

COACHES REPORT – MAY 2006.

COMPETITION REPORT.

MAY SAW US COMPETE IN THE 2nd ROUND OF THE Lincs SENIOR LEAGUE AND THE DONCASTER D.A.R.T.E.S OPEN MEET. WE WENT TO GRANTHAM KNOWING THAT WE WERE FACING TOUGH OPPOSITION AND WITH SOME SWIMMERS WHO HAD NOT COMPETED BEFORE. THE TEAM PERFORMED WELL WITH 6 1st PLACES BUT DESPITE THIS FINISHED 5th PLACE OVERALL. THIS MEANS WE JUST MISSED OUT ON THE FINAL.

LYNN TOOK A SQUAD OF 16 SWIMMERS TO THE D.A.R.T.E.S GRADED MEET AT ADWICK. THE SWIMMERS PUT UP A GREAT SHOW WITH ALMOST 50 PB'S OR NEW TIMES. TOP BOY TROPHIES WERE AWARDED TO DAVID RIDGLEY AND JOSH BARKER. WELL DONE TO ALL WHO COMPETED.

TRAINING REPORT.

I AM PLEASED WITH THE CONTINUED COMMITMENT OF THE SWIMMERS TO THEIR TRAINING. ATTENDANCE AT ALL SESSIONS CONTINUES TO RISE ESPECIALLY WITH THE JUNIORS WITH MOST NOW ATTENDING 3 SESSIONS A WEEK. I HOPE THIS WILL IMPROVE FURTHER WITH THE INTRODUCTION OF NEW TRAINING TIMES IN JUNE. WE HAVE JUST BOUGHT A NEW HEART RATE MONITOR WHICH IS PROVING POPULAR AND ENCOURAGING THE SWIMMERS TO PUT IN MORE EFFORT AS THEY CAN ACTUALLY SEE THE RESULTS DURING THE SET. I HOPE THAT WE CAN ACQUIRE MORE EQUIPMENT IN THE FUTURE WHICH WILL ALLOW ME TO INTRODUCE FURTHER TYPES OF TRAINING.

FINALLY

I AM LOOKING FORWARD TO THE SQUAD SPRINTS AND THE NEXT ROUND OF THE DIDDY LEAGUE WHICH TAKE PLACE IN JUNE. WE SHOULD BE ABLE TO FIELD A STRONGER JUNIOR TEAM THAN LAST TIME

DAVE LEEMAN ~ HEAD COACH
MAY 06