



Coaches Corner

Stan's Message:

Day 1, done and dusted!

I must admit coming in I was more nervous then the swimmers were, so the messaging from me was simple "take every opportunity that your given!" and today the squad has gone out and done that plus more.

Which has put us in an even more position ... as we are currently sitting first by 5 points, if today was anything to go by I'm nervously excited about the next few days, not only from our team but for everyone participating, as there is some really awesome swimming going on all round.

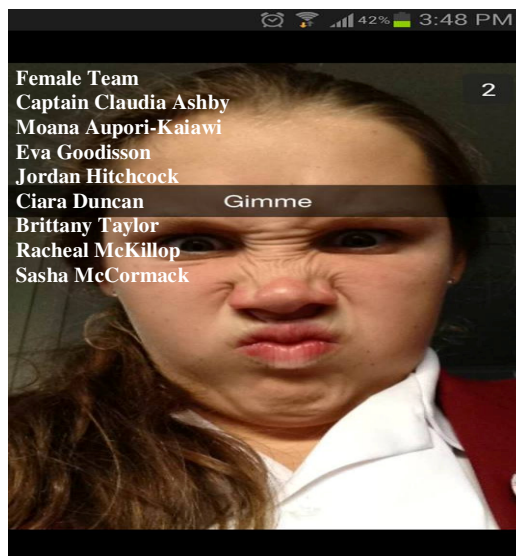
Sarah's Message:

Wow! What an incredible team! I am so lucky to be working with such an amazing team—swimmers, coaches and manager! The team blew me away with the way they've come together as a group and bonded so quickly. They worked hard together and supported each other from the go and we have seen them on top from the start. If this is how we have begun I am looking forward to the next few days to see these swimmers grow even more. The hard work now begins being the team on top at the end of day one! Watch this space!!!!

WHO LET THE DO



BLOOD THIRSTY



Captains Corner

Keegans's Message:

As soon as our team was picked we clicked and took out on top of the points table, we also have shown ourselves to be a very motivated and strong team. I am privileged to be the Male captain for the team and I will do my best to keep the team motivated and strong.

Claudia's Message:

It's only been one day and already our team has taken out on top of the table. We are the best team... hence being on top of the table. We are proud to be the hound dogs Female captain. I will be focused and supportive of each other and with the team on top.

Current leader Board,
Blood Thirsty Hound Dogs 138
Blue Devils 133
Green Machine 129

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GS OUT!!!



Swimmer of the Day

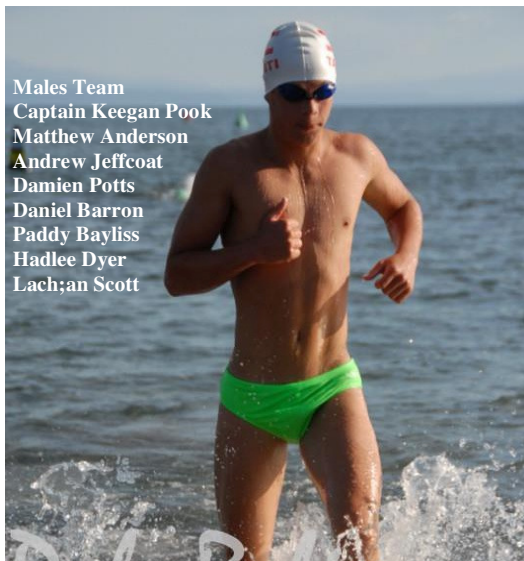
Swimmers made the decision tough, everyone firing and swimming tough, for example Sasha McCormack and Racheal McKillop, stepped up for the team and swam the 200 fly (no easy race), which neither of them have ever raced before but PB'd and together gave the team 7 much needed points, Ciara Duncan swam up today being one of the youngest in our team, and went 3 for 3 PBs, But today's session went to the Males Captain, Keegan Pook, after a miss hap, willingly gave his tour bag up, to a female athlete from another team because we were short 1, also we had a male athlete get injured in the 200 breast and needed to pull out and needed someone to stand up, Keegan again put his hand up for his team, not only did he pb by 10secs but went 3rd. GREAT WORK TEAM
 All of the success of today is attributed to strong coaching and good ethics and values instilled by their home coaches and parents!!!

Y HOUND DOGS

together like a family we have come
 in our ability to work together effec-
 the hound dogs team and will work

come together like a family. Right
 and working together to make the
 have a great team spirit and I am
 will try my best to keep our team
 his hopefully we will continue to be

keep up to date with whats going on, and
 support your team, please visit the Face-
 ok group page @ tri swim series
 so track how your team and athletes are
 ing by using meet mobile



Males Team
 Captain Keegan Pook
 Matthew Anderson
 Andrew Jeffcoat
 Damien Potts
 Daniel Barron
 Paddy Bayliss
 Hadlee Dyer
 Lach;an Scott