ISSUE 10 October 2014



COACHES COLUMN:

2013 SMNE Summer Championships

The 2014 Swimming Metro North East Summer Championships were held at Homebush on the 1st and 2nd of November. Willoughby Swimmers had 18 swimmers who competed over the weekend.

Congratulations to the following swimmers who recorded a top 3 placing:

Lucas Anderson:

2nd 15 years over 100 Fly 1.01.02

Hannah Baldwin:

2nd 15 years over 100 Breast 1.17.12

2nd 14 years over 200 Breast 2.46.94

2nd Womens Open 50 Breast 35.97

Matt Clifford:

3rd Mens Open 50 BS 32.97

Amanda Crowe:

3rd 14 Years 100 FS 1.02.16

3rd 14 Years 100 BK 1.12.28

Gabriel Gorgas:

2nd 12 Years 100 FS 1.02.50

2nd 12 Years 100 BK 1.14.42

Max Graham:

3rd 14 Over 200 BK 2.20.14

Elliot Long:

1st 14 Over 50 FS 24.18

1st 15 Over 100 FS 52.47

Jacqueline Schafer:

1st 14 Over 200 Fly 2.27.47

3rd 14 Over 200 IM 2.27.62

2nd 14 Over 200 FS 2.08.72

2nd Open 400 FS 4.32.98

2nd 15 Over 100 Fly 1.06.44

1st Womens 50 BK 30.67

1st 14 years over 200 BK 2.20.87

1st 15 years over 100 Bk 1.05.65

Daniel Sims:

1st 12 years 100 FS 1.01.93

Congratulations to the following swimmers who recorded a top 10 placing:

In addition to the above swims the following swimmers also recorded top 10 finishes.

- Lucas Anderson (50,100,200 BK)
- Hannah Baldwin (100Fly)
- Maeve Boakes (50 Fly)
- Matt Clifford (100,200 BS)
- Amanda Crowe (50 FS, 50FLY, 50BK,)
- Jessica Egan (100 BK)
- Eleni Gorgas (400 FS,100Fly, 800FS)
- Gabe Gorgas(50 FS 200IM, 200FS)
- Max Graham(50BK, 100BK)
- Lachie Hile (200BS)
- Ciaran Loh (200IM, 200FS, 100FLY,100FS,100BK)
- Jacqui Schafer (50 FS)
- Ainslie Scott (100BS,50FS, 200IM, 200FS, 100FLY, 100FS, 50 BS)
- Daniel Sims (50 FS, 200FS)
- Angela Tremain(50FS, 100FS, 200BK, 50BK,100BK)

SMNE is one of the 1st long course meets of the season that has Championship status and therefore takes on significance as a useful racing opportunity whereby swimmers can determine their readiness for hard racing over multiple events in a long course setting. For swimmers the benchmark or aim should always be Personal Best times, however this is often easier to achieve when you are younger and growing and accumulating strength that has been well supported by a consistent training program. If you are not swimming PB's at this meet there are many other goals that you can utilize to gain great value from this meet, such as the value of hard racing over multiple events over 2 days, is often challenging in its own right and about the most specific form of training you can do. You can also have the



aim of getting as close to your PB's in as many events as possible for if you achieve this it is probable that the remainder of the season can be spent achieving PB's.

You can also ask the question? Are my race results in line with my training consistency and performance? From this question, swimmers are able to draw many conclusions and adjust their training inputs and frequency of racing practice to achieve the results that they would like.

It should be remembered that great swimming results often take a whole season of preparation with much training and racing along the way so that swimmers get familiar with exactly what it is they have to do. Coaches never get too reactive to performances early in the season, but prefer to get the message out that consistent application in the training pool that is well supported by hard racing that includes multiple events in one or two days and is well supported by athletes who are practicing great warm ups and swim downs with sound nutrition along the way will inevitably prevail in this sport. Of course there will be setbacks and at times you will not get what you want , but through all of this you must prevail and persevere until such time that you have turned the corner and start delivering the results that you know are possible.

All of the best racing results that I have seen delivered over a significant career of coaching where delivered in the training pool long before they were ever delivered in the racing pool!!

Regards
Paul Hardman

WSC PRESENTATION DAY:

The annual Willoughby Swim Club Presentation day was held at the Artarmon Bowls Club with a great turnout of members and their families. The afternoon started with barefoot bowls, followed by inspiring presentations from our guest speakers, The Hon. Gladys Berejiklian, MP and patron of Willoughby Swim Club and Australian Swim Team member Kenneth To who assisted in the presentation of our awards.





IMAGES FROM NOOSA CAMP:

Each year over the September school holidays our State and National squad head up to Noosa for a week long training camp to prepare for the season ahead. By all accounts the trip was a great success with plenty of hard work and some fun along the way. Coach Paul will provide a full wrap up in next month's newsletters. But here are a few images from the trip.



UPCOMING TARGETED MEETS AND EVENTS:

2014 CLUB NIGHT RACES:

Term 4 – 7/11/14, 21/11/14, 5/12/14

NOVEMBER:

1 – 2: [SMNE Summer Championships \(SOPAC\)](#)

entries to race secretary by Tuesday 14th October at 5pm

22: [SMNE Skins \(North Sydney Pool\)](#)

Entries to race secretary by Tuesday 2nd November at 5pm.

DECEMBER:

6 – 7: [NSW Metropolitan Championships \(SOPAC\)](#)

12th: WSC Christmas Party at Queenscliff Surf Club

JANUARY 2015:

16 – 17: [NSW 12 and Under State Age Champs \(SOPAC\)](#)

19 – 24: [NSW 13 and Over State Age Champs \(SOPAC\)](#)

BUNNINGS BBQ THANK YOU

A big thank you to you and the members of your families who worked for Willoughby Swim Club on the recent Bunnings BBQ on a cold and rainy day. Special thanks to those who did the cold and early food collections/set up and first shift, and the late day clean up shift.

You did a great job, and we did very well raising \$1800 profit for the club.