

COACHES REPORT – JULY 2008

JUNE SAW CLEETHORPES & SCUNTHORPE AQUATICS (CASA) CONFIRM ITS POSITION AS THE TOP PERFORMANCE SWIMMING CLUB IN THE AREA WITH A STUNNING HAUL OF 26 MEDALS AT THE RECENT NORTH EAST REGION AGE GROUP CHAMPIONSHIPS HELD AT SHEFFIELD'S POND FORGE COMPLEX.

THE ANNUAL CHAMPIONSHIPS WERE HELD OVER THE WEEKENDS OF 7TH/8TH JUNE AND 14TH/15TH JUNE AND TOP AGE GROUP SWIMMERS FROM THE WHOLE OF THE NE REGION, COVERING HUMBERSIDE UP TO THE SCOTTISH BORDER AND ACROSS TO THE PENNINES, WERE COMPETING. GIRLS FROM 10 TO 13 YEARS AND BOYS 10 TO 14 YEARS WHO HAD ACHIEVED THE STRICT QUALIFYING TIMES WERE ELIGIBLE TO TAKE PART AND A TOTAL OF THIRTY CASA SWIMMERS QUALIFIED. THIS MADE CASA ONE OF THE LARGEST TEAMS REPRESENTED AND THE MASSED RANKS OF SWIMMERS MADE AN IMPRESSIVE SIGHT ON POOLSIDE.

THE CASA TEAM PERFORMED FANTASTICALLY WELL REACHING 98 FINALS AND GOING ON TO WIN 11 GOLD, 6 SILVER AND 9 BRONZE MEDALS. THE STAR OF THE CASA TEAM WAS TEN YEAR OLD OLIVER WEBSTER WHO COMPETED IN A TOTAL OF ELEVEN EVENTS AND CAME AWAY WITH A MASSIVE HAUL OF TEN GOLD MEDALS AND ONE SILVER WHICH IS ONE OF THE MOST IMPRESSIVE DISPLAYS EVER SEEN BY A FIRST TIME COMPETITOR AT A REGIONAL CHAMPIONSHIP. THESE RESULTS EXCEEDED EVERYONE'S EXPECTATIONS. ANCHOR SWIMMERS WHO MADE FINALS WERE KIERAN SKINNER, JOSH JONES, LAUREN YORK AND CAITLIN BOWER. 9 NEW ANCHOR CLUB RECORDS WERE ALSO ACHIEVED OVER THE 2 WEEKENDS.

THE END OF JUNE SAW CASA RED AND GREEN COMPETE IN THE FINAL OF THE LINCS SENIOR LEAGUE. THE TEAMS WERE RANKED 2ND AND 3RD RESPECTIVLY. IT SHOULD BE REMEMBERED THAT ALTHOUGH COMPETING AS CASA THE RED TEAM WAS MADE UP OF CADS SWIMMERS, AND GREEN MADE UP OF ANCHOR SWIMMERS. CASA GREEN GOT OFF TO A GREAT START WITH A PHENOMINAL WIN BY OVER 2 ½ SECONDS IN THE 100 FREESTYLE BY AISLEY IN A NEW CLUB RECORD. AND JASMINE MIRRORED THIS IN HER 100 FREESTYLE WITH THE SECOND CLUB RECORD OF THE NIGHT AND A GREAT 2ND PLACE THIS BOOSTED TEAM MORALE AND SAW US WITH 7 1ST AND 2ND PLACES IN THE 1ST 12 EVENTS AND 15 OVER ALL. UNFORTUNATELY WE STILL DON'T

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HAVE THE DEPTH OF SWIMMERS AS CADS AND VULCANS, MEANING OUR SWIMMERS WERE TIRING BY THE END DUE TO THE AMOUNT OF SWIMS THEY WERE HAVING. CASA GREEN FINISHED 3RD ON THE NIGHT AND CAME 3RD OVERALL IN THE LEAGUE OF 11 CLUBS. LAST YEAR WE CAME 6TH AND THE YEAR BEFORE WE CAME 9TH. I WAS DISAPPOINTED WITH THE 3 dq's WE HAD AS IT WAS DOWN TO SILLY ERRORS AND WE ALSO NEED TO WORK ON OUR BASIC SKILLS. A NUMBER OF STARTS, TURNS AND TAKEOVERS COST US POINTS AND PLACES. SWIMMERS NEED TO PRACTICE THESE IN TRAINING AND NOT JUST GO THROUGH THE MOTIONS. YOU TAKE YOUR BAD HABITS IN TRAINING INTO RACES AND IT SHOULD BE REMEMBERED THAT PRACTICE MAKES PERMANENT NOT PERFECT.

JULY SEES CASA COMPETING AT THE NATIONAL YOUTH AND AGE GROUPS IN SHEFFIELD. WE HAVE 11 SWIMMERS IN 35 EVENTS WHICH IS A FANTASTIC ACHIEVMENT. ALL OUR BEST WISHES GO TO THESE SWIMMERS.

DAVE LEEMAN – HEAD COACH – JULY 08