



Coaches Report

Australian Short Course Championships Day 1

Heats

Great first day for the mighty Yeronga Park swim team. Paralympians Rowan Crothers and Paige Leonhardt kicked off the meet with some strong swims in the multiclass 400m Freestyle timed Finals. Rowan swam 4.09.26 to finish 8th, whilst Paige posted her 1st PB of the meet with a 4.56.07 (5th). Well done guys.

Jye Cornwell, 50.19 (28th) and Thomas Bergin, 50.74 (35th) both swam close to their life time bests this morning in the 100m freestyle event. Both boys looked strong and I'm very happy with their results.

Ten minutes later, Jye was back in the pool for the 50m Backstroke, 25.21 (14th), along with Daniel McConnell making his senior Nationals debut. DMC swam right on his PB, 25.59 (18th). Pretty awesome results for both boys in the timed finals of the Men's 50m Backstroke.

Next up was Rowan and Paige again in the multiclass men's and women's 50m freestyle heats. Both Rowan, 23.72 and Paige, 28.74 just snuck into tonight's finals. Well done guys.

Ironwoman Paige finished off the morning with another awesome swim in the ladies multiclass 50m Breaststroke event. Paige swam 36.05 to finish 5th overall.

Finals

Paige Leonhardt showed plenty of heart tonight racing in the ladies multiclass 200m Individual Medley. Paige swam another PB, 2.31.15 to finish 4th overall. Paige also swam a great 50m Freestyle final posting a strong 28.72 to finish 10th. 5 awesome races today for Paige. Well done.

Rowan Crothers swam amazing tonight, punching out a swift 23.38 to finish 9th. For Rowan and Paige, swimming multiclass is very competitive. Some classes having greater advantages with various events scored differently. Either way, the competition should always be about the process, the athlete's own execution and performance. Given this, swimming PB's or close to is a great effort today. Well done guys.

We also had the men's 4 x 100m Freestyle club relay tonight. Daniel McConnell led the team with the one of the best PB swims in Yeronga history. DMC's PB from BSA short course 12 weeks ago was 51.20. Tonight he led off with an incredible 49.46. Such an epic swim for Dan, and well deserved. Hopefully everyone from the squad is reading this and will agree, knowing that DMC has been one of the best trainers over the past 12 weeks. Keep it up DMC. Jye was next to swim with an awesome 49.81 split. Tommy was next with a great 50.57 swim, and Rob Friend anchored with a solid 51.79. The boys finished 6th best club in Australia! Well done boys.