

Coach Report - Australian Age National Championships 2014

National's 2014 was an epic meet. It's exactly the way a meet should be in that it was well represented by a 20- strong team. It had all the support and enthusiasm from parents, swimmers and coaches alike. The results were of a high standard and those results that failed to produce their best were gracious and mature in learning from their mistakes and understanding in why the result panned out like it had.

Results included the following;

Our overall position this year was 31st (last year 46th) and 3rd in SMNE (last year 4th).

Medals

- Gold 50 FR - Natasha Ramsden 26.45
- Silver 50 FR - Katie Strachan. 26.83
- Bronze 100 FR - Katie Strachan 58.81

Finalists

- 4th Katie Strachan 200IM, Geoff Herkes100BR, Annabelle Druce 100BK.
- 5th Katie Strachan 200FR
- 6th Matt Kelly 100BK
- 7th Geoff Herkes 200BR, Abbotsleigh 4 x50 FR relay Katie Strachan, Annabelle Druce, Imogen Short, and Natasha Ramsden.
- 8th Zoe Lysaght 200BK
- 10th Abbotsleigh 14/under 4x 50 Medley Relay - Annabelle Druce, Keely Allsop, Katie Strachan, Natasha Ramsden.

Highlights

- Abbotsleigh won the quinella in the 13 years 50 FR. In the process of this both girls were the only 13 year olds to go under 27 seconds.
- Natasha broke the NSW record and became the 7th fastest 13 year old Australian of all time in this event.
- Katie Strachan was Abbotsleigh highest point scorer and Australia's 3rd highest point scorer of the meet over all.

Individual PB's

- Rani West 200BK
- Kaea Bidois 100BK, 50FR - 100%
- Keely Allsop 100FR, 50 FR, 100BK – 100%
- Natasha Ramsden 50 Fr, 100Fr – 100%
- Katie Strachan 50 FR. 100FR, 200FR, 100BK, 200IM – 100%
- Matt Kelly 50FR
- Rebecca Booth 100FR
- Kaitlyn Pejkovic 100BR – 100%
- Imogen Short 50FR – 100%
- Geoff Herkes 100BR, 200BR – 100%
- Annabelle Druce 100BK, 50FR – 100%

Special mention to Shaun Champion for his individual swims, although not Pb's it was great to see Shaun compete at his first National age against the big boys.

The relay only swimmers gave us gutsy swims and without them the team atmosphere would not have been as electric as it was. Thank you to;

- Lachi Dunlop
- Morgan Graham
- Harry Trethowan
- Emily Booth
- Callum Trethowan
- Winona Lu
- Ellie Short.

Thank you

- Liz Booth for her epic work on relay entries, registration help and hoodie ordering.
- The Kelly's for hosting the pre party and Suzanne for helping Liz team manage
- Helen Strachan for her help with hoodies and the banner
- The Shorts for hosting the after party
- Ellie Short for helping film and capture great Kodak moments as part of her Duke of Ed training.

Leanne and Brandon.