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## 2023 Wenona Swim Club Nationals Report

During the April school holidays, 8 Wenona Swimmers competed at Swimming Australia's Age Championships on the Gold Coast. The event is the podium swim meet on the age group swimming calendar, with 2500 athletes converging on South Port Aquatic Centre to achieve age group swimming success. During the nine days of competition, Wenona finished the meet with 8 'A' Finals and 9 'B' finals for swimmers finishing between 11-20th during the heats program. The small team finished 85th in the combined Multi Class and Able body point score against 249 clubs from all over Australia. Wenona was the 19 ranked NSW club.

Among many highlights, the standout was Wenona Swim Club 13-14yrs 4 x 50 Freestyle relay winning clubs first medal at an Australian Championships. This is a massive achievement for Taylah Markulin, Kira Long, Grace Vonwiller, and Alexandra Sharp, placing 3rd and awarded the Bronze Medal. Coach Creighton could not be happier with the results from the meet. The hard work at training over the past 12 months has paid off for all swimmers, with outstanding results at the Age championships.

Georgia Bealing remained on the Gold Coast to compete at Australian Swimming Championship and World Para selection trials. She competed with great determination and courage while lining up against Paralympians, World Champions, and many of her sporting idols. Many learnings and experience for future events were taken from this opportunity for Georgia and Coach Creighton.

Looking ahead to the future to enable the swimmers to continue their growth and development, we will investigate additional support services for national representative athletes. These will include physio screening to identify weaknesses and potential injuries areas, individualized strength and flexibility programming, sports psychology support and developing tools for training and competition periods, introduction of recovery techniques such as ice baths, massage along with current foam rolling techniques while increasing the volume of training improving all individual's strength and fitness levels.

The training environments, schedule and partnerships with other clubs and squads will also be considered to accelerate the development of the national representative and performance squad swimmers leading into next season.



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**The individual event summary for each swimmer is detailed below;**

### **Georgia Bealing**

#### **Age Nationals April 7 to 15**

- 14-15yrs 100 Freestyle MC 9<sup>th</sup> 'A' Final, Personal Best Time
- 12-15yrs 400 FS MC 7<sup>th</sup> 'A' Final, Personal Best Time
- 14-15yrs 50 Backstroke 20<sup>th</sup>
- 14-15yrs 50 Freestyle 20<sup>th</sup> 'B' Final, Personal Best Time

#### **Open Nationals April 17 to 20**

- Open 200 Freestyle 17<sup>th</sup>
- Open 50 Freestyle 30<sup>th</sup>
- Open 100 Freestyle 31<sup>st</sup>

### **Isabella Donnelley**

- 17yrs 50 Butterfly 18<sup>th</sup> 'B' Final, Personal Best Time
- 17yrs 50 Backstroke 27<sup>th</sup>
- 17yrs 50 Freestyle 15<sup>th</sup> 'B' Final, Personal Best Time

### **Kira Long**

- 14yrs 50 Freestyle 7<sup>th</sup> 'A' Final, Personal Best Time
- 14yrs 200 Freestyle 28<sup>th</sup>
- 14yrs 50 Butterfly 37<sup>th</sup>, Personal Best Time
- 14yrs 100 Freestyle 6<sup>th</sup> 'A' Final, Personal Best Time
- 14yrs 50 Backstroke 48<sup>th</sup>
- 14yrs 100 Backstroke 36<sup>th</sup>, Personal Best Time

### **Taylah Markulin**

- 14yrs 200 Backstroke 34<sup>th</sup>
- 14yrs 50 Backstroke 25<sup>th</sup>
- 14yrs 100 Backstroke 34<sup>th</sup>

### **Charlotte O'Hehir-Corones**

- 16yrs 50 Breaststroke 48<sup>th</sup>

### **Alexandra Sharp**

- 14yrs 50 Freestyle 8<sup>th</sup> 'A' Final, Personal Best Time
- 14yrs 200 Freestyle 4<sup>th</sup> 'A' Final, Personal Best Time
- 14yrs 50 Butterfly 18<sup>th</sup> 'B' Final
- 14yrs 100 Freestyle 7<sup>th</sup> 'A' Final, Personal Best Time
- NSW State Team 13-14yrs 4 x 50 Freestyle Relay Gold Medal

**Chloe Gaudry (Wenona student swimming for Manly – potential WSC member next season)**



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- 13yrs 50 Freestyle 50<sup>th</sup>, Personal Best Time
  - 13yrs 100 Backstroke 63<sup>rd</sup>
  - 13yrs 50 Breaststroke 47<sup>th</sup>, Personal Best Time
  - 13yrs 100 Freestyle 26<sup>th</sup>, Personal Best Time

#### **Poppy Douglas (Marist Student – member of WSC)**

- 14-15yrs 50 Breaststroke MC 14<sup>th</sup>, Personal Best Time
- 14-15yrs 50 Backstroke MC 12<sup>th</sup>, Personal Best Time
- 14-15yrs 50 Freestyle MC 30<sup>th</sup>, Personal Best Time

#### **Wenona Swim Club Relays**

- 13-14yrs 4 x 50 Freestyle Relay (Taylah Markulin, Kira Long, Grace Vonwiller, Alexandra Sharp) Bronze Medal
- 13-17yrs 4 x 50 Medley Relay (Taylah Markulin, Charlotte O’Hehir-Corones, Isabella Donnelley and Alexandra Sharp) 34<sup>th</sup>
- 13-17yrs 4 x 100 Freestyle Relay (Kira Long, Alexandra Sharp, Isabella Donnelley, Grace Vonwiller) 20<sup>th</sup>