



OFF THE BLOCKS

VOLUME 9 - ISSUE 9 SEPTEMBER 2015



Willoughby Swim Club Annual Presentation Day 25th October 2015

Please mark this date in your diary.

All members and their families are encouraged to attend the annual presentation day for Willoughby Swim Club. Join us for Barefoot Bowls, nibblies and trophy presentations for our swimmers:

Where: Venue to be advised

Date: Sunday 25th October 2015

Time: Late Afternoon (time to be advised)

COACHES COLUMN:

NSW WINTER STATE SWIMMING CHAMPIONSHIPS 2015

On the 28-30th August Willoughby Swimming Club was back in action at Homebush for the 2015 State Winter Swimming Championships. Willoughby Swim Club was well represented with 20 athletes who had been steadily preparing throughout the season for the opportunity to compete against the best swimmers in NSW. This is an age group meet where athletes compete against other swimmers within the same age group.

Medals at this level of competition don't come easily as both the level of competition is high and the depth is strong. Making their mark this week end by achieving medal performances included Hannah Baldwin, Emily Doyle, Gabriel Gorgas,

Callum Lowe Griffiths, Jacqui Schafer and Daniel Sims and our 18 Years Women's medley relay team.

Overall Willoughby achieved 16 medals made up of 3 gold, 4 Silver and 9 bronze. An excellent performance all round. Our club finished 14th on the club point score out of more than 100 clubs who represented at this competition.

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A GOLD MEDAL WINNING PERFORMANCE

Callum Lowe-Griffiths	
1 st 16 years 200 Back	201.66
Jacqui Schafer	
1 st 17-18 years 200 IM	2.19.36
1 st 17-18 Years 100 Back	1.01.30



Jacqui Schafer



Callum Lowe-Griffiths

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A MEDAL WINNING PERFORMANCE

Hannah Baldwin	
3 rd 16 Years 100 Breast	1.12.97
3 rd 16 Years 200 Breast	2.36.07



Emily Doyle
 3rd 14 Years 400 Free 4.25.35
 3rd 14 Years 400 IM 5.04.37

Gabriel Gorgas
 2nd 13 Years 200 FS 2.00.36
 3rd 13 Years 100 FS 56.44

Callum Lowe Griffiths
 2nd 16 years 200 IM 2.06.56
 2nd 16 Years 400 FS 4.00.00
 3rd 16 years 400 IM 4.30.28
 3rd 16 Years 100 BK 56.83
 16 Years 200 Free 1.52.78

Jacqui Schafer
 3rd 17-18 years 400 Free 4.22.06
 2nd 17-18 Years 200 BK 2.14.15

Daniel Sims
 3rd 13 Years 50 Free 25.85

Willoughby Womens
 3rd 18/U Medley Relay 2.00.09



18/U Women's Medley Relay

Amanda Crowe FS, Jacqui Schafer BK, Hannah Baldwin BS, Maeve Boakes BF

CONGRATULATIONS TO THOSE SWIMMERS WHO ACHIEVED A STATE TOP 10 PERFORMANCE

Amanda Crowe
 10th 15 Years 100 Back 1.07.09

Emily Doyle
 5th 14 years 200 Free 2.06.30
 8th 14 Years 100 Fly 1.06.72
 10th 14 years 200 Breast 2.46.96
 4th 14 years 200 Fly 2.24.50
 9th 14 Years 100 free 59.61

Kimberley Doyle
 10th 10 Year4s 50 Free 32.20

Marie Doyle
 9th 14 Years 100 Back 1.07.98

Thomas Doyle
 6th 15 years 400 Free 4.13.33
 10th 15 years 200 Free 1.59.24

Callum Lowe Griffiths
 7th 16 Years 100 FS 52.66
 10th 16 Years 100 Fly 59.48



Emily Doyle



Daniel Sims



Gabriel Gorgas



Hannah Baldwin



Jacqui Schafer

8 th 17-18 Years 100 Free	58.02
4 th 17-18Years 200 Free	2.04.65
4 th 17-18 Years 200 Fly	2.23.90
6 th 17-18 Years 50 Free	26.88
17-18 years 100 Fly	1.04.44

Daniel Sims

4 th 13 Years 100 Free	56.50
6 th 13 Years 200 Free	2.04.59

Additional to the above swimmers, Congratulations to all swimmers who qualified, competed and recorded PB's and represented Willoughby Swim Club with distinction. These include Lucas Anderson, Jess Egan, Lucas Gilbert, Eleni Gorgas, Ingrid Holtheuer, Laura Holtheuer, Ciaran Loh, Angela Tremain, Maeve Boakes and Emily King.

Well done to all.

Paul Hardman

SMNE 13U Long Course Meet 25th October

All junior swimmers are encouraged to compete at this carnival. It is a great entry level carnival in our area, designed for our younger swimmers who are new to competition swimming or for our swimmers seeking to gain some new times for the season.

Entries can be made online from the [SMNE website](#) and close on 9th October.

UPCOMING MEETS AND EVENTS:

CLUB NIGHTS FRIDAY 6.30PM:

9/10, 23/10, 20/11, 4/12

MEETS:

26/9 D Squad Meet SOPAC

17/10 SNSW LC Qualifying Meet SOPAC

25/10 SMNE 13U LC Meet SOPAC

7/11 SMNE Summer Championships SOPAC

Off To Noosa for Swim Camp

A group of our older swimmers left for Noosa today for a week of training with Paul. The swimmers are prepared for some grueling training sessions to prepare them for the summer season of competing, but we are sure they will find some time to relax and have fun. Good luck to you all.

Club Grants Scheme

Willoughby Swim Club thanks Chatswood RSL Club and Willoughby City Council for the award of a grant under the ClubGrants scheme for 2015. The sum of \$10,614 for swimming and dry land training equipment, a storage area and audiovisual equipment will make Willoughby swimmers' training more varied and effective, and therefore enhance performance. A big thank you to Chatswood RSL Club for their support.

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:	Letitia Gorgas
General:	James Radford
	Siobhaun Cremin

Next Committee Meeting: TBC