

COACHES REPORT – APRIL 2006.

COMPETITION REPORT.

APRIL SAW US COMPETE IN THE 2ND ROUND OF THE BARNSELY MINOR LEAGUE AND ATTEND THE ENNERDALE OPEN MEET. THE BARNSELY MINOR LEAGUE SAW SOME EXCELLENT SWIMS FROM BOTH INDIVIDUALS AND IN THE TEAM EVENTS. OUT OF 32 INDIVIDUAL EVENTS WE ACHIEVED 16 PB'S OR NEW TIMES AND EVENTUALLY CAME 2ND ON THE NIGHT. ON THE SAME WEEKEND, 16 CLUB SWIMMERS ATTENDED HULLS OPEN MEET HELD AT ENNERDALE. ALTHOUGH IT WAS A TIRING WEEKEND FOR ALL INVOLVED, THE SWIMMERS PUT IN SOME OUTSTANDING PERFORMANCES. OUR SWIMMERS ACHIEVED 34 PB'S OR NEW TIMES & COMPETED IN 7 FINALS. THERE WERE ALSO A SIGNIFICANT NUMBER OF DISTRICT TIMES ACHIEVED OR IMPROVED ON. SWIMMER OF THE MEET MUST GO TO DAVID RIDGLEY WHO PB'D IN EVERY SWIM. ALSO A BIG WELL DONE TO GRACE CONLON WHO ACHIEVED HER FIRST NATIONAL TIME.

TRAINING REPORT.

ON THE WHOLE TRAINING IS GOING WELL AS THE NUMBER OF PB'S ARE INDICATING. WE CONTINUE TO HAVE AN INFLUX OF YOUNG SWIMMERS AT THE BOTTOM END OF THE CLUB WHICH IS MAKING OUR JUNIOR TEAM STRONGER AND I LOOK FORWARD TO THE NEXT ROUND OF THE JUNIOR LEAGUE IN JUNE. RUMOUR HAS IT THAT WE HAVE ANOTHER 9 YEAR OLD BOY STARTING!!!!!! DUE TO EASTER AND MAY DAY WE HAVE MISSED SEVERAL SESSIONS BUT I WAS VERY ENCOURAGED BY THE TURN OUT ON EASTER SUNDAY WHEN WE HAD 60 MEMBERS SWIM. THIS SHOWS COMMITMENT FROM BOTH SWIMMERS AND PARENTS. THANK YOU AND LETS KEEP IT UP.

AROUND 16 SWIMMERS ACHIEVED THEIR COMPETITIVE START AWARD THIS MONTH WHICH WILL HOPEFULLY GIVE US A BIGGER ADVANTAGE IN THE FORTHCOMING GALAS. WELL DONE TO ALL CONCERNED

LETS NOT FORGET THAT SWIMMING IS AN ENDURANCE SPORT WHERE YOU ONLY GET OUT WHAT YOU PUT IN. TAKING TIME OFF AND MISSING SESSIONS RESULTS IN FITNESS LEVELS DROPPING AT A RAPID RATE. GETTING OUT WHEN THE SET GETS TOUGH OR NOT GIVING YOUR ALL WILL RESULT IN POOR PERFORMANCE IN COMPETITION AND TIMES REMAINING STATIC OR DROPPING. MY COLD SWIM AND KICK SET RESULTS SHOW WHO IS WORKING HARD AND WHO IS NOT. THE 6 MONTHLY GRAPHS WILL BE PUBLISHED IN THE NEXT COUPLE OF MONTHS AND SQUAD SPRINTS WILL ALSO BE A GOOD INDICATOR.

MAY SEES THE NEXT ROUND OF THE LINCS SENIOR LEAGUE. WE ARE ONCE AGAIN FACING STIFF OPPOSITION AND I FEEL THAT I HAVE CHOSEN A STRONGER TEAM THAN LAST TIME. GRANTHAM IS A GREAT VENUE AND CONSIDERED ONE OF THE FASTEST SHORT COURSE POOLS IN THE UK.

GALA SELECTION

I UNDERSTAND THAT SOME PARENTS ARE UNAWARE OF HOW I SELECT SWIMMERS FOR GALAS. I AM RESPONSIBLE FOR THE LINCS JUNIOR AND SENIOR TEAMS ALONG WITH THE SPEEDO TEAM THAT WE ARE ENTERING FOR THE 1ST TIME IN SEVERAL YEARS. FIRSTLY IT IS IMPORTANT TO REMEMBER THAT WE ARE UP AGAINST SOME OF THE

COACHES REPORT – APRIL 2006.

BEST CLUBS IN LINCOLNSHIRE AND THE EAST MIDLANDS SO WE NEED TO PUT OUT THE STRONGEST TEAM AVAILABLE. SECONDLY YOU SHOULD APPRECIATE THAT SOME GALAS ARE ODD AGE GROUPS AND SOME ARE EVEN. PREFERENCE WILL BE GIVEN TO THE FASTEST SWIMMERS WHICH MAY RESULT IN THEM HAVING TO SWIM UP AN AGE GROUP IF REQUIRED. TO BE COMPETITIVE AND RAISE THE PROFILE OF THE CLUB, I WILL ALWAYS SELECT OUR STRONGEST TEAM. IF SELECTED, SWIMMERS SHOULD BE PREPARED TO COMPETE EVEN IF IT IS FOR JUST ONE RELAY SWIM. A FULL COMPETITION CALENDER IS ON THE CLUB NOTICE BOARD AND I WOULD APPRECIATE PARENTS PUTTING THESE DATES INTO THEIR DIARIES.

FINALLY.

LYNN AND MYSELF WILL BE ATTENDING A STARTS AND TURNS SEMINAR AT LEEDS INTERNATIONAL POOL NEXT WEEK AS PART OF OUR CPD. WE HOPE THIS WILL BE BENEFICIAL TO THE CLUB. LETS CONTINUE WITH THE HARD WORK AND GO TO THE LINCS SENIOR LEAGUE WITH FIGHTING SPIRIT.

**DAVE LEEMAN – HEAD COACH
APRIL 06**