

# **COACHES REPORT – OCTOBER 2006.**

## **COMPETITION REPORT.**

OCTOBER SAW US COMPETE IN THE 1<sup>ST</sup> ROUND OF THE EAST MIDLANDS SPEEDO LEAGUE AT BINGHAM. IT HAS BEEN 3 YEARS SINCE THE CLUB HAS BEEN ABLE TO FIELD A TEAM IN THIS LEAGUE AND I KNEW FROM PREVIOUS EXPERIENCE IT WOULD BE A TOUGH CHALLENGE FOR US AS MOST TEAMS IN THE LEAGUE ARE PART OF REGIONAL SQUADS. AT THE END OF THE GALA WE CAME 5<sup>TH</sup> BUT AS THERE WERE ONLY 40 POINTS BETWEEN 1<sup>ST</sup> AND 5<sup>TH</sup> I FELT WE WERE VERY COMPETITIVE. WE MUST ALSO REMEMBER THAT A LOT OF THE YOUNGER SWIMMERS WILL BE STILL COMPETING IN THE SAME AGE GROUP NEXT YEAR. I WOULD LIKE TO THANK EVERY SWIMMER WHO TOOK PART AS THEY ALL GAVE 100%. IN ALL WE HAD 11 INDIVIDUAL PB's.

## **TRAINING REPORT.**

AS OF OCTOBER, I HAVE INTRODUCED A 6 WEEK CYCLE FOR SQUADS 2 & 3. THIS MEANS THEY WILL HAVE A BALANCED MIX OF TECHNIQUE AND RACE BASED TRAINING. ALL COACHES HAVE BEEN GIVEN A BOOK ILLUSTRATING DRILLS, STARTS AND TURNS FOR ALL 4 STROKES SO AS TO ENSURE WE ARE ALL COACHING TO THE SAME STANDARD.

CLUB MEMBERSHIP STILL CONTINUES TO RISE WITH SQUADS 2 & 3 ALMOST FULL LEAVING US WITH LIMITED SPACES. IT IS IMPORTANT THAT ALL PROSPECTIVE NEW MEMBERS ARE THOROUGHLY ASSESSED TO ENSURE THEIR SUITABILITY FOR COMPETITIVE SWIMMING. ALL THE SESSIONS ARE BEING WELL USED WITH ALMOST 70 SWIMMERS TRAINING ON A SUNDAY.

I HAVE NOTICED THAT NUMBERS ON A SUNDAY AND FRIDAY ARE REDUCED IF THERE IS A GALA OR OPEN MEET THE NEXT DAY OR THE PREVIOUS DAY. IT IS ESSENTIAL THAT TRAINING IS NOT DISRUPTED BECAUSE OF COMPEPTITION. ALL SWIMMERS ARE EXPECTED TO TRAIN THE PREVIOUS OR FOLLOWING DAY.

## **OPEN MEETS.**

DURING 2007 THE CLUB WILL BE TARGETING THE FOLLOWING MEETS.

- ROTHERHAM METRO A & B GRADE AT PONDS FORGE IN JANUARY. THIS IS OPEN TO ALL SQUADS.
- KINGSTON UPON HULL AT BEVERLEY IN APRIL. THIS IS OPEN TO ALL SQUADS
- DONCASTER DARTES OPEN AT ADWICK IN MAY. THIS IS OPEN TO SQUADS 2 & 3 ONLY.
- CITY OF SHEFFIELD TEASPOON IN SEPTEMBER. THIS IS OPEN TO ALL SQUADS.

ANY SWIMMERS CLOSE TO DISTRICT QUALIFYING TIMES WILL BE ENTERED INTO OPEN MEETS AT THE COACHES DISCRETION.

IF A SWIMMER IS GIVEN AN ENTRY FORM FOR AN OPEN MEET IT MEANS THAT THE COACHING STAFF FEEL THEY ARE CAPABLE OF COMPETING AT THAT LEVEL AND PARENTS SHOULD ENSURE THAT THEY ARE ENTERED. THIS GIVES THE SWIMMER A CHANCE TO SWIM IN

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**A DIFFERENT ENVIRONMENT, GIVES THEM LONG COURSE EXPERIENCE  
IN SOME CASES, ENCOURAGES TEAM BUILDING AND MORE  
IMPORTANTLY, GIVES ME UP TO DATE TIMES TO HELP WITH TEAM  
SELECTION.**

**DAVE LEEMAN ~ HEAD COACH  
OCTOBER 06**