

COACHES REPORT – FEBRUARY 2006.

COMPETITION REPORT.

THE MONTH STARTED WITH THE 1st ROUND OF THE BARNSELY MINOR LEAGUE HELD AT ROSSINGTON. THERE WERE SOME EXCELLENT SWIMS AND PB'S ESPECIALLY FROM THE YOUNGER SWIMMERS, SOME WHO HADN'T COMPETED BEFORE. WE HAD PLENTY OF 1st AND 2nd PLACES WITH THE CLUB WINNING OVERALL.

THE SENIOR COUNTIES TOOK PLACE AT LEEDS WITH 5 SWIMMERS REPRESENTING THE CLUB. ALL SWIMMERS SWAM TO THEIR PB'S IN MOST OF THEIR EVENTS DESPITE HAVING A DISLIKE TO THE POOL.

THE 1st ROUND OF THE LINCS LEAGUE WAS HELD AT GAINSBOROUGH ON 11th FEB. WE WERE UP AGAINST SOME OF LINCOLNSHIRE'S BIGGEST CLUBS. WE FINISHED 3rd ON THE NIGHT, MISSING OUT BY 1 POINT TO 2nd PLACE DEEPINGS. AS THIS WAS OUR 1st SWIM IN THE LINCS LEAGUE FOR 2 YEARS, I CHOSE A TEAM WHICH I CONSIDERED WOULD BE OUR STRONGEST ON THE NIGHT AND THIS HAS NOW GIVEN ME AN INSIGHT INTO OUR STRENGTHS AND WEAKNESSES. I APPRECIATE THAT SOME SWIMMERS HAD A LOT OF SWIMS BUT THIS CAN NOW BE ADDRESSED IN THE 2nd ROUND. SPECIAL THANKS MUST GO TO SARA, CLARE, RHIANNON, BECKY AND GREENY FOR COMPETING IN A LOT OF EVENTS DURING THE GALA AND NOT COMPLAINING (TOO MUCH !!!!!!!!!).

THE AGE GROUPS AT LEEDS ARE GOING ON AS I TYPE THIS SO WILL REPORT ON THE RESULTS NEXT MONTH.

TRAINING REPORT.

COMMITMENT TO TRAINING IS CONTINUING TO IMPROVE WITH MOST MEMBERS ATTENDING THE MAXIMUM NUMBER OF SESSIONS AVAILABLE. THE BEST IMPROVEMENT IS WEDNESDAY NIGHT WHEN ONLY A COUPLE OF SWIMMERS GET OUT BEFORE 10.00PM. I AM PLEASED TO SEE AN INCREASE IN MEMBERSHIP ESPECIALLY AT SENIOR LEVEL. HOWEVER WE STILL NEED JUNIOR BOYS IN THE 9 & 11 YEAR AGE GROUP. WE ARE RUNNING A TRAINING CAMP IN APRIL SO THIS MAY GO SOME WAY TO ADDRESSING THIS AREA.

WE ARE SEEING GOOD IMPROVEMENT IN COLD SWIM AND KICK SET TIMES. I AM RECORDING ALL THE RESULTS AND WILL PUT OUT GRAPHS AT 6 MONTHLY INTERVALS TO SHOW THE PROGRESS THE SWIMMERS HAVE MADE. I HAVE OBTAINED A PROGRAM TO ESTABLISH CRITICAL SWIM SPEEDS FOR EACH SWIMMER AND WILL BE CARRYING OUT THE NECESSARY TESTS IN THE NEAR FUTURE. THIS WILL GIVE THE SWIMMERS THE TIMES THEY NEED TO MAKE DURING TRAINING TO MEET THE AIMS OF THE SET.

DISCIPLINE REPORT.

RECENTLY MYSELF AND FELLOW COACHING STAFF HAVE FOUND THAT CERTAIN SWIMMERS ARE BECOMING DISRUPTIVE DURING THE TRAINING SESSIONS. I HAVE SPOKEN TO THE SWIMMERS IN QUESTION AND TOLD THEM WHAT WILL HAPPEN IF THIS BEHAVIOUR AND LACK OF

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RESPECT CONTINUES. I HOPE THIS WILL BE THE END OF IT. IT IS IMPORTANT THAT PARENTS REALISE THAT THE COACHES ARE NOT SUBSTITUTE PARENTS AND ARE NOT RESPONSIBLE FOR ANY ACCIDENTS THAT OCCUR THROUGH MISCONDUCT OR HORSEPLAY.

I EXPECT ALL SWIMMERS TO BE ON TIME FOR SESSIONS UNLESS THEY HAVE NOTIFIED ME THEY ARE GOING TO BE LATE. THIS SEEMS TO BE MORE OF AN ISSUE ON FRIDAY NIGHTS.

FINALLY.

LETS CONTINUE TO MOVE FORWARD AS A TEAM. ANY ISSUES, PLEASE BRING THEM TO MY ATTENTION. I AM CONTINUING MY CPD WITH LYNN IN TOW AND ALL THE NEW INFORMATION CAN ONLY BENEFIT THE SWIMMERS.

DAVE LEEMAN – HEAD COACH
FEBRUARY 06