



Coaches Report

Australian Short Course Championships Day 3

Heats

Paige Leonhardt swam the heats of her Commonwealth Games Silver medal event in the multiclass 100m Breaststroke this morning, posting a solid 1.18.74. I am really looking forward to the final tonight.

The boys were up next in the 50m freestyle. This event is awesome to watch, as it's nearly over in the blink of an eye. All three boys swam awesome posting some very swift times. Tom Bergin led the charge with a 23.07, Daniel McConnell swam 23.15 and Jye Cornwell swam 23.23. The boys finished 24th, 27th and 30th in Australia.

Jye Cornwell was back in the pool for the 100m Backstroke. Jye swam close to his best punching out a very solid 54.51. Jye finished 14th in Australia.

Rob Friend had a challenging morning also swimming the 100m Backstroke 56.88, 24th and within 10 minutes, having to dive back into the pool for his 100m Individual Medley finals. Rob loves this event and swam 56.45 to finish 14th in Australia.

As expected, Aisha Thornton stormed back this morning with a killer PB in the 1500m Freestyle. Aisha finished 4th overall with a super time of 16.25.33. So good to see Aisha step up after yesterday's result. Very professional and well executed swim Aisha.

Finals

Paige Leonhardt dominated tonight's finals winning a gold in the multiclass 100m Breaststroke 1.16.69 and a bronze in the multiclass 100m Butterfly 1.06.30. Both were PB swims and both swims looked amazing. Congratulations Paige and keep up the hard training.

Our final race of the championships was the boys in the 4 x 100m Medley Relay. Jye Cornwell 55.75 Back, Robert Friend 1.05.19 Breast, Daniel McConnell 56.58 Fly and Tom Bergin 51.14 Free, swam great finishing 8th in Australia. Nothing beats a club relay and our boys have done a fantastic job this week competing in the relay events.

Melbourne has been an awesome host this year. This is the first time that Melbourne has run Short Course Nationals since 2006. Racing outdoors in their new pool also provided a great atmosphere and heaps of fun. Overall, a big congratulations to our team of 7 swimmers. With around 90 clubs scoring points, Yeronga Park will finish inside the Top 10. Not a bad effort and something that we can aim to improve on next year. All 7 of our guys have been swimming for most of their lives and what an incredible achievement to be competing at a meet of this calibre. A testament to their sporting ability, hard work and commitment shown over such a significant period. Well done guys.