

Coaches Report

October 2017

Training

- September consisted of large endurance block with the focus now shifted onto more quality works.
- Attendance now up across top squads and the whole club is swimming well.
- Pool sessions and programming organised and planned for both camps.

Competition

Gloucester L3

- Great attendance from our younger swimmers
- Excellent performances from our under 9 & 10 yr old boys, with Roger Davis placing 4th in the Britan for 50 & 100 BRS.
- Lots of County qualifying times, PBs and speeding tickets

Inter-counties 2017

- 8 swimmers travelled to Sheffield to represent Gloucester
- Several PBs in early season.
- Good reports of behaviour from lead coaches

Arena League R1

- Both A & B teams placed 3rd in their respective galas.
- A Team Scored 154 points and are currently 9th overall on the premier division points table
- B Team Scored 169 points and are currently 11th overall on the division 2 points table

Misc.

- Camp hats have arrived
- Conformation of acceptance for L3 coaching course
- Soundwell and southwold meeting on Wednesday regarding networking and learn to swim changes