

## COACH REPORT MARCH 2007

THIS MONTH CENTRED ROUND THE YORSHIRE CHAMPIONSHIPS HELD AT LEEDS AND SHEFFIELD. WE SWAM HERE AS CASA AND HAD IN EXCESS OF 200 SWIMS, 90 OF WHICH CAME FROM ANCHOR. THE NUMBER OF SWIMMERS REPRESENTING THE CLUB AT COUNTY LEVEL IS SIGNIFICANTLY UP ON PREVIOUS YEARS. OUT OF 90 SWIMS, 50 WERE PB'S AND A TOTAL OF 4 CLUB RECORDS WERE BROKEN. NAMELY JASMIN KIRK – 200 FREESTYLE AND 50 BREASTSTROKE, BECKY MOORE – 200 FLY, JOSH JONES 200 BREASTSTROKE. WE ALSO ENTERED A TOTAL OF 16 TEAMS INTO THE COUNTY RELAYS. WE WERE UP AGAINST TOUGH OPPOSITION BUT STILL MANAGED 14 FINALS, WHICH GAVE US 2 BRONZE MEDAL POSITIONS. A FANTASTIC ACHIEVMENT.

TO COME THIRD TO CITY OF LEEDS AND BOROUGH OF KIRKLEES IS NO DISGRACE. THIS WAS THE 1<sup>ST</sup> COUNTIES AS CASA AND I FEEL IT WAS A HUGE SUCCESS. THERE WAS GREAT TEAM SPIRIT, ALL THE SWIMMERS BONDED AND EVERYONE WAS VERY SUPPORTIVE OF EACH OTHER. I CHALLENGE ANYONE TO COME UP WITH ANY NEGATIVE POINTS.

I FEEL THAT THE CLUB HAS COME A LONG WAY IN THE LAST 18 MONTHS. SWIMMERS ARE PBing , CLUB RECORDS ARE BEING BROKEN, MORAL AMONGST SWIMMERS IS GOOD, MEMBERSHIP IS AT BREAKING POINT AND OUR RECENT VENTURE WITH CADS IS PAYING DIVIDENDS. IT IS IMPORTANT THAT THE PROGRAM IS COACH LED AND I NEED THE SUPPORT OF ALL OF THE COMMITTEE TO ACHIEVE THIS. THE REASONS FOR DOING SOMETHING IS NOT ALWAYS APPARENT BUT IT IS ALWAYS DONE FOR THE GOOD OF THE CLUB AND SWIMMERS. I AM STILL STRIVING TO PUT A SQUAD STRUCTURE IN PLACE AND THE MOST COMMITTED SWIMMERS WILL BENEFIT. I CAN'T PROMISE EVERYONE WILL BE HAPPY, BUT I WILL DO MY BEST TO ACCOMMODATE EVERYONE. LET IT BE REMEMBERED WE ARE A COMPETITIVE CLUB NOW BEGINNING TO CHALLENGE THE TOP CLUBS IN THE AREA.

MY NEXT POINT IS THE USE OF MOBILE PHONES ON POOLSIDE. THE PRIORITY OF THE SWIMMER AFTER A RACE IS TO GET FEEDBACK FROM THEIR COACH AND SWIM DOWN IF FACILITIES ARE AVAILABLE. AT THE COUNTIES IT WAS

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INCREASINGLY APPARENT THAT THE SWIMMERS PRIORITIES WAS TO EITHER RING THEIR PARENTS OR RECEIVE CALLS FROM THEIR PARENTS AFTER A SWIM. THIS PRACTICE WILL STOP AS OF NOW OR WE WILL HAVE NO CHOICE BUT TO BAN THE USE OF PHONES ON POOLSIDE. I HOPE TO HAVE YOUR FULL COOPERATION WITH THIS ISSUE. ALSO I APPRECIATE THAT PARENTS WANT TO GO HOME AFTER THEIR CHILDS FINAL SWIM BUT IT IS IMPORTANT THAT THE SWIMMER SWIMS DOWN. WE HAD SEVERAL INSTANCES WHEN SWIMMERS GOT OUT OF THE SWIM DOWN POOL EARLY BECAUSE THEIR PARENTS SAID THEY HAD TO LEAVE. PARENTS MUST REALISE THAT SWIM DOWN IS IMPORTANT TO PREVENT INJURY AND STIFFNESS THE NEXT DAY AND LEAVE ALL COACHING DECISIONS TO THE COACHES. THERE IS A COPY OF GALA HINTS AND TIPS ON THE NOTICE BOARD, PLEASE READ THEM. I WILL ENDEAVOUR TO DISTRIBUTE A COPY TO ALL SWIMMERS.

FINALLY APRIL SEES CASA COMPETING AT THE HULL OPEN MEET AT BEVERLEY. WE ARE TAKING IN EXCESS OF 40 SWIMMERS FOR THE 3-DAY MEET. IT IS HOPED THAT WE CAN ACHIEVE FURTHER DISTRICT TIMES TO ADD TO THE 15 WE CURRENTLY HAVE.

DAVE LEEMAN – HEAD COACH MARCH 2007