



Coaches Report

2019 Queensland Championships

Day 7 - Heats

Yeronga Park has 8 swimmers out of 28 competing on the final day. 15 year old Josh Basham kicked off the day with a beautiful little PB swim of 2.36.16 (26th) in the 200m Individual Medley. When Josh walked into the pool today I thought he'd been bush walking as he had so many little cuts and scrapes all over his legs. All good ... he informed me that he shaved down for the first time 😊 Josh will be back in 5 hours to have a crack in the 800m Freestyle.

Claire Evans swam in the 17/18 years 100m Freestyle in 1.02.16 (33rd). Not a bad effort considering the lead in. Claire has lots of potential to swim fast, here's hoping she gets stuck into it now that schools out for ever.

Jacqueline Davison-McGovern swam a little ripper in the heat of the 15 years 100m Fly (1.04.57) and will be back again tonight for the final. Jacq also has the 800m Freestyle with Bashy this afternoon.

Joshua Cook has been at home resting all week just reading my reports and getting pumped for his debut on Day 7 in the 15 years 100m Butterfly. Cookie swam a huge PB of 1.04.25 (33rd). Josh is definitely only going to get better, so I hope he continues to enjoy himself and keep his love of swimming a priority. Great swim Cookie.

Rowan Crothers was very business like this morning. Rowan came in very happy, still reeling from last night's performance and did the job this morning in the Multiclass 50m Freestyle. Rowan swam 24.12 and looks great for a big swim tonight. With stroke rates of 67/67/68/67, I'm always excited to see what Rowan will bring to the final.

Kai Portas is having the meet of his life swimming amazing this morning smacking his PB again in the 14 years 200m Freestyle 2.08.33 (22nd). Fantastic result for Kai. All 28 of our swimmers competing at this meet know how hard Kai trains, and hopefully they will try and join his enthusiasm and work hard over the next few months. Kai's attention now is on Open Water Nationals. Great meet Kai.

Abbey Lynn swam amazing and had Coach Kate jumping up and down in the stands this morning. Abbey spanked her PB by over 4 seconds swimming 2.32.21 (14th), in the 16 years 200m Backstroke. Abbey has worked so hard for this event and her result was well deserved by executing her race so perfectly. Great swim Abbey.

Ethan Nagle flexed a little on me this morning by actually doing what I wanted him to do (something I highly recommend to all our swimmers 😊) and subsequently he swam a 4 second PB in the 16 years 200m Backstroke 2.20.22 (16th). E controlled his ratings and tempo and came home like a machine. Great swim E. Ethan reluctantly got back in the pool for his final race of the meet with a nice little effort in the 16 years 800m Freestyle 9.14.71. Top week Nathan Eagle.

Jacqueline Davison-McGovern won a silver medal this afternoon in the 15 years 800m Freestyle 8.59.20 (PB). Magnificent effort backing up from yesterday's 1500m. Awesome swim Jacq and good luck tonight with your last final.



Coaches Report

2019 Queensland Championships

Joshua Basham was our last heat swimmer at States for the decade and didn't disappoint with a Bashy style gutsy effort, punching out a 9.15.30 to finish 17th in Queensland and a 8 second PB. Josh has had a fantastic 12 months being extra committed and I'm excited that he is super keen to get around it again in 2020. Good luck in Adelaide in January Bashy.

Nice final heats session team.

Day 7 - Finals

Jacqueline Davison-McGovern finished off her stella week with a hard fought 1.03.83 in the 15 years 100m Butterfly. Jacq finished 5th and looked very happy to be done for the week. For all the Mathletes in the club, Jacq swam 14 races and pumped out 4.9km of racing meters. With warm ups and warm downs, she would have swum a lot of meters this week. Lucky she is fit and loves to swim. Congratulations on another magic week. See you at training Monday morning Jacq!

Rowan Crothers killed it again tonight in the Multiclass 50m Freestyle. Rowan swam 23.72 to claim his 2nd Gold medal of the week. Congratulations Queensland Champion. The quirky stat about Rowan was that he actually equalled his 50m and 100m Freestyle times to the hundredth of a second from the London World Championships back in September. Magnificent swims for Rowan and exactly where we want to be 9 months out from the Tokyo Paralympics. Rowan also won the coveted Para swimmer of the meet. Well deserved Rowan.

Finally, thank you Kate for your amazing efforts and energy this week, our kids adore you and want to swim fast for you . That's the art of coaching and you have it in spades. Managing full sessions at Yeronga and Chandler is a mighty achievement! Thank you.

Michael also put in the extra yards this week both at Yeronga and Chandler. Great watching you learn and yearn for more. I love being able to be a small part of your coaching journey and look forward to what you will bring to our Yeronga Park family. Thanks to all the parents for doing what you do. Even I got to experience being a parent at States for the first time. It can be stressful, but I loved it, like I hope you all did. Life member and club Legend Ted Curtis spent the week at Chandler officiating, working his butt off while representing the mighty Yeronga Park at all times. Without beautiful souls like Mr Curtis, we wouldn't have such a wonderful meet.

Thanks Shelly for backboning all of this. Without you, we wouldn't even be a club. ❤️

Rob, Kate and Mike