

Coaches Report

May 2017

Training

- Back into endurance phase of training. Work load is up across top two squads. This will run for another three weeks then come down for nationals and CoB meet at end of season.
- Enforcement of morning criteria has begun, with some mixed feedback. This will however drive up attendance, performance and show those who are less committed to the programme. Exams and other circumstances will be taken into consideration when discussed with the coaching team.

Land training

- Advert released and sent to local gyms. No applicants as of yet. Running well with myself and attendance is going up across squads. Ashley is thinking of applying for position if a course/training is available.

Competition

Age Group regional champs

- Amazing results for our age groups swimmers out doing the youth swimmers. Total of 24 finals equalling the youth count and giving soundwell a total of 42 finals over all.
- 3 Gold- Sophia 200Fly,100Fly - Jake G 50BrS
- 2 Silver- Jake 200BrS,100BrS

- 6 Bronze-Sam T 50Brs,100Brs – Sophia 200IM,400IM – Tom H 200Bk – Jake T 100Fc

National Qualifiers 2017

Club Swimmers

<u>British Nationals –</u>	Heather Witcombe 50 BK
<u>English Nationals –</u>	Ella Theobald 200FC
	Daniel Ahmed 200Fly
	Sam Oxley 100FC
	Georgie Lock 200Brs
	Sophia Soteriou 100Fly,200Fly,200IM,400IM
	Jedd Woodruff 200IM

Network Swimmers

<u>British Nationals-</u>	Jack Smith 50Bk,100BK,200BK
	Will Cole 100FC,50Fly,100Fly
<u>English Nationals-</u>	Jack Smith 400IM
	Will Cole 200Fly

Misc

- Soundwell won 3 of 4 county trophies at this year county champs, to be collected form Keith Smith.
- Kingswood not willing to give any more pool time for network sessions of national qualifiers.