

Coaches Report

November 2017

Training

- Both camps went well as a whole. Crystal Palace facilities were tired. Large joint camp next year – open to C Squad and up, October half term. This will drive up volunteers and bring the whole club together. Seniors will still have a performance orientated camp. Group activities/teams with swimmer mentors (old with young)
- Swimmers training well with some fast times in target sessions
- Pool time available 8:30-10am on Sunday – perfect for private swim school!

Competition

ASA Winter meet

- 11 Qualifiers, 11 finals and 2 3rd places for Heather W
- Two British Champs consideration times for Ella T and Heather W.
- Lots of PBs of the back of a very hard camp

Arena League R2

- A team placed 4rd in their gala and B team finished in 5th.
- A Team Scored 146 points which should place us in the Regional B final (TBC)
- B Team Scored 132 points.

Misc.

- Awaiting delivery of new shirt design



- New Club Logo – Simple, clean, modern and pays homage to the old fish



- Senior coaches course starts this weekend in Loughborough.