



Coaches Report

2019 Queensland Championships

Day 4 - Heats

First up this morning was the 50m Freestyle events for all ages. Being prepared to swim fast at 8.30 in the morning is always a challenge, but one that our guys thrive on. Well done to Georgia Walker (28.25), 16th, Claire Evans (28.35), 35th and Leticia Ng (28.50), 20th. Our boys Rowan Crothers (24.22), Daniel McConnell (24.45) and Mackenzie Parker (25.50) all swam great. Our 14 year old's were next with Lilli Brown (29.23) PB and Jordan Tunnah (27.17), massive PB!!! Fantastic swims for these two guys who were both making their State Titles debut.

Robert Friend looked controlled in the open 200m Individual Medley this morning. Rob swam 2.11.10 and will be back tonight for the B final. Nice swim Noodle.

Jye Cornwell did the job again this morning in the open 200m Backstroke. Jye squeezed into tonight's A final with a season best 2.09.00. Nice swim with the potential to drop a lot more time tonight.

Vivian Bogomiagkoff swam a PB in one of her favourite events, the 17/18 years 200m Breaststroke (2.52.06). A great swim that brings Viv back out to the pool tonight. We will keep our fingers crossed as Viv is 2nd reserve for the final. Even if Viv doesn't get a swim tonight, she still places 4th in Queensland for 18 year old's. Good stuff Viv.

Laura Brosnan made the open A final for 200m Butterfly (2.20.89). Very happy that Laura gets to have another crack at this tonight. I'm sure she will be great.

Abbey Lynn swam the perfect race plan today posting a PB swim in her best event, the 16 years 100m Backstroke (1.10.66), 17th. I'm loving that Abbey is super committed to training even harder in the next few months and I'm sure she will only get fitter and faster.

Ethan Nagle also dabbled in the 16 years 100m Backstroke today crushing another PB slashing 2 seconds of his best with 1.04.52, 20th. Like I've said a lot, the only thing holding E back sometimes is his belief in himself that he can actually do it. I know he can, top swim E.

Jacqueline Davison-McGovern must have got some inspiration from her good mate Ethan as she also cracked another PB in the 14/15 years 400m individual Medley (5.06.36). Jacq swims out of lane 1 tonight for the final. Jacq looked like she was taking this one a little bit easier today, so I'm expecting a cracker tonight. Good luck Jacq!

Last swim of the session at 4pm and keeping his father happy was young Joseph VDZ in the 12 years 800m freestyle timed final. Joe only swam this event for the first time at the Albany Creek meet 3 weeks ago, but today managed to drop another 9 seconds of his PB to finish 11th in Queensland (10.15.85). Awesome experience for Joe.

Great swims again today team. See you tonight at the finals.



Coaches Report

2019 Queensland Championships

Day 4 - Finals

Making a Queensland Championship final is quite the buzz and the first piece of advice I give all my swimmers is to try and swim faster than your heat time. This can be extremely difficult when you must swim a PB to make the final, but nevertheless, if you want to improve and be successful in the pool, this is the challenge that you must meet. Queensland is the toughest State Championship in Australia and as a general rule, most age groupers must produce PB's to make a final.

Robert Friend was the first person up tonight for Yeronga and swam just a tick slower than his heat time. Well done tonight Rob posting 2.11.46 5th, in the Open 200m Individual Medley. Another great meet for "The Robdog" and looking forward to the next 7 months of hard training leading into next year's Olympic Trials.

Jye Cornwell wasn't going to let his Robfrog buddy take all the accolades. Jye swam an awesome 2.07.33 5th, in the Open 200m Backstroke, beating his lifetime PB. Jye has been a bit crook with some sort of man flu over the last 3 weeks, so to swim faster than I expected is always a win. Get healthy and let's get back to some hard work Corny!

Laura Brosnan was as tough as ever swimming 2.21.32 in the open 200m Butterfly final (8th).

Jacqueline Davison-McGovern was always going to swim faster tonight in the 14/15 years 400m Individual Medley. Jacq's epic swim of 5.03.25 (PB) was just outside the medals with a 4th place. Such a tough race that only the toughest competitors can take on. This is only the halfway point for Jacq with 3 more big days of racing! Awesome swim Jacq.

To cap off another great night for the mighty Yeronga Park team, our very own Chelsea Gubecka swam 8.55.39 to finish 4th in Queensland. Chelsea has been swimming Queensland States since she was 10 years old and so she can truly appreciate how challenging this week can be. Chelsea is getting back to some lifetime best form and her love of swimming is also back to an all-time high. I am so proud of Chelsea's efforts here this week and also back at our home ground in training. With Open Water nationals just around the corner, Chelsea's got that cheeky smile of confidence and that killer look back ... bigger and brighter than ever. Chelsea loves winning, I might dare to say even more than Coach Kate (I think ...). Love it!

Well done tonight team, bring on tomorrow.

Rob, Kate and Mike