

## **COACHES REPORT – JANUARY 2006.**

**I WOULD LIKE TO BEGIN BY SAYING WHAT A POSITIVE START TO THE NEW YEAR.**

**WE ENTERED THE FIRST ROUND OF THE SPEEDO JUNIOR LEAGUE KNOWING WE HAD A DEPLETED 9 YEAR AGE GROUP WHICH LEFT US UNABLE TO FIELD ANY RELAY TEAMS IN THIS AGE, RESULTING IN NO SWIMS IN 4 EVENTS. HOWEVER, WITH GREAT TEAM SPIRIT AND ENTHUSIASTIC PARENTAL SUPPORT, ALL THE SWIMMERS GAVE 100% EFFORT AND WE FINISHED IN A CREDITABLE 3<sup>rd</sup> PLACE. WE HAVE BEEN FORTUNATE IN THE LAST TWO WEEKS TO HAVE GAINED TWO MORE 9 YEAR OLD GIRLS WHO ARE OF A GOOD STANDARD AND I AM QUITE CONFIDENT THAT IN THE NEXT ROUND WE WILL BE ABLE TO FIELD A STRONGER TEAM. WE STILL NEED MORE 9 & 11 YEAR BOYS BUT MY AIM IS TO LOOK TO THE VARIOUS SWIM SCHOOLS TO FILL THESE GAPS.**

**WE TARGETED THE ROTHERHAM METRO A & B GALA AT PONDS FORGE AND HAD A LONG BUT REWARDING DAY. THE SWIMMERS CAME AWAY WITH A HAUL OF MEDALS, SPEEDING TICKETS AND MORE IMPORTANTLY, PB's. OVERALL, THE CLUB CAME 5<sup>th</sup> WHICH WAS AN ADDED BONUS. I WAS DISAPPOINTED THAT SOME SWIMMERS DID NOT COMPETE IN THE 50m EVENTS AS THESE NOT ONLY HELP MY GALA TEAM SELECTIONS, BUT GIVE THE SWIMMER EXPERIENCE IN RACING LONG COURSE.**

**JANUARY HAS BEEN A BUSY MONTH FOR COMPETITION FINISHING WITH THE JAMES LORMAR MEMORIAL GALA LAST WEEKEND. 2 TEAMS WERE SELECTED, COMING 2<sup>nd</sup> AND 4<sup>th</sup> RESPECTIVELY. AS THIS WAS A FRIENDLY GALA, IT WAS NICE TO SEE SWIMMERS GETTING PB's IN EVENTS THEY WOULD NOT NORMALLY SWIM. ALSO IT GAVE SWIMMERS NOT NORMALLY SELECTED A CHANCE TO REPRESENT THE CLUB.**

**I HAVE NOTICED THAT SESSIONS ARE BEING WELL ATTENDED AND IT IS GOOD TO SEE NEW FACES. I WOULD WELCOME ANY EXTRA HELP, NOT NECESSERILY QUALIFIED, ON POOL SIDE AS THIS WOULD ALLOW ME TO RUN SEVERAL DIFFERENT TRAINING PROGRAMS WITHIN THE SESSION.**

**WHEN WE OFFER LONG COURSE TRAINING, IT SHOULD BE NOTED THAT THIS IS AN EXTRA SESSION, NOT AN ALTERNATIVE SESSION. I WAS VERY DISAPPOINTED WITH THE ATTENDANCE ON SUNDAY EVENING FOLLOWING THE MORNING IN LEEDS. THE SESSION I PUT TOGETHER FOR LEEDS WAS AN AEROBIC SET TO COMPLEMENT THE RACE PACE SET IN THE EVENING.**

**ON A BRIGHTER NOTE, I WOULD LIKE TO CONCLUDE THIS MONTHS REPORT BY CONGRATULATING ALL THE SWIMMERS ON A GREAT START TO THE YEAR, THANK THE PARENTS AND COMMITTEE FOR THEIR ONGOING SUPPORT AND LET US ALL CONTINUE TO RAISE THE PROFILE OF SCUNTHORPE ANCHOR SWIMMING CLUB.**

**DAVE LEEMAN – HEAD COACH  
JANUARY 06**