

COACH REPORT MAY 2007

MAY HAS BEEN AN EXTREMELY BUSY MONTH FOR SCUNTHORPE ANCHOR AND CASA WITH THE SENIOR DISTRICTS TAKING PLACE OVER THE FIRST WEEKEND OF THE MONTH. TWO SWIMMERS FROM SCUNTHORPE, GARETH AND AISLEY TEAMED UP WITH CHARLOTTE STEELS, STEPH GLADDING AND ZAC AMIN TO REPRESENT CASA . LAST YEAR SCUNTHORPE HAD NO SENIORS AT THE DISTRICTS - GARETH AND AISLEY HAD 14 SWIMS BETWEEN THEM THIS YEAR AISLEY QUALIFIED FOR 2 SEMI FINALS, THE 50M BACK AND 50 FREE, AND THEN THE FINAL OF THE 50 FREE, BREAKING 2 MORE CLUB RECORDS IN THE SAME EVENTS AND COMING AN EXCELLENT 7TH PLACE OVERALL IN HIS AGE GROUP OUT OF OVER 70 SWIMMERS, JUST MISSING OUT ON HIS NATIONAL TIME BY 0.2 SECONDS. GARETH FINALLY WENT UNDER 30 SECONDS FOR HIS 50 FLY AND WAS REALLY PLEASED WITH HIS SWIMS. OVERALL THE 5 SWIMMERS MADE 7 SEMI FINALS AND 4 FINALS BETWEEN THEM.

THE NEXT SATURDAY WAS THE LINCS LEAGUE BEING HELD AT YARBOROUGH. WE HAD A TOUGH FIGHT ON OUR HANDS AGAINST CADS, LOUTH AND DEEPINGS AND TO GET INTO THE FINAL WE HAD TO BEAT DEEPINGS. UNDAUNTED BY THIS, AISLEY ONCE AGAIN TOOK MAXIMUM POINTS IN THE MENS OPEN 100 FREE. BECKY MOORE TOOK AN EXCELLENT 3 SECONDS OFF HER 100 FREE TIME TO ACHIEVE HER DISTRICT TIME. MORE 1ST PLACES FOLLOWED FROM THE GIRL'S 14/U MEDLEY RELAY, JASMIN KIRK IN 100M FREE, LAUREN YORK IN 50 BREAST, THE BOY'S OPEN FREESTYLE RELAY AND FINALLY BECKY MOORE IN 100 FLY. WE ALSO HAD PLENTY OF SECOND PLACES. OVERALL WE FINISHED 3RD, LEAVING DEEPINGS IN 5TH PLACE. THIS PUTS US IN 6TH PLACE FOR THE FINAL ON 30TH JUNE AT LINCOLN. LAST YEAR WE NEVER MADE THE FINAL AND FINISHED 9TH OVERALL, SO A GREAT IMPROVEMENT BY SCUNTHORPE.

THE WEEKEND OF 19TH / 20TH MAY SAW A CLASH OF EVENTS AS ROUND 2 OF THE JUNIOR LEAGUE WAS HELD ON THE SAME EVENING AS THE BARNSLEY MINOR LEAGUE AT SCUNTHORPE. THIS GAVE MOST OF OUR COMPETITIVE SWIMMERS A CHANCE TO REPRESENT THE CLUB. THE JUNIOR LEAGUE TOOK PLACE AT GRIMSBY AND WE WERE AGAINST TOUGH OPPOSITION FROM LINCOLN PENTAQUA AND LOUTH. CASA 'A' AND CASA 'B' HAD QUALIFIED IN 1ST AND 3RD PLACE FROM THE FIRST ROUND RESULTING IN THEM BEING TOGETHER FOR THIS 2ND ROUND.

THE FIRST 8 RACES WERE ALL RELAYS WITH CASA 'A' TAKING FIVE 1ST PLACES. PLENTY OF FIRST AND SECOND PLACES FOLLOWED AND OVER THE EVENINGS EVENTS ONLY 3 EVENTS WERE ACTUAL SLOWER TIMES THAN THE PREVIOUS ROUND, CASA 'A' COMFORTABLY WINNING THE SECOND ROUND AND A PLACE IN THE FINAL AT LINCOLN.

CASA 'B' PUT UP A STRONG FIGHT BUT WERE UNABLE TO HANG ONTO THEIR AVERAGE OF 4TH PLACES - DISAPPOINTINGLY DUE TO

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SILLY MISTAKES RESULTING IN 5 DQ'S - THEY WERE PUSHED BACK TO 5TH PLACE OVERALL.

THE FINAL ROUND TAKES PLACE ON SATURDAY SEPTEMBER 15TH WITH THE 'A' TEAM AT LINCOLN AND THE 'B' TEAM VENUE TO BE CONFIRMED. WE ARE NOW JOINT FAVOURITES ALONG WITH LINCOLN VULCANS TO TAKE THE TROPHY AND A PLACE IN THE NORTHERN FINAL, BOTH CLUBS BEING EQUAL ON LEAGUE POINTS. IT IS VITALLY IMPORTANT THAT EVERYONE IS AVAILABLE FOR THIS LAST ROUND.

WELL DONE TO HOLLY WILLIAMS FOR TAKING YET ANOTHER CLUB RECORD IN THE 9 YEARS 25M BACKSTROKE DURING THE GALA.

THE BARNESLEY MINOR AT SCUNTHORPE SAW A FURTHER 2 CLUB RECORDS FALL TO SARA DALE IN THE OPEN 50 FLY AND THE OPEN 50 BACKSTROKE. THERE WERE ALTOGETHER 16 PB'S AND IT WAS GOOD TO SEE TIMES FALLING FOR OUR NEWER SWIMMERS. OVERALL WE CAME THIRD ON THE NIGHT WHICH WAS A GOOD RESULT AS WE HAD THE MAJORITY OF OUR JUNIOR SWIMMERS SWIMMING IN THE LINCS JUNIOR LEAGUE.

IT IS IMPORTANT THAT TRAINING IS NOT DISRUPTED BY COMPETITION AND I WAS DISAPPOINTED BY THE TURN OUT ON THE SUNDAY FOLLOWING THE 2 GALAS. IF WE COMPETE ON A SATURDAY, I EXPECT EVERYONE THERE ON A FRIDAY AND SUNDAY AS USUAL. WITH REGARD TO TEAM AND EVENT SELECTION, THE FASTEST SWIMMERS WILL BE SELECTED TO COMPETE AND I HOPE THIS WILL ENCOURAGE EVERYONE TO TRAIN TO THEIR POTENTIAL TO MAINTAIN THEIR POSITION WITHIN THE SQUAD. ON A POSITIVE POINT, TIMES ARE REALLY FALLING FOR THE MAJORITY OF SWIMMERS AND CLUB RECORDS ARE REGULARLY BEING BROKEN.

CASA HAD 6 SWIMMERS TARGETING THE NO FRILLS MEET AT PONDS FORGE – THIS MEET IS AIMED AT SWIMMERS WHO ARE NEAR NATIONAL TIMES AND IS ONE OF THE LAST CHANCES TO OBTAIN THESE TIMES. SOPHIE LONG TOOK OUR 1ST NATIONAL TIME FOR CASA IN THE 800M FREESTYLE, WITH NATHAN ENTERTAINING EVERYONE ON POOLSIDE WITH HIS CELEBRATIONS. AISLEY TARGETED THIS MEET BUT JUST MISSED OUT ON HIS 50 FREE NATIONAL TIME BY 0.4 SECOND, HOWEVER THIS TIME STAYS THE SAME FOR NEXT YEAR SO HOPEFULLY IF HE KEEPS UP HIS TRAINING HE SHOULD ACHIEVE THIS NEXT YEAR. ZAC JUST MISSED OUT BY 0.8 SECONDS ON HIS BREASTSTROKE SWIM. FROM THIS MEET WE ALSO HAD 4 ENQUIRES FROM PARENTS ABOUT THEIR CHILDREN COMING ALONG FOR TRAILS TO CASA, 2 AT BOTH CLUBS AND THIS IS JUST WHAT WE ARE LOOKING FOR, RAISING OUR PROFILE.

THE WEEKEND OF 2ND / 3RD JUNE WAS THE 1ST WEEKEND OF THE BAGCATS ONCE AGAIN AT PONDS FORGE. WE HAD SWIMMERS FROM CASA EAGERLY AWAITING THEIR NEW CLUB T-SHIRTS AND

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NATHAN AND MYSELF ARE LOOKING FORWARD TO THE 2 WEEKENDS. REPORT TO FOLLOW NEXT MEETING.

TEASPOON ENTRIES HAVE GONE IN ALONG WITH RELAY ENTRIES, ANYONE ELSE WISHING TO ENTER PLEASE SEND OFF ENTRIES ASAP AS IT IS FILLING UP FAST.

CASA ARE TARGETING THE GSM OPEN MEET IN OCTOBER – DETAILS TO FOLLOW - AND I WOULD LIKE US TO PUT IN AS MANY SWIMMERS AS POSSIBLE TO THIS MEET AND WILL BE HANDING OUT ENTRY FORMS NEARER THE TIME. IT IS IMPORTANT TO ENTER THESE EVENTS AS IT GIVES THE SWIMMERS CHANCES TO ACHIEVE COUNTY TIMES AND GIVE NATHAN AND MYSELF UP TO DATE TIMES FOR SPEEDO SELECTION.

I FEEL LANE ORGANISATION IS WORKING OUT BETTER, MORE SWIMMERS ARE COMING INTO THE FEEDER LANE ON A SUNDAY AND RESULTS ARE PAYING OFF FOR THOSE THAT PUT IN THE EFFORT. LYNN IS AIMING TO BRING IN MORE 7 YEAR OLDS FROM LESSONS NOW WE HAVE MORE ROOM ON A SUNDAY. WE CURRENTLY HAVE 6 SWIMMERS TAKING ADVANTAGE OF EXTRA TRAINING WITH NATHAN AND JUDGING BY THEIR TIMES, THE HARD WORK IS BEGINNING TO PAY OFF.

I WOULD LIKE TO SEE A LEVEL 1 TEACHERS COURSE BEING LOOKED INTO ASAP AS I FEEL THE CLUB WOULD BENEFIT FROM EXTRA HELP ON POOLSIDE ESPECIALLY DURING THE WEEK. GRANTS OF UP TO 75% ARE AVAILABLE FROM THE REGIONAL ASSOCIATION AND WOULD APPRECIATE IT IF THIS COULD BE ADDRESSED ASAP.

FINALLY, I WOULD LIKE TO THANK EVERYONE FOR YOUR CONTINUED SUPPORT. I FEEL AS CASA WE ARE GOING FROM STRENGTH TO STRENGTH, TIMES ARE CONTINUALLY IMPROVING AND RECORDS FALLING, PEOPLE ARE FINALLY REALISING WE ARE SERIOUS ABOUT THE AMALGAMATION OF OUR 2 CLUBS AND QUESTIONS ARE BEING ASKED. I HOPE FOR THE FUTURE WE CAN LOOK AT JOINT CLUB SPRINTS / CLUB CHAMPS BEING HELD TO GIVE THE SWIMMERS MORE COMPETITION AND ENCOURAGE SWIMMERS TO CHALLENGE ONE ANOTHER. MYSELF AND NATHAN ARE REALLY ENCOURAGED BY THE WAY THE MERGER IS PROGRESSING AND WE ARE HOPEFUL THAT OF THE TWO CASA TEAMS IN THE SPEEDO LEAGUE LATER IN THE YEAR, ONE CAN REMAIN IN THE PREMIER LEAGUE, CHALLENGING FOR A PLACE IN THE NATIONAL SPEEDO FINAL AND THE OTHER GOING FOR PROMOTION.

DAVE