



# Coaches Report

## 2019 Queensland Championships

### Day 2 - Heats

What a fantastic start to the Yeronga Park Swimming Club campaign with our open girls competing in the 200m freestyle. Jacqueline Davison-McGovern smashed 2.5 seconds off her PB swimming an amazing 2.04.15 to finish as the 10<sup>th</sup> fastest Queenslander. Our 2016 Olympian, Chelsea Gubecka, was just a tick behind in a massive season PB of 2.04.35 finishing 12<sup>th</sup> in Queensland. Returning home from two weeks in Canberra at altitude on a national training camp, Ebony Blackstone also swam a season best with a 2.05.96 (18<sup>th</sup>). Unfortunately for the girls they won't be in the finals tonight, largely due to the Olympic trials being just around the corner and the competition from interstate competitors being fierce. Australia are currently the world champions in this event so this is one of the hottest contested events in Australian swimming.

Claire Evans was next in the water. Fresh from her 2 week lay off with Schoolies, our Brisbane Grammar girl should hold her head up high as she definitely exceeded my expectations with a lovely 1.08.26 in the girls 17/18 years 100m backstroke. This girl knows how to race and even with a far from ideal preparation with Year 12 exams and end of school celebrations, Claire still made the State final. Good luck tonight Claire.

Birthday boy Ethan Nagle celebrated his 17<sup>th</sup> birthday today with two PB's, 200m fly (2.17.53) and 100m free (55.79). Ethan is one of Yeronga's most loved sons and this year he gets to race as a 16 year old given the meet started yesterday. Ethan will be back tonight as first reserve for the 200m fly and even though Ethan does not see this as one of his best events, I strongly believe that he has the potential to shine in this event.

Elke Becks swam a 2.38.74 in the girls open 200m breaststroke. Elke is starting to back herself and swim fast again and she will have another crack in the B final tonight. Well done Elke.

Robert Friend (aka noodle), crushed his PB swimming a 2.24.74 in the men's open 200m breaststroke. Even though Rob is a medley specialist, he has been enjoying the extra breaststroke work over the past few months and today he was rewarded with a spot in the A final tonight.

Young Joseph VDZ rocked the pool today with his fresh haircut and on debut, slashed 11 seconds off his PB in the 12 years 200m Breaststroke (2.58.32). Joe has been a member of Yeronga Park from the age of 5 years and since then has probably averaged 3 training sessions a fortnight. This year Joe started High School and stepped up his training to 5 to 6 sessions per week with his interest level in swimming also doubling. Joe will swim as the 6<sup>th</sup> qualifier in tonight's final, good luck tonight Joe.

Jye Cornwell smashed another lifetime PB today in the men's open 100m backstroke (56.58). I have been coaching this kid for 12 years and the older you get the harder it is to produce PB's, so you can only imagine the smile on Jye's face this morning after such a great swim. Jye goes into tonight's A final full of confidence, great job Jye.

Dougal Richmond crushed his PB in the boys 14 years 200m medley (2.32.44). Fresh from a 2 week basketball camp in the US, this swim was a great way to start Dougie's States campaign considering he is also battling jet lag. Great job Dougal and I look forward to your swims to come.



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Laura Brosnan (5.07.13) and Vivian Bogomiagkoff (5.28.32) swam in the girls 16 years and over 400m IM. Both races were strong swims for the girls with Laura scraping into the 17 and over final tonight and Vivian just outside the finals but placing 9<sup>th</sup> in Queensland. Well done ladies. Vivian also backed up a couple of hours later in the girls 17/18 years 100m Breaststroke. Viv swam 1.21.66 to finish 7<sup>th</sup> in Queensland. Well done Viv!

To finish off the day's heats session, we had Kai Portas (9.23.13) and Liam Baxter (9.41.64) contest the boy's 14 years 800m freestyle. Kai came 12<sup>th</sup> and Liam 18<sup>th</sup> in this event, both smashing close to 15 seconds off their PB's. These boys have been training like machines over the past few months so these results were well deserved.

### Day 2 - Finals

Claire Evans swam with her heart on her sleeve tonight and posted a 1.09.65 in the girls 17/18 years 100 Back final (8<sup>th</sup>). Great result given her lead in prep and I can only hope that this girl commits to some hard training in the new year.

Elke Becks swam a season PB in the girls open 200m breast (2.37.65). Queensland is full of legendary breaststrokers and to finish 11<sup>th</sup> overall in this event is amazing. Looking forward to Elke competing in her own age group events as the week progresses.

Making a Qld Open Championships final is nothing to be sneezed at and Rob Friend should be proud of his efforts in the men's open 200m breaststroke swimming a 2.27.10. Although just outside his heats time this was another great learning experience, not to mention finishing 6<sup>th</sup> in Queensland for this event. Well done noodle.

Joseph Van Der Zant swam the race of his life so far to finish 8<sup>th</sup> in Queensland in the boys 12 years 200m breaststroke equalling his time from the morning with a 2.58.83. The experience Joe gained from today is only going to help him as he begins his State title campaign. Well done Joe.

Jye Cornwell flexed even harder tonight with another PB in the men's open 100m backstroke. Jye swam 56.36 to finish 4<sup>th</sup> in Queensland. I don't want to repeat myself but achieving PB's gets harder as you get older and to achieve two PB's in the one day in your best event is quite remarkable to say the least. Well done Corndog....you're the man!

Finishing off our finals for day 1 was our lovely Laura Brosnan. Laura pretty much equalled her heats time swimming 5.07.14 in the girls open 400m IM. Great start to the week for Laura finishing 6<sup>th</sup> in Queensland.

Rob, Kate & Mike