

December 2, 2020



# Yeronga Park

## Chlorine Chronicle

Issue No: 388

### From our Coaches

What a busy two weeks we have had. Let me start off in reporting our National Short Course Swimmers. I am so proud of how all six athletes performed and their attitude despite the year they have had. A credit to them and they have set a high standard for our younger swimmers leading into Queensland Long Course States. This meet is usually held in Melbourne with the excitement of traveling and swimming in a new environment. Unfortunately, this year that couldn't happen but that didn't stop the many lifetime personal bests and great swims.

First off the bat we had Jess Lavin swimming a lifetime PB in 100 free in a time of 55.96, placed 29<sup>th</sup>, she couldn't celebrate too long as she was straight in the warm down pool for her 800m free only 35 minutes later. Jess equaled her PB but swam a little too easy the first half of the race and came home strong, this swim placed her 12<sup>th</sup> in Australia. I believe she can swim her 8.44.7 at Queensland Long Course in two weeks.

One of the toughest races swam by our tough girls was up next, the 200m butterfly. Chelsea Gubecka swam an outstanding two second PB after posting a lifetime PB only 5 weeks ago. Chelsea swam a perfect race stopping the clock at 2.07.90. Chelsea's underwater skills and experience in racing placed her 4<sup>th</sup> in Australia, congratulations Chelsea. Her training friend Jacqueline Davison-McGovern was also in her race. To race at such a high level, against the best in the country at the age of 16 is great experience for young Jacque. Jacq had a great swim despite slipping on one of the turns she was just outside her PB of 2.15.43 placed 13<sup>th</sup> in Australia. Jacq also had to race to the warm down pool for a 30 minute break before her 800m freestyle. After these tough swims and 1000m of racing Jacq placed 13<sup>th</sup> with a time of 8.46.5.

Robert 'RobDog' Friend swam a Lifetime PB in his 50m Breaststroke in 28.81. There is no holding back in this race, and Robdog looked fierce from the beginning, placing him 16<sup>th</sup>. Well done.

Back to Chandler a few hours later for session two. Robdog was up first with his main event 100m Breaststroke, Rob swam another PB 1.02.77 placing him 21<sup>st</sup> in Australia. Rob quickly warm down ready for his 200 medley only 20 minutes later and swam just

### UPCOMING EVENTS

#### Dec 2 (Christmas Break-up)

Club Night, Ted Curtis Brace Relay Racing @ 6:15pm

#### Dec 12-18

Queensland Championships, Chandler

#### Jan 20

Club Night, Racing @ 6:15pm

#### Jan 29-31

Australian Open Water Champs, Sydney

#### Jan 30 & 31

Brisbane Sprint Champs, Chandler

#### Feb 3

Club Night, Racing @ 6:15pm

#### Feb 13

QLD Sprint Champs, Chandler  
(NOT A TARGETED MEET)

#### Feb 17

Club Night, Racing @ 6:15pm

#### Feb 18 - 21

Victorian Open Champs TBC

#### Feb 20 & 21

Brisbane Junior Metro Champs, Chandler

Check our website for updated news & events  
<https://yerongapark.swimming.org.au>

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outside his best with a 2.05.02, placed 17<sup>th</sup>. It can be hard backing up straight away but Rob did a great job especially as he has had a lot of Uni Prac in the last few weeks.

Jacqueline warmed up tonight with a nice short 50m butterfly. She swam a lifetime PB of 27.57 and placed 16<sup>th</sup>. Jacq has been focusing on freestyle and the longer distances so was great to see her get up and sprint. However, the sprint did not last long before she hit the water ready for her 400m Free later that night. Jacq swam a great race, which puts her in a great position ready for her next two freestyle events on Sunday. Jacq posted a time of 4.14.57 placing her 15<sup>th</sup>.

Chelsea was back in the water for a 200m medley and swam another lifetime PB 2.14.06 and was 10<sup>th</sup>. Chelsea only loves 3 out of these 4 strokes so love seeing her attack it with a great attitude and all smiles.

Jess was back again for a 400m freestyle. Her race plan was to just 'Go for it'. Jess swam her easy speed for the first 50m, and was over a body length in front already, and after 2.5 years of sitting on the same time she knocked 1.5 seconds off posting 4.14.16 coming 14<sup>th</sup>. Very deserving Jess!

Day two began with Rowan Crothers posting his second fastest time for 100m freestyle with a 50.20. Although it was a touch slower than we were wanting, it was a great race and always experience. We love the new hair style Rowan and see you for your 50m free at night.

Jacqueline and Jess must love racing each other as they were side by side in the 200m freestyle. Jacq swam a lifetime personal best in a time of 2.00.23 placing 18<sup>th</sup>. We were aiming to break the 2 minutes barrier, but Jacq had already swum 4 races the day before and is still doing exams at school, so it took a toll. Jacq had an awesome race and attacked it from the start. Good luck for Qld States Jacq and our goal is to get close to this time long course in two weeks' time.

Jess was on a high from her PB from Saturday night and was ready for the 200 free. We would have liked to be a bit faster but fatigued a little too much at the end with a result of 2.01.82 (31<sup>st</sup>) equaled to her season best. This was Jess' last race and looks very much forward to Long Course States where there aren't as many turns.

Jye 'Corny' Cornwell hit the water with his first event 50m Backstroke. Corny placed 6<sup>th</sup> with a time of 24.85, Jye was sick leading into this competition and swam an awesome 50 and is ready for his 100 later.

His training partner Chelsea was up next with the 100m fly, "what a fun event" she says. Congratulations on breaking the 60 second mark with a time of 59.64 (8<sup>th</sup>) and being the fastest 100 flier in the Gubecka family. Fly is a new event for our long-distance swimmer, and I can't wait to see what you can do throughout the season.

Our final session saw Corny's main event the 100m Backstroke. Corny had his eye on this event since last year and posted his second fastest time of 52.99 placing 6<sup>th</sup>. Corny's underwater skills are phenomenal and he loves racing short course. It is great to see his positivity and confidence and can't wait for the next 12 months. Congratulations and time to get ready for QLD States.

Robdog Friend swam his third breaststroke swim of the event with the 200m, swimming just outside his best of 2.18.20 placed 19<sup>th</sup>. Robdog had his 100 medley moment later equaling his best of 56.60, 11<sup>th</sup>. 100m IM is a fun fast event and is great to watch the few strokes a lap they do.

Rowan hit the water with the 50m splash and dash in 23.04, an official PB. Congratulations Rowan, and can't wait to see you race on the last two days of QLD states.

Chelsea's last event of the program was the 100m Medley. Chels equaled her time of 1.01.68 and placed 6<sup>th</sup>. Great meet Chels, back to training hard. The last event on the program was the 1500m Freestyle.

Our tough 16 year old Jacq took 1.5 seconds off her PB from only a few weeks ago, stopping the clock at 16.42.27. Jacq's fitness showed as she powered home and had a very strong back end of the race. I am not sure how you did not get dizzy swimming 60 laps of the 25m pool. You did an amazing job and all your hard work has paid off with another Lifetime PB. Congratulations on your 9<sup>th</sup> place.

The week before we had 86 Yeronga swimmers swim at our Prep carnival. Congratulations to all swimmers as it was a hot day and it can be hard to swim fast at your home pool. Regardless of personal bests, the experience and confidence that racing brings is far greater than swimming faster times. Thankyou for all volunteers that helped on the day and the committee for your endless behind the scenes work. Always thankyou for all Shelly's love and support for our club, allowing us to use her facilities in such a busy time. Swimming Carnival season is upon us, and I wish everyone best of luck with their school carnivals, swim fast and represent Yeronga with pride.

Have a Merry Christmas, and a Happy New Year, and Goodluck to our 23 swimmers representing Yeronga at Queensland States in two weeks.

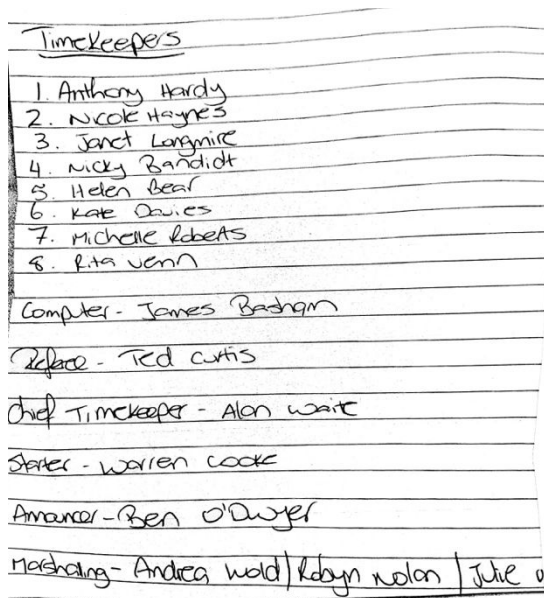
Kate

## Ted Curtis Corner

Welcome to our newsletter. We have had a big week with our club night, Yeronga Park Long Course Prep Meet and the Australian Short Course Championships.

The Prep meet was another very well-run meet, well done to all the team involved.

Nearly all the same people who were involved in our Prep meet also assisted with our 4<sup>th</sup> club night of the season. I was lazy and photographed the members who assisted with our club. Our thanks and appreciation to those on the following list.



This club night is the Ted Curtis Brace Relay plus a visit from Santa so please stay until all the races are completed and enjoy a fun night.

I will see you all tonight and then onto Queensland Championships starting 12/12.

Regards

Ted

Check our website for updated news & events  
<https://yerongapark.swimming.org.au>



Club Shirt & Shorts \$35 each

## Clothing News

**NEW club merchandise is available for purchase.** All swimmers are to wear a club swim cap and shirt when competing.

See Robyn Nolan on club nights or email her via [clothing@ypsc.com.au](mailto:clothing@ypsc.com.au)

### Club Swim Caps \$10



### Club Bucket Hat \$15



### Club Baseball Hat \$15





This newsletter is No. 388. May I please share with you an excerpt from newsletter No. 1 from July 1993. The only two people left standing in our club from then to now is our pool leesee (and Head Coach for a long time), Vice President of our Swim Club, Shelly Douyere and myself.

Also, for a bit of interest, another ocean swim. This time from my favourite loction, Coolangatta.

## Yeronga Park Swimming Club Inc. CHLORINE CHRONICLE MKII

July 1993 No. 1

Hello everyone. There is only 5 weeks to go before the swimming season is to begin. As you can see we have a new name for our newsletter. Well we call it a new name but in fact it is quite an old one.

The first edition of the "Chlorine Chronicle" was published in January 1985. This newsletter kept swimmers up to date with "POOLSIDE" gossip and chatter. We aim to do the same. The 1985-1986 editions were published by the Club Captain Peter Wellspring with the support of his swimmers' committee. We will also need this support if we are to succede with it. We will not be asking the Club Captain to do the newsletter as Ted Curtis has already offered to undertake this major comitment.

### COACHES REPORT

Just to inform our Parents and swimmers summer training will be commencing 6 a.m. on the 16th August. During the previous week we will be having a Parents and Coach Evening where I will be inviting Sports Physio and Scientist Enid Ginn to come and discuss our seasonal program. More on this at a later date.

I have been speaking to Physio Tim Brown who works with the Australian Swimming Team Physio R. Fitzgerald and Tony will be looking at coming to our squad during the early weeks of the season. He will be looking at the swimmers balance in the water and how muscle groups are working in unison with each other.

### B P YERONGA

A-GRADE MECH. REPAIRS  
WAYNE PFINGST, E.F.J.

### V.I.P. CUSTOMER SERVICE

BRIAN AND FAY BRENNAN  
07 848 8600  
563 FAIRFIELD RD YERONGA

So already for me the season planning has begun. When you read this you will have 5 weeks to go before summer training begins. Please remember to keep up that running and working on the following:-  
20 sit-ups per day - increase by 10 each week  
10 push-ups p/day - increase by 5 each week  
5 chin-ups per day - increase by 2 each week  
Skipping for 10 minutes and increase by 5 minutes each week. This is just for stay reasonably fit and get ready to start in the water.

Hope to see all the old faces back and you'll be pleased to see the new ones who are ever so keen.

Good luck to Scott and Brad McIntosh who will be competing in the Winter Brisbane Sprint Titles.

The best in swimming.

Shelly.

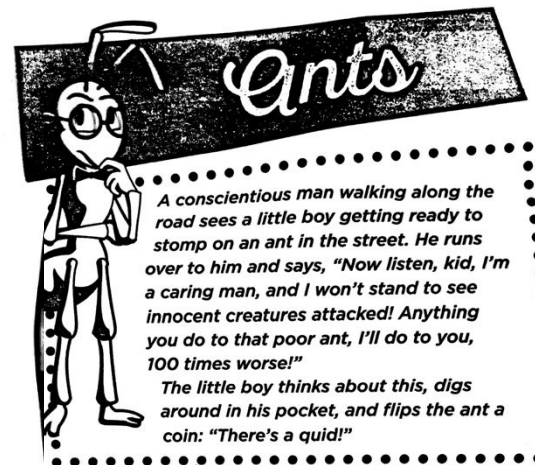
### LIST OF OFFICE BEARERS

On the 12 th of May we held our A.G.M and the following members were elected.

President:	Russell Gregory Phone 379 3114
Vice President:	Ted Curtis Phone 848 4860
Treasurer:	Marie Strong
Secretary:	Sue Ward Phone 892 2070

If you have any queries or wish to know any information please feel free to call any of the above and they will endeavour to answer your questions and if we are unable to answer them straight away we will find out the answers and get back to you.

## HUMOUR SPOT



A conscientious man walking along the road sees a little boy getting ready to stomp on an ant in the street. He runs over to him and says, "Now listen, kid, I'm a caring man, and I won't stand to see innocent creatures attacked! Anything you do to that poor ant, I'll do to you, 100 times worse!"

The little boy thinks about this, digs around in his pocket, and flips the ant a coin: "There's a quid!"

.....  
Why do ants rarely get sick?  
Because they have anty-bodies.  
.....

## SLOGAN OF THE WEEK

"Dedication + Motivation = Success"

# THE COOLY CLASSIC OCEAN SWIM | WORLD SERIES SWIMS

SUNDAY APRIL 18, 2021 | COOLANGATTA, GOLD COAST

2021 ENTRIES NOW OPEN!

**Join swimmers from all over Australia for the Gold Coast's premier ocean swim.**

The Cooly Classic has a stunning course with a backdrop of beaches that set it apart from other swims - Snapper Rocks, Rainbow Bay, Greenmount, Coolangatta and Kirra.

The introduction of a new 5.0km marathon distance course was an instant hit, so if you're a seasoned ocean swimmer, the Cooly 5.0 is a great opportunity to test yourself beyond the typical open water distances.

Take a look at the distances on offer below.



Check our website for updated news & events  
<https://yerongapark.swimming.org.au>

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# THE EVENTS

## COOLY 5.0 (5.0KM)

This is the big one, a 5.0km marathon distance swim.

This course will be an extension of the current 3.0km course, with swimmers making turn near the North Kirra SLSC and returning to Kirra Beach.

The field will be limited to just 200 swimmers – get in quick when entries open!

## COOLY 3.0 (3.0KM)

If you're a seasoned ocean swimmer, sometimes 2.0km just isn't enough. Push your limits in the 3.0km long course.

The new course will follow the 2.0km point to point format with an extra leg added beyond Kirra Point.

[View Course Map >](#)

## COOLY CLASSIC 2.0

The Cooly Classic 2.0 is without doubt the main event and always attracts a big crowd.

Starting at the popular Snapper Rocks surf break, the course follows the coast north passing Rainbow Bay, Greenmount and Coolangatta enroute to the finish at legendary Kirra Beach.

[View Course Map >](#)

## COOLY 1000

The Cooly 1000 is a 1.0km short course option from Coolangatta to Kirra Beach. This is a perfect introduction for less experienced ocean swimmers and retains the popular point-to-point format.

[View Course Map >](#)



## JUNIOR GIANTS (1000M)

The Junior Giants event is a great opportunity for kids aged 10 years to 16 years to compete with other swimmers their own age.

We also encourage family and friends to share the experience and swim the course alongside the kids – you'll need to enter this event too.

The 1000m event will use the same course format as the 1000m Short Course event starting at Coolangatta Beach.

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## STRETCH YOGA

Join Erin Bourne from Aloka Yoga & Pilates for Stretch Yoga before you swim. The free session will include warm up stretching designed for swimmers, yoga for beginners and some more advanced poses for seasoned yoga enthusiasts.

All you need is a beach towel (instead of a yoga mat..)

## PRIZES

All World Series Swims will have some great prizes up for grabs from and elite swimmers will also have the opportunity to compete for cash prizes in nominated events.

Presentations on event day will include the following overall prizes in each event (male & female):

- **1000m Junior Giants**                      1st, 2nd, 3rd (Product Prize)
- **Cooly 1000 (1.0km)**                      1st, 2nd, 3rd (Product Prize)
- **Cooly Classic (2.0km)**                      1st, 2nd, 3rd (Product Prize)
- **Cooly 3.0 (3.0km)**                      1st, 2nd, 3rd (Product Prize)
- **Cooly 5.0 (5.0km)**                      **1st (\$500 + Trophy), 2nd & 3rd (Product Prizes)**

**Age Group Winners: World Series Swims Gift**



## Email contact details for Committee Members

### President

Adam Sheehan

[president@ypsc.com.au](mailto:president@ypsc.com.au)

### Club Secretary

Jean Davison

[secretary@ypsc.com.au](mailto:secretary@ypsc.com.au)

### Treasurer

Peta McGroary

[treasurer@ypsc.com.au](mailto:treasurer@ypsc.com.au)

### Race Secretary

James Basham

[raceselector@ypsc.com.au](mailto:raceselector@ypsc.com.au)

### Registrar

Bill Lynn

[registrar@ypsc.com.au](mailto:registrar@ypsc.com.au)

### Clothing

Robyn Nolan

[clothing@ypsc.com.au](mailto:clothing@ypsc.com.au)

### Club Night / Meet Co-ordinator

Robyn Nolan

[clubcoordinator@ypsc.com.au](mailto:clubcoordinator@ypsc.com.au)

### Corporate Sponsorship

Co-ordinator

Ben O'Dwyer

[sponsorship@ypsc.com.au](mailto:sponsorship@ypsc.com.au)

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