

## Coaches Report

June 2018

### **Training**

- Training is now in taper for those attending national champs
- Squad changes to be made for September will leave all squads full of with one space
- Summer training times on the website
- Link session success with 9 swimmers to enter club in C or D squad from Kingswood sessions. LWG sessions to end in Aug.

### **Competition**

#### **Fast five**

- Top performances from all who attended
- Bronze medals for Ben Johnson, Jasmine Stone, Sophia Soteriou and Jake Guant
- Big thanks to Ash and team managers for covering the meet

#### **City of Bristol L3**

- Great turn out from the club with 57 swimmers entering
- Lots of good swims and PBs from across all squads
- Pre-race activation in full force and embraced by team managers and swimmers

#### **Misc.**

- Attached minutes from south Gloucester meeting
- Meeting with Yvonne and Dean today regarding links – new dates in place to organise programming