



Coaches Report

Queensland Championships Day 6

Heats

Laura Brosnan and Chloe Healy-Johnson warmed up this morning only to discover that their event had been made into a straight final. Let's just say the girls were happy to be swimming one less 200m Butterfly race today.

15 year old's, Macy Gaynor and Jake Fordham, both slashed 4 seconds off their best times in the 200m Individual Medley, Macy 2.38.36 (40th) and Jake 2.24.82 (34th). Top swim guys!

Mackenzie Parker made his States debut on the final day of racing in the 17/18 years 100m Freestyle. Macca has got back into some great training lately and it was nice to see him pump out a 56.20 (33rd). Well done Macca!

Paige Leonhardt had two great heat swims this morning in the 50m Free, 29.27 and 200m Individual Medley, 2.35.17. Paige is looking great in the water and her two finals should be fast tonight.

Jacqueline Davison-McGovern might have just saved her best for the last day, crushing her PB in the 14 years 200m Freestyle 2.07.55. Good luck in tonight's final Jacq.

Our 16 year old's swam the heats of the 200m Backstroke. Well done Claire Evans 2.28.95, Amelia Mackie 3.35.51 (18th) and Ethan Nagle 2.24.45 PB (14th). Congratulations to Claire on making the final tonight and well done to Ethan and Amelia on a fine week of racing.

Dougal Richmond was our final heat swimmer of the Championship, swimming a very respectable time of 4.51.02 in the 13 years 400m Freestyle. Like everyone this week, Dougal has hopefully learnt some new tricks. Being a part of the Yeronga Park family has also hopefully inspired Dougal to continue moving forward, improving and enjoying his swimming.

Well done to our 5 wonderful girls who will be swimming finals tonight. Good luck.

Finals

Our beautiful 18 year old ladies had an awesome race tonight in the 17/18 years 200m Butterfly. Chloe Healy-Johnson 2.19.30 (4th) and Laura Brosnan 2.22.04 (5th), were only a touch outside the medals. Words cannot describe my happiness seeing our young troops still swimming and competing at such a high level after finishing school. Congratulations ladies.

Paige Leonhardt continued her fine form again tonight in the multiclass events winning a gold and bronze in the 50m Freestyle 29.34, and gold/silver in the 200m Individual Medley 2.36.29. Paige is such a committed athlete, and it will be exciting to watch her grow and develop as we head towards Tokyo 2020. Keep up the good work Paige.



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Jacqueline Davison-McGovern finished off her amazing week with another PB in the 14 years 200m Freestyle 2.06.54 (4th). This is such a fast time, and it's exciting to see how quick Jacqueline is from the 200m distance through to 1500m. Jacq has had 13 races this week with a total distance of 4.6km swum, quite a statistic in itself. Jacq's focus now is on the Australian Open Water Championships in 5 weeks where she is a part of the 15 strong Yeronga Park team. Great week Jacq!

Claire Evans threw her hat in the ring going out in a cracking pace in the first 100m tonight in the final of the girls 16 years 200m backstroke. Claire stung out a bit on the home stretch but hung on gallantly to swim a 2.32.01 (9th). It's been a big week and for Claire to perform well today was a credit to her and a strong indication of her genuine love of the sport of swimming. It was literally the hottest day ever in Brisbane today and for Claire and the 12 guys competing to still perform under such extreme conditions is a testament to their resilience and strong characters.

As Queensland State Titles comes to a close, it is fitting to acknowledge key players who keep the YP team functioning at such a high level. Firstly, I have to give the biggest shout out to Shelly. There are not enough fitting words to describe the immense respect I have for Shelly. The never ending support she provides to me, other coaching staff, swimmers and families is so rare in this day and age. Shelly has always maintained a focus on supporting families, the local community and people in general. I love Shelly and hope she realises how grateful we are to her for the opportunities and support she consistently provides to us.

Thank you to all the parents for your hard work and commitment. Life seems to have got busier for families and we are extremely grateful to the parents who give up their time to support their children in their swimming endeavours.

On a personal note, thank you from the bottom of my heart to Alberto and Kate. We spend so much time together throughout the year and I could not ask for a better team. Well done.

Signing off!

Rob