

Coaches Monthly Report - June 2013

CITY OF LIVERPOOL SWIMMING CLUB

(Affiliated to the Swim North West A.S.A.)

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Club Aims and Targets:

For swimmers competing in the national age group, youth championships and world championships to continue to focus and prepare themselves correctly in the run up to these events and those who did not qualify to begin reflecting on the year and looking to the next season, setting themselves some goals and targets.

Coaches Feedback

Mike + Pete

Congratulations to Michael Rock, Georgina Evans and Tom Barton on several fantastic performances at the Senior British Championships in Sheffield. The swimmers who will be competing at the youth championships in Sheffield in a month are continuing to work hard to prepare themselves for the championships. We hope to see some personal and lifetime best performances.

Ian

The squad have made significant improvements recently in training after the second weekend of the North West Championships in which, again, the squad produced many excellent swims and lifetime best performances. I would like to congratulate Hannah Kelsall and Mattea Jay Oliver who have qualified for this year's National Age Group Championships in Sheffield as individuals, with Hannah competing in 3 events and Mattea, has qualified in 8 events including distances of 100m, to 400m IM and 800m Fr/s but she is competing in 7 events. I would also like to congratulate the swimmers who have been selected for the relay teams with the girls swimming the 4 x 100m Fr/s & 4 x 200m Fr/s and the boys competing in the 4 x 200m Fr/s. We also had another 4 swimmers who just missed their National Age Group Championship Individual qualifying time by as close as 0.2 seconds, to those swimmers, I say, keep up the good work and I'm sure next year, you will be rewarded with a place in Sheffield.

Emma

Well done to all those swimmers who competed in AG regionals. Several swimmers made finals, Aisling power, Matthew Johnson, Matthew Pomford, Callum Graham, Sam Caton, Jamie Grayson and Athena Clayson. We now look to age nationals at the end of the season where the squad is represented by two swimmers, Athena & Callum both in backstroke events.

Anne

SSN squad have had a successful month with some great performances at the COLSC sprint meet, M&D's, Peninsular Championships and school galas with many PB's being achieved. What was pleasing was seeing the swimmers looking neater and smoother in the water. Their hard work & concentration during training resulting in improved performance. Along with swimming galas, many have competed in (& enjoyed) their first triathlon. SSN are working well both as a group and as individuals, I look forward to watching them progress in the future.

Nick

Firstly I would like to say thank you very much to Meg Langley and wish her all the success in her new Physio appointment. Meg has done a fantastic job with the swimmers in SSS, and will be missed. On that note all swimmers & parents have been extremely welcoming to myself, which has made my transition between squads a lot easier. The main gala of this month was the City Sprint meet in which a lot of swimmers competed under their local clubs. I was very pleased with the swimmers performance, and it was a good opportunity for some of the younger swimmers to race in a long course pool for the first time.

Results and Achievements:

British Gas Championships & World Trials 2013

We would like to congratulate our three swimmers who represented Liverpool at the British Gas Championships & World Trials: Tom Barton, Georgina Evans and Michael Rock.

Tom swam a 1:52:36 in the 200m Freestyle, just outside of his personal best time, narrowly missing qualification through to the semi-finals, placing him 18th. He then swam the heats of the 200m IM (2:05:95) and progressed through to the semi-finals seeded 13th. In the semi-final, Tom swam a faster time of 2:05:49, placing him 11th with a new personal best time. Well done Tom!

Georgina competed in the 100m Breaststroke heat, qualifying fastest for the semi-finals in 1:08:78, in the semi-final she then improved on her time to 1:08:51, progressing to the final as second fastest. In the final, Georgina finished 4th with a time of 1:08:74. Georgina's new personal best time of 1:08:61 achieved in the semi-final means that she will now be considered for the GB squad competing in the World Junior championships in Dubai, later this year. Georgina also competed in the 50m Breaststroke, producing a time of 32.41 in the heat and 32.43 in the final, placing her 7th. In the 200m Breaststroke, Georgina swam the heat in 2:35:45, the semi-final in 2:32:87 and finished in 7th place with 2:32:67. Well done Georgina!

Michael competed in the 200m Butterfly heats, finishing in 1st place with a time of 1:57:10. He then withdrew from the event to focus on the 100m Butterfly. In the heat he swam 53:22 progressing as fastest to the semi-final, where he swam 51:91, qualifying for the final with the fastest time. In the final he then swam a 51:97 finishing in 1st place and achieving the qualification time, securing his place in the GB Squad for the world championships in Barcelona this summer. Well done Michael!

North West Regional Championships 2013

We have also this month seen some fantastic swims at the North West Regional Age Group championships in Manchester. A huge well done, to all of our swimmers who competed and especially well done to the many swimmers who achieved personal best times.

Well done to those who achieved their national qualifying times! We had several swimmers very close to achieving their national qualifying times and we have had relay teams qualify for the women's 400m and 800m freestyle and the men's 800m freestyle. For those of you who narrowly missed qualifying, keep up the hard work and let's see what next season brings!

We wish all of our swimmers competing in individual events and relays at the National Age Group and Youth Championships in Sheffield in July/August, the best of luck.

It's now time to review the last year, and set your new targets, aims and goals for the forthcoming season September 2013 to August 2014. Remember to set yourself challenges but at different levels, short term, medium term and long term goals, which should include a range of tasks from daily training items, to skill, technique and stroke length / efficiency aims, to time targets on kick, pull and full stroke, don't just focus on outcome goals as without a process to follow, you can't get to the end goal. For example if you want to swim faster on Freestyle, initially you must commit to training, practise hard to carry out all vital skills, turns and streamlining on every length you do in training on a daily basis, prepare correctly in the lead up to an event, sleeping, eating, resting, and then focus on the day of the gala to always try your best. All we as coaches can ask, is that you give 100% to every race you do, you won't always produce a pb but as long as you've tried your best, that's all you can do. Good luck for the end of this swimming year and best wishes for next.



Other News: Change of Coach - Swim Skills Squad South

It's with regret that Megan Langley will be stepping down as the coach of the Swim Skills South Squad on Thursday 13th June, as she has got a full-time job with the NHS as a physiotherapist. We are all very sad about this as Megan has done a great job and worked extremely hard with the swimmers over the last three years, and through this, she has built up the squad at Speke from only 10 swimmers to currently nearly 30 members. The support that Megan has given both the swimmers, parents and the clubs in the area has been very much appreciated, not only by the individuals within the squad but also by the rest of the coaching staff.

On a personal view point, it was my pleasure to coach Megan over a number of years as a swimmer and it's been a delight to see her develop into an excellent coach over the recent years. Although Megan will be stepping down as the coach to the Swim Skills South Squad, I'm delighted to say that she will continue to work with the Potential Squad at the Aquatics Centre on a Friday evening and she has also agreed to cover coaching sessions as and when she can in the future depending upon her work schedule. So don't worry, we haven't seen the last of Megan on the poolside!

As all of you will be aware, Nick Boylan has been coaching the Swim Skills North Squad alongside Anne Braam, and they have also done a great job and so, we have asked Nick to move across the city and take over as the full-time coach to the Swim Skills South Squad from Megan as from the 13th June.

Nick's first official session will be Saturday 15th June at the Aquatics Centre. I know that all the swimmers from the South Squad now know Nick and have had the opportunity to work with him, and I know that he will continue the great work that Megan has set up. I will continue to work with both Anne and Nick as they develop the Swim Skills Squads as we have done since they both joined the coaching staff in December, as we are delighted with the progress that both squads have made in recent months and with all the new members that have joined from a large number of local swimming clubs. This just demonstrates the expanding and even stronger partnerships that both the City of Liverpool SC and the Liverpool City Council "Swim Liverpool" Swimming Training Scheme has established with so many of the local swimming clubs, and I must thank all the individual committee members and coaching staff from all the local clubs for all the great work that they are doing with the young swimmers who are coming and joining the squads. It's been a pleasure to carry out so many trials in recent months and have the opportunity to welcome all the swimmers and parents to the squad program.

On behalf of the swimmers, parents and coaches, I would like to thank Megan for all her hard work over the last three years and wish her the very best for her new career.

Up and Coming Events

National Age Group Championships 24th-28th July 2013 – Ponds Forge, Sheffield

National Youth & MC Championships 30th July – 4th August – Ponds Forge, Sheffield

Tadpoles 2013 14th & 21st September – Everton Park Sports Centre, Liverpool

