

SGB Short Course Qualifying meet

18th June @ Leongatha



SGB hosted its first winter meet of the season and the first winter meet for a couple of seasons on Sunday, 18th July. We had great support from our swimmers with 65 swimmers competing for the club throughout the meet.

The day ran smoothly with parents from other clubs commenting on a fast, well run meet. I would like to thank the committee for their hard work and all the parents that helped out to make this possible. A huge part of the club stepping forward over the next 12 months will be its ability to run successful swim meets. To do this we need to have a good reputation and for other clubs to want to come to our meets. A big part of that is how well the meet is run. We took a big step forward in that direction today.

The first meet of the season is always a good opportunity for swimmers to blow off the dust and get back into race mode and after only a month of training. For many of our swimmers they took off from where they left off with massive PB's coming from our Country, Junior State and State groups and an overwhelming number of junior swimmers showing pride and excitement as they approached their coaches with their ribbons.

The stand out swimmers of the meet were Belinda Baird, Trinity O'Keefe and Freya Liepa. All 3 swimmers had big improvements throughout last season and again took huge steps forward with a total of 1min17secs taken off their Short Course PB's between the 3 of them.

After a long day of racing we had 11 swimmers stay around for another 2 hours to participate in a development clinic for our state and National Development squad groups. This was an opportunity for swimmers to get underwater filming feedback on technique and gain ideas from another coach. We were lucky enough to have Paul Myers, Head Coach of Warragul stick around and run the session with us. Paul is enthusiastic and shares his ideas with all swimmers and coaches and I am sure everyone can take away something from Paul.

Dylan Muir
SGB Head Coach