PAC COACHING NEWS

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PAC trip to WA SunSmart State Age/Open Championships

On the 18th December, a team of 10 swimmers from PAC attended the 2016 WA SunSmart State Age/Open Championships in Perth. The team was Holly Blundell, Jasmine Kilyen-Coles, Julia Duszynski, Annabel Luck, Tiffani Graham, Jordan Grimes, Bradley Grimes, Ethan Kennedy, Lochlain Young and Alex Smethurst. There was also two team managers – Nikki Graham and Andrew Luck.

The swimmers attended this meet to gain valuable experience in a range of areas like improving on self-management skills, performing under pressure to get the best out of themselves, coping with disappointment and many more. At this meet, we had some very exciting results, positive attitudes, a great atmosphere, team comradeship and most important of all we had fun and enjoyed the experience. The competition structure challenged our swimmer to get into the finals as it was totally different to our own SA State Championships.

Our results overall were outstanding.

- 67 swims with 48 Pb's which was 72%.
- 67 swims, our swimmers achieved 38 finals. This was 57% of our heat swims were finals.
- 38 finals, 22 swims were swam faster in the finals.

PAC swimmers achieved 8 medals

- Annabel Luck - 1st 400 Freestyle and 400 IM 2nd 200 Breaststroke and 200 IM
- Tiffani Graham – 1st 200 Breaststroke 2nd 100 Breaststroke and 400 IM
- Jasmine Kilyen-Coles – 3rd 200 Backstroke

PAC achieved 91.5 points with just 10 swimmers.

- Annabel Luck 30 points
- Tiffani Graham 19 points
- Jasmine Kilyen-Coles 11.5 points
- Bradley Grimes 8 points
- Julia Duszynski 8 points
- Holly Blundell 6 points
- Ethan Kennedy 6 points
- Alex Smethurst 3 points

There were too many swims that were outstanding to actually list, so that just says how exciting our results were.

Last but not least, a huge thank you to the two team managers for their fine efforts over the six days. I am sure they enjoyed the experience despite the long hours and hard work that was involved. Great work guys! Congratulations to all!

Coach Carole.