



Coaches Report

2020 Queensland Championships

Day 1 - Heats

First event of the competition is one of the most competitive distances of the whole week, the open Women's 200m freestyle. Chelsea Gubecka did not disappoint as our first Yeronga Park swimmer to hit the water, with an all-time personal best of 2:01.84. This swim places Chels 12th and she will contest in the B final tonight with another chance to beat her PB from 6 years ago! Goodluck Chelsea! Jess Lavin will sit on the reserves bench tonight equaling her personal best with a 2:04.38. Jess looked amazing in the water which excites me for the rest of her swims this week. Laura Brosnan was just outside her best with a solid 2:09.65 (20th Queenslander). The longer the better for Laura, good luck for the rest of the week.

Next up was our 17 year old 100m Backstrokers. Abbey Lynn posted a 1.5 second PB from earlier this year 1:08.52 (13th Queenslander). Abbey will come back tonight as 2nd reserve and support our team and watch some of the best backstroke swimmers in the country. Our school graduate Ethan Nagle was well rested leading into this meet and "I tried my best", he tells me after fatiguing on the second lap placing 12th.

Our Pocket Rocket and busiest girl of the day, Jacqueline Davison-McGovern, swam an easy 2:18.80 (PB) in the 200m Butterfly. Jacq is ranked 2nd for tonight's final and will only swim faster tonight. After a 90 minute break Jacqueline was back behind the blocks ready for her 400m individual medley. Jacq swam a comfortable 5:05.45 going into her 2nd final of the night ranked 3rd. Why stop there when you are in flying form and 100m freestyle is next. Jacq placed 4th in the heats with a sneaky 0.03 PB, 58:39. Goodluck for all three finals tonight girl.

After a great Short Course Competition, Robert Friend swam just outside his best in the Open Men's 200m Breaststroke. Robdog is seeded 9th for the final with a 2:24.98.

Jye Cornwell equaled his best in his main event the 100m backstroke. Jye swam the perfect race with no holding back for his heat swim, stopping the clock at 56.68. Jye goes into tonight's final 4th. Good luck Corny!

Our young 15 year old Dougal Richmond swam out of his skin this morning qualifying for his second ever State final ranked 9th. Dougie posted a massive and well deserving 4 second Pb 2:17.26. He has been training the house down, and all your hard work has paid off. Congratulations Dougie.

Our last swimmers of the morning were the girls 17 year old 100m Breaststroke. Elke Becks swam a great race, posting a time of 1:14.31, placed 6th leading into the final. Goodluck Elke. Georgia Walker was in the next heat placing 11th fastest QLD'er 1:20.33.



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Day 1 - Finals

Congratulations Chelsea Gubecka on another life time PB in the open Women's 200m Freestyle 2:01.33 (11th). To swim faster at night after a top swim this morning shows how tough this girl is. She tweaked her race plan a little and it paid off with coming home stronger than this morning. See you first up tomorrow.

Jacqueline Davison-McGovern swam three awesome swims tonight. 200m Butterfly was up first. Jacq shaved another 1.5 second off her PB swim from this morning winning our first medal of the meet (3rd, 2:17.27). Yay Jacquie! An hour later, she swam her heart out in the Girls 16 yr old 400m Medley. After an easy heat swim, Jacq came home stronger, and just got touched out at the finish placing 4th. Great swim Jacq and another personal best to add to the book 5:02.04. To finish off her massive day and to total 1400m of racing plus the metres of warm up and warm down, Jacq finished 6th in the Girls 16 year old 100m Freestyle. Jacq went a little too easy the first lap and came home firing the second, negatively splitting the race finishing the clock just outside her heat swim of 58.48. Big day, you were awesome and sleep well.

Robdog Friend, swam his Open Men's 200m Breaststroke with the perfect race plan and ratings, unfortunately he was a bit off the time and swam a little slower tonight. Noodle finished 5th fastest Queensland 2:27.56. Goodluck for your 100m Breast tomorrow.

After an awesome heat swim by Corny in his 100m backstroke, he was pumped ready to go, unfortunately was a bit long into the wall and swam just outside his morning swim. Jye's 57.36 placed him 5th in Queensland. See you tomorrow ready for the 100 free.

Mr Dougal Richmond, backed up beautifully tonight swimming a touch slower than his heat swim 2:18.07 placed 10th. This was a great experience for Dougie and puts him in the perfect position for the season to come. Keep training hard.

Our last swimmer of the night was Elke Becks. The plan was to give it a little more the first 25, of which she did beautifully. Sometimes swimming late at night on a cold and raining night can be hard, but Elke came home strong and swam faster than her heat swim winning us the second medal of the night 3rd with a time of 1:14.28. Looking forward to your 200m on Tuesday.

Thankyou to parents and swimmers for supporting the team on day 1 of competition, it was great to see so many fast swims, personal best and smiles. Bring on day 2.

Kate