

COACH REPORT JUNE / JULY 2007

ONCE AGAIN JUNE HAS BEEN A BUSY MONTH FOR OUR SWIMMERS. THE MONTH BEGAN WITH THE NECASA DISTRICT AGE GROUPS AT PONDS FORGE. CASA WAS REPRESENTED BY 18 SWIMMERS, WITH 8 BELONGING TO ANCHOR. THIS WAS DOUBLE THE AMOUNT FROM LAST YEAR AND THESE SWIMMERS HAD 21 SWIMS BETWEEN THEM, THIS BEING A 5 FOLD INCREASE ON LAST YEAR. JOSH JONES HAD A BRILLIANT SWIM IN THE 200 BREASTSTROKE, COMING 7th OVERALL AND THIS WAS DESPITE HAVING 8 WEEKS OUT OF THE WATER WITH GLANDULAR FEVER. THIS SWIM RANKS HIM 17th NATIONALLY. CAITLIN BOWER ALSO HAD AN IMPRESSIVE SWIM IN THE 200 BREASTSTROKE WHICH NOW RANKS HER 11th IN THE COUNTRY IN HER AGE GROUP. KIERAN SKINNER AND LAUREN YORK NARROWLY MISSED OUT ON FINALS AND WERE RESERVE FINALISTS ON 3 OCCASIONS. JASMINE, BEX, ALICIA AND SAM ALL PERFORMED WELL PRODUCING IMPRESSIVE PB's. ALL IN ALL OUT OF 21 SWIMS, 16 WERE PB's WITH 5 BEING NEW CLUB RECORDS. THESE WENT TO KIERAN SKINNER – 200IM & 200 BACKSTROKE, JOSH JONES – 200 BREASTSTROKE, BECKY MOORE – 100 FLY AND JASMINE KIRK – 400 FREESTYLE. THESE RESULTS SHOW THAT THE EXTRA POOLTIME THAT HAS BEEN MADE AVAILABLE WITH CADS IS HAVING A POSITIVE EFFECT. THE SWIMMERS ACCESSING EXTRA TRAINING HAVE BEEN GIVEN THEIR GOALS AND AIMS FOR THE NEW SEASON AND NEXT YEAR I LOOK FORWARD TO OUR SWIMMERS MAKING DISTRICT FINALS AND NATIONAL TIMES. I AM LOOKING TO BE OFFERING EXTRA SESSIONS TO OTHER SWIMMERS WHO I FEEL WOULD BENEFIT FROM THE ADDED POOLTIME IN THE FORSEABLE FUTURE.

THE FINAL ROUND OF THE LINCS SENIOR LEAGUE WAS HELD AT YARBOROUGH POOL IN LINCOLN ON 30TH JUNE. LAST YEAR WE CAME 9TH OVERALL, BUT WE HAD QUALIFIED IN 6TH PLACE THIS YEAR MAKING THE 'A' FINAL. WE WERE UP AGAINST THE TOP CLUBS IN LINCOLNSHIRE AND FROM LOOKING AT THE EFFORT AND TEAM SPIRIT FROM ALL OUR SWIMMERS ON THE NIGHT, I FEEL WE PUT UP A GREAT SHOW. COMMENTS FROM OTHER CLUB'S PARENTS WERE VERY POSITIVE ABOUT HOW WELL OUR SWIMMERS ARE DOING. WE ONLY MANAGED ONE 1ST PLACE ON THE NIGHT A FANTASTIC 50M BREASTSTROKE GOING TO CAITLIN BOWER, BUT WE HAD MANY 2nds AND 3rds AND MANY OF THE PB'S DROPPED BY SECONDS, NOTABLY BRANDON HUNT 50 FLY, TOM SPENCER 100 FREE AND DANIEL STRONG 100 FLY. CLUB RECORDS WENT TO BECKY MOORE 100 FLY AND KIERAN SKINNER 100 BACK. WE FINISHED 6TH OVERALL, BUT THE POINT DIFFERENCE BETWEEN OURSELVES AND THE OTHER CLUBS HAS DRAMATICALLY REDUCED. 33 OUT OF THE 48 EVENTS WERE ALSO IMPROVED TIMES ON THE PREVIOUS ROUND. WELL DONE TO ALL.

SQUAD SPRINTS WERE VERY WELL REPRESENTED WITH NUMBERS UP ON LAST YEAR. IT WAS ENCOURAGING TO SEE OUR YOUNGER SWIMMERS ENTERING, AND IT ALSO GIVES ME TIMES FOR TEAM

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SELECTIONS. SPRINT RECORDS WENT TO HOLLY WILLIAMS, 50 BACK AND 50 FLY, ANDY COLLINS 50 BREAST AND AISLEY LEEMAN 50 FREE. WINNERS OF THE SKINS WERE JASMINE KIRK AND TOM SPENCER AND CLAIRE SNOWDEN AND AISLEY LEEMAN. OVER THE AFTERNOON WE HAD 146 PB'S FROM THE SWIMMERS. I WOULD LIKE TO THANK EVERYONE FOR THEIR HELP WITH THIS EVENT.

OUR NEXT COMPETITIONS ARE THE TEASPOON AT PONDSFORGE IN SEPTEMBER WHERE SCUNTHORPE ARE REPRESENTED BY OVER 30 SWIMMERS AND THE GSM OPEN MEET AT THE END OF THE MONTH WHERE WE ARE HAVING A JOINT MEET AS CASA AND WE HAVE AROUND 95 SWIMMERS ENTERED. I AM LOOKING FORWARD TO BOTH OF THESE AND AM REALLY PLEASED BY THE AMOUNT OF SWIMMERS ENTERING.

THE 1ST ROUND DRAWS ARE OUT FOR THE NATIONAL SPEEDO LEAGUE IN OCTOBER. CASA HAVE 2 TEAMS ENTERED. ONE TEAM WILL BE AT LOUGHBOROUGH AND THE OTHER TEAM AT DEREHAM NEAR NORWICH. TEAM SHEETS WILL BE OUT NEARER THE TIME, BEARING IN MIND THE AGES ARE 11, 13, 15 AND OPEN, AGE AT XMAS. I THINK BOTH TEAMS WILL BE UP AMONG THE PROMOTION SLOTS TO DIVISION ONE BY THE FINAL ROUND IN DECEMBER.

FINALLY, NATHAN HAS OFFERED THE UNDER 12'S SATURDAY AFTERNOON SESSIONS FROM 4 - 5PM AT WHITGIFT POOL IN GRIMSBY AT NO EXTRA COST. THESE WILL BE STARTS AND TURNS WHICH I HOPE WILL BE WELL ATTENDED.

I WOULD LIKE TO THANK EVERYONE FOR THEIR CONTINUED SUPPORT OF THE CLUB AND LOOK FORWARD TO THE NEW SEASON FROM SEPTEMBER