

## 2019 State Teams Championships

**GO THE BLUES!!**

The 2019 State Teams Championships will be held at the Australian Institute of Sport Aquatic Centre in Bruce, ACT, from 4<sup>th</sup> to 6<sup>th</sup> October 2019. These Championships are a short course event, used as a junior pathway event where athletes are selected to represent their state and compete against representatives of each other state for points towards an overall Premier State Trophy.

The latest completed event will be displayed on live results. However, should you feel like taking the trip to our Capital over the long weekend, Canberra can offer some interesting venues to explore. None better for athletes than the Australian Institute of Sport where tours are offered. The State Teams Championships is staged in the historic AIS pool where many Australian representatives have called their home training pool at various times and many world records have been set during competition. The walls are lined with memorabilia.

Selected athletes who will be representing each of the state teams in ages between 13 & 16 for females ;14 & 17 for males or 13-17 years multi-class, will be accommodated in the AIS residences. Spectators for this event will be admitted "free". It would be a great opportunity to watch some short course racing at its very best as each athlete accumulates points towards accolades for their respective age division as well as the overall point score winning state team. Relay spots are prized and offered to athletes upon completion of individual event performances. Relay teams are announced during the meet. The final event of the meet is the 8 x 50 mixed f/s relay which draws a very loud crowd.

Following a very successful short course competitive season, Jordan Amies (14 years) of Nepean Aquatic Centre Swim Club, was selected to represent New South Wales in the 13-14 years female team. Jordan attended her induction to meet the team members and learn some NSW Chants before training with the squad on Sunday, 8<sup>th</sup> September where she met the appointed junior female team coach, Alex Clarke of Revesby Workers.



Jordan has been selected to compete in the following 13/14years events:-

Event 9: -50 butterfly ; Event 19: -50 backstroke ; Event 29: -200 backstroke ; Event 51: -100 backstroke ; Event 59: -400 individual medley.

Jordan has been continuing her responsible training efforts in the four (4) NAC Fit gym sessions offered at Atmosphere and within the NAC Swim Squads. She is looking strong and has been posting some promising times in training in her lead up to this major event of her swimming career to-date. The NSW team will unite at SOPAC for a 6.30am training session on Thursday, 3<sup>rd</sup> October where they will be issued with their swimming caps and team uniform before boarding the coach to travel to Canberra.

Congratulations & Good Luck Jordan –make yourself and your team proud when you rock the NSW Blues uniform!