



# Coaches Report

## Queensland Championships Day 5

### Heats

Laura Brosnan swam close to her PB this morning placing 11th in the girls 17/18 years 200m Backstroke 2.29.28. Nice swim Laura.

Paige Leonhardt qualified for both her finals in the multiclass events this morning. Paige swam 1.03.78 for the 100m Freestyle and 1.20.51 for the 100m Breaststroke. Top stuff Paigey, and good luck tonight.

Rowan Crothers hit the water in his main event qualifying easily for tonight's final of the multiclass 100m Freestyle in 54.97.

Our 15 year old's had their 200m Breaststroke event this morning. Elke goes into the final after posting an easy 2.38.31. Good luck tonight Elke. Macy Gaynor swam right on her best posting 2.52.23 (15<sup>th</sup>). Macy still has the 200m IM tomorrow. Jake Fordham was rewarded this morning for his patience and love of the sport to be heading into his first Queensland State final in 2 years. Jake swam a huge PB of 2.39.74. Congratulations Jake, we are very proud of you and go smash em' tonight.

Claire Evans had some fun this morning swimming the 16 years 200m Individual Medley 2.35.93 (26<sup>th</sup>). Great to see Claire with all smiles in preparation for her Backstroke race tomorrow.

Also, out for some fun racing was Jacqueline Davison-McGovern. Jacq swam the girls 14 years 100m Backstroke heats in 1.10.15. Massive PB and is 2nd reserve for the final tonight. Great swim Jacq!

Yeronga Park's Ironman, Ethan Nagle, had his best swim of the season smashing his 100m Butterfly PB in the boys 16 years race 1.00.29. Having just missed the final finishing 13th, E got back into the pool a couple of hours later to contest the 1500m Freestyle timed final. Ethan managed to still pump out a 17.58.67 (13<sup>th</sup>), to cap off another great day of racing for the young fella.

Dougal Richmond pumped out another PB in the 13 years 100m Backstroke 1.13.08 (31<sup>st</sup>). Top swim Dougal. Well done team.



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## Finals

Paige Leonhardt continues to impress me every day, and today was one of her best. Paige improved on her heats to finals times in both of her races tonight. At this level, being able to execute this achievement is already a feat in itself and something that Paige has been working on leading into her World Championships preparations for next year. Congratulations to Paige for winning 2 Gold medals in her 17/18 years division and 2 Silver medals tonight in the Open multiclass 100m Freestyle 1.03.03 and 100m Breaststroke 1.20.35. Having both races 30 minutes apart makes it tough, but once again, Paige handled the pressure beautifully! Congratulations Paige and looking forward to your 2 races tomorrow.

Fellow 2016 Paralympian, Rowan Crothers, was too fast for his competition tonight claiming another Queensland championship and making him Yeronga Park's 3<sup>rd</sup> QLD champion for the week. Rowan is slowly building back into full time training and hopefully this win will help boost his enthusiasm and love for some hard training. Rowan swam 53.80. Well done Rowan.

Elke Becks swam her 8<sup>th</sup> breaststroke race in 5 days tonight, winning a silver medal in the 15 years 200m Breaststroke (2.37.35). Even though the time was a touch outside her best, the experience Elke has gained this week is nothing short of magical. Elke will only learn and grow from this magnificent week of swimming. Elke is an absolute pleasure to coach, and always gives her best.

That sounded a bit like a report card, but whatever



Team mate Jake Fordham was amazing as well tonight. I love a fighter who can take a few knock downs and get up off the canvas and keep fighting. Jake loves to keep Alberto on his toes with his big smiles at 5.25am, but believe it or not, Jake has actually turned that love of swimming from something that he was simply good at, to something that he actually loves and has made a conscious decision to apply himself to. That to me is winning. Bonus was Jake came 9<sup>th</sup> tonight smashing his PB again with a 2.38.44. So proud buddy, and I have so enjoyed writing this one tonight. We still have 12 out of our total 27 guys swimming tomorrow. Good luck, and like they say, only the tough ones can perform on the last day of competition!

Remember, your goal should be to improve on your own achievements and learn from new experiences, rather than focusing on being better than anyone else.

See you tomorrow for the final day!

Rob and Alberto