



Coaches Report

2019 Queensland Championships

Day 3 - Heats

Laura Brosnan swam the perfect race in the Ladies Open 100m Butterfly, swimming 1.04.18 (PB), 19th in Queensland. Being one of Yeronga Park's toughest swimmers ever, Laura also backed up for a solid 400m freestyle swim in 4.28.61 (20th). Laura was just outside qualifying for both finals tonight.

Joseph VDZ swam a 3 second PB this morning in the boys 12 years 200m Individual Medley (2.40.25), finishing 15th overall in Queensland. Awesome swim Joe.

Jacqueline Davison-McGovern swam equal to her PB with a brilliant 58.43 in the girls 15 years 100m Freestyle. We pulled Jacq out of tonight's freestyle final preferring to save some energy for her 200m Butterfly final. Jacq looked amazing in her 200m Butterfly heat, posting a epic PB swim of 2.19.53. Jacq goes into tonight's final as 2nd qualifier.

Our amazing senior girls swam right on season bests in the Ladies Open 400m freestyle, Chelsea Gubeka (4.21.83) and Ebony Blackstone (4.21.94). Great controlled swims from both ladies earning a spot in tonight's B final.

Robert Friend dedicated his swim this morning to his best friend and brother Jono, punching out a massive PB in Jono's pet event, the 100m Breaststroke (1.05.66). Epic swim for Robdog who also scored a spot in tonight's B Final. This time also qualifies Rob to contest this event at the 2020 Olympic trials. Rob also backed up an hour later to swim a solid 54.14 in the open 100m Freestyle.

Also competing in the open 100m Freestyle races this morning were Jye Cornwell (51.89), Rowan Crothers (52.48), Daniel McConnell (53.20) and Mackenzie Parker (56.82). Great swims for the boys today. The heat was offensive nudging close to 40 degrees which did not make for the best conditions for the big boys to perform.

Bree Burton swam a nice little race today in the girls 15 years 200m Butterfly (2.38.40), 14th in Queensland. Bree will head straight back to training tomorrow in preparation for the Australian Open Water Championships in January. Top swim Bree.

Ethan Nagle swam another strong race in the 16 years 400m Freestyle this morning stopping the clock at 4.28.89. Ethan likes to frustrate the ones he loves around him, because I really do believe he can swim 10 seconds faster than this. Ethan still has plenty of races to go, and I'm looking forward to watching him as the week progresses.

Dougal Richmond flexed on his PB again today with an impressive 2.28.03 in the 14 years 200m Backstroke, 22nd in Queensland. Dougie loves a scrap and this competitive instinct definitely helped Dougie perform fast again today. Well done buddy.

Vivian Bogomiagkoff swam right on her PB today in the 17/18 years 400m Freestyle (4.44.75). Awesome to finish off as the 7th fastest 18 year old in Queensland.



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Our last heat swims of the day belonged to our gorgeous 16 year old ladies in the 100m Breaststroke. If anyone knows swimming, they know how torturous Breaststroke swimming can be, especially at State/National level. Sometimes Breaststroke gets referred to as another sport in itself and today all three girls gained some more experience in their craft. Elke swam her season best with 1.14.29. Good luck tonight in the final Elke. Macy Gaynor swam a PB 1.18.23 and is first reserve for tonight's final. Georgia Walker posted a 1.19.55 to finish 15th overall in Queensland. Great results for the girls and the team today.

Day 3 - Finals

Our first final of the night was in the Women's Open 400m Freestyle. Chelsea Gubecka (4.20.25), 8th and Ebony Blackstone (4.20.62), 9th both swam faster than their heat times. Both my girls impressed the heck out of me with their professionalism and commitment tonight. Making it to State Championships in itself is an achievement, making a final is next level. Knowing that you have to come back a few hours later and do it all again, but better, is a mental challenge in itself which only the strong will succeed at. Both my girls succeeded tonight, well beyond my expectations. Well done ladies.

Robert Friend came to the pool tonight with a head full of steam ready to dominate his new love of Breaststroke swimming. Rob finished in a time of 1.06.83, just outside his newly set PB from the morning session. Robdog probably spent too much energy on the first 50m tonight but nevertheless, he still is the 7th fastest Queenslanders at the end of the night. Well done noodle.

Jacqueline Davison-McGovern threw her hat in the ring tonight in the girls 200m Butterfly. Jacq was on pace at the 150m but definitely felt the pinch in the last 50m, swimming just outside her heat time in 2.20.12. I admire Jacq's courage to put herself out there early in the race and give it a red hot go. Jacq's amazing swim earned her Yeronga Park's first medal of the meet with a sizzling bronze. Plenty more to come from Jacq and I can't wait.

Elke Becks swam her best race this year in the girls 16 years 100m Breaststroke to post a time of 1.13.77. It was so wonderful to see Elke relaxed and enjoying her racing tonight, not to mention scoring a silver medal which in itself is an amazing achievement. Elke is such a unique talent and I hope her love of the sport continues to grow. I personally can't wait for Elke's 200m Breaststroke later in the week.

Good swimming
Rob, Kate and Mike