

COACHES NEWSLETTER SEPTEMBER / OCTOBER 2010



WELCOME TO YOUR 1ST BI - MONTHLY COACHES NEWSLETTER.

As Head Coach, it is my intention to produce a newsletter every 2 months so that all members of the club are kept up to date with what is going on within the club.

Can I first of all welcome all new members to the Club. It is very reassuring to see new faces in the pool. Membership is currently very healthy but we are continually looking to recruit new members and I would like to increase membership to in excess of 100 in the next 6 months. To encourage this we are holding a "come and try session" on Saturday 9th October. I would really like to see more swimmers attending the first session on Sundays. We hold a time trial approximately every 6 weeks so it is important all swimmers attend, especially as gala selections can come from these times.

FAQ :

HOW ARE TEAMS SELECTED?

With the exception of the Barnsley League, all teams are selected on PB's. The club has a computer program which records all PB's and automatically selects the strongest team. Anyone with any questions regarding gala swims please come and see myself before or after a session. Alternatively you can call me on 07866976335 or e mail me at scunnyanchor-coach@yahoo.co.uk

CAN I SWAP BETWEEN SESSIONS ?

Occasionally if swimmers have something on that clashes with their session, it may be possible to come to an alternate one. This must be agreed with the Head Coach prior to them attending. We have a squad structure in place with a corresponding fee. That fee will not be reduced because of other commitments.

TOILET BREAKS ?

This has always been an ongoing issue. I try to encourage swimmers to go to the toilet prior to the start of their session. With the younger children I feel that it is not unrealistic to expect them to go 1 hour without needing the toilet. I feel that it is very disruptive and has a negative affect on training as swimming is about maintaining a heart rate at a certain level. However, if a swimmer has been ill or has an ongoing medical condition, please inform the coaches.

WHAT QUALIFICATIONS DO THE POOL SIDE STAFF HOLD ?

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As Head Coach, I am a level 3 ASA Coach, Lynn holds a ASA level 2 Teaching Qualification whilst other staff hold Level 1 Qualifications. We run a Continual Professional Development program to give our coaching staff the opportunity to take further qualifications when courses are available. We also have pool side helpers who take Timekeeping and Judges exams so they can help at galas. We will always welcome new faces on poolside and any one who wishes to help can speak to me or any member of the management committee.

CHANGES TO TRAINING:

There will be no Saturday training on 16th and 23rd October.
Training on Sunday 17th and 23rd will be 1.30 to 3.30.

COMPETITON REPORT:

The new season for Anchor began with us hosting the Barnsley Minor League at Riddings Pool on 11th September. We came away with a total of 17 pb's and it was pleasing to see our 10/u boys and 12/u boys dominate all of their relay events.

The long awaited Junior League Final followed on 25th September, with our A team at Yarborough and our B team at the new pool at Louth. Once again it appeared to be a two horse race between us and Lincoln Vulcans, unfortunately we didn't have the density of swimmers in all age groups resulting in swimmers having to swim up an age group, but despite this we came away with a well deserved 2nd place and 16 pb's. Convincing wins came from the girls 9 and 10yr relay teams, the boys 11yr medley and the boys 12 free relays. Other 1st places came from Finley Fox, 50 back, 50 fly, Lauren Jacklin 50 free, Conrad Lewandowski 25 back and Grace Lister 50 free and 50 back. 2 club records were broken by Conrad Lewandowski and Scott Zimmerman in the 25 backstroke and 50 free. However I was very disappointed to see we had 3 dq's due to errors which as I keep stressing shouldn't occur at this level and cost us vital points.

Unfortunately at the last minute we ended up with a depleted B team and only had one 9 year old boy, so a special mention to Kyle Driffill who had a good 3 second pb in his 25 free. Our team overall came away with 20 pb's and 4th overall, the results being very close.

COMPETITION EVENTS FOR YOUR DIARY:

9th October 1st round Arena League at Deepings, CASA Arena gala at Grimsby

16/17th October 2010 BOSSS meet at Leeds

6th November 2010 Barnsley Open

11th November 2010 2nd round Arena League venue tba, CASA Arena gala at Riddings

24th, 26th, 27th and 28th November Club Champs at Riddings.

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DAVE LEEMAN – HEAD COACH.