

NSW Winter Metropolitan SC Championships - Report 12/13 July 2014

Statistics

- 70% Pb's.
- 15th overall point score
- 3rd SMNE

Records

- Natasha Ramsden –State record 50M FR, Metro record 50M FR, Metro 50M FLY

Medals (8)

- Katie Strachan – **Gold** 13 years 100 FR and 200FR
- Georgia O'Connor – **Silver** 11 years 100FLY, **silver** 100BK, **Bronze** 100 FR
- Samantha Ramsden – **Silver** 10/U years 100BK
- Natasha Ramsden – **Silver** 13 years 100 FR
- Rani West – **Silver** 14-15 years 200Bk

Top Ten's

- Natasha Ramsden –5th Open 50 FR, 6th Open 50 Fly, 5th 13 years 100 BR, 4th 13 years 200Fr, 9th 13 years 100bK, 7th 13 years 100 FLY
- Katie Strachan – 4th 13 years 200IM, 8th 13 years 100 BR, 6th 13 years 100 BK,
- Samantha Ramsden – 4th 10/U 100 BR
- Kaea Bidois – 5th 14 years 100BK
- Tane Bidois – 4th 10/U 100Bk
- Annabelle Druce – 7th 15 years 100BK
- Morgan Graham – 8th 14 years 100 BK,
- Shaun Champion – 10th 14-15 years 200 FLY, 5th 14 years 100 FLY, 10th 14 years 100 FR
- Rani West – 6th 15 years 100 BK
- Bailey Strachan – 6th 10/U 100 FLY

Notes

It was great to see the swimmers that put the work in over term 2 and the school holidays reaping the rewards of amazing swims and huge Pb's. Special mention to Shaun Champion, Natasha Ramsden and Katie Strachan in regards to this. Black squad had a hugely successful meet with 20 PB's from 24 swims and white squad was proudly represented by Tane, Bailey and Ashton.

Team Abb was lacking some key players due to absence and sickness. This is ok at this time of year as it's the best time to take those family breaks. It did show up in the point score and it did show up in the vibe poolside.

My point is - lets be sure from now on we represent Abbotsleigh as strongly numbers wise as possible so we can draw energy and support from each other. It is always so much more exciting, rewarding and fun to have as many team mates present as possible. Our team is so great and we really missed everyone at Metro this year.

Coach Leanne