



Coaches Report

2020 Queensland Championships

Day 6 - Heats

Our last day of competition. How exciting!

50m Breaststroke was first on the program this morning with Olivia Jordan swimming a strong heat 34.33 going into tonight's final second. Race hard girl and Goodluck.

Georgia walker is in a tough 17/18 year age bracket and being the younger age group can be hard. George placed 15th swimming 37.76. This is a little slower than expected but moving into the next year has decided to focus more on freestyle.

Robdog Friend, equaled his PB 30.51, and sneaks into the final tonight with. Hopefully the excitement of a night swim will help swim faster. Goodluck Doggie.

After a little mid-morning break and a sneaky swim for me, Ethan warmed up ready for 100 free. Ethan has not forgotten how to race, but due to the stress of year 12 this year, he just didn't have the speed to go with it. Don't worry E your 56.09 is still faster than our age group boys, just.

Olivia Jordan swam another PB this week in the 15 year old 100m Butterfly swimming 1:07.77, this puts Liv in 1st reserve for tonight. I think she is hoping that everyone turns up.

Rowan Crothers breathed twice in 24.35 seconds in his 50m free heat. His rating was almost perfect, but in a 50 you don't have much room for error. Rowan will be swimming in Centre lane tonight ready to swim faster. Go RowCro!

Little Joey Van Der Zant has waited all week for his favourite event, the 100m Breaststroke. However, after the week he has had maybe he might like freestyle more. Joe controlled his first lap nicely and powered home finishing 5th with a nice 2.5 second personal best. Goodluck for your final tonight Joe!

Last of this morning heat was Kai Portas with this final race for the week, 800m freestyle. After 16 laps Kai swam just under the 9 mins 8:59.31 (Pb). That concludes this year's states for Kai and congratulations on 3 national qualifying times 100/200 and 400 free. Your swims are a reflection of the hard work put into training. Love your attitude.



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Day 6 - Finals

We are almost there with our final five swimmers of tonight. Olivia Jordan swam fast tonight swimming just outside her PB 33.80 in 50m Breaststroke and claiming a spot on the podium with a silver medal. You are a powerhouse Liv and cannot wait to see you grow, your smile is infectious, and we love that you love swimming. Great meet Liv.

Rob Friend swam a little outside his heat swim 31.02 in the 50m Breaststroke placing 8th in QLD. Great swim Robdog enjoy your little Xmas break.

Rowan Crothers looks fierce with his freshly shaved head, powering down the pool stopping the clock with a nice 23.81. Row has some speed to burn and the crowd around me was commenting on how fast he was looking, turning his arms over at 71 strokes per minute (stroke rate). Congratulations on your gold medal but an even bigger CONGRATULATIONS for being the Para Swimmer of the meet. YEAH ROW!

Joseph Van Der Zant was ready to swim fast tonight. Although after his PB in his heat, to even swim the same time would be a huge achievement. But this guy was determined and that what makes a great swimmer and racer. Joe went out almost a second faster and came home finishing 1:16.08 placing just outside the medals with 4th. A great swim Joe, and an awesome week of racing.

The Swimmer of Yeronga goes to Jacqueline Davison-McGovern. Tonight, she swam her final race totally 4950 metres of racing in the competition pool with 13 races, plus the countless laps of warm up and warm downs. This tough cookie didn't have much left in the tank for tonight's 800m Freestyle swimming it at 9pm. She proves a theory I have heard Rob say many times over, "sometimes when you feel rubbish in warm up, it can be one of your best races", while it might not have been her 'best' race she surprised the both of us by dropping .84 seconds off her PB on day 6 of competition. A massive swim earning herself her 4th medal of the competition a nice silver medal. Congratulations on a big week of racing with some highs and lows, and experiences learnt. A highlight was your 400m freestyle race, your hard work and dedication shows with your races this week. Sleep well over the weekend.

Thank you to all parents for their support to our swimmers, with our unusual year I am so proud of our team. Everyone has held it together during a very tough time, which has made my week super enjoyable and ready to come back for more. It has been such an amazing experience mentoring all our swimmers during the last 16 weeks but especially this week and I thank Michael and Toby for continuing the sessions back at Yeronga and driving to and from Chandler to watch as much as they could. Thank you to my support team, Rob, who I called twice a day to give him the run down and report on each swimmer, Shelly, Jae and Paul for their continuous work and support throughout the season. Jean for helping send out my coaches report late at night and possibly fixing up some grammar. Our wonderful committee, helping with tents, nominations, information, shirts, pancake breakfast etc and to Ted Curtis THANKYOU!!!!!!!!!!!!!!

That concludes Queensland Long Course State Championships for 2020, rest up and see you at the pool soon.

Well done team on all your efforts.

Kate