

COACHES REPORT – MARCH / APRIL 2008

THE MAJOR EVENT OF MARCH WAS THE YORKSHIRE AGE GROUP CHAMPIONSHIPS HELD IN LEEDS. THE CASA SQUAD CONTAINED OVER 20 ANCHOR SWIMMERS WHICH WAS AN IMPROVEMENT ON LAST YEAR. PB'S WERE PLENTIFUL, 6 CLUB RECORDS WERE BROKEN AND JOSH JONES ACHIEVED 2 NATIONAL QUALIFYING TIMES, THE FIRST FOR ANCHOR SINCE I TOOK OVER AS HEAD COACH. 7 NATIONAL TIMES WERE ACHIEVED IN TOTAL. AT THE CLOSE OF COMPETITION WE WON 45 MEDALS AND HAD OVER 150 FINALISTS. LAST YEAR WE WON 15 MEDALS AND HAD 31 FINALISTS. OVERALL CASA CAME 3RD IN THE MEDAL TABLE BEATEN ONLY BY CITY OF LEEDS AND BOROUGH OF KIRKLEES. I THINK THAT THIS SAYS IT ALL. BOTH NATHAN AND I WERE OVERWHELMED BY THE SWIMMERS PERFORMANCE AND TO ACHIEVE NATIONAL TIMES THIS EARLY IN THE SEASON IS SUPERB.

THE 2ND ROUND OF THE BARNESLEY MINOR LEAGUE TOOK PLACE ON THE SAME WEEKEND AS THE COUNTY RELAYS. ALTHOUGH WE PUT OUT A RELATIVELY INEXPERIENCED TEAM WE STILL MANAGED 3RD PLACE. FROM WHAT I UNDERSTAND THE HOST CLUBS OFFICIALS WERE EVEN LESS EXPERIENCED.

THE END OF THE MONTH SAW US COMPETE IN THE 1ST ROUND OF THE Lincs SENIOR LEAGUE HELD AT SCATHO. ALTHOUGH SWUM UNDER THE CASA BANNER, CASA GREEN WAS MADE UP ENTIRELY OF ANCHOR SWIMMERS. WHAT CAN I SAY!! A MAGNIFICENT PERFORMANCE FROM ALL SWIMMERS. 30 1ST AND 2ND PLACES, 18 PB'S AND 4 CLUB RECORDS. WE FINISHED 2ND ON THE NIGHT TO CASA RED. I AM CONFIDENT THAT WE CAN ACHIEVE 3RD OR 4TH THIS YEAR. ALL THE HARD WORK OF THE LAST 3 YEARS IS NOW STARTING TO PAY OFF.

I SPENT THE FOLLOWING DAY AT THE JOHN CHARLES CENTRE FOR SPORT HAVING BEEN INVITED BY DAVE LEGGE TO ATTEND THE NORTH EAST REGION LEVEL 1 TALENT CAMP. THE DAY CONSISTED OF 3 LECTURES, NUTRITION, DEALING WITH PARENTAL AND SWIMMER ISSUES AND PERIODISATION. THERE WERE ALSO 2 WATER SESSIONS GIVING ME AN OPPORTUNITY TO WORK WITH

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SOME OF THE BEST AGE GROUP SWIMMERS AND THEIR COACHES FROM THE REGION. I HOPE THAT NEXT YEAR SOME OF OUR SWIMMERS WILL BE GIVEN THE OPPORTUNITY TO ATTEND.

CAN I MAKE CLEAR THAT WHEN WE ARE COMPETING IN ANY MEET ALL SWIMMERS ARRIVE A MINIMUM OF 15 MINUTES PRIOR TO WARM UP. THIS ALLOWS TIME FOR LAND BASED BLOOD FLOW EXERCISES PRIOR TO THE POOL WARM UP. ALL COMPETING SWIMMERS ARE EXPECTED TO WARM UP IN THE MAIN COMPETITION POOL. ANY SWIMMER WHO HAS NOT ARRIVED BY THE START OF WARM UP WILL BE WITHDRAWN FROM THE SESSION AS A £10 FINE FOR EACH EVENT MISSED IS PAYABLE AT COUNTY LEVEL AND ABOVE. IT IS UP TO YOU AS PARENTS TO BE RESPONSIBLE FOR ENSURING YOUR CHILDREN ARE ON POOL SIDE AT THE REQUIRED TIME. IF THERE ARE ANY PROBLEMS, TRAFFIC, PARKING ETC I ALWAYS HAVE MY PHONE WITH ME.

WE HAVE HAD THE BEST START TO THE YEAR THAT I COULD HAVE POSSIBLY HOPED FOR AND LOOK FORWARD TO THIS CONTINUING. THE JUNIOR END OF THE CLUB IS FLOURISHING WITH NEW MEMBERS BEING FED IN FROM LESSONS AND SWIMMERS MOVING UP INTO THE JUNIOR DEVELOPMENT SQUAD. GOOD LUCK TO LISA AND CARL WITH THEIR UPCOMING UKCC LEVEL 2 COURSE AND CONGRATULATIONS TO AISLEY AND GARETH ON ACHIEVING THEIR UKCC LEVEL 1 QUALIFICATION. I HOPE TO SEE THEM ON POOLSIDE ON A REGULAR BASIS.

DAVE LEEMAN – HEAD COACH – APRIL 08