

Swimming Highlights 2011



Swimming Ethos at SBHS

Swimming at HIGH aims to teach the skills of swimming and provide a framework for all swimmers to reach their full potential. The HIGH ethos is built upon teamwork, good sportsmanship, self-discipline and self-esteem. It is hoped that each of our members will build upon these attributes in later life and through swimming create lifelong friendships.

The carnivals

The swimming season is ongoing, but generally begins with the HIGH carnival in early February each year. The first true competitive test for our elite swimmers begins at this carnival with the GPS invitational. The season comprises of 5 GPS Friday night carnivals, the Zone, Regional, CHS/CIS, and Allschools carnivals.

The year in Review 2011

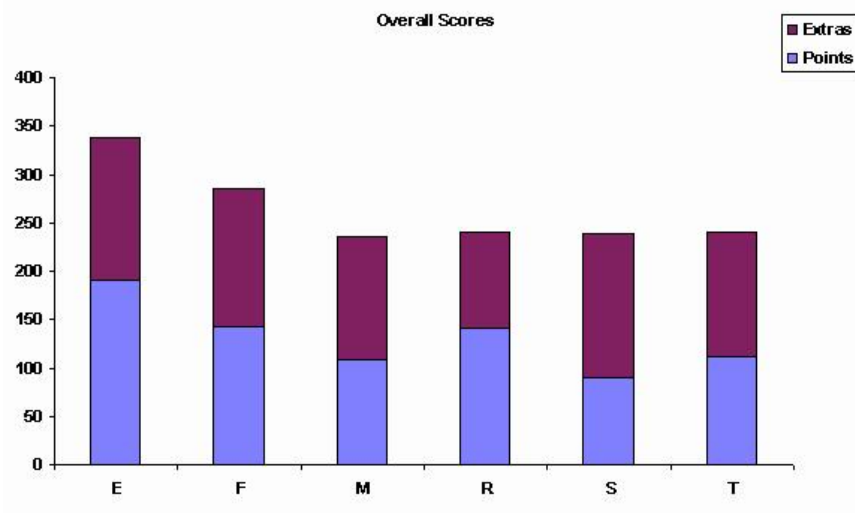
School Swimming Carnival 2011

The school swimming carnival was held on Monday 14th February at Des Renford Pool, Maroubra. The carnival was well attended with over 850 boys showing up. It was great to see so many boys participating in so many events. This year, we have discovered some extraordinary talent, especially in the junior years, with many school records broken. All results/records can be viewed on the school website listed below: <http://www.sydneyboyshigh.com/documents/carnivals/2011/swim/>

In Summary, House points and age champions were as follows:

Overall Statistical Summary - Ordered by Grand Total

| PLACE | TEAM | TOTAL | EXTRAS | GRAND TOT. |
|-------|------------|-------|--------|------------|
| 1 | Eedy | 190 | 148 | 338 |
| 2 | Fairland | 143 | 142 | 285 |
| 3 | Rubie | 141 | 99 | 240 |
| 4 | Torrington | 112 | 128 | 240 |
| 5 | Saxby | 90 | 148 | 238 |
| 6 | McKay | 108 | 128 | 236 |



Age Champions 2011

- 12 Years- Jason Qiu
- 13 Years- Kazuo Nakamura
- 14 Years- Michael Sawang
- 15 Years- Eugene Lee
- 16 Years- Shaun Pak
- 17+ Years- Max Chien

The GPS relay (4X100) medley

Despite our best efforts we were unable to overcome a strong Newington relay team who went on to win the GPS invitational relay event. Congratulations to them. SBHS finished 5th. Well done boys.



From left to right: Andrew Ye, Eugene Lee, Darren Chien, Max Chien.

GPS Captains dinner (Shore School) - Monday night 14th Feb 2011

Congratulations to both Max Chien and Jeremy Dobrowolski who represented our school with such pride at the captain's dinner on Monday night. They were both fine ambassadors for the school. Max's speech impressed the swimming MIC's. In short his speech emphasised the importance of training, love for swimming, commitment and 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.

GPS Carnivals - The 2011 Team

| | |
|-------------|----------|
| Ye | Andrew |
| Hancock | Brendan |
| Torok | Frank |
| Wilcox | Ben |
| Gunatatne | Kumudika |
| Chien | Max |
| Mehmedbasic | Ennes |
| Dobrowolski | Jeremy |
| Tang | Nelson |
| Pak | Shaun |
| Chien | Darren |
| Mah | Dominic |
| Dzero | George |
| Man | Yu Peng |
| Lee | Eugene |
| Sawag | Michael |
| Hoad | Luke |
| Feng | Henry |
| Jun | Michael |
| Mah | Leonard |
| Chen | William |
| Tinker | James |
| Robinson | Kevin |
| Nakamura | Kazuo |
| Kim | Kyne |
| Qui | Jason |
| Zhang | Tiger |

Notable results 2011

- SBHS was crowned East Zone champion school
- Kazuo Nakamura was 13 years zone age champion
- Leonard Mah was 14 years zone age champion
- Eugene Lee was 15 years zone age champion
- Max Chien was 17 years zone age champion
- Leonard Mah broke the 100m free zone record
- Darren Chien broke the 100 breast stroke zone record
- SBHS broke the 4 x 50 m free relay record
- SBHS broke the 6 x 50 m free relay record
- At GPS 1 High took out 10 out of the 56 events
- At GPS 2 High took out 6 out of 56 events
- At GPS 3 High achieved 8 top 3 placings out of 57 events
- At GPS 4 High achieved 14 top 3 placings out of 61 events
- At GPS 5 High achieved 19 top 3 placings out of 73 events
- In total 17 boys participated in swimming at CHS level
- Kazuo Nakamura was GPS 13 year age champion
- Kazuo Nakamura participated at Allschools

P Loizou

MIC swimming