



Coaches Report

2020 Queensland Championships

Day 2 - Heats

Today was a nice quiet morning, with only 10 of our swimmers sitting out at Chandler. Arriving nice and early after a great day one was Chelsea Gubecka, swimming the Open Women 100m Butterfly. Her confidence and belief in herself prior to racing helped her to shave 1.2 seconds off her PB from 2014. Chelsea is ranked 9th going into the A-final tonight 1:01.30. Goodluck Chels. Shortly after she competed in the Open Women 400m Freestyle sneaking into her second final tonight placed 10th 4:19.04. She will be racing against a very strong field of freestylers. GO GIRL!

Our 15 year old 100m Freestyle Boys Jordan Tunnah and Kai Portas were up next. The first race of competition can be a little daunting at this age, and both boys will take experience away from this race. Congratulations to Kai for qualifying for age nationals to be swam next April at the Gold Coast. Kai got a little too excited at the start and overrated his first 25m, however, this guy is tough and still managed to shave 1.4 seconds off his personal best 56:51 (20th). Goodluck for all your events later this week, and make sure to just relax at the start of each race. Jordan almost perfected his race plan, just backing off a little too much into the turn. Jordy snuck under his PB from our Yeronga meet only a few weeks ago with a time of 57.25. This guy still has so much more potential and will only swim faster later this season. Well done!

Jess Lavin and Laura Brosnan joined teammate Chelsea in the 400m Freestyle. Jess posted a nice season best time of 4:22.18 placing 12th. Laura swam just outside her best 4:30.48 placed 17th Queensland. Jess was quick to warm down ready for her next event 100m freestyle. In centre lane, Jess was excited for this event, after swimming a great Pb in short course only 2 weeks ago. Jess swam a great race but could feel her legs tiring from the event prior. 100 free is a tough race, placing 20th in QLD 58.20. Both these girls have 2 races each tomorrow. Goodluck.

Not so little Joseph Van Der Zant has 5 swims this week, with the longest event 200 Medley up first. Joey placed 14th with a huge 4 second PB. At this young age anything goes to make finals with the top 14 boys all dropping time. Joe swam his race beautifully and gave it everything finishing with a 2:32.27, only half a second slower than his dad at this age. Well done Joe!

Breaststroker Robert Friend was back in the pool this morning backing up from last night's final. Even senior swimmers have trouble backing up sometimes and swimming a perfect race and unfortunately the speed wasn't there this morning. Robdog is 13th Queensland 1:06.98. Bring on Medley tomorrow.

Jye Cornwell and Mackenzie Parker were up next in the Open Men 100m Freestyle. Corny had a nice hit out this morning with a cruisy two laps 52.14. Throughout competition it is important to swim every day, even though this is not his targeted event. It helps keep him focused and puts him in a great position for his 200m Back tomorrow. This crazy year has meant we have not had a lot of long course racing. This was Macca's second long course swim of the season and practice is key. He started his race a little too hard which meant coming home hurt, swimming just outside his PB 55.56, a great experience. Good luck for your 50.

Last event of the morning was our super star Jacqueline Davison-McGovern. Jacq controlled her 400m free heat perfectly seeding her 5th for tonight's final. Goodluck Jacq and let's see how fast we can go tonight.



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Day 2 - Finals

After a nice midday nap both Chelsea and Jacq were ready for their finals.

Miss Consistent, Chelsea, swam exactly the same split (29.17) from her morning swim splitting 10th, but this girl has a great back end and came home a touch faster getting to the wall 8th. She snuck under her PB swim from this morning by 0.06 posting a 1:01.24. Straight to warm down ready for her 400m Freestyle.

Racing again only 25 minutes after a top swim is hard but Chelsea put herself out there swimming faster the first 200m. Unfortunately, not the easy speed we needed, and Chelsea swam exactly the same time as this morning 4:19.04. Still a top swim and nice to get under the 4:20 again. Great job on all your four swims today Chelsea. It was a huge day and bring on 200 fly tomorrow!

Jacqueline Davison-McGovern came out early to support her teammate and enjoyed watching a few final events before warming up. Jacq looked great in warmup and went into the race in lane 2. She would have preferred lane 6 as she LOVES to breathe to her left but that didn't stop her. The first 300m the top five girls were all swimming in a line, controlling their pacing very well. In this situation it is hard to stick to your race plan, but after her 6th turn Jacq came off the wall ready to move. The legs started to build, and Jacq tumbled in first place on the last turn. Jacq fought to the end winning herself the title of Queensland Champion in the 400m Freestyle in 4:18.60. Such a great achievement, and a nice personal best by 1.5 seconds. Congratulations on executing the perfect race and backing yourself and the process. Enjoy a nice short 50m Freestyle tomorrow morning.

It was nice to see our very own official Ted Curtis with all smiles both this morning and tonight giving all our swimmers love and wishing them best of luck. Love your work Ted.

Rest up Team and get ready for some fast 50m Freestyle Splash and Dash up first tomorrow

Kate