



## 2014 Metropolitan Championships LC Report

Let the statistics speak for themselves to explain the incredible outcome of NSW Metro 2014;

- 8<sup>th</sup> place with 778 points. (NB: 5 of the 7 clubs ahead of us had more entrants. Last year we came 17<sup>th</sup> with 488 points)
- 2<sup>nd</sup> in SMNE (Last year we came 3rd)
- 11 medals from 8 swimmers. (Last year we won 7 medals from 5 swimmers)
- **Gold;**
  - Keely Allsop – 13yrs. 100 FR
  - Georgia O'Connor - 11yrs. 100 BK
- **Silver;**
  - Matt Kelly – Open 50 BK
  - Shaun Champion - 14yrs. 100 Fly (swim of the meet)
  - Georgia O'Connor – 11yrs. 100 FR
  - Natasha Ramsden -13yrs. 100 FR
  - Katie Strachan – 14yrs. 100 FR
  - Becca St Vincent - 12yrs. 100 Fly
- **Bronze;**
  - Keely Allsop – 13yrs. 200 FR
  - Clare O'Rourke – Open 50 FR
  - Becca St Vincent - 12yrs. 100 Fly
- **Top Ten;**
  - 43 in total
- **New National qualifying times;**
  - Keely Allsop, Shaun Champion, Natasha Ramsden, Katie Strachan, Jacqui Feurtado, and Rebecca Booth.

The team spirit was high and the athletes took great ownership of their race plans and learnt from their mistakes. A special mention to the group that cheered on Katie through her 400IM. She totally thrived from your support so thank you! It is great to see swimmers popping up behind me to watch their mate's races. Engaging in the meet rather than playing on iPad etc. is what it's all about. Your team mates get a huge kick out of the interest you have in them as well as yourself. We need more of this.

Area's to improve include racing more 200's and 400's for all. The coaches will be looking for these entries over the coming months. Swim downs and personal management seemed to be lacking more than usual. In the past I have seen a more diligent group - be sure to do all the things you can to perform at your best – especially when you are required to swim multiple events. Wearing shoes is a big one!

Lastly thank you to the parents that once again cheered on the team and a huge thank you to Rafa and Brandon for their excellent coaching all weekend.

We have a great team and we are truly enjoying our journey – Coach Leanne.