



Coaches Report

2020 Queensland Championships

Day 5 - Heats

Second last day of competition and up first was the 50m Butterfly. It is rare for Jess Lavin to swim a nice short 50. Jess swam just outside her best 29.26 and will get a chance to swim faster in the final tonight. However, our young girls, Olivia Jordan and Tessa Judd both love swimming only one lap of fly with Liv getting another shot in the final tonight heading in 8th 29.73. Tessa swam a great 50 in 31.16 20th. Congratulations Tessa on your two swims and hope to see you at training more.

Ethan swam a strong 50 fly and placed 12th Queenslander in 27.08 and fellow Lauries mate Joshua Cook in 29.42. This was Cookie's only swim this meet but aims to add more for next year. Great goal Cookie.

Joseph Van Der Zant swam a nice Pb 29.76 and finished as 10th Queenslander, Joe will rest tonight ready for his last event 100m Breaststroke tomorrow.

Abbey Lynn keeps improving every time she swims a 200m Backstroke, however this girl still has more potential. Abbey posted a nice PB 2:30.87 sitting on the reserve bench tonight. Great swim and let's refocus to get faster over the next few months.

Rowan Crothers had to wait all week for his events. Row competed in the men's multi class 100m Freestyle practicing a great front-end speed of 25.38 and cruised the second lap stopping the clock at 52.97. Process is everything and every chance we get at practicing properly is a win. Goodluck for your final tonight and come home strong.

200m Freestyle boys Kai Portas and Jordan Tunnah both controlled their race very well. These young boys are just starting to learn the process and executing the plan is a difficult thing at this age. But we have to start somewhere. Kai swam a nice second PB 2:02.64 and will swim it again tonight with a second chance to nail the plan. Goodluck Kai and congratulations on qualifying for another national event. Jordan felt a little unsure about the pace in warm up but raced it nicely equaling his best 2:06.54 (18th). Keep training hard and remember consistency is key.

After a long break Olivia Jordan warmed up ready for her 200m Breaststroke. This event is the longest in Liv's program as she enjoys the 50m and 100m distances better. Liv posted a 1.5 second PB entering tonight's final 6th. Great swim Liv of 2:45.80 and Goodluck tonight.

Kai swam his second ever 1500m freestyle. Swimming 6 seconds faster than the last time 17:21.02, he will only get better as he races this distance more. Great swim Kai and Goodluck for your 800 tomorrow.



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Day 5 - Finals

Congratulations to our two 50m Fly swimmers Olivia Jordan and Jess Lavin, both swimming personal bests and both placing 6th. Liv 29.36 and Jess 28.75. That finishes a long week of States for Jess, swimming 8 events. It has been a wonderful year watching Jess grow and I'm glad you have found your home at Yeronga. Jess will now look to national open water. Love your work Jess.

Rowan Crothers was up next cruising at nice 11.0 in the warmup. For this early on in the season, Rowan posted a fast 52.03. Tonight's front-end speed was controlled and Row had a strong back end. The exciting thing about this is that we have room to move, and we know that Rowan will swim faster as the season progresses. Goodluck for your 50m sprint tomorrow and congratulations on your Gold medal for tonight's 100 free.

Kai Portas swam with great speed tonight taking a further 2.5 seconds off his heat swim, which I remind you was already a second PB. Kai rises to the challenge when he has someone fast to race, and he did that tonight with a fast final. Kai swam 2:00.07 placing 7th. A great swim Kai, you should be very proud of this race.

Olivia Jordan warmed down from her previous race and warmed back up for her 200m breaststroke. Liv looked a little flat in warm up, and therefore we went into the race with one plan. HAVE FUN!!!!!!! This racer went out a little harder and posts another personal best with a 2:44.63 finishing 4th Queenslander. An amazing result Liv. What a swim.

Lucky last was Jacqueline Davison McGovern in the Girls 1500m Freestyle. Jacq equaled her PB 17:10.23 placing 3rd. Jacq tackled this race beautifully and took the initiative in developing her own race plan. Jacq swam this race at close to 9pm at night, on day five of competition, and with 300m to go she started to fatigue. It was an amazing swim Jacq.

Jacq swims her 13th race tomorrow night at 8:45pm. Huge meet for this young girl, see you tomorrow.

Special mention and shout out to Ted Curtis again. Thankyou for your kind gesture on Wednesday night. We love you!

Kate