



# Coaches Report

## 2019 Queensland Championships

### Day 5 - Heats

Jacqueline Davison-McGovern had a 10-hour turnaround from last night's final to swim a magnificent heat in the 15 years 400m freestyle this morning. Jacq swam 4.25.69 and goes into tonight's final as 4th qualifier. Good luck tonight Jacq.

Mila Cowley impressed me this morning with a great PB 4.47.12 (33<sup>rd</sup>) in the 15 years 400m Freestyle. It's been an awesome year for Mila getting back to her best training and racing. Very proud of you Mila.

Joshua Basham swam 4.32.02 PB (27<sup>th</sup>) in the 15 years 400m Freestyle. Josh probably controlled his race too much, which might have cost him a couple of seconds. Still a nice race and PB. Well done Bashy.

Vivian Bogomiagkoff swam just outside her best in the 17/18 years 200m Individual Medley 2.35.63 (20<sup>th</sup>). Great few days of racing for Viv, attention turns to Adelaide for Open Water Nationals in January now. Well done Viv.

Kai Portas 4.32.86 PB (20<sup>th</sup>) and Dougal Richmond 4.47.53 (39<sup>th</sup>) looked great in the 14 years 400m Freestyle. Kai swam a massive 9 second PB, so deserving for this likeable young man. Kai is like a silent assassin in training, and the whole squad have enjoyed watching Kai grow over the last 6 months. Well done boys.

Joseph VDZ swam beyond expectations today in the 12 years 100m freestyle (1.01.51). Dropping another second off his PB earns him a spot into tonight's final. Of the 8 Queensland boys in the final, seven all had to do PB's to progress through to the final tonight. Good luck tonight Joe.

Ethan Nagle swam just outside his best today in the 16 years 200m Freestyle (2.05.07). Not the result we were after, but still looking good for his pet event tomorrow.

Our lovely 16 year old girls swam awesome today in the 200m Breaststroke. Elke Becks goes into the final tonight with a strong 2.38.75. Elke's stroke looked long and easy and I am sure that she is going to have fun tonight.

Georgia Walker swam a PB 2.52.24 (14<sup>th</sup>). Georgia had a magnificent warm up and managed to swim exactly what she needed to do to swim a PB. Epic swim Georgia.

Macy Gaynor got a little frazzled this morning. Pressure can do weird things and unfortunately for Macy she had one of those moments. Macy's 2.53.89 is no indication of what Macy can do, but I do know that this lesson will only make her stronger in the future. Macy also has Open Water Nationals to focus on now.

Last race of the day was the timed final of the Open 1500m Freestyle. Laura Brosnan averaged 1.11.0 on her way to a solid 17.45.16. Laura's States is over for 2019, but she has informed me that she is still as keen as ever and can't wait to swim fast at all events in 2020. Love your work Mozzie.



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## Day 5 - Finals

Jacqueline Davison-McGovern without a doubt swam one of the best races of her life tonight. She attacked from the start and finished with a 4 second PB in the 15 years 400m Freestyle (4.20.04). Winning a silver medal made the moment even sweeter. Great to see Jacq's killer instinct in full swing as she was absolutely ruthless with her skills in her race tonight. Jacq's starts and turns were the best and it was a well deserved result for our little pocket rocket.

Joseph Van Der Zant was amazing again tonight. Joe swam with lots of courage to swim just a tick slower than his heats swim 1.01.95 (7th in Queensland). For young Joey to experience heats and finals at the highest level is invaluable. The best thing about his race tonight was how humble and happy he was just to be a part of the game. I love that his interest is increasing, so hopefully his training will continue to grow, and he will continue to have fun. Awesome stuff Joe.

Elke Becks swam incredible again tonight securing Yeronga Park's first Queensland Champion of the Championships. Elke was so close to her lifetime best with an awesome 2.37.47. Elke's trademark killer last 50m was in full effect tonight, and it just makes my day watching Elke control her races with such expertise. Congratulations Elke on winning your first Queensland Gold medal! First of many I am sure. I am so proud of you.

Ebony Blackstone and Chelsea Gubecka swam brilliantly tonight in the Open 1500m freestyle final. Ebony 16.53.74 PB by 4 seconds, and Chelsea 16.58.16. What a way for our seniors' swimmers to finish their week. Congratulations Ebony on winning a bronze medal on top of a massive PB. You have been so committed and your love of swimming has been the fire in the belly to keep you smiling and getting better and better each and every day! Exciting times ahead for you.

Young Chelsea had the biggest smile tonight that I have ever seen. Chelsea's swim gave me goose bumps to see such a fierce competitor do what she does best ... compete with her heart on her sleeve. Chelsea came 4th with a sub 17 minute swim, a time that we are so proud of. Our epic Chels has a midnight screening of Star Wars tonight, then she will be back in the pool at 5am tomorrow swimming 100 x 100m freestyle to cap off a great week!

So proud of my girls and Joe tonight! They all worked together and inspired each other to some amazing swims. Teamwork makes the dreams work!

Rob, Kate and Mike