

## **COACHES REPORT – APRIL 09**

**DUE TO EASTER AND THE SCHOOL HOLIDAYS, APRIL HAS BEEN A QUIET MONTH.**

**SCUNTHORPE ANCHOR TOOK 19 SWIMMERS TO THE ANNUAL MINSTER MEET AT BEVERLEY. THIS WAS A SUCCESSFUL DAY WITH 43 PB's, NUMEROUS SPEEDING TICKETS AND LOTS OF TOP 3 FINISHES. ANCHOR FINISHED 3<sup>RD</sup> IN THE TOP CLUB TABLE.**

**CASA HAVE BEEN SENDING SWIMMERS TO SEVERAL MEETS THROUGHOUT THE MONTH TO ENABLE THEM TO ACHIEVE DISTRICT AND NATIONAL TIMES. MORE DISTRICT TIMES HAVE BEEN ACHIEVED AND JOSH JONES HAS EXCELLED BY GETTING NATIONAL TIMES IN THE 200 AND 400 IM, THE 400 FREE AND THE 800 FREE.**

**THE BEGINNING OF MAY SAW 7 CASA SWIMMERS TAKE PART IN THE NECASA SENIOR / YOUTH CHAMPIONSHIPS HELD IN SUNDERLAND. ALL SWIMMERS ACHIEVED PB's WITH LEAH ALTOFT PUTTING IN A BLISTERING PERFORMANCE IN THE 100m FLY TO GET YET ANOTHER NATIONAL TIME ONCE AGAIN, AISLEY MADE THE FINALS OF THE 50m FLY AND FREE.**

**CASA NOW HAVE 5 SWIMMERS COMPETING AT THIS YEARS NATIONALS AND I AM SURE WE CAN IMPROVE UPON THIS.**

**DAVE LEEMAN – HEAD COACH – APRIL 09**