



PAC COACHING NEWS

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SA State Long Course Age/Open Championships

For many swimmers the State Long Course Championships are the pinnacle of the season and PAC was represented by 45 swimmers who qualified for this event.

After a very successful 10 day training camp prior to the event, our swimmers approached the meet with good attitude, staying relaxed and keeping confidence that was built from the camp.

PAC has swimmers as young as 9 years old entered and up to 18 years old. Many of our junior swimmers in the Junior and Intermediate squads gained valuable experience at these championships from performing well and more importantly enjoying the experience and having fun at the same time. The more experienced swimmers performed well with some swimmers actually competing in over 20 swims during the 4 days of competition. Many finals were achieved and swimmers are encourage to perform better in the finals with faster times than in the heats. This is extremely hard to achieve, especially towards the end of the meet, when many, many finals are being achieved, but Pb's were still being achieved in the finals on day 4. On day 5 was the ever so colourful Relay day with fantastic team work in and out of the pool.

Below is a summary of the results.

- ✚ 248 individual swims with 173 Pb"s = 70 %
- ✚ 116 finals with 64 new Pb's
- ✚ 116 finals with 84 swims faster than heats
- ✚ 2 New National Age swimmers qualify
- ✚ 1 National Open swimmer qualify
- ✚ 5 new National Age qualifying times

12 GOLD

17 SILVER

17 BRONZE

Playford Aquatic Club finished a respectable 3rd place in South Australia.

These results reflect all the hard work that the swimmers have done to achieve goals and ambitions. I am very proud of all swimmers and congratulations to every swimmer on their achievements.

PAC now has 7 swimmers Jasmine Kilyen-Coles, Annabel Luck, Tiffani Graham, Emma Pannell, Holly Blundell, Jessica Axford and Cameron Seyfang have qualified for the Australian National Age Championships in Brisbane 16th – 23rd April. Jordan Grimes has qualified as an open swimmer at the Australian Open Championships also in Brisbane 9th – 13th April.

I would like to thank Lawrence for the fantastic work that he does not only in the pool but also with the gym training on Saturday mornings. I would like to thank Alison for her work and support with our Junior swimmers and covering training sessions at the Aquadome during the Championships.

Parents, once again you are the back bone of the club, officiating, being Team Managers and being the loudest supporters in the stands. It is really appreciated.

Below is a quote which sums up the fantastic results at these Championships.

