



Nationals 2015 Head Coach Report

Our team consisted of the following swimmers: Matt Kelly, Shaun Champion, Geoff Herkes, Kaea Bidois, Tom Peregrina, Harry Trethowan, Callum Trethowan, Lachi Dunlop, Zoe Lysaght, Clare O'Rourke, Rebecca Booth, Natasha Ramsden, Katie Strachan, Amy Nelson, Annabelle Druce, Rani West, Imogen Short, Keely Allsop, Rebecca St Vincent, Georgia Peregrina, Sophie De Salis, Claudia Fydler, Winona Lu, Emily Ong and Jacquie Feurtado.

Abbotsleigh finished a record 25th on the point score. As well as this being an improvement on the last 2 years' 33rd and 46th respectively, the following displays how we improved in every area from last year.

From 54 Individual swims:

- 4 medals – 2 *gold* – Katie Strachan 200 IM and Natasha Ramsden 50 FR; 1 *silver* – Kaea Bidois 50 FR; 1 *Bronze* – Katie Strachan 50 FR
- 31 improved rankings (plus 4 equal rankings)
- 38 PB's (plus 8 within 1 second of PB)
- 10 finals (plus 6 reserve finalists) featuring Emily Ong, Annabelle Druce, Zoe Lysaght, Clare O'Rourke as well as the above mentioned medallists.
- 1 x Junior World Qualifying time – Natasha Ramsden 50 FR

From 7 relays swims:

- 2 x gold Medals – Girls 14/U 4 x 50 FR and IM relays. Natasha Ramsden, Katie Strachan, Emily Ong and Keely Allsop.
- 1 NSW State record to 4 x 50 FR relay (0.3 off the National Record)
- 3 x improved rankings (Plus 3 x equal rankings)
- 5 team PB's
- A dual top 10 finish with Abb "B" team coming 8th in the 14/U 4x50FR relay – Becca St Vincent, Jacquie Feurtado, Winona Lu and Georgia Peregrina.
- The depth and class of the relays shows our club's strong future.

National Age Open Water Results:

- Callum Trethowan 9th in the 14 years
- Lachi Dunlop 22nd in the 15 years



What the Statistics don't show:

Abbotsleigh put themselves on the swimming map! This was proven by the numerous compliments regarding how well our swimmers looked in the water, on the deck and in how close they all appeared. Brandon and I were flooded with praise on how well our team raced and behaved. We could not be more proud of this amazing team.

A fantastic team effort in regards to team support from both parents and swimmers alike. We are in a very healthy place when you have a group of athletes that supports the success of each individual and lifts those who are struggling.

The success of the pre and post National parties is a reflection of how strong our team relationships have become. The friendships and the fun are a huge part of the journey and without it swimming becomes just a sport and not a lifestyle. It was just as special to see all the parents socialising as well as the swimmers and their siblings at these functions.

Brandon and I were extremely impressed with how each swimmer handled their meet and utilised their new tools given to them by Olympian John Farrow regarding focus. As always there is no failure only feedback – thus the feedback regarding any apparent failures is to learn from mistakes and use them as motivation for the future. We will individually address areas where each swimmer can improve leading into our next major meet.

Thank you to the committee for their continued support of Brandon Lawrence and myself both financially and as your club coaches. Congratulations to all swimmers and thank you to all parents.

We created some great memories, had lots of laughs, a few tears but most of all a whole lot of fun. I look forward to another wonderful National Age meet in Adelaide 2016.

Compiled by Leanne Speechley – Head Coach