

2016 Short Course State Teams 23rd – 25th September @ AIS, Canberra



40 swimmers and 8 coaches were selected to represent Team Victoria at the 2016 State Team Championships at the AIS in Canberra from 22-25th September. Nathan Foote and I were lucky enough to be selected for this team, Nathan as a swimmers and me as a coach.

The competition was held over 3 days with teams consisting of all the Australian States, the Northern Territory and New Zealand.

The competition was filled with high competitive swimming and State Pride. State Teams has been running for 7 years and Queensland have yet to be defeated. After day 1 of racing, NSW and Victoria were very much in the hunt and QLD were not ready to give their title away easily.

Nathan competed in the 3 events in the 16-17 years boys:

200m Backstroke: 5th

100m Backstroke: 11th

50m Backstroke: 12th

Eventually, Queensland showed they are still the team to beat, pulling away on the final day to take out the Championships with Victoria finishing 3rd just behind NSW.

As a coach, it was a great experience to be able to spend time around some of the best coaches in Australia, bounce ideas around and learn from the best. These opportunities don't come around often and I look forward to sharing what I have learnt with the swimmers and coaches.

Dylan Muir