

## **COACHES REPORT – JANUARY 09**

**JANUARY SAW CASA COMPETE AT THE CITY OF LIVERPOOL OPEN MEET AND THE ROTHERHAM METRO OPEN MEET. THE PURPOSE OF THESE MEETS WERE TO GIVE SWIMMERS PRACTICE IN RACING LONG COURSE IN PREPARATION FOR THE UP COMING COUNTY EVENTS AND GIVE THE JUNIORS AN OPPORTUNITY TO GET OR IMPROVE COUNTY TIMES. THE SWIMMERS AT LIVERPOOL SWAM WELL GAINING 23 PB'S OUT OF THE 60 EVENTS ENTERED. JASMIN KIRK WAS RUNNER UP IN HER AGE GROUP.**

**THE ROTHERHAM METRO MEET SAW 63 CASA SWIMMERS ENTERED AND WAS A GREAT WEEKEND FOR PB'S. ANCHOR SWIMMERS PRODUCED 190 LONG COURSE PB'S AND 2 CLUB RECORDS FOR LAUREN YORK. CASA WERE TOP CLUB WITH KIERAN SKINNER OVERALL TOP BOY AND LAUREN YORK RUNNER UP IN THE OVERALL TOP GIRL CATEGORY, MISSING OUT ON THE TOP SPOT BY 2 POINTS. CASA HAD 6 BOYS IN THE TOP 11 AND 5 GIRLS IN THE TOP 10.**

**THE 25<sup>TH</sup> JANUARY SAW ANCHOR COMPETE IN THE 1<sup>ST</sup> ROUND OF THE BARNSELY MINOR LEAGUE. THE TEAM PERFORMED GREAT PRODUCING 12 1<sup>ST</sup> PLACES AND 16 PB'S**

**THE END OF JANUARY SAW CASA COMPETE IN THE 1<sup>ST</sup> ROUND OF THE LINCS SENIOR LEAGUE. AS WITH LAST YEAR WE WERE ENTERED AS GREEN AND RED WITH THE GREEN TEAM MADE UP OF ANCHOR SWIMMERS ONLY. WE PUT IN A BRILLIANT PERFORMANCE COMING 2<sup>ND</sup> ON THE DAY TO THE RED TEAM. THERE WAS SOME GREAT RACING BETWEEN THE 2 CASA TEAMS, SHOWING THAT THE 2 CLUBS FEED OFF EACH OTHER. ANCHOR HAD 12 PB'S AND 4 CLUB RECORDS FOR JASMIN KIRK AND LAUREN YORK.**

**CAN I ASK PARENTS, IF THEY ARE PROVIDING FOOD FOR THEIR CHILDREN TO EAT ON POOLSIDE, THAT THE FOOD IS SUITABLE. NO CRISPS OR CHOCOLATE IS TO BE TAKEN ONTO POOLSIDE.**

**FEBRUARY WILL SEE THE START OF THE COUNTY CHAMPIONSHIPS AND I AM LOOKIIG FORWARD TO SEEING IF WE CAN IMPROVE ON LAST YEARS PERFORMANCES. IF JANUARY IS ANYTHING TO GO BY, I HAVE TO SAY WE WILL.**