



COACHES NEWSLETTER JAN / FEB 2011.

Competition Report

Anchor swimmers joined forces with CADS swimming under the CASA logo to compete at the Rotherham Metro graded meet on Saturday 22nd & Sunday 23rd January. With over 50 swimmers between the 2 clubs we were well represented. This meet is the last chance to qualify for the Yorkshire Counties with times having to be submitted the following day. As a graded meet it also allows swimmers to qualify for medals in either the A or B grade cut off times or collect speeding tickets for being too fast!

County times had already been achieved from some swimmers during our Club Champs in November & December but we were hoping for both improved times and more qualifiers. The boys 200 free saw Charles Kenny swim 7 seconds inside the time to collect a silver medal. Kieran Skinner & Scott Strong followed. Charles & Kieran also swam inside their 100 backstroke times. 9 year old Lauren Jacklin had a great swim in the 50 free to come in 6 seconds inside the County time. Amy Baker collected the 1st of many speeding tickets in the same event and was well inside. Eve McGrory won her 1st open meet medal for her time.

Ben Cantrill & Travis Johnson achieved their 50 breaststroke and 50 backstroke long course times and Ben also got his 50 free. Lauren Gwynne had a huge pb of 12 seconds in the 200 breaststroke and also qualified for the 50 metres in the same event. Yasmin Callaghan also qualified for the 50m breaststroke. Nathan East had 2 great swims in the 50 and 200 backstroke and also the 50 free making all the times he needed. Holly Williams had good swims throughout the weekend making the times in 50 & 100 fly, 50 & 200 back, and 200 freestyle, to add to the others she collected at the club champs, including the 800 freestyle. Kieran Skinner and Jack Newton added to and improved their times from the club champs. Special mention must also go to Jack as he swam on the Friday before this meet at Liverpool to qualify for the 1500m long course, well inside the needed time. Charles Kenny has also qualified for this event.

Throughout the meet, our swimmers were also collecting medals for top 3 places inside the cut off times for both A & B grade times and speeding tickets if too fast. The following swimmers all need a



mention for their excellent performances. Lauren Jacklin, India Cowell, Eve McGrory, Lauren Gwynne, Amy Baker, Yasmin Callaghan, Jess Skinn, Eleanor Chafer, Holly Williams, Lauren Callaghan, Becci Foster, Molly Newton, Ellie Taylor, Rhiannon Haber, Travis Johnson, Ben Cantrill, William East, Jack Christer, Nathan East, Michael Trueman, Edward Kenny, Charles Kenny, Adam Vaughan, Kieran Skinner, Scott Strong and Danny Strong. Danny also used his Xmas present from Dave to collect a gold medal in the 200 fly.

All achieved times will go on to the British Swimming ranking database.

Thank you to Zoe Newton for the next report on the Lincs League 1st round at Riddings.

The first round of the Lincs Senior League took place on January 29th 2011 at Riddings pool, Scunthorpe for CASA green. CASA green consisted solely of Scunthorpe Anchor swimmers and we were competing against CASA red, South Lincs and Louth. We were off to an exciting start with Scott Strong swimming the 100 freestyle open and knocking yet another second off his previous time with an impressive 57.53.

Jasmin Kirk then achieved our first victory of the afternoon just pipping Louth in a very close race! The 10 and under boys consisting of Liam Stillyards, Conrad Lewandoswki, Micah Klos and Lee Parrot swam a fantastic race in the freestyle relay finishing in 1st place with a massive four second lead. Liam was on form for a successful afternoon then taking part in two individual events, 50 freestyle and 50 backstroke and achieving two further 1st places for the team. The winning spirit obviously rubbed off as Conrad also went on to achieve a 1st place finish in the individual 50 butterfly. The 14 years girls relay team of Holly Williams, Lauren Callaghan, Eleanor Chafer and Jess Skinn were swimming as a newly formed team and proved it was a good choice from the coach after finishing 1st in the freestyle relay and 2nd in the medley relay. Holly Williams also continued her good form and went on to achieve two first place finishes in the individual 100 metre butterfly and backstroke. Lauren and Eleanor swam the individual freestyle and breaststroke also claiming new P.B's.

The boys 14 years relay team also saw some impressive times and Jack Newton, Charles Kenny, Edward Kenny and Ryan Johnson achieved 2nd place finishes in both the medley and freestyle event. Charles was the coaches choice for the 100 back and 100 freestyle and had two closely fought races and was just touched out for second place by Louth, but had fantastic swims after recently been crowned Most Improved Boys Swimmer at the club. Ryan Johnson then took part in the 100 breaststroke in the same age group and knocked a massive 4 seconds off his previous time only set in November. Jack Newton took part in one of his favourite individuals, 100 fly and after a textbook swim achieved a new P.B.

The points were accumulating well for us and at the half way point we were in 2nd place with only 3 points between us and 1st placed Louth.



Lauren York was untouchable in her 100 metre breastroke finishing in 1st place by a massive 7 seconds on her nearest rival. Lauren and Jasmin were part of the open free and medley relay team with Rhiannon Haber and Melanie Calder achieving 2nd and 3rd place respectively. An excellent performance from Rhiannon swimming under 30 seconds in the 50 freestyle for the first time, so an extra special P.B for her. The girls 12 year team had some great individual swims with Lauren Gwynne and Amy Baker both achieving new P.B's and first place positions in the 50 butterfly and freestyle events. Yasmin Callaghan finished 2nd in the 50 breaststroke and keeping up the 12 year teams good work with yet another P.B. Nathan East showed how his hard work in training was paying off finishing 1st in the 50 back and 2nd in the 50 free. Nathan then joined his team of Scott Zimmerman, Ben Cantrill and Harrison Caton to take part in the relay events in which the team were to finish in 3rd place. Lauren Jacklin took to the water for seven events, including three individuals in which she brought home maximum points in two out of the three. Laurens team mates in the 10 years girls relays saw Grace Whomersley, Abbie Cantrill and Holly Gwynne joining her for a nail-biting medley relay just losing out on the touch giving them a 3rd place finish. Adam Vaughan competed alongside dad Steve in the open relays and the sibling rivalry must have paid off when Adam achieved a new P.B hitting a consistent 30 seconds in both 50 freestyles. Kieran Skinner was also to have a busy afternoon taking part in 100 fly and back individual events alongside his team relays. Kieran pulled off consistent good performances and brought home more points for the team. After a closely fought competition Louth were the overall winners on the night by just one point over the CASA green team. It looks set to be a close competition and we look forward to the next round on April 9th.

Currently CASA are still competing at the Yorkshire Counties. Scunthorpe Anchor have 28 County qualifiers this year. Well done to Jasmin Kirk, Lauren York, Kieran Skinner, Jack Newton, Charles Kenny and Nathan East who all qualified for the finals. We are looking forward to the sprints and county relays in two weeks time at Sheffield. Congratulations to Caitlin Bower, Leah Altoft, Oliver Webster, Callum Gladding and Tom Paine for achieving their National Qualifying times for CASA.

The first round of the Junior League was held at Riddings on 5th March. CASA were up against Lincoln Pentaqua, the newly formed Gainsborough Dolphins and Thorne Tigers. We began with a succession of relays and took home maximum points for CASA in each event. Throughout the gala we continued this success with maximum points in almost every race. We looked impressive as a team and team support was loud and encouraged by the team managers. This was a one horse race and some individual events were won by over 10 metres and relays by 25 metres. The final cannon gave us a win of over 16 seconds. Final results gave us a clear lead of 41 points to a joint 2nd from Lincoln Pentaqua and Gainsborough Dolphins and fourth place to Thorne..

Coaches Guide To Open Meets.

- Draft programs will be available on our website as read only version as soon as they become available. They usually go on the host club's website. Please check for any omissions, errors with ages and times etc and inform Dave ASAP. Unfortunately it is too late to rectify



mistakes on the day of competition. This also refers to all other open meets. If you don't have access to the internet, I will gladly check for you.

- If you are intending not to compete please inform Dave as soon as possible, don't leave it until the day and just not turn up – this may result in the club being fined for the events you miss.
- If you are ill on the morning, contact Dave before 7.30am on 07866 976335 so you can be withdrawn from the program.
- Be on poolside 15 minutes prior to the start of all warm-up's to register and for blood flow work. Blood flow must be carried out sensibly; this will warm up your muscles in preparation for the competition. If you are stuck in traffic or having parking problems phone Dave on 07866 976335 as withdrawals have to be in prior to warm up. Failure to do so may result in the swimmer being withdrawn or being liable for the fine.
- Bring with you the following: racing swimwear, 2 CASA hats, at least 1 CASA t-shirt, 2 pairs of goggles, towels, non fizzy drinks and healthy snacks – definitely no crisps and chocolate bars. Please purchase CASA t-shirts if you do not have one. If you intend to bring phones, games etc. you will be responsible for looking after them; the coaches cannot be expected to look after them while you warm up and race.
- After your race, collect your gear, go see your coach for feedback, then go to the swim down pool with your drinks bottle. Swim down must be carried out after every event you compete in. This is very important for the health of the athlete and must be performed correctly. I do not expect to see any swimmers messing about in the swim down pool. I appreciate after a long day you want to get home, but after your last event, a minimum of 15 minutes swim down please. Once swum down you can then see your parents.
- If you intend to leave poolside for whatever reason please inform one of the coaches. You are responsible for being back on poolside in time to register for your next event. We haven't the time to go looking for swimmers who are not in the calling area when they should be.
- All empty drinks bottles and any other rubbish must be put in the bins provided and not left on the floor for the coaches to clear up when you have all left. Please don't leave anything else on poolside, i.e. t-shirts, bottles, flip flops, we don't know who they belong to & will not



take them unless they are clearly named. Wet towels will not be collected under any circumstances. Any lost property may be available for collection at the venue at the next available date we are there.

- Parents, please stay off poolside as you will not be ASA CRB checked. If you need your child they can come to you if necessary.
- Finally, you are there to race, remember good preparation makes all the difference, so eat sensibly, sleep well and listen to your coaches. Good luck! Any further questions, please ask.

Dates for your diary.

19th / 20th March - County Sprints & Team Relays Ponds Forge

2nd April – Barnsley League venue Askern

9th April – Lincs League venue tbc – **re-arranged for 21st May**

16th April – Bag pack at the Range, **see notice board for details and add your support.**

17th April – Minster Meet venue Beverley Leisure Centre, details will be added to the website when available.

24th / 25th April – Radford Meet at Ponds Forge.

Squad information.

Welcome to all new members. We are currently engaging in a recruitment drive to increase membership ready for when the Pods open in the summer where we should have more pool space available. If you know of any suitable young swimmers capable of swimming lengths they can come for a trial on Sundays from 1.30 – 3pm where they will be assessed for their suitability. Dave is available on 07866 976335 for any questions or advice.



Any parent who feels they are able to commit to helping on poolside even with little or no experience would be welcome. Everyone has to start somewhere. We are also in the process of arranging more timekeepers / judges courses and anyone over the age of 16 can be involved. We would like as many parents as possible to become more “hands on” with our club so the more the merrier.