



June - August 2025 Squad News

Coach Bio:

Name: Owen Schmid

Position: Squad Coach

Years Coaching: 8 years

Reason that I Coach:

I want to encourage swimmers to challenge themselves to be better, to push past what they think they are capable of and to never underestimate themselves.

Coach Representation:

2025-2026 Metro South West Development Program Head Coach.

What I do to Relax:

I enjoy Formula One, the NBA and spending time with my family.





Representative Squads:

Congratulations to all of our swimmers who have been selected into Representative Squads for this year! You have all done a fantastic job with your application to training and expertise with racing!

Swimming Australia Squads:

Chloe Osborn – World Para Championships

Alex Tuckfield – World Para Championships

Beau Matthews – Australian Para Flippers Squad and Swimming Australia

Development Tour – WPS World Series in Abu Dhabi

Krystal Jessen – Australian Para Futures Squad

Swimming NSW Squads:

Daniel O'Donnell – NSW Futures Open Water Squad

Beau Matthews – NSW Para Futures Squad

Krystal Jessen – NSW Para Futures Squad

Klarissa Goodwin – NSW Sharks Squad

Metro South West Area Squads:

August Cyreszko - National Open Water Squad

James Reid - National Open Water train on Squad

Ben O'Donnell - National Open Water train on Squad

Emily Shumack - National Open Squad

Vanessa Ozols - MC National Squad

Simon Wooden - MC National Squad

Peyton Regner - Target Squad

Clara Malinic - Target Squad

Marissa Small - Target Squad

Jasmine Feng - Achievers Squad

Abhinav Gopinath - Achievers Squad

Tamara Taleb - Achievers Squad

Alena Taleb - Achievers Squad

Zac Harris - Achievers Squad

Jacob Ferreyra - Novice Squad (9-12 Years)



Commonwealth Lifesaving Championships:

Congratulations to Nick Hodgers who competed in the Commonwealth Championships in Wales from 10-13 July 2025. Nick did an outstanding job competing as part of his 1st senior Australian Team, coming home with 1 Gold and 3 Bronze – congratulations Nick!

Gold – SERC

Bronze – 4 x 25m Manikin Relay

Bronze – 4 x 50m Medley Relay

Bronze – National Team Overall

6th 50m Manikin Carry

8th – 100m Rescue Medley





Adult Swimming – World Masters Swimming Championships 2025:

Did you know that we have adult squad sessions? We have a talented group of adult swimmers who are training along side our squad program of a morning. These sessions are open to all abilities, from people wanting to keep fit, through to those that compete.

And do they compete!

We recently had a group of swimmers compete in the World Aquatics Masters Swimming Championships in Singapore!

Our guys did an amazing job representing our Squad Program, their Clubs and Australia! Standout swimmer was Aaron Cleland who came away with a Bronze Medal in the 200 Breast, but all of our swimmers should be congratulated!

Please see a full list of their results below:

Aaron Cleland – Bronze Men 50-54 Years 200 Breast

Aaron Cleland – 4th Men 50-54 Years 400 IM

Aaron Cleland – 5th Men 50-54 Years 200 IM

Aaron Cleland – 7th Men 50-54 Years 800 Free

Aaron Cleland – 8th Men 50-54 Years 400 Free

Andrew Howlett – 10th Men 55-59 Years 800 Free

Kimberlee Currell – 11th Women 30-34 Years 400 IM

Andrew Howlett – 11th Men 55-59 Years 200 Free

Andrew Howlett – 11th Men 55-59 Years 400 Free

Kylee Murray – 15th Women 55-59 Years 800 Free

Kimberlee Currell – 17th Women 30-34 Years 200 IM

Andrew Howlett – 20th Men 55-59 Years 100 Free

Andrew Howlett – 20th Men 55-59 Years 50 Free



Continued -

Adult Swimming – World Masters Swimming Championships 2025:

Kylee Murray – 21st Women 55-59 Years 200 Back

Kylee Murray – 21st Women 55-59 Years 400 Free

Kerry-Anne Michels – 27th Women 55-59 Years 800 Free

Kylee Murray – 28th Women 55-59 Years 200 Free

Kimberlee Currell – 34th Women 30-34 Years 50 Fly

Kylee Murray -35th Women 55-59 Years 100 Free

Kerry-Anne Michels – 36th Women 55-59 Years 400 Free

Kerry-Anne Michels – Women 55-59 Years 200 IM

Kimberlee Currell – 43rd Women 30-34 Years 50 Free

Kerry-Anne Michels – 45th Women 55-59 Years 200 Free





2025 NSW Senior State Age SC Championships:

Over the weekend of the 22-24/8/25 we had our guys racing at the NSW Senior State Age SC Championships. Our team of August Cyreszko, Klarissa Goodwin, Nick Hodgers, Krystal Jessen, Beau Matthews, Zoe McIntosh, Daniel O'Donnell, Chloe Osborn, Vanessa Ozols, James Reid, Emily Shumack, Ryan Shumack, Marissa Small, Alex Tuckfield, Elijah Whitton, Simon Wooden, Ilva Bigatton, Zoe Suarez-Walsh, Ben O'Donnell, Kyan Davies, Maisy Cyreszko, Steph Clarence, Raya Chakraborty, and Josh Baker all put in a great effort across the weekend, with the amount of support for each swimmer really good to see!

We had some amazing racing across the weekend with some big PB's. Special mention to Chloe Osborn who broke the Australian Records in both the 400 Free and 200 Free!

Our top 20 results across the weekend included:

Klarissa Goodwin – Gold Girls 15Years 200 Back

Krystal Jessen – Gold Girls 18&o 100 Fly MC

Krystal Jessen – Gold Girls 18&o 50 Fly MC

Krystal Jessen – Gold Girls 18&o 50 Free MC

Krystal Jessen – Gold Girls 18&o 50 Back MC

Beau Matthews – Gold Boys 16-17 Years 100 Breast MC

Beau Matthews – Gold Boys 16-17 Years 200 IM MC

Beau Matthews – Gold Boys 16-17 Years 100 Fly MC

Beau Matthews – Gold Boys 16-17 Years 100 Back MC

Beau Matthews – Gold Boys 16-17 Years 100 Free MC

Beau Matthews – Gold Boys 16-17 Years 400 Free MC

Chloe Osborn – Gold Girls 18&o 100 Free MC

Alex Tuckfield – Gold Boys 18&o 50 Free MC



Continued - 2025 NSW Senior State Age SC Championships:

Chloe Osborn – Gold Girls 18&o 400 Free MC
Chloe Osborn – Gold Girls 18&o 200 Free MC
Klarissa Goodwin – Silver Girls 15Years 1500 Free
Krystal Jessen – Silver Girls 18&o 100 Back MC
Krystal Jessen – Silver Girls 18&o 100 Free MC
Simon Wooden – Silver Boys 14-15 100 Breast MC
Alex Tuckfield – Silver Boys 18&o 100 Free MC
Klarissa Goodwin – Bronze Girls 15Years 400 Free
Klarissa Goodwin – Bronze Girls 15Years 100 Back
Klarissa Goodwin – Bronze Girls 15Years 800 Free
Vanessa Ozols – Bronze Girls 18&o 100 Breast MC
Vanessa Ozols – Bronze Girls 18&o 200 IM MC
Simon Wooden – Bronze Boys 14-15 100 Fly MC
Elijah Whitton – Bronze Boys 17 Years 50 Fly
Simon Wooden – Bronze Boys 14-15 50 Breast MC
Krystal Jessen – 4th Girls 18&o 400 Free MC
Krystal Jessen – 4th Girls 18&o 200 Free MC
Simon Wooden – 4th Boys 14-15 400 Free MC
Simon Wooden – 4th Boys 14-15 200 Free MC
Vanessa Ozols – 4th Girls 18&o 50 Free MC
Emily Shumack – 4th Girls 18&o 200 Back
Klarissa Goodwin – 5th Girls 15Years 200 Free
Zoe McIntosh – 5th Girls 18&o 200 Fly
Emily Shumack – 5th Girls 18&o 100 Back
Simon Wooden – 5th Boys 14-15 50 Fly MC
Simon Wooden – 5th Boys 14-15 100 Free MC
Vanessa Ozols – 5th Girls 18&o 200 Free MC
Vanessa Ozols – 6th Girls 18&o 100 Free MC





Continued - 2025 NSW Senior State Age SC Championships:

Zoe McIntosh – 6th Girls 18&o 400 IM

Emily Shumack – 7th Girls 18&o 50 Back

Zoe McIntosh – 7th Girls 18&o 100 Fly

Daniel O'Donnell – 7th Boys 18&o 1500 Free

James Reid – 7th Boys 14 Years 200 Fly

Simon Wooden – 7th Boys 14-15 50 Free MC

Emily Shumack – 8th Girls 18&o 100 Free

James Reid – 8th Boys 14 Years 200 Free

Ilva Bigatton – 8th Girls 14 Years 100 IM

August Cyreszko, Beau Matthews, Elijah Whitton, James Reid – 8th Boys
16-17 Years 4 x 50 Medley Relay

Daniel O'Donnell – 9th Boys 18&o 800 Free

Alex Tuckfield, Elijah Whitton, Daniel O'Donnell, Nick Hodggers – 9th Boys 4
x 25 Free Relay

Ryan Shumack, Josh Baker, Elijah Whitton, Alex Tuckfield – 9th Boys 4 x 25
Medley Relay

Marissa Small – 10th Girls 14 Years 200 Breast

Alex Tuckfield, Daniel O'Donnell, Ryan Shumack, Nick Hodggers – 10th Boys
18&o Years 4 x 50 Free Relay

Ryan Shumack, Kyan Davies, Josh Baker, Alex Tuckfield – 11th Boys 18&o
Years 4 x 50 Medley Relay

James Reid – 12th Boys 14 Years 200 IM

James Reid – 12th Boys 14 Years 100 Fly

Steph Clarence, Zoe McIntosh, Emily Shumack, Klarissa Goodwin – 12th
Girls 4 x 25 Free Relay

Zoe McIntosh – 13th Girls 18&o 50 Fly

Marissa Small – 13th Girls 14 Years 100 Breast

Ryan Shumack – 13th Boys 18&o 200 Back



Continued - 2025 NSW Senior State Age SC Championships:

Beau Matthews, James Reid, August Cyreszko, Ben O'Donnell

– 13th Boys 16-17 Years 4 x 50 Free Relay

Daniel O'Donnell – 14th Boys 18&o 400 Free

Ilva Bigatton – 14th Girls 14 Years 50 Back

Daniel O'Donnell – 15th Boys 18&o 200 IM

Ilva Bigatton – 15th Girls 14 Years 50 Free

August Cyreszko – 16th Boys 16 Years 200 Back

Ilva Bigatton – 16th Girls 14 Years 50 Fly

August Cyreszko – 17th Boys 16 Years 400 Free

Marissa Small – 17th Girls 14 Years 50 Breast

Ilva Bigatton – 17th Girls 14 Years 100 Free

Klarissa Goodwin, Marissa Small, Zoe Suarez-Walsh, Maisy Cyreszko

– 17th Girls 14-15 Years 4 x 50 Free Relay

Ilva Bigatton – 18th Girls 14 Years 100 Back

James Reid – 19th Boys 14 Years 400 Free

Ryan Shumack – 19th Boys 18&o 100 Back

Daniel O'Donnell – 19th Boys 18&o 200 Back

Klarissa Goodwin – 20th Girls 15Years 100 Free

Ilva Bigatton – 20th Girls 14 Years 100 Fly

Klarissa Goodwin, Marissa Small, Maisy Cyreszko, Raya Chakraborty

– 20th Girls 14-15 Years 4 x 50 Medley Relay

We finished with 41 PB's from 75 swims, which was a 55%.
The club came 9th on pointscore, and 4th on the Medal Tally.



2025 NSW Metropolitan SC Championships:

We had a busy weekend over the NSW Metropolitan Championships, with some amazing swims by our swimmers!

Our Team of Xavier Clarence, August Cyreszko, Jasmine Feng, Billie Fox, Klarissa Goodwin, Krystal Jessen, Chelsea Mealey, Daniel Makdessi, Jacob Makdessi, Clara Malinic, Chloe Osborn, Vanessa Ozols, James Reid, Ryan Shumack, Emily Shumack, Marissa Small, Alex Tuckfield, Ilva Bigatton, Simon Wooden and Jarred Dyer all did a great job, coming away with 53 PB's from 74 swims, or 72% - a great effort!

There were some breakthrough swims over the weekend with Xavier Clarence, August Cyreszko, Klarissa Goodwin, Krystal Jessen, Daniel Makdessi, Vanessa Ozols, James Reid, Emily Shumack, Marissa Small and Simon Wooden. Special mention to Chloe Osborn who broke the Australian Records in the 50 Free and 100 Free.

Our top 10 and beyond results were:

Klarissa Goodwin – Gold Girls 15 Years 800 Free

Chloe Osborn – Gold Girls 17&o 50 Free MC

Klarissa Goodwin – Gold Girls 15 Years 200 Free

Alex Tuckfield – Gold Boys 17&o 100 Free MC

Chloe Osborn – Gold Girls 17&o 100 Free MC

Alex Tuckfield – Gold Boys 17&o 100 Fly MC



Continued - 2025 NSW Metropolitan SC Championships:

Alex Tuckfield – Gold Boys 17&o 50 Fly MC
Klarissa Goodwin – Gold Girls 15 Years 200 Back
Emily Shumack – Silver Girls 17&o 200 Back
August Cyreszko – Silver Boys 16 Years 200 Back
Krystal Jessen – Silver Girls 17&o 100 Fly MC
Xavier Clarence – Silver Boys 9 Years 50 Breast
Vanessa Ozols – Silver Girls 17&o 200 IM MC
Krystal Jessen – Silver Girls 17&o 50 Free MC
Krystal Jessen – Silver Girls 17&o 100 Back MC
Krystal Jessen – Silver Girls 17&o 100 Free MC
Vanessa Ozols – Silver Girls 17&o 100 Fly MC
Klarissa Goodwin – Silver Girls 15 Years 400 Free
Jarred Dyer – 2nd Boys 17&o 50 Fly MC
James Reid – Bronze Boys 14 Years 400 Free
Simon Wooden – Bronze Boys 14&u 100 Breast MC
Vanessa Ozols – Bronze Girls 17&o 100 Breast MC
Klarissa Goodwin – Bronze Girls 15 Years 100 Back
Emily Shumack – Bronze Girls 17&o 100 Back
Vanessa Ozols – Bronze Girls 17&o 100 Back MC
Xavier Clarence – Bronze Boys 9 Years 100 Breast
Klarissa Goodwin – Bronze Girls 15 Years 50 Back
Marissa Small – 4th Girls 14 Years 200 Breast
Ilva Bigatton – 4th Girls 14 Years 100 IM
Simon Wooden – 4th Boys 14&u 200 IM MC



Continued - 2025 NSW Metropolitan SC Championships:

Vanessa Ozols – 4th Girls 17&o 100 Free MC
Emily Shumack – 5th Girls 17&o 50 Back
Vanessa Ozols – 5th Girls 17&o 50 Free MC
Simon Wooden – 5th Boys 14&u 100 Fly MC
Marissa Small – 6th Girls 14 Years 50 Breast
Simon Wooden – 6th Boys 14&u 50 Free MC
August Cyreszko – 6th Boys 16 Years 100 Back
Jacob Makdessi – 6th Boys 13 Years 200 Fly
Ryan Shumack – 6th Boys 17&o 200 Back
Marissa Small – 7th Girls 14 Years 100 Breast
Ilva Bigatton – 7th Girls 14 Years 50 Fly
James Reid – 7th Boys 14 Years 50 Fly
Daniel Makdessi – 7th Boys 11 Years 50 Back
Simon Wooden – 7th Boys 14&u 100 Free MC
August Cyreszko – 8th Boys 16 Years 50 Back
Ilva Bigatton – 9th Girls 14 Years 100 Free
Ilva Bigatton – 9th Girls 14 Years 50 Back
Ryan Shumack – 9th Boys 17&o 100 Back
August Cyreszko – 9th Boys 16 Years 400 Free
Ryan Shumack – 10th Boys 17&o 200 Free
Klarissa Goodwin – 10th Girls 15 Years 100 Free

Overall, the club finished 16th on the pointscore
and 13th on the Medal Tally





2025 Aquablitz Toongabbie SC Qualifying Meet:

On the 27/7/25 we held our annual Aquablitz Toongabbie SC Qualifying Meet. This meet was well attended by our swimmers and visitors alike, where there was some very fast racing seen.

We finished with 84 PB's from 157 swims, so 54%.

There were some huge swims at this meet with many swims that were in excess of 5 second PB's.

Special mention goes to August Cyreszko, Marissa Small, Xavier Clarence, Maisy Cyreszko and Chloe White who all took big steps forward in their racing at this meet!

A big thank you to all our parents and club committee members who gave of their time to help with the running of this meet.

It is one of the major fund raisers for our club, and to have so many helpers makes the day run smoothly.

