



Coaches Report

2020 Queensland Championships

Day 3 - Heats

Today was the start of the 50m races with the 50 Freestyle up first. Jacqueline loves a nice short 50, swimming a PB finishing 6th 27.39. Jacq will pull out of the final, to focus on her next 3 events. Olivia Jordan had her first event of the meet today equaling her PB 28.30 (17th). Georgia Walker swam just outside her best 28.66 (29th) and Tessa Judd debuted in her first states 28.80 (29th).

The big boys were up next with Mackenzie Parker 29th 25.45. Birthday boy Ethan Nagle daydreamed the first 20m, and therefore wanted a redo in the warm down pool swimming 25.23. Jordan Tunnah swam his exact entry time 26.36 placed 23rd.

Our young 13 year old Charlotte Boothey swam her first state titles swimming just outside her PB 29.54, great experience for Charlotte. Neve Longmire, only joined Yeronga after The COVID break, and she finally broke or should I say smashed the 29 second mark posting a very nice PB 28.39. Neve will come back tonight as 1st reserve. Love your work, keep training hard and smiling.

As I sat in the stand waiting for Oliver Cook and Joseph Van Der Zant to swim, I could hear coach Rob's voice in my head saying "we like BP's", in a bogan voice. Joe backed up beautifully today with a nice BP (PB) and national qualifying time 26.28. For Joe to swim faster in tonight finals, he needs to breathe less, he is ranked 5th. Go Joey! Friend, Oliver Cook, was looking fast at the start and just faded towards the end swimming a PB 27.20. Congratulations for making your first state champs Ollie.

200 Medley swimmers Jess Lavin and Robert Friend were next up. Jess was swimming on her PB, and fell short on her freestyle leg, finishing 11th in QLD 2:25.18. Robert Friend will get to re-swim his 2:09.79 in tonight's final ranked 10th. Good luck Doggy.

Jye Cornwell, swam what looked like an easy 200m Backstroke. Corny was focused on his process swimming a second under his lifetime PB 2:06.12. There is little room to move, and let's see if we can swim a little faster in tonight's final.

Our two Breaststrokes were up next with Olivia Jordan ranked 7th leading into tonight 100m final. Liv's race was a little harder than what we wanted it to feel, hopefully the excitement of swimming at night will carry her to finish faster than 1.16.79. Good luck Liv.

Elke Becks looked strong in her 200m Breaststroke, swimming exactly how we wanted her to. Elke goes into tonight finals in lane 6. Hopefully we swim faster than 2:41.43. Good luck for tonight.

Our tough 200m Open Fly girls were up next. Both Chelsea and Laura will get another chance tonight in the Final. Chelsea swam a controlled race, posting a 2:16.68. This gives her great confidence for tonight. Laura swam just outside her best 2:22.24 and can't wait to swim another 200 Fly tonight.

After a little break Jess Lavin and Laura Brosnan were ready for 800m Freestyle. Jess looked very strong, swimming consistent with her splits and rates. It is nice to see Jess post similar times to her best from 2018. You can't always swim fast, but it is a great feeling getting back to your best swims. We are on the right track and we are both excited for her 1500 tomorrow. After warming down from Laura's last race she was ready to have a crack. The swim "just felt hard", but she is one tough cookie and is ready to feel better in her 1500 tomorrow.

Tonight we see 7 finalists plus Neve as first reserve. It will be another very busy night. Good luck team.



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Day 3 - Finals

OMG, what an exciting night we had. I may have been jumping up and down and gave out a few hugs and fist pumps tonight. Yeronga swam awesome!!!!

Congratulations Joseph Van Der Zant on swimming faster tonight posting another PB of 25.92. Joey has always been a great racer, and like most of us, he hates losing. His legs were working overdrive which is exactly how you swim the 50m splash and dash. Great result little Joe placing 4th, and good luck for your 100 free tomorrow.

Robert Friend got another shot at his 200 Medley finishing 7th in Queensland swimming a little slower than this morning 2:11.90. This is a great result for Doggy considering he has been busy out of the pool finishing his Uni degree. A great swim, and he stayed around supporting his teammates.

Corny perfected his race from this morning swim, posting another PB 2:05.32. Corny fought hard coming home, earning himself a silver medal in the Open Men's 200m Backstroke. It is great to see the athletes always learning. Races cannot always be perfect, and a great swimmer can adapt the plan to swim it better next time. Jye was ready to try something a little different and it paid off. Awesome work Jye.

While talking about adapting the plan and executing the perfect race plan is Elke Becks. I cannot be prouder of this girl. Sometimes you have to be patient, and wait for your time to shine, and that she did tonight. From this morning's swim, we tweaked her race plan a little, building into her last lap with 75m to go instead of waiting for the last turn. Elke swam with confidence and claimed herself a Gold medal and Queensland Champion (I sound like the announcer) in the 17 year old 200m Breaststroke. A great swim Elke, dropping 2.5 seconds from your heat swim 2:38.99.

Olivia Jordan must have been saving her speed for tonight, as she powered down the first lap in a solid 34.11, coming home with whatever she had left in the tank and placed her 4th with a nice equal personal best 1:14.94 in the 100m Breaststroke. Well done Liv and always nice to see your smile 😊

Our final race for the night was our 200m Butterfly girls. Chelsea Gubecka posted a nice season best time of 2:14.28 (6th). The legs were stinging a little, but she always has a great back end and finishes her races strong. Great swim Chels, another 200 Fly in the bank. Laura Brosnan is always a positive and happy person to be around, and swam a little slower than her morning swim 2:23.64 finishing 9th in QLD. She is getting ready to hit the training hard again focusing on her next competition, we just have to get through that 1500 tomorrow. We love you Laura.

Thankyou for Coach Toby and Michael coming out to watch and support our team tonight. Also shout out to Lucy Bedford, Lilli Brown, Lily Bogomiagkoff and Vivian Bogomiagkoff supporting their fellow teammates. That's why we love Yeronga.

What an awesome Day! Icecream then Bedtime. Smell you Tomorrow.

Kate