



## National Age Championships - Adelaide, April 2022

A big congratulations to all swimmers who competed at this year's National Age Swimming Championships, held in Adelaide this week. This year, we only had a small team of 3 Newington students who competed in the championships. These students include Jackson McCleery (Y11), Sebastian King (Y10) and Liam West (Y9). For Jackson and Sebastian, this was their second year in a row to qualify for the championships and for Liam this was his very first National Age Championships experience.

Over the duration of 6 days and nights of competition, our three elite students/swimmers competed in a total of 18 individual events including both heats and final races. Each swimmer gave their best effort to represent the college with pride and achieve their personal best. From all races, swimmers produced a total number of 14 new personal best (in both heats and finals) times along with an amazing achievement of 6 top ten (finalist) performances. From these individual results, the final rankings place Newington within the top 100 clubs of Australia. This is an outstanding achievement for Newington Swimming Club as one of the youngest and smallest swimming club to compete in these championships.

### Individual performances are as follows:

**Sebastian King** – had an outstanding meet as our highest points scorer and most decorated swimmer. Sebastian achieved personal best times in all but one of his 11 swims and finally achieved his goal of a podium result! His events for this year included: 200m IM, 100m and 200m Back, 50m 100m and 200m Free. He was also scheduled to swim in the 400m IM but pulled out to focus on his 100m backstroke final. In total, Sebastian made 5 finalist swims (200m IM, 50/100/200m back & 400m freestyle) and a Bronze medal (200m Back). Sebastian also narrowly missing out on the podium for the 200m IM and 100m Back where he placed 4<sup>th</sup> in both events. Needless to say, Seb can walk away with his head held high as his new personal best times qualify him for the NSW Sharks and NSW U17s Target Transition Squads. This is a huge achievement where Seb will have the opportunity to train amongst the best swimmers in the country throughout the year.

**Jackson McCleery** – After smashing out an outstanding performance at Australian Surf Championships the week leading into National Age, Jackson came into the championships tired but ready to rumble. After a shaky start in his sprint events, Jackson produced some amazing results in his middle-distance events. In both the 400m and 800m Freestyle Jackson's final ranking placed him as top 10 ranking in Australia. The standout performance for Jackson came in the final of his 400m Free where he dominated the field in the first 200m and held on to finish with a big PB and 7<sup>th</sup> in Australia. Jackson's time in the 400 qualified him for the NSW Sharks team where he will also be invited to train amongst the best swimmers in Australia.



**Liam West** – Experienced his first National Age championships competing in two middle-distance events, the 200m and 400m Freestyle. After a tough couple of months leading into the championships, Liam's birthday placed him up an age group where he dedicated his time and efforts into achieving a 15years and qualifying time to enter the meet only weeks before the meet. Liam stayed strong and fought tough in his events and walked away with a new PB in the 200m Freestyle. A valiant effort for Liam to be amongst the best swimmers in Australia.

Overall, I can say that I am proud of each swimmers' efforts. Not just at this meet, but throughout the year. Although, I can talk about achievements, most people don't see the tremendous amount of effort done behind the scenes. As you may know, swimming is a demanding sport which requires a strong commitment, great time management skills and robust discipline to succeed. Each swimmer I have spoken about above, has worked diligently in their preparation for this meet, months in advance. Most mornings these boys were awake before the sun for training and pushed their bodies past what they thought possible, they juggled many assignments and homework in their limited spare time, they gave up many of their weekends to attend swimming meets and try their best to gain qualifying times, all so they could swim amongst the best in Australia and be first to put Newington on the map for Swimming. I can honestly say that I am very excited for the future for these gents. I look forward to seeing further progressions in the years to come. If you see any of these gents around, be sure to congratulate them on their fantastic results!

Go New!!!

Regards,

Jared Goldthorpe

Newington Head Swim Coach