



Coaches Report

2019 Queensland Championships

Day 6 - Heats

Dougal Richmond capped off his week with a strong showing in the 14 years 100m Backstroke 1.10.41. Dougal has just returned from Basketball camp in the USA, so I'm still very happy with his efforts this week. Well done Dougie.

Joseph VDZ pulled off one of the best swims in Yeronga Park's State history. Going into the 12 years 100m Breaststroke ranked 14th out of 18 Queenslanders, Joe obliterated his PB by 6 seconds 1.20.31, and goes into the final ranked number 1. It will be funny to watch how nervous his mum will get tonight. Like I tell all my swimmers, just go out there, stick to your race plan, and have fun. The competition is so close and tough, that anything can happen. Especially when you are 12 years old. Good luck tonight Joey.

Rowan Crothers swam a comfortable heat in the multiclass 100m Freestyle 53.39. Rowan worked on the finer skills this morning, with the plan of dropping the shackles and letting loose tonight. Go hard Rowcrow.

Ethan Nagle swam a PB in the 16 years 100m Butterfly 59.28. Nice to see E drop under his time from his AIC meet earlier this year. E was just a touch outside his race plan, which he knows, and had a few P's and Q's to say after the race. Swimming at this level requires patience and resilience, and I know E still has plenty more to offer. E is 2nd reserve for tonight's final.

Jacqueline Davison-McGovern swam the timed final today in the 15 years 1500m Freestyle. Congratulations to our 2nd Queensland Champion of the week retaining her crown from last year. Jacq sliced 8 seconds off her PB swimming 17.09.87. This has been one of our target events, so to dominate today's field was just what our little killer likes. Congratulations Jacq, you deserve every little bit of this one.

Day 6 - Finals

A little bit quieter tonight with only Rowan Crothers and Joseph Van Der Zant swimming finals.

Rowan swam incredible tonight posting a time equaling his World Championship bronze medal with a gutsy 51.47 in the Multiclass 100m Freestyle. Rowan won a gold medal making it a total of three Queensland Champions for Yeronga Park. Awesome swim Rowan, great process as always. Love your work.

Joseph swam with such smarts for a first timer in the big leagues. Joe's pacing was incredible swimming faster than his heat time and cracking 1.20 for the first time. Joe swam 1.19.81 and won himself a bronze medal. In one of the closest races of the week, Joe was only 0.07 from the Gold medal. That didn't stop Joe from smiling, feeling so chuffed with himself that he swam so fast. Great first Queensland Championships Joe, well done.

Rob, Kate and Mike