

Newsletter October 2011

The start of the new season saw Scunthorpe Anchor swimmers team up with CADS to represent CASA in the final of the Lincs Junior League held at the Pods. This was the first time the Pods had hosted a meet. Once again, we were seeded in joint first place with Lincoln Vulcans. Two years ago CASA took the title of Lincolnshire Junior Champions off Vulcans and were the only team outside of Lincoln to do this. At that time Scunthorpe had 6 swimmers chosen to swim in that final. This year Scunthorpe had 14 swimmers in the team, an equal amount from both clubs. The gala became a two horse race and from the first event until the last CASA were in front of Vulcans, finally winning by 25 points. This meant that we were going to Newcastle to represent Lincolnshire in the Northern Final on the 28th September.

From previous experience we knew the quality and depth of the swimmers we would be up against. The other qualifying teams were made up from larger clubs with huge catchment areas, and some teams had the pick of swimmers from up to 17 clubs feeding in. Our swimmers swam their hearts out and didn't look out of place, and although we came 6th, we need to remember that overall we came in the top 12 teams in the country, having reached this Northern final. Scunthorpe swimmers came away with 25 pb's from their races. Well done to all, and it was a great experience for everyone.

Yorkshire Winter Counties 8th & 9th October – I decided this year that we would take our swimmers that had qualified for this event to Ponds Forge to represent Scunthorpe Anchor. We had 24 qualifiers, unfortunately, 5 were unable to attend. I can honestly say this competition was one of the best starts of the season I have known since being Head Coach at Scunthorpe. Out of the 35 qualifying swims we had there, 30 were p.b's and many County times for 2012 were achieved. Mentions must go to Lauren Gwynne with a 24 second pb on her 200 IM and well inside her needed time, Charlie Kenny 17 second pb in the same event and Jack Christer for a pb of 15 seconds for his 100m freestyle. All in all we had an excellent weekend and team morale was very high.

The following week Charlie returned to Sheffield to compete in the Lincoln Vulcans level 1 meet. Charlie had been accepted for 8 events and despite being on his own with dad standing in as coach, Charlie achieved a fantastic 7 out of 8 pb's and a 3rd place medal for his 200IM, and he was placed in 10th spot for top boy.

Newcomer Finleigh Dukes swam in the City of Bradford short course meet on 29th and 30th October. Over the weekend Finleigh competed in 7 events, achieving an impressive 4 pb's, with over 39 seconds off her 400 freestyle. She also amassed 3 first, 3 second and a fourth place at the meet.

The Barnsley open meet takes place on 5th November at Nottingley and we have numerous swimmers taking part either in the morning or afternoon session and I look forward to seeing these results. Club Championships follow later on in November and we have made this a level 4 meet so times will count towards Counties, and in January we are once again targeting Rotherham Metro's meet at Ponds Forge where all entries from 30 swimmers have been accepted. This is the last chance gala for county entries.

Our move to the Pods has been encouraging and I feel as a club we are looking more professional. More help would be appreciated with the juniors at Riddings, if anyone feels they could help, speak

to one of the coaches there. Extra help has been appreciated at the Pods, ideally it would be great if there could be someone on every lane!! Members are slowly feeding in to the lower end of the club, but as we appear to have a real shortage of younger boys, we need to look at ways to encourage them to join, (especially 8 & 9 year olds). If anyone knows of any who are able to swim lengths, please invite them to a trial session at Riddings on Saturday mornings.

I really need to stress how important commitment is becoming. There are swimmers in the lower squads who we feel now have the ability and commitment to move into the Potential squad, but as space is limited, places will be allocated depending on attendance and attitude. If swimmers are not using the sessions they have been allocated, other swimmers may have to take their places. Performance squad should be attending 5 sessions a week and Potential at least 3, preferably 4. I would also like to see the Saturday morning session at Riddings being used more by the Development squad. Swimming is a stamina sport and the more the swimmer puts into their training, the better they will become. I also need to mention that punctuality is becoming an issue for some swimmers. If you know you are going to be late for a session, please inform your coach. Turning up late disrupts the session and is not fair on the other swimmers.

I am quietly confident that we are going to have a good year in 2012. I don't believe in over competing and feel the meets we target as a club are suitable for what we need to achieve. Over competing results in under training which will be detrimental to a swimmers progress. My aim for 2012 is to have more swimmers qualifying for the Counties and Districts than ever before and to have a pool full of happy hard working and committed swimmers, with supporting parents and committee.