

# **COACHES REPORT – SEPTEMBER 2006.**

## **COMPETITION REPORT.**

SEPTEMBER SAW US COMPETE IN THE FINAL OF THE LINCS JUNIOR LEAGUE. WHEN I BECAME COACH OF THE CLUB, ONE OF MY MID TERM GOALS WAS TO FINISH TOP SIX IN THE COUNTY SO I WAS MORE THAN HAPPY WITH US REACHING THIS GOAL AT OUR FIRST ATTEMPT. ON THE NIGHT WE PUT IN A BRAVE PERFORMANCE ALTHOUGH WE DID MAKE SOME SILLY MISTAKES THAT COULD HAVE BEEN AVOIDED. IN THE END WE FINISHED IN 6<sup>TH</sup> PLACE WITH 13 PB'S OR NEW TIMES. 29 TIMES WERE FASTER THAN THE PREVIOUS 2 ROUNDS. SPECIAL MENTION TO 9 YR CAITLIN BOWERS WHO BROKE THE CLUB RECORD FOR 25 BREASTSTROKE AT HER DEBUT FOR THE CLUB.

THE FOLLOWING DAY LYNN AND MYSELF TOOK 31 SWIMMERS TO COMPETE AT THE ANNUAL TEASPOON GALA AT PONDS FORGE. WE HAD A GREAT DAY WITH PLENTY OF TEAM SPIRIT, PARENTAL SUPPORT AND EXCITING SWIMS. AT THE END OF THE DAY, WE CAME AWAY WITH 35 PB'S, 23 FINALISTS, 5 OF WHICH FINISHED TOP 3. OUR RELAY TEAMS GAVE US 2 THIRDS AND A FOURTH. SPECIAL MENTION TO ALICIA SNOW FOR GETTING A FIRST PLACE AND 2 SECOND PLACES.

## **TRAINING REPORT.**

SEPTEMBER SEES THE START OF THE NEW SEASON AND I AM VERY ENCOURAGED BY THE AMOUNT OF SWIMMERS THAT ARE ATTENDING TRAINING AND WE CONTINUE TO HAVE NEW SWIMMERS FEEDING INTO THE CLUB. DURING THE NEXT FEW MONTHS MY AIM IS TO HAVE A LOOK AT ALL SESSIONS DURING THE WEEK TO ASSESS THE SWIMMERS SO WE CAN OPTIMISE OUR POOL TIME.

**DAVE LEEMAN ~ HEAD COACH  
SEPTEMBER 06**