

Swimming Highlights 2010



GPS Carnival 1 – Newington

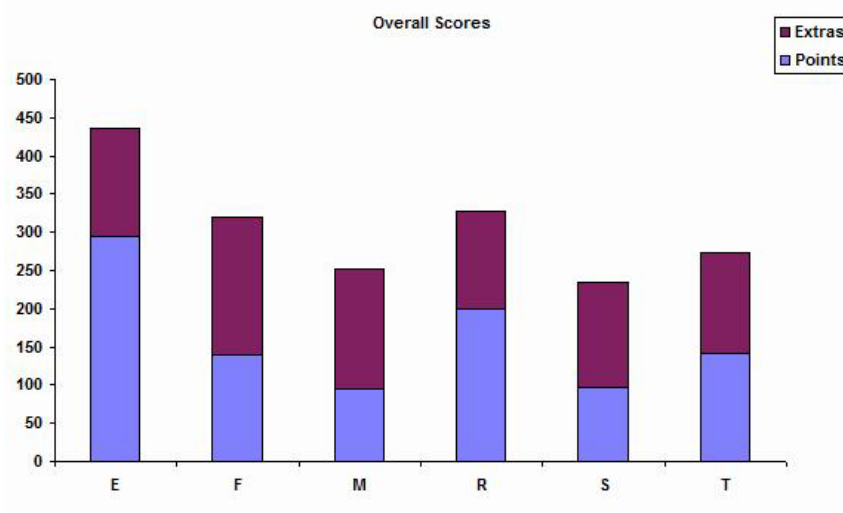
The 1st GPS preliminary carnival was held on Friday, Week 1 Term 1, at Newington College Stanmore. We were able to field a full strength swim team led by our captain Jack Musgrove and vice captain Max Chien. As it was the start of the season most of our swimmers were a little rusty. I am hopeful that with further training our overall performance should improve from last year. We welcome to the team Darren Chien, (Max's Younger brother), Kazuo Nakamura, James Tinker, Kevin Robinson, James Hoad, Eugene Lee, Leonard Mah, (Dominic's younger brother) and Jeremy Dobrowolski. Our most notable performer on the night was Ennes Mehmedbasic who took out the 50m breaststroke. Other strong performances were displayed by Jack Musgrove, Ben Wilcox, Leonard Mah and the Senior relay team.

School Swimming Carnival

The school swimming carnival was held on Monday 8th February at Des Renford Pool, Maroubra. The threat of storms, an overcast day and the unpredictable weather did not hinder attendance with over 800 boys attending the carnival. It was great to see so many boys participating in so many events. This year, we have discovered some extra ordinary talent with many school records broken. All results/records can be viewed on the school website listed below: In Summary House points and age champions are as follows:

Overall Statistical Summary - Ordered by Grand Total

PLACE	TEAM	TOTAL	EXTRAS	GRAND TOT.
1	Eedy	295	142	437
2	Rubie	200	128	328
3	Fairland	140	180	320
4	Torrington	142	131	273
5	McKay	94	157	251
6	Saxby	97	138	235



Age Champions 2010

12 Years- Kazuo Nakamura
13 Years- Leonard Mah
14 Years- Eugene Lee
15 Years- Shaun Pak
16 Years- Max Chien
17+ Years- Jack Musgrove

Record Breakers



Kazuo Nakamura
Record for 12 Years
50m Butterfly
50m Freestyle
50m Backstroke
100 m Freestyle



Leonard Mah
Record for 13 Years
50m Freestyle
50 m Backstroke
100m Freestyle



Eugene Lee
Record for 14 Years
100m Freestyle
50m backstroke

GPS Relay

Despite our best efforts, the war cry and school song from the rowers and the rest of the school to encourage our opens relay team, we were unable to overcome a strong Newington relay team who went on to win the GPS invitational relay event. Congratulations to them.



The GPS senior team:

From right to left:

1. Jack Musgrove – GPS swimming and GPS swimming Captain
2. Max Chien – GPS swimming, GPS rep, Vice Captain and record for 100m Freestyle and 200m backstroke
3. Andrew Ye – GPS swimming
4. Jeffery Jiang – GPS swimming and GPS representative

GPS Captains dinner (Shore School) - Monday night 8th Feb 2010

Congratulations to both Jack Musgrove and Max Chien who represented our school with such pride at the captain's dinner on Monday night. They were both fine ambassadors for the school. Jack's speech impressed the swimming MIC's. In short his speech emphasised the importance of performance, training, never give up attitude and always perform to the best of your ability. A key feature of the speech focussed on High's attitude towards sport which was one of always performing to your best, whether you are first or last. Well done.

Zone Carnival

1. SBHS is again the Eastern Zone Champions.
2. Apart from SBHS been Zone champions the following boys are also Zone Age Champions :

AGE	BOYS
12	Kazuo Nakamura (Syd. Boys)
13	Leonard Mah (Syd. Boys)
15	Shaun Pak (Syd. Boys)
16	Max Chien (Syd. Boys)

3. The 6X50 age relay broke the East Zone record with a time of 3:03:42. The team consisted of:
12 Years- Kazuo Nakamura
13 Years- Leonard Mah
14 Years- Eugene Lee
15 Years – Shaun Pak
16 Years – Ben Wilcox
17+ - Jack Musgrove
4. Kazuo Nakamura broke the East Zone 12 Years 100m breaststroke with a time of 1:40:22
5. Leonard Mah broke the East Zone 13 Years 50m freestyle with a time of 28:72
6. Darren Chien broke the East Zone 14 Years 100m breaststroke with a time of 1:23:95
7. In GPS 3 at SOPAC Max Chien broke the GPS record for 16's 50m breaststroke swimming it at 33:08
8. The Jnr Squad improved dramatically finishing 3rd in the GPS competition.
9. The 6X50 age relay finished 4th in the blue ribbon event at GPS 5.

GPS Representatives

Over the 5 GPS carnivals the team did their school proud with many fine performances.

Six boys gained selection to **represent GPS** in 13 events at the CIS swimming carnival. This is an improvement from the 3 reps that we had over the last 2 years.

The boys that gained selection in the GPS team are:

- 16 Years – Max Chien
- 14 Years – Darren Chien, Eugene Lee, Domimic Mah
- 13 Years – Leonard Mah
- 12 Years – Kazuo Nakamura

Regional, CHS and Allschools swimming carnivals.

The following regional swimmers gained a position to swim in events at the CHS carnival.

They were:

- 12 Years – Kazuo Nakamura who also featured in the finals at Allschools
- 13 Years – Luke Hoad, Lenard Mah, Michael Jun, Henry Feng
- 14 Years – Eugene Lee, Dominic Mah, Yu Peng Man, George Dzero, Darren Chien also featured in the finals at Allschools
- 16 Years – Max Chien
- Opens – Jeffery Jiang

At the CHS carnival SBHS received a Gold medal for 14 years relay (4x50) team, Eugene Lee, Yu Peng Man, George Dzero, Dominc Mah *pictured top left*, a Silver medal in the 6x50 all age relay team , Jack Musgrove, Ben Wilcox, Shaun Pak, Eugene Lee, Leonard Mah, Kazuo Nakamura *pictured below* and a Silver medal in the 100m Breaststroke was won by Darren Chien *pictured top right*.



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MIC Swimming