

10/3/13

## **Canterbury Gold Squad report Victorian State Championships**

The team of ten swimmers (Pia Hulley, Brittany Tucker, Natasha Lloyd, Gendi Roberts, Joseph Brown, Campbell Kershaw, Ben Anngow, Michael Pitt, Thom Harrison and Jarryd Drummond) and 2 coaches departed Christchurch early on Thursday 12<sup>th</sup> December. The final two swimmers (Laura Sugrue and Caitlin Rennell) elected to join the team on Saturday 14<sup>th</sup> December due to prior school commitments.

On arrival the hire vans were easily accessed and of good quality and we headed to our accommodation in East St Kilda. The rooms were not quite ready when we arrived as we were early but we were able to drop our bags. We then headed to the supermarket for groceries and had lunch before heading to the pool. By arriving when we did it gave us two days to find our way around, get used to the times we would be travelling and also gave the swimmers the opportunity to get used to the indoor warm-down pool and semi-outdoor competition pool. It also assisted the coaches with planning our days and meal times. We knew that the days were going to be long and that there would be minimal time for cooking. Brigitte was a master here and we could not have completed the week without her planning and food knowledge. It was also very fortuitous that Suzy Sugrue was over for a couple of days and she helped out greatly with meal preparation while she was here.

The team had a mix of swimmers, from those with experience of swimming in Melbourne before and/or being involved with NZ Youth teams competing in Australia through to those attending their first meet outside of New Zealand. The group worked together brilliantly from the outset and all came together very well helping and supporting each other. There were no problems to be dealt with.

On the first morning of racing Laura and Caitlin flew in early and went straight into racing both making finals. It was big asks to improve their performances from the morning as the jet lag and length of day started to take its toll on them.

This set the tone for the week of racing, do everything you can to make the finals and go faster at night. Of all the swims in finals only one went slower at night. The two visitor rule was hard but made this a tough competition this level of squad requires and needs to be challenged to succeed in. With 81 swimmers from NZ in attendance along with swimmers from other Australian states recognised as visitors the challenge to get into finals was very real.

There were nineteen swims contested in finals with only two swims missing out due to the visitors rule. There were another three swims making 1st reserve and two 2nd reserve placing's showing the opportunity was there for more finals but this was a reflection that this event and the challenge it had for this squad was targeted at the right level.

There were many highlights during the meet for the team, with the relays always a high point. These were great for the team giving an extra edge to the racing and performances and a very important part of the individual swimmer and team development.

This was a great start to the long course season for our swimmers. Many had not had the opportunity to race long course since National Champs in March and April so all had to familiarise themselves with the differences and tactics in long course racing and many lessons have been learnt. These lessons and reminders will be very valuable as all the swimmers get into their preparation for the Regional and National Championship campaign that lies ahead over the next 4 months.

## Females

36 events entered

18 top 10 heat swims

16 qualifying for finals under the visitors rule

4x100 Free relay placing 9th

4x100 Medley relay placing 8th DQ

11 personal best times recorded 30.55%

## Males

35 events entered

3 top 10 heat swims

3 qualifying for finals under the visitors rule

4x100 Free relay placing 9th

4x100 Medley relay placing 12th

24 personal best times recorded 68.57%

Many Thanks

Peter Burgon & Brigitte Mahan

Gold Squad Coaches