

COACHES REPORT – FEBRUARY 09

FEBRUARY IS A BUSY MONTH WITH THE YORKSHIRE JUNIOR SENIOR MEET AT THE BEGINNING AND TWO OF THE YORKSHIRE AGE GROUP MEETS AT THE END.

22 CASA SWIMMERS ENTERED THE JUNIOR / SENIOR MEET THIS YEAR, 11 OF WHICH CAME FROM ANCHOR. THIS IS DOUBLE THE AMOUNT FROM LAST YEAR. WE RECORDED 70 DISTRICT TIMES, 49 LONG COURSE PB'S AND LEAH ALTOFT GETTING CASA'S 1ST LONG COURSE NQT OF THE SEASON. CASA ALSO HAD 13 FINALISTS RESULTING IN 5 MEDALS. ANCHOR FINALISTS WERE JASMIN KIRK IN THE 400 IM, LAUREN YORK IN THE 50 AND 200 BREASTSTROKE AND AISLEY LEEMAN IN THE 50 FLY AND FREE. LAST YEAR CASA ACHIEVED 1 MEDAL SO WE ARE ON THE WAY TO BEATING LAST YEARS TALLY.

WE ARE CURRENTLY IN THE MIDDLE OF THE YORKSHIRE AGE GROUPS SO I WILL DO A FULL REPORT UPON COMPLETION.

THE BEGINNING OF MARCH SEES THE FIRST ROUND OF THE JUNIOR LEAGUE WHERE WE ARE AIMING TO DEFEND OUR TITLE OF JUNIOR LEAGUE CHAMPIONS. ALL IN ALL, AN EXCITING START TO THE YEAR.

DAVE LEEMAN – HEAD COACH – FEB 09