



OFF THE BLOCKS

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COACHES COLUMN:

2014 Winter State Age Championships

Willoughby Swimming Club was out in action at the 2014 Winter State Age Swimming Championships held at Homebush on the weekend of August 29th-31st. Whilst Willoughby was under represented in its usual depth, having only 8 swimmers competing, the quality of the performances from those 8 members was outstanding.

Leading the charge for Willoughby was Callum Lowe Griffiths who racked up 6 individual medals over the weekend and was well supported by Jacqui Schafer who scored individual gold medals in her 100 and 200 metre Backstroke events. Of the 8 swimmers competing, 5 swimmers won individual medals and our younger representatives whom included Daniel Gorgas, Daniel Sims and Amanda Crowe all showed why they have promising swimming careers ahead of them. Lucas Anderson and Ainslie Scott showed the benefits of consistent training throughout the entire winter season, achieving personal best performances in all of their individual events, and Ollie Sims swam exceptionally well despite a very limited preparation.

Callum Lowe Griffiths:

- 15 Years 200 BK 2.03.59

Jacqui Schafer:

- 16 Years 200 BK 2.13.23
- 16 Years 100 BK 1.01.67
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Congratulations to those swimmers who achieved a Top 3 Placing:

Lucas Anderson :

- 15 Years 200 IM 2.09.17 2nd
- 15 Years 50 FS 24.35 3rd

Gabriel Gorgas:

- 12 Years 100 FS 59.07 2nd
- 12 Years 200 FS 2.08.52 3rd

Callum Lowe Griffiths:

- 15 Years 200 FS 1.52.70 2nd
- 15 Years 400 IM 4.33.73 3rd
- 15 Years 100 FS 52.92 3rd
- 15 Years 200 IM 2.09.63 3rd
- 15 Years 100 BK 57.44 3rd

Ainslie Scott:

- 15 Years 50 FS 26.50 2nd

Congratulations to those swimmers who achieved a Top 10 Placing:

Lucas Anderson:

- 15 Years 100 FS 53.03 5th
- 15 Years 100 Fly 59.14 7th
- 15 Years 100 BK 59.46 6th
- 15 Years 100 BS 1.06.91 6th
- 15 Years 200 FS 1.58.26 10th

Gabriel Gorgas:

- 12 Years 50 FS 27.76 5th

Callum Lowe Griffiths:

- 15 Years 100 Fly 59.07 5th
- 15 Years 50 FS 24.74 10th

Jacqui Schafer:

- 16 Years 100 FS 58.38 5th

Ainslie Scott:

- 15 Years 100 FS 58.62 6th

Daniel Sims:

- 12 years 100 FS 1.00.98 6th
- 12 years 50 FS 27.43 4th

Overall I was exceptionally pleased with the performances of the Willoughby swimmers representing their club. However I do know that we have many more swimmers with great potential capable of swimming at this level that just didn't make it to the event.

As coach I am always trying to sell the importance that consistency to the training process delivers results that keep swimmers happy. Success and friendship is a by-product of this consistency that keeps our athletes in the sport longer. Older athletes = stronger, faster and more mentally mature swimmers.



Now is an appropriate time to review your goals for summer and determine an appropriate level of commitment to the training process that will see you achieving the goals and realising the potential that you have within.

Remember:

Talent and potential in this sport is quite common, and speaks of yet to be realized ability.

Disciplined talent is extremely rare and speaks of the preparedness to do whatever it takes to realize that potential.

'Hard work pays off - hard work beats talent any day, but if you're talented and work hard, it's hard to be beat.'

2014 State Open Winter Championships

State Open Championships was held at Homebush on the 12th and 13th of September. Willoughby had 9 swimmers competing with many of our swimmers performing exceptionally well. As this was an open meet many of the State's best swimmers were competing making for a strong level of competition. Some of our swimmers were backing up after State Age competition and were extremely happy to achieve PB's on the weekend.

Congratulations to those swimmers who achieved a top 3 placing:

Elliot Long:

- Open 100 FS 50.02 3rd

Jacqui Schafer:

- Open 50 BK 29.34 3rd

Callum Low Griffiths:

- 14/15 Years 400 FS 3.59.60 2nd
- 14/15 Years 1500 FS 16.01.93 3rd

Congratulations to those swimmers who achieved top 10 Placing:

Hannah Baldwin:

- Open 200 BS 2.37.76 8th

Elliot Long:

- Open 50 FS 23.02 6th
- Open 50 Fly 25.35 6th
- Open 50 BK 26.74 6th
- Open 200 FS 1.51.20 4th

Jacqui Schafer:

- Open 100 BK 1.03.18 8th
- Open 200 BK 2.15.09 4th
- Open 200 FS 2.06.32 10th

Ainslie Scott:

- Open 50 FS 26.54 7th

Congratulation to all of the above swimmers on their excellent swims . Congratulations to the following swimmers who also recorded swims over the weekend (many PB's) which you can find in the attached results file. Lucas Anderson, Matt Clifford, Lachie Hile and Matt King .

Regards Paul

**WSC PRESENTATION DAY SUNDAY 12TH OCTOBER
2.30 – 5.30PM**

Willoughby Swim Club Presentation day will be held at Artarmon Bowling Club starting at 2.30pm. Please mark this in your diary. Lots of awards to be handed out and an Australian Olympic Swimmer will be our special guest.

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 considering the weather affected customer numbers, with a profit of \$1,640.



STEPHANIE RICE VISIT:

Willoughby swimmers had the pleasure of hosting 3 time 2008 Olympic Gold medal winner Stephanie Rice. Thanks to a very close contact in the club, (Annabel Thorley-Cousins) Stephanie was happy to come in on a Friday Afternoon mid term and take our swimmers through a variety of skill and drills. I know there was a very high level of excitement throughout the session with interesting exchanges of ideas, skills and experiences. We would really like to thank Stephanie for taking the time and making the effort to impart her expertise and friendliness to the Willoughby swimmers. I know it was a great experience for all as you can see by the photos. Thank you Stephanie and Annabel

UPCOMING TARGETED MEETS AND EVENTS:

2014 CLUB NIGHT RACES:

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

OCTOBER:

11: SMNE 13U Sprint Meet (entries closed)

18 – 19: [National SC Prep Meet \(SOPAC\)](#)

entries to race secretary by Tuesday 7th October at 5pm

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.

SINGAPORE SPORT SCHOOL VISIT:

Willoughby played host to representatives for the Singapore Sports School during the term. Eight promising age group swimmers and coach Leonard mixed it up with the Willoughby and Knox swimmers during their time in Australia and shared training experiences, BBQ's and cultural exchanges during their time with us. All good fun for those involved.

