

Coaches Report

June 2018

Training

- The focus across all squads is now on endurance and aerobic overload as they have started their 3rd cycle into nationals.
- 7 national qualifiers
Dave Trickett, Heather Witcombe, Tom Hemsley (British)
Daniel Ahemd, Alice Kerlake, George Williams, Heather Witcombe, Jack Smith (English)
- 9 swimmers attending welsh nationals
Jake Turner, Jake Gaunt, Ben Snape Johnson, Neve Foreshow, Alice Kerlake, Sophia Soteriou, Paige Williams, Alex Bridges, Rhys Bridges

Competition

ASA SW Age Groups

- Lots of PBs from all and excellent process learnt

Finals 12

Tom Hemsley silver 200bk, Bronze 100bk

Jake Gant Silver 50brs,100brs

Last Chance Plymouth

- Well supported away meet on a hot weekend#
- Lots of strong swims placing well on rankings
- Gave age group swimmers the opportunity to race in Plymouth where youth regionals takes place

Misc.

- Miniseries hats
- Club awards – posters to be handed out , criteria to continue from the LTS/academy section of the club